



PYH COVID-19 Safety Standards

June 12th, 2020

In an effort to create a safe environment for Pembroke Youth Hockey members as we return to the rinks, the PYH Executive Board of Directors has created a Safety Committee to oversee the execution of the state guidance on COVID-19 safety protocols and work with local town officials, rink operators, league officials, Mass Hockey, and USA Hockey. **The guidelines below will be followed by all members of PYH in Phase 2 of the State of Massachusetts reopening plan while participating in any PYH activity at any rink.** PYH will update all guidelines if and when we enter Phase 3 and Phase 4 as additional information becomes available. The Safety Committee will meet regularly along with the PYH Board to discuss the latest updates. This document will be available on the PYH web site @ www.pembroketitansyouth.org.

PYH Executive Board of Directors:

- President – Jeremiah Tabor
- 1st VP – Scott McKee
- 2nd VP – Rick Casavant
- Treasurer – David Sweetser
- Secretary – Ryan Macdonald
- Fundraising – Jeff Skeiber
- Coaching Coordinator – Matt Mulready
- Tryout Coordinator – Greg Scott
- Webmaster – Jim Dunphy

PYH COVID Safety Committee:

- Chair – Ryan Macdonald
- Member – Jeff Skeiber
- Member – David Sweetser
- Member – Annmarie Dangelo
- Member – Kelli McSweeney
- Member – Sarah Quatralo
- Advisory – Jeremiah Tabor

CDC and State Guidance:

PYH in previously planned conjunction with other Pembroke Youth Sport organizations will follow the CDC guidelines for safely returning to youth sport activity. These guidelines can be found here:

- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Additionally, we will follow guidance from the State of Massachusetts on safely reopening and playing. These items can be found here:

- <https://www.mass.gov/doc/outdoor-adult-sports-supervised-youth-sports-leagues-summer-sports-camps/download>
- <https://www.mass.gov/doc/outdoor-recreation-task-force-presentation-5-18-20/download>
- <https://www.mass.gov/doc/outdoor-recreation-task-force-presentation-phase-ii/download>
- <https://massrpa.org/wp-content/uploads/2020/05/MRPA-Resources-1.pdf>

IMPLEMENTING SAFETY MEASURES FOR YOUR OPERATION

All businesses and organization in the Commonwealth must immediately adopt and maintain the following generally applicable COVID-19 safety rules.

Social Distancing	<ul style="list-style-type: none">• All persons, including employees, customers, and vendors should remain at least six feet apart to the greatest extent possible, both inside and outside workplaces• Establish protocols to ensure that employees can practice adequate social distancing• Provide signage for safe social distancing• Require face coverings or masks for all employees and customers
Hygiene Protocols	<ul style="list-style-type: none">• Provide hand-washing capabilities throughout the workplace• Ensure frequent hand washing by employees and adequate supplies to do so• Provide regular sanitization of high touch areas, such as workstations, equipment, screens, doorknobs, restrooms throughout work site
Staffing and Operations	<ul style="list-style-type: none">• Provide training for employees regarding the social distancing and hygiene protocols• Employees who are displaying COVID-19-like symptoms do not report to work• Establish a plan for employees getting ill from COVID-19 at work, and a return-to-work plan
Cleaning and Disinfecting	<ul style="list-style-type: none">• Establish and maintain cleaning protocols specific to the business• When an active employee is diagnosed with COVID-19, cleaning and disinfecting must be performed• Disinfection of all common surfaces must take place at intervals appropriate to said workplace

Mass Hockey resources: <https://www.mahockey.org/hockeyresources>

Mass Hockey ADM Skills and Drills for Phase 2: Link to drills and grid diagram (page 3) [here](#). Link to video examples: [here](#).

USA Hockey resources: <https://www.usahockey.com/playersafety>

Other Return to Hockey plans (for reference):

[USA Hockey](#), [Minnesota](#), [Michigan](#)

In addition to the CDC, State, and NGO guidelines, PYH will also require and implement the following safety measures:

- **“Titan Hat Trick Test” for guardians of each participant shall certify before they enter any rink:**
 1. I took my child’s temperature less than 2 hours before their practice or game and it was less than 100.4 degrees.
 2. My child has not experienced any symptoms of COVID-19 in the past 14 days (fever, cough, shortness of breath or difficulty breathing, chills, muscle ache or pain, sore throat, or loss of taste or smell). If they have experienced these symptoms, they have since tested negative for COVID-19 since the onset of symptoms or have a doctor’s note stating that it is safe for the child to return to play.
 3. My child has neither tested positive for COVID-19 in the past 14 days nor awaiting test results, and not knowingly been in close contact with anyone (including household) that has tested positive for COVID-19 in the past 14 days.
- **All parents required to sign a one-time waiver** - agreeing to continuous adherence to the Safety Standards for duration of the 2020-2021 PYH Season, from the time of your registration through April 2021 (provided by PYH online and at the rinks).

