

ORCHARD LAKE UNITED

SAFETY PLAN

COVID-19 Exposure Prevention, Preparedness,
& Response Plan

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Revision History

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SAFETY PLAN

COVID-19 Exposure Prevention, Preparedness, & Response Plan for Construction

ORCHARD LAKE UNITED takes the health and safety of all very seriously. With the spread of the coronavirus or “COVID-19,” a respiratory disease caused by the SARS-CoV-2 virus, we all must remain vigilant in mitigating the outbreak. In order to be safe and maintain operations, we have developed this COVID-19 Exposure Prevention, Preparedness, and Response Plan to be implemented.

This Plan is based on currently available information from the CDC and it is subject to change based on further information provided by the CDC, and other public officials [<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>]. The Association may also amend this Plan based on operational needs.

I. Responsibilities of the Michigan Amateur Hockey Association

- All participants in the Michigan Amateur Hockey Association (MAHA) sanctioned on-ice activity must be registered with USA Hockey for the 2020-21 season.
- The MAHA requires that all associations, teams, players, coaches, officials and volunteers maintain full compliance with all SafeSport policies, including mandatory training and certification.
- The MAHA requires that all coaches, employees, volunteers, and other adults involved must complete an online Concussion Awareness training program, with re-certification every three years as required by State law.
- The MAHA will provide educational materials, on the signs/symptoms and consequences of concussions, to each athlete and parent/guardian and obtain signed acknowledgements that the information was received.
- The MAHA will not prevent teams from traveling out-of-state for competition; however, the MAHA requires that those teams complete the [Interstate Travel Notification Form](https://maha.sportngin.com/register/form/699873033#_ga=2.157994104.370397494.1599601073-98475735.1599414230) [https://maha.sportngin.com/register/form/699873033#_ga=2.157994104.370397494.1599601073-98475735.1599414230] to support contact tracing.
- The MAHA will initiate disciplinary action without delay for any team, Association, volunteer and/or tournament host that is NOT in compliance with USA Hockey policies, MAHA policies, and the laws, rules and policies established by the local government and health authorities.

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II. Responsibilities of Association and Members

Everyone is expected to participate in prevention efforts while participating in practices, games and events affiliated with MAHA and Orchard Lake United (OLU) Hockey Association (“the Association”). In order to minimize the spread of COVID-19, we all must do our part. As set forth in below the MAHA, the Association and St. Mary’s Athletic Complex (SMAC) (“the Facility”) have instituted various housekeeping, social distancing, and other best practices per the Governor’s Executive Order (2020-175 & 2020-176) and CDC Guidelines. All players, coaches and spectators must follow these guidelines. If you have a specific question about this Plan please contact your TEAM designated COVID Liaison. If they cannot answer the question, please contact the ASSOCIATION designated COVID Liaison: Melissa Kellenberger at (248)819-878 or mkellenberger.olu@comcast.net.

- **Reporting** – Complete the OLU COVID-19 Exposure Questionnaire [<https://forms.gle/EDXmSsWbTmC8W68m6>] for any participant(s) testing positive, someone in your household testing positive, or any instances of pro-longed close exposure of fifteen (15) or more minutes to someone who has tested positive for COVID-19 within the last ten (10) days.
- **Personal Hygiene**
 - Wash hands frequently, for at least 20 seconds with soap and water or use hand sanitizer with at least 60% alcohol.
 - Refrain from touching your face.
 - Cough or sneeze into a tissue or the bend of your elbow, dispose of the tissue and wash/ sanitize hands immediately.
- **Social Distancing**
 - Maintain social distancing measures (six (6) feet apart) whenever possible on and off the ice.
 - Limit on-ice group discussions so players are not in close proximity for extended periods of time.
 - Avoid using benches during practice sessions, where possible.
 - Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.
 - Athletes participating in hockey, are not subject to the social distancing requirements, but instead must maintain six feet of distance from one another to the extent compatible.
- **Personal Protective Equipment**
 - Players are required to wear a facial covering when entering and exiting the facility, while in common areas of the facility, as well as during on-ice participation (in addition to their hockey face mask).
 - Coaches, parents and spectators are required to wear a facial covering at all times within the facility.

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- Do not share water bottles, they should be clearly marked with the players name or number.
- Players should bring their own hand sanitizer.
- Players should clean and disinfect gear after each use.
- The player's helmet/facemask is a personal choice, but a full, clear polycarbonate shield or clear shield cage combination may provide a higher level of protection than a traditional wire cage.
- **Live Spectators** are limited to the guests of the athletes, with each athlete limited to two (2) guests.

