



Potsdam Junior Hockey Association

COVID19 Mitigation Plan for Return to Hockey

As a sanctioned USA Hockey Association, Potsdam Junior Hockey Association (PJHA) is considered a responsible party, required to have a COVID19 Mitigation Plan, and responsible for adhering to all local, state and federal COVID19 regulations. This document outlines PJHA's plan for managing hockey within the regulations and requirements set forth by NYS Department of Health, NYS Amateur Hockey Association and USA Hockey. Additional guidance documentation can be found at the links below:

- <https://www.nysaha.com/>
- <https://www.usahockey.com/playersafety>
- <https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/SportsAndRecreationMasterGuidance.pdf>
- <https://www.stlawco.org/sites/default/files/PublicHealth/1-29-21%20SLC%20Guidance%20for%20Higher%20Risk%20Sports.pdf>
- https://cdn1.sportngin.com/attachments/document/d71b-2349264/Revised_Sports_And_Recreation_Master_Guidance_1-22-2021_HIGHLIGHTED.pdf#_ga=2.213201940.1410910709.1612810388-461750612.1601387123
- Pine Street Arena Safety Plan – Link

It is understood the association will follow all local and state regulations first, followed by NYSAHA and USA Hockey Return to Hockey Guidance Documents. PJHA will work cooperatively with all arenas it rents ice from, including but not limited to Pine Street Arena, operated by the Village of Potsdam, to support and enforce all requirements and mitigating plans



required by the arenas. As conditions, requirements and regulations continue to change, the association will continue to adapt and update its program to meet the published requirements.

PJHA has created a Return to Hockey Committee consisting of Board Members, Coaches and Parents. The responsibility of this committee is to monitor state and local government websites for updates or changes to COVID-19 guidelines.

The association will follow all requirements contained with the *New York State Reopening New York Sports and Recreation Guidelines*.

As of 9/16/20, these guidelines specifically call out:

For any indoor sport or recreational activity, limit capacity to no more than 50% of the maximum occupancy for a particular area, inclusive of employees, patrons/players/spectators.

- For the 2020-21 season, no more than 25 players will be allowed on the ice during practice sessions.
- Participants will be allowed only 1 spectator during practice sessions, unless there are extenuating circumstances

As of 2/1/2021, the guidelines are:

[PLEASE SEE ADDENDUM B FOR REQUIRED GAME GUIDELINES]

- Participants in higher-risk sports **may** participate in individual or distanced group training and organized no/low-contact group training and other types of play, including competitions and tournaments, **if permitted by local health authorities**.
- New York State's Interim Guidance for Sports and Recreation During the Covid-19 Public Health Emergency categorizes sports and recreation activities as lower risk, moderate risk, and higher-risk. Wrestling, football, ice hockey, basketball, contact lacrosse, competitive cheer/dance and volleyball are among the sports categorized as higher-risk.
- The St. Lawrence County Public Health Department is providing guidelines for higher risk sports, should organizations and schools choose to offer them.



GENERAL RISK MITIGATION STRATEGIES

Screening

Until further notice, participants and spectators will be required to answer the questions stated below before coming to the rink for any PJHA session. Links to these online forms will be posted on the entrances to Pine Street Arena.

If anyone answers “yes” to any of the questions below or has a temperature above 100.4 Fahrenheit, they will not be allowed to participate.

1. Have you or anyone in your household had a sore throat, cough, chills, body aches, shortness of breath, loss of smell, loss of taste, diarrhea, vomiting, fever at or greater than 100 degrees Fahrenheit in the last 10 days?
2. Have you or anyone in your household been tested for COVID-19 and awaiting results or tested positive requiring mandatory quarantine per DOH guidelines?
3. To the best of your knowledge have you been in close proximity to any individual who tested positive for COVID-19?
4. Any individual answering “yes” or having a temperature above 100.4 should follow their physician’s recommendations for when it is safe to return to activity.

Any individual answering “yes” or having a temperature above 100.4 should follow their physician’s recommendations for when it is safe to return to activity.

STAY HOME if you are or your child is sick or has been exposed to an infected individual.