Example of participating in a scheduled skate in Phase 2:

- RSVP with PYH electronically within 24 hours of ice time
- Skater and 1 guardian can enter 10 minutes before ice time with mask on
- Arrive fully dressed other than helmets and skates
- Follow foot traffic flow charts in facility (enter one point, exit another point)
- Skater can put on helmet and skates in rink
- Go on ice, pull mask down, put labeled water bottle on your side of the ice bench dasher
- No sharing of water bottles
- No spitting out water or fluids on the ice or areas around the benches
- Social distance on the ice, but stay in your cohort
- Coach will keep attendance record of everyone on the ice in their cohort, send to PYH COVID Chair
- Coaches should keep, distribute, and collect practice pucks
- Coaches should bring their own whiteboard, it is recommended that coaches minimize gatherings at the white board.
- Collect water bottle, go off the ice at the end of practice, pull mask up
- Take off skates and helmet inside the rink
- Everyone should leave the building with a mask on no more than 10 minutes after ice time concludes

Hockey Specific Guidelines Summary: [slides](#)

- Youth under 18 only and must be supervised
- Cohorts of 12 on the ice at least 20 feet apart, easiest with 2-3 groups and everyone maintaining social distance, stay in your group entire hour
- Coaches responsible for executing on all guidelines on the ice
- All skills and drills (think skating and shooting), no battles, no contact, no 3v3s
- No locker room usage, wait in car until your ice time, arrive at rink fully dressed, can put skates on inside rink
- Everyone should wear a mask until you go on the ice
- One guardian per participant as long as they can social distance in the stands
- Everyone must bring their own water bottle (labeling encouraged), no sharing allowed
- Facilitate proper hygiene, wash hands before and after ice time, use hand sanitizer
- No full clear shield required – [USA Hockey link](#)

Additional PYH Specific Guidelines:

Everyone:

- RSVP with PYH electronically within 24 hours of ice time
- Home isolation policy if participant tests positive or reports COVID-19 symptoms
 - Process: Report to PYH COVID-19 chair. PYH will check attendance records, start investigation into everyone with close contact 2 days prior before onset of symptoms or (date swab was obtained if no symptoms exist) through date of last exposure during PYH activities, beginning with on ice supervisor (a.k.a. the coach within participant's cohort). Close contact defined as within 6 feet for 15 minutes or more. Participants and confirmed close contacts should stay home and self-monitor for symptoms for 14 days from last exposure, or provide a negative test result or clearance from a healthcare provider in order to return.
- Masks: a gaiter will be provided by PYH to coaches and players after July 1st, must be worn at all times, covering face off the ice, pull down over neck on the ice
- Any additional safety measures deemed a necessity by the rink(s) and specific Town(s) where the rink is located

Coaches:

- Coaches training mandatory (virtual)
- Attendance records will be mandatory in Phase 2 & 3, submitted to PYH daily by coaches
- Large tip marker for x's on the ice for players to know where to social distance
- Responsible for all contact and cleaning of pucks, cones, or anything used on the ice
- Coaches will have sanitizing wipes for dashers or anything that needs cleaning on the ice
- Coaches will provide hand sanitizer to anyone before or after practice (if available upon securing bulk order)
- Coaches assigned to any ice hour will be responsible for all enforcement of guidelines and protocol during that time
- Coaches will provide dedicated water bottles for children if they do not have their own.

Players:

- Try to stay 6 feet apart on the ice at all times
- Reminder no sharing of water bottles (please label with name)
- Keep all equipment on while on the ice at all times, including no physical contact with pucks

Parents:

- Wash / disinfect all equipment used on the ice each time
- Reminder maximum of one guardian in the rink per participant
- Self attest health before entering the rink ("Titan Hat Trick Test")

PYH:

- Designated PYH COVID Safety Committee, with one point of contact for all concerns & communications

*All Hockey and PYH Specific guidelines are subject to change at any time per PYH Board approval.

For reference from the State Youth Sports Document (June 5th, 2020):

Organizers of youth and adult sports programs shall follow the EEA guidance; provided, however, that when the program is governed by formal league rules or other binding agreements or affiliations, the organizer shall comply with any COVID-19 and other health and safety rules applicable under those authorities.