In addition, familiarize yourself with the symptoms of COVID-19:

- Coughing;
- Fever of 100.4 degrees Fahrenheit or higher;
- Shortness of breath, difficulty breathing; and
- Early symptoms such as chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose.

Anyone with any COVID-19 symptoms or any illnesses SHOULD NOT participate in any on-ice activity. Any player, coach, or spectator exhibiting signs or symptoms of an illness SHOULD NOT be in the facility at any point. Furthermore, any player, coach, or spectator awaiting results from a COVID-19 test SHOULD NOT be in the facility until a negative result has been confirmed.

III. Responsibilities of Coaches and Team Managers

All Coaches and Team Managers must be familiar with this Plan and be ready to answer questions. Coaches and Team Managers must set a good example by following this Plan at all times. This involves practicing good personal hygiene and safety practices to prevent the spread of the virus. Coaches and Team Managers must encourage this same behavior from all players, parents, and spectators.

All teams should assign a designated COVID-19 Team Liaison who will be responsible for:

- Responding to COVID-19 concerns;
- Notifying all applicable parties regarding positive COVID-19 cases;
- Communicating safety plan updates to the team;
- Confirming that the Health Check Survey located with the Event Details in TeamSnap is completed prior to entry into the facility;
- Scheduling a team representative to be at the rink thirty (30) minutes prior to ice time to ensure daily screening, entry and exit log, and temperatures checks for all individuals entering the facility. Anyone who does not pass the screening and temperature check or provide their contact information will not be permitted into the building.

IV. On-Ice Guidelines and Out of State Travel

ON-ICE GUIDELINES

- Players need to maintain six (6) feet of separation whenever possible during practices. Coaches should be promoting social distancing on-ice, while keeping players active and engaged at all times.
- Coaches and players are required to wear facial covering at all times while within the facility, including during on-ice practices.
- In-rink capacity would allow for regular game play, with the following conditions:
 - All on-ice and off-ice officials (i.e. timekeeper, scorekeeper, penalty box attendee) will be required to wear facial coverings during game play;
 - Coaches and players are required to wear a facial covering, properly worn at all times during game play;
 - Players will be sent back to the locker room if they come to the bench without a facial covering.
 - A penalty will be assessed if players enter on-ice competition without a facial covering.
 - Coaches must maintain physical distancing between players on bench during game play, stoppages, intermissions, etc. Space outside the bench area should be utilized to accommodate social distancing;
 - No pre-game or post-game handshakes will be conducted. Stick salutes will be utilized;
 - No pre-game or post-game huddles or team pile-ups on the ice;
 - A two-official system shall be used for games at all levels;
 - Any observed violation of facial covering protocols by a team will result in an immediate 3-game summary suspension for the Head Coach, assessed by the MAHA as determined by the on-ice official.
 - Individual suspensions will also be instituted for non-compliance of facial covering protocols per MAHA.
 - Associations whose member(s) is found in violation, will receive one warning. Additional violations within the association will result in immediate disciplinary action per MAHA.

OUT-OF-STATE TRAVEL NOTIFICATION

The MAHA must prioritize the safety and well-being of its participants. With this in mind, The MAHA recommends that all teams attempt to minimize their out-of-state travel for competition during the 2020-21 season. All teams traveling outside of Michigan are advised to adhere to local and state government guidelines, as well as CDC regulations, as part of their planning process. Effective immediately, the MAHA has introduced a mandatory Out-Of-State Travel Notification

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[https://maha.sportngin.com/register/form/699873033#_ga=2.156411385.370397494.1599601073-98475735.1599414230] that all teams are required to complete, before registering for an out-of-state tournament or event. This allows the MAHA to carefully monitor where teams may be traveling for the purposes of contact tracing. In addition, the MAHA can provide critical updates to teams if local, and/or state government guidelines determine the trip would be inadvisable.

V. Protective Measures

The Association and the SMAC have instituted the following protective measures at all practices, games and events affiliated with the Association and the SMAC.

General Safety Policies and Rules

- A daily screening protocol will be implemented for players to participate. The Player Health Check within TeamSnap covers symptoms and/or possible exposure to COVID-19 and must be complete before entering the rink. If the individual does not pass the screening they will not be permitted to enter the rink.
- A daily log will be maintained for all rink visitors including temperature, date and time of entry and exit, names of patrons, and contact information, to aid with contact tracing; entry will be denied to any visitor who does not submit to a temperature check and provide, at a minimum, their name and phone number.
- Temperatures will be checked prior to entry into the rink. If temperature is 100.4° F or over at entry the individual will not be permitted to enter.
- Anyone showing symptoms of COVID-19 will be asked to leave and return home.
- Avoid physical contact with others. Individuals from different households should maintain at least six (6) feet social distancing whenever possible.
- All in-person meetings will be limited and participants must remain at least six (6) feet apart. To the extent possible, meetings will be conducted by telephone or video conference.
- Please arrive a maximum of fifteen (15) minutes before the skate starts and have your child dressed, as much as possible upon arrival.
- Please have your players quickly undress and exit the locker rooms within fifteen (15) minutes of the conclusion of their ice time.
- Please enter thru the front doors and at the conclusion of the skate, exit thru the back door (north end) by the varsity locker room, passing in front of the locker rooms, not the stands.
- Do not exit through the entrance.
- Please refrain from dressing in the lobby.
- Masks are mandatory upon entry.
- Stay home if you are feeling sick.