Personal Hygiene

1. Wash hands frequently, for at least 20 seconds with soap and water or use hand sanitizer with at least 60% alcohol.
2. Do not touch your face.
3. Cough or sneeze into a tissue or the bend of your elbow, dispose of the tissue and wash/sanitize hands immediately.
4. Do not share water bottles, towels or other equipment. Mark it clearly so you know which one is yours.
5. Clean/disinfect equipment after each use, including chair or bench where participant dresses.



- a. All participants will be required to have disinfectant wipes/spray in their hockey bags in order to spray down and disinfect their assigned chair and seating area at the arena before and after use.

Social Distancing

1. Participants and spectators are required to maintain social distancing measures (6 ft. apart) whenever possible off the ice.
2. Participants will be required to dress at home to avoid locker rooms; locker rooms will be used only if social distancing can be maintained. Otherwise chairs will be spread around the rink perimeter for participants to put skates on. Masks will be required until participants put helmets on and step onto the ice.
 - a. Participants and families should remain in vehicles until 10 minutes before their time slot. This allows other groups to vacate building and eliminate large groups.
 - b. Participants will be required to remain in their chairs (spaced 6ft apart around rink) until ice is ready, once Zamboni doors are closed, mask is taken off, helmets are put on and participants are instructed one by one to go on the ice.
 - c. Participants and families once ice time is over need to proceed to chairs one by one, take off helmets, put on masks, remove skates, disinfect chairs and any other areas touched and leave arena as quickly as possible. Do not stick around to talk and socialize.
3. A rink diagram will be utilized to show dressing areas as well as enter/exit. Time slots starting on the even hours will utilize Zamboni end (Blue Door) of Pine Street. Odd hours will enter by Rink manager office and use high school locker room end (Orange Door).
 - a. For emergencies, all exits can and will be utilized.
4. Documentation will be required for each ice slot noting who was sitting where and who participated. The Team Snap App along with Rink Diagram will be utilized. Parents may be asked to: Utilize a designated seating chart for every ice slot, OR to help with documenting who sat where, next to whom, and who brought child for every ice slot. This documentation aids with contact tracing.
5. Group discussions/on-ice meetings will be limited so players are not in close proximity for extended periods of time.
 - a. Coaches, parents and kids should not congregate in groups.
6. Benches and adjoining matted areas will be used only if social distancing can be maintained.
7. Coaches, parents and spectators should follow social distancing measures.



8. All unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs are discouraged.

On-Ice Programming:

PJHA will continue to follow the guidelines set forth as described above. With that, each age group will be allotted up to 2hrs/3hrs per of ice per week, some groups may have less due to ice availability. Registration is based on this allotment. This may be broken out into multiple shorter sessions depending on ice availability and scheduling.

If additional ice time becomes available, the coaches, team manager and parents will discuss and clear with PJHA Board (treasurer, master scheduler) before proceeding. Additional ice (beyond ice time designated during the registration period) will be paid for additionally by individual teams.

Practice plans, drills both on and off the ice will follow USA Hockey's Return to Rink Guide. Sample drills, and plans are available on USA Hockey's Website. In addition, the association has developed sample on-ice plans to support PJHA's coaches. These drills and exercises will:

1. Maximize ice space by utilizing stations.
2. Will emphasize skills, skating and player development.

Personal Protective Equipment

Off-Ice:

1. **Participants** are required to wear a face covering/mask when in the building - entering/exiting the facility, while in chairs around rink. During practices, we encourage ALL PJHA participants to wear masks – while on the ice for practices, it is strongly recommended. Masks are required at all times, while playing games.
2. **Coaches, parents and spectators** should wear a face covering/mask while indoors, at all times.

On-Ice

1. We encourage ALL PJHA participants, coaches and players, to wear masks on the ice during practice sessions. We are not requiring this, but strongly recommending it.



2. Masks are required on and off the ice for games.
3. The CDC recognizes that face coverings/masks may be uncomfortable to wear during activity and may hinder breathing especially during strenuous activity or when they become wet, it is essential to replace wet masks with a clean mask and to wear a mask that properly fits the participant.