Social Distancing - Activity Organizer Guidance

- Youth sports summer camps must follow all applicable [summer camps guidance](#).
- Limited sports activity is allowed for players; players must maintain 6 feet of distance at all times and there should be no contact between players. If maintaining physical distance is difficult or impossible because of the nature of the sport, coaches should limit players to workouts, aerobic conditioning, individual skill work, and drills.
- Scrimmages, organized games and tournaments are not allowed for contact sports in Phase II. Contact sports are those where ordinary play puts players into contact or close proximity to one another, and include, without limitation basketball, football, baseball, soccer, field hockey, lacrosse, and hockey. Games are permitted during Phase II only for those sports where ordinary play allows for social distancing (e.g., tennis and other racquet sports).
- Referees, umpires and other officials are not required for practices and cannot be present in Phase II.
- Participants and coaches/instructors/counselors must be kept in the same small group (cohorts) with dedicated coaches or other staff.
- Spectators must be limited to ensure social distancing on the sidelines or other observation areas. Spectators of youth sports and youth summer sports camp should be limited to one adult chaperone per athlete. If social distancing is not possible in the athletic facility spectators may be asked to wait outside the facility until practice is completed. All spectators must wear face coverings.
- Coaches must be responsible for maintaining social distance among players, coaches, staff, and spectators. Youth chaperones should be encouraged to help their own child maintain distance before and after practice.
- Youth chaperones must wear face coverings.
- Athletes should be discouraged from high fives, fist bumps or other social contact during practice.

Hygiene Protocols – Activity Organizer Guidance

- Organizers must ensure that participants use their own personal equipment if not provided by the organizer or facility operator. Personal equipment may not be shared and must be dedicated to an individual player throughout the season. Personal equipment includes all gear that is worn by players (e.g., gloves, helmets, masks, skates, footwear, pads, etc.).
- Organizers should minimize sharing of other equipment, and clean and disinfect all equipment at the end of a practice session using a product from the list of disinfectants meeting EPA criteria for use against the novel coronavirus.
- No shared food or drink may be provided during any activities for participants or spectators (e.g., concession stands or team snacks). No use of public water bubblers, fountains or bottle fillers if present on site. Participants and spectators should only drink from their own containers. Organizers must provide individual, dedicated water bottles for children if they do not have their own.
- Participants and coaches must achieve proper hand hygiene at the beginning and end of all activities, either through handwashing with soap and water or by using an alcohol-based hand sanitizer.

- Organizers should ensure that athletes arrive dressed for practice and leave immediately after practice: no recreational play or loitering is allowed and locker rooms must remain closed. Teams completing practice should not stay to watch other practices before or after their practice session.

Staffing and Operations – Organizer Guidance

- To participate or attend, organizers should ensure that participants, volunteers, coaches and spectators must show no signs or symptoms of COVID-19 for 14 days. Current list of symptoms is available here: <https://www.cdc.gov/coronavirus/2019-ncov/symptomstesting/symptoms.html>
- If any individual develops symptoms of COVID-19 during the activity, they should promptly inform organizers and must be removed from the activity and instructed to return home.
- Participants, organizers, spectators, volunteers and facility employees in high risk categories should not participate or attend organized sport activities. List of high-risk categories available here: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higherrisk.html>
- Organizers of activities are responsible for following all guidelines and creating a safe environment for participants.
- Organizers must educate all participants and spectators on the applicable protocols for the relevant activity, protocols for entering/leaving the facility, and any other hygiene requirements.
- Organizers in coordination with operators must ensure that hand sanitizer is available to all players.
- Face Coverings:
- Participants may remove face coverings while participating in practice and drills, provided they are able to maintain at least 6 feet of distance from all other persons present.
- Face coverings should otherwise be worn by coaches, volunteers, other staff, officials, youth chaperones, and spectators in accordance with MA guidelines to prevent against the transmission of COVID-19 throughout the duration of the activity.

Cleaning and Disinfecting – Organizer Guidance

- Organizers should assess the cleanliness and disinfection protocols being employed at the facility they are using for athletic activity. If cleanliness is low, or any other concerns arise organizer should immediately stop any ongoing athletic activity until such time as operator can show that conditions have been brought up to the standards outlined in this guidance.
- Organizers should understand the cleaning and disinfection protocols employed at the facility they are using and should raise any issues to the operator or local board of health.

*All State of Massachusetts guidelines and protocols are subject to change at any time.