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- Limit Access to Locker Rooms to Coaches and Locker Room Monitors only, please tie your player's skates on the benches provided outside of the locker rooms.
- Face covering must be worn in the locker rooms and maintain at least six (6) feet social distancing between players.
- Parents needing to speak to the Coach or Team Manager should call their cell phone or ask to meet outside the building to talk (while maintaining at least six (6) feet social distancing).
- The Association, Rink and each Team will have a designated COVID-19 Safety Liaisons who will be responsible for responding to COVID-19 concerns, as well as notifying all applicable parties, regarding positive COVID-19 cases. Contact information for these individuals will be available on the website and through TeamSnap.
- In lieu of using a common source of drinking water, such as a water bottle, players should use individual water bottles. Drinking fountains are not available within the Rink.
- Minimize the sharing of equipment. To the extent equipment must be shared, use alcohol-based wipes to clean before and after use.
- Minimize ride-sharing. While in vehicle, members of different household should wear masks and must ensure adequate ventilation.
- Communal food and food sharing is not permitted.
- Hand shaking should be avoided.
- The number of spectators at the rink is limited to two (2) per athlete.
- The use of facial coverings are required and are not a substitute for other preventative techniques that are outlined in this Plan.

VI. Cleaning and Disinfecting (St. Mary's Athletic Complex)

The SMAC has instituted regular housekeeping practices, which includes cleaning and disinfecting frequently used elements of the arena, where possible per CDC Guidelines [<https://www.cdc.gov/coronavirus/2019-ncov/community/clean-disinfect/index.html>].

- Rink Operators will maintain compliance with operational and cleaning guidelines set forth by CDC and Governors Executive Orders
- If someone has tested positive for COVID-19, the rink will clean those areas of the arena that a confirmed-positive individual may have come into contact with before others can access that work space again.
- The Rink will ensure that any disinfection shall be conducted using one of the following:
 - Common EPA-registered household disinfectant;
 - Alcohol solution with at least 60% alcohol; or

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- o Diluted household bleach solutions (these can be used if appropriate for the surface).

VII. Exposure Situations

Exhibiting COVID-19 Symptoms

If a coach, player, or spectator exhibits COVID-19 symptoms, they must remain at home until he or she is symptom free for 72 hours (3 full days) without the use of fever-reducing or other symptom-altering medicines (e.g., cough suppressants). The Association will similarly require anyone that reports to the rink with symptoms to return home until they are symptom free for 72 hour (3 full days). To the extent practical, members are required to obtain a doctor's note clearing them to return to play.

Testing Positive for COVID-19

If a coach, player, or spectator tests positive for COVID-19 they will be directed to self-quarantine away from the Facility. Individuals that test positive and are symptom free may return to the Facility and Team activities when at least seven (7) days have passed since the date of his or her first positive test, and have not had a subsequent illness. Individuals that test positive and are directed to care for themselves at home may return to the Facility or Team activities when:

- At least 72 hours (3 full days) have passed since recovery; and (2) at least seven (7) days have passed since symptoms first appeared.
- Individuals that test positive and have been hospitalized may return to the Facility and Team activities when directed to do so by their medical care provider. The Association will require an individuals to provide documentation clearing their return to activity.

Direct Exposure / Close Contact with a Tested Positive COVID-19 Individual

If a coach, player, or spectator has come into close contact with a confirmed-positive COVID-19 individual they will be directed to self-quarantine for ten (10) days from the last date of close contact with the carrier. Close contact is defined as less than six (6) feet for a prolonged period, fifteen (15) minutes or more of time.

If the Association learns that a coach, player, or spectator has tested positive, the Association will conduct an investigation into others that may have had close contact with the confirmed-positive individual in the prior ten (10) days and direct those individuals that have had close contact with the confirmed-positive individual to self-quarantine for ten (10) days from the last date of close contact with the carrier. If an individual learns that he or she has come into close contact with a confirmed-positive individual outside of the Facility, he/she must alert the Team Manager, COVID Team Liaison or Association Liaison while also completing the OLU COVID-19 Exposure

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Questionnaire [<https://forms.gle/EDXmSsWbTmC8W68m6>] and also self-quarantine for ten (10) days from the last date of close contact with the carrier.