If you choose to wear a face covering/mask or your local orders require them, please note that there are many types, styles and materials used for face coverings/masks:

- — Do not wear filtering facepiece respirators (N95, FFP1, FFP2) during exercise. These masks are reserved for frontline healthcare workers.
- — Choose a face covering/mask that fits comfortably and allows you to breathe during exercise. You may have to experiment with different options, but the material type can affect viral control. Two layers of material are considered sufficient.
- — Have multiple face coverings/masks available so you can change them when they become saturated. A wet face covering/mask can impair breathing and possibly increase viral transmission.
- — Wash your hands before putting on and taking off your face covering/mask.
- — Avoid touching the front of your face covering/mask or your face beneath the face covering/mask.
- — Wash your face coverings/masks after each use.
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- The article, link below, from USA Hockey on December 5, 2020, discusses how the mitigation guidelines suggested and implemented by USA Hockey, NYSAHA, and PJHA do keep the risk low for spreading COVID-19 when playing hockey. We want to emphasize this paragraph, below, in which the physician states *wearing masks* as part of those preventative measures.
- https://www.usahockey.com/news_article/show/1133513
“The importance of physical distancing, wearing a facemask properly over your nose and mouth, sanitizing your hands regularly and staying home if you’re not feeling well are certainly important while participating in any hockey activity, but they’re equally important in every other part of your life,” said Dr. Mike Stuart (chief medical and safety officer). “We’re all in this together and by following these commonsense guidelines, we hope that we can continue to play hockey this season.”

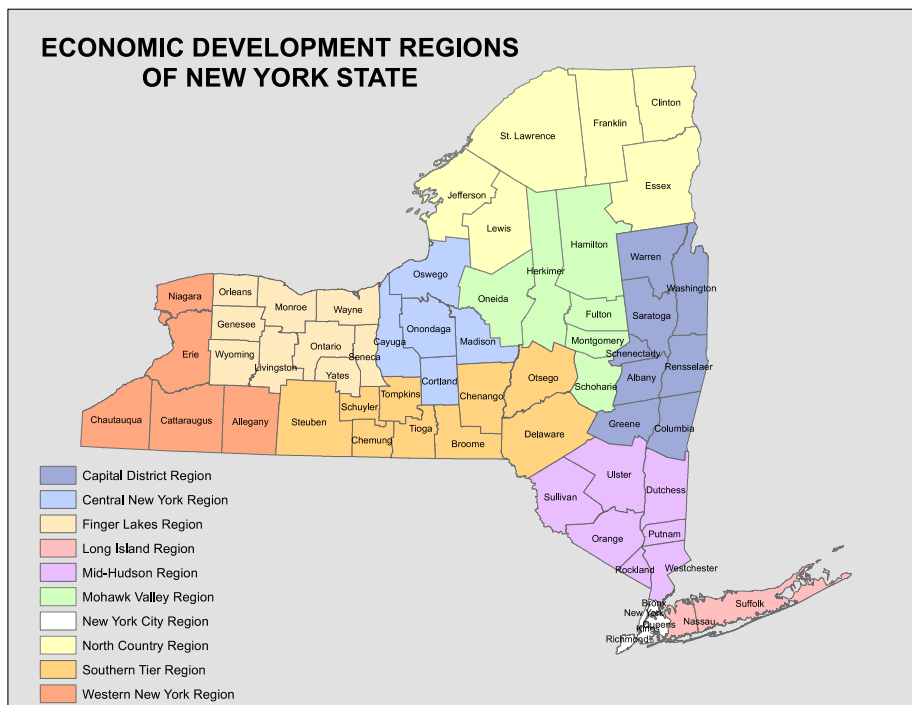


Travel

At this time, PJHA is only conducting on-ice clinics/games at Pine Street Arena, or other arenas around St. Lawrence County, only.

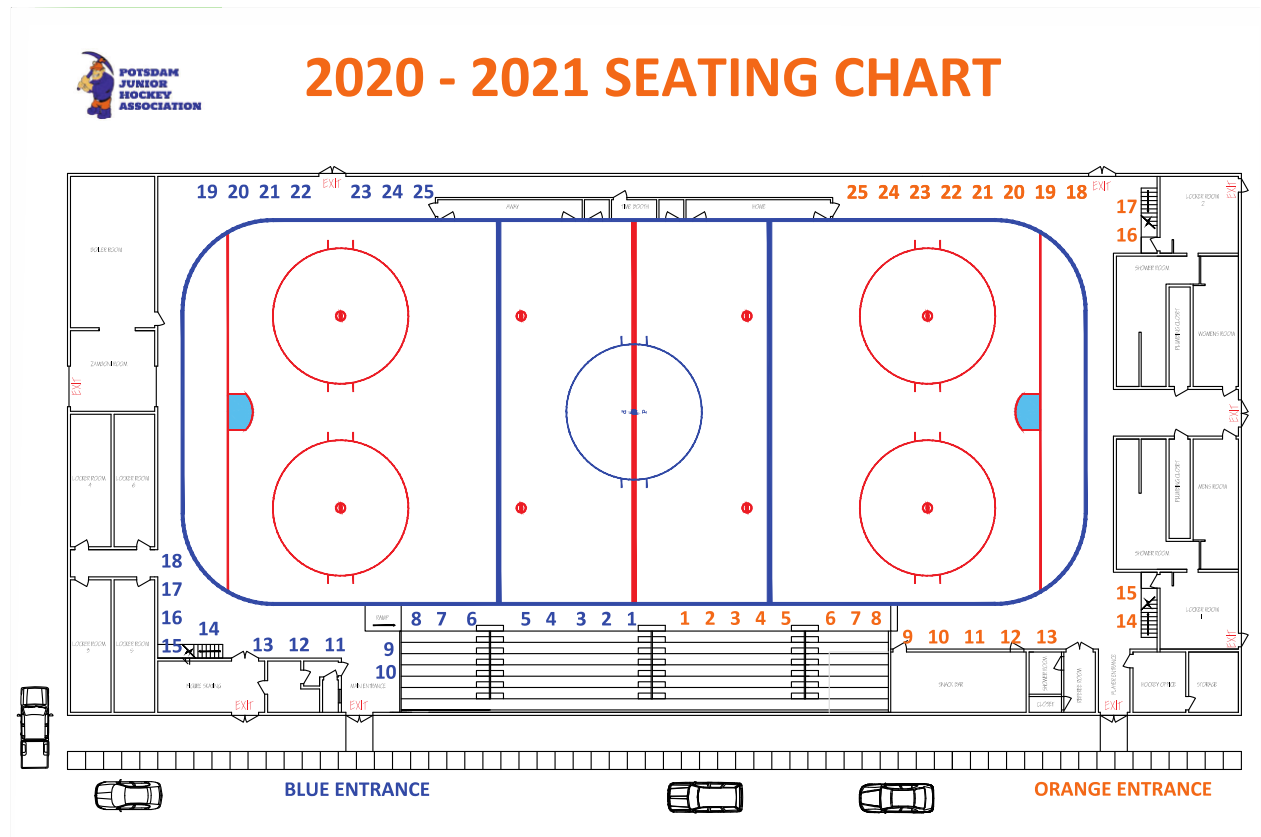
- Travel is now permitted within the North Country Region – see map below.
- Counties included in our economic region: Clinton, Essex, Franklin, Jefferson, Lewis, & St. Lawrence counties, only. (North Country Region – only)
- Failure to follow this protocol could result in discipline for coaches and registered families up to and including, removal from the organization and loss of USA registration.

Any questions concerning team travel should be reviewed with the Board.





Addendum A RINK DIAGRAM





PJHA Game Protocols

As we play games this season, please remember that we have all been very fortunate that we have been able to participate in hockey this year. For us to continue our successful season, we will need the continued support and understanding from parents, coaches, and players at all levels.

****Potsdam Jr. Hockey is setting a limit of a maximum of one (1) home and one (1) away game per week.**

****All home games will be a maximum of (3) three 10-minute periods with a 3-minute warm up. U6/U8 Cross-Ice – 2-15 minute games with a 3 – minute warm up. 45-minute maximum play for games with visiting association.**

****At home games, both teams will follow PJHA protocols.**

****At away games, both teams will follow opponent arena protocols.**

Higher risk sports are allowed, subject to NYS Department of Health's Interim Guidance for Sports and Recreation During the COVID-19 Public Health Emergency. The state's guidance establishes the minimum requirements imposed on entities wishing to engage in the activities, however, local leagues, facilities, organizations, and schools may issue additional guidance. (St. Lawrence County Public Health Department)

For all home games the **coaches** are expected to:

- Complete an updated *PJHA COVID HEALTH SCREENING QUESTIONNAIRE* that includes questions related to COVID-19 before the athlete, coach, or spectator may enter Pine St. Arena.
- Maintain a distance of at least six feet among individuals at all times, unless the activity requires a shorter distance.
- Coaches must always wear a face covering at all times, inside Pine St. Arena.
- No hugging, high fives, shaking hands, or fist bumps.
- Coaches should limit game day team roster sizes for social distancing purposes. 15 skaters and 2 goalies and 2 coaches on the bench is maximum roster.
- Communicate updated guidelines in a clear and consistent manner to players and parents
- **Communicate PJHA Game Day Protocols to visiting team coaches/scheduler to distribute to their team**
- Notify PJHA master scheduler of all scheduled games as soon as possible, so adjustments to ice schedule can be made. jcharlebois16@gmail.com
- Notify PJHA treasurer if referees are needed.



Screening

- Mandatory health screenings will take place before all contests. This will include coaching staff, spectators, players, and any officials. A form will be sent out to the visiting coach that can be completed **WITHIN TWO HOURS OF THE CONTEST** by the parent/guardian and brought to the rink to turn in upon arrival, copies will be available at the door, if needed. Participants are encouraged to print out and complete form before coming to the arena.
-Participant and their spectators (2) fill out the same form
- Screening forms will be collected by a parent volunteer before visiting team is allowed to enter the arena.

Players

For all home games the **players** are expected to:

- Complete an updated *PJHA COVID HEALTH SCREENING QUESTIONNAIRE* that includes questions related to COVID-19 before the athlete, coach, or spectator may enter Pine St. Arena.
- Maintain a distance of six feet between individuals unless the activity requires a shorter distance.
- No hugging, high fives, shaking hands or fist bumps.
- Players will **always wear appropriate face coverings - this includes prior, during, and after games.** Players may alter their mask only to hydrate. When doing so, players will distance six feet whenever possible. They will return mask to proper position before rejoining team.
- Sanitize their hands frequently during practice/games.
- Arrive no more than 10 minutes prior to scheduled game time. Players are not allowed to enter Pine St. Arena any earlier.
- **Arrive in game attire (only helmet, gloves, and skates need to be put on).**
- No locker rooms will be allowed.
- Home team will enter and sit at snack bar end. **(Orange end)**
- Visiting team will enter and sit at Zamboni end. **(Blue end)**
- Bring their own water, mask, and hand sanitizer to each practice/game. Sharing of equipment/personal items is discouraged.
- Players are required to wipe down and sanitize their chairs before leaving arena.

Officials

- Complete *PJHA COVID HEALTH SCREENING QUESTIONNAIRE* that includes questions related to COVID-19. This must be completed before the athlete/spectator may enter Pine St. Arena.
- Officials are responsible for game management, which does not include monitoring activities on the sidelines, such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues.
- **Officials must wear a face covering** follow social distancing guidelines.
- Electronic whistles are encouraged.



- Due to shortage of USA Hockey officials in Northern NY State - **IT IS LIKELY A COACH FROM EACH TEAM WILL BE RESPONSIBLE** for officiating the scrimmage/game. Please discuss this prior to the game day.

Spectators

For all home games the **spectators** are expected to:

- Complete *PJHA COVID HEALTH SCREENING QUESTIONNAIRE* that includes questions related to COVID-19 before the athlete, coach, or spectator may enter Pine St. Arena.
- Home team will enter and sit at snack bar end. **(Orange end)**
- Visiting team will enter and sit at Zamboni end. **(Blue end)**
- Arrive no more than 10 minutes prior to scheduled game time. Spectators are not allowed to enter Pine St. Arena any earlier.
- **Spectators must always wear a face covering inside Pine St. Arena.**
- Maintain a distance of six feet between individuals. Family members in same dwelling can sit together.
- Stay in designated area of the bleachers. **Do Not** congregate along the glass or in lobby areas of Pine St. Arena.
- Two (2) spectators per player will be allowed in Pine St. Arena.
- The warm-room is NOT available during games, please dress accordingly.
- Home team parents with specific volunteer duties (coaching, clock, COVID administrative) are not considered a player's spectators (2) for that game.

Parent Volunteers needed for the following:

1. One (1)- Meeting visiting team representative before visiting team can enter Pine St. Arena. Collecting, supplying, if needed, completed screening forms and cross-checking forms with roster provided by visiting team coach.
2. One (1) - Directing visiting teams to designated area to put on remaining equipment and spectators to designated area of the bleachers. Throughout the game, monitor bleachers and make sure spectators are following PJHA COVID policy.
3. One (1) – Checking in home team players and spectators
4. Two (2) volunteers to run clock and fill out scoresheet.
5. At U6/U8 level, four (4) volunteers to assemble and disassemble the cross-ice boards before and after games.

GAME DAY

****All home games will be a maximum of (3) three 10-minute periods with a 3-minute warm up. U6/U8 Cross-Ice – 2-15 minute games with a 3 – minute warm up. 45-minute maximum play for games with visiting association.**



Prior to entering the arena

- Visiting teams must submit roster 48 hours prior to game day. PJHA will have a parent volunteer meet with a representative from the visiting team prior to the team entering Pine St. Arena. The parent volunteer will collect screening forms - for participant and 1 spectator. Once approved the visiting team will be allowed to enter Pine St. Arena.
- Players are allowed to enter **10 minutes** prior to event (after approval of forms).
- Players will be directed to designated area to put on remaining equipment.
- Spectators will be directed to assigned section of the bleachers – visiting team – blue end of bleachers.

At conclusion of game

- Spectators are expected to leave the arena immediately after the game.
- Players will have **10 minutes** to get gloves, helmets, and skates off and exit the arena.
- Masks must be worn at all times by players, coaches, and spectators.
- All players are expected to wipe down their chair and area. Sanitizer and paper towels will be available.
- Teams will exit through the same door they entered.

PJHA appreciates your support, honesty, and understanding of the above PJHA COVID-19 Mitigation Plan. Thank you for helping us ensure the safety of all participants and spectators and for doing your part to help let the participants continue to play.



PJHA VISITING TEAM COVID-19 Health Screening Questionnaire

- Participant and spectator (2) will be required to answer the questions stated below before entering Pine Street Arena.
- Should any individual (participant or spectator) answer “yes” to any of the questions below or have a temperature above 100.4, they will NOT be allowed to come to the rink today.

PLAYER NAME: _____
FIRST & LAST NAME

PLAYER NAMED ABOVE HAD TEMPERATURE
BELOW 100.4°F WITHIN 2 HOURS OF GAME TIME YES _____ NO _____

SPECTATOR NAMES: 1. _____
FIRST & LAST NAME

SPECTATOR 1 NAMED ABOVE HAD TEMPERATURE
BELOW 100.4°F WITHIN 2 HOURS OF GAME TIME YES _____ NO _____

2. _____
FIRST & LAST NAME

SPECTATOR 2 NAMED ABOVE HAD TEMPERATURE
BELOW 100.4°F WITHIN 2 HOURS OF GAME TIME YES _____ NO _____

SPECTATORS' CONTACT INFORMATION:

CELL PHONE # _____ CELL PHONE # _____

EMAIL: _____ EMAIL: _____

1. Have you or anyone in your household had a sore throat, cough, chills, body aches, shortness of breath, loss of smell, loss of taste, diarrhea, vomiting, fever at or greater than 100.4 degrees Fahrenheit in the last 10 days?

YES _____ NO _____

2. Have you or anyone in your household been tested for COVID-19 due to contact and/or symptoms and awaiting results or tested positive requiring mandatory quarantine per NYSDOH guidelines? NOTE: EXCLUDES routine tests required for employment and/or student-athletes.

YES _____ NO _____

3. To the best of your knowledge have you been in close proximity to any individual who tested positive for COVID-19 OR been contacted by NYSDOH requiring mandatory quarantine?

YES _____ NO _____

SIGNATURE _____ DATE _____

**PJHA appreciates your support, honesty, and understanding of the PJHA COVID-19 Mitigation Plan.
Thank you for helping us ensure the safety of ALL participants and spectators and for
doing your part to help let the participants continue to play.**