VIII. Recordkeeping

The Association will adhere to the guidance set by government regulations regarding COVID-19 and Injury & Illness recordkeeping.

Rink Entry/Exit Logs- Maintain accurate records including temperature, date and time of entry and exit, names of patrons, and contact information, to aid with contact tracing; and deny entry to any visitor who does not submit to temperature check and provide at a minimum their name and phone number.

COVID Incident Reporting Records – Maintain a log of reported incidents and investigation outcomes. This includes individuals testing positive, someone in their household testing positive, or any instances of prolonged close exposure to someone who has tested positive for COVID-19.

IX. Confidentiality/Privacy

Except for circumstances in which the Association is legally required to report occurrences of communicable disease, the confidentiality of all medical conditions will be maintained in accordance with applicable law and to the extent practical under the circumstances. When it is required, the number of persons who will be informed of an individual's condition will be kept at the minimum needed not only to comply with legally-required reporting, but also to assure proper care of the individual and to detect situations where the potential for transmission may increase. A sample notice to members is attached to this Plan. The Association reserves the right to inform other individuals that a coach, player or spectator (without disclosing the individual's name) has been diagnosed with or exposed to COVID-19 if the other individuals might have been exposed to the disease so they may take measures to protect their own health.

X. General Questions

Given the fast-developing nature of the COVID-19 outbreak, the Association may modify this Plan on a case by case basis. If you have any questions concerning this Plan, please contact Melissa Kellenberger at (248) 819-8478 or mkellenberger.olu@comcast.net.

XI. Sample Letter Templates, COVID Information, Exposure Questionnaire, Resources

TEMPLATE LETTER

COVID-19 Exposure Notification

DATE: [DATE]

TO: [CLOSE CONTACT INDIVIDUAL]

FROM: [ASSOCIATION REP]

We have been informed by one of our [players/coaches/spectators/vendor/etc] at [SITE and specific location] that he/she has a confirmed case of COVID-19, commonly known as "Coronavirus," based on test results obtained on [DATE]. Per company policy, this individual has been directed to self-quarantine per CDC recommended timelines.

We are alerting you to this development because, based on our investigation, we believe that you may have come into contact with the confirmed-positive case, on or about [DATE]. Based on our Association policy we are directing you to self-quarantine until, at least, [10 days from last contact with confirmed case]. In the interim, we encourage you to seek medical advice.

If you do not test positive for COVID-19, or experience symptoms, by [10 days from last contact with confirmed case], you may return to the Facility and Team activities. However, please inform [ASSOCIATION CONTACT] if any of the following occur during your self-quarantine:

- You experience flu-like symptoms, including fever, cough, sneezing, or sore throat;
- You test positive for COVID-19.

We are committed to providing a safe environment for all. It is in the interest of those goals that we provide this information out of an abundance of caution.

We respect the privacy of all and will treat information regarding the identity of the affected individual(s) as confidential to the extent practicable and will comply with applicable laws regarding the handling of such information. Further, we will not tolerate harassment of, or discrimination or retaliation against, individuals.

Please contact [ASSOCIATION COVID CONTACT] at [PHONE NUMBER] if you have any questions or concerns.

For more information about COVID-19, please visit the [CDC website](#).

[OLU COVID-19 Exposure Questionnaire](#) – Google Form

What is COVID-19?

The novel coronavirus, COVID-19 is one of seven types of known human coronaviruses. COVID-19, like the MERS and SARS coronaviruses, likely evolved from a virus previously found in animals. The remaining known coronaviruses cause a significant percentage of colds in adults and children, and these are not a serious threat for otherwise healthy adults.

Patients with confirmed COVID-19 infection have reportedly had mild to severe respiratory illness with symptoms such as fever, cough, and shortness of breath.

According to the U.S. Department of Health and Human Services/CDC, Chinese authorities identified an outbreak caused by a novel—or new—coronavirus. The virus can cause mild to severe respiratory illness. The outbreak began in Wuhan, Hubei Province, China, and spread to a growing number of other countries—including the United States.

How is COVID-19 Spread?

COVID-19, like other viruses, can spread between people. Infected people can spread COVID-19 through their respiratory secretions, especially when they cough or sneeze. According to the CDC, spread from person-to-person is most likely among close contacts (about 6 feet). Person-to-person spread is thought to occur mainly *via* respiratory droplets produced when an infected person coughs or sneezes, like how influenza and other respiratory pathogens spread. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. It is currently unclear if a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

In assessing potential hazards, employers should consider whether their workers may encounter someone infected with COVID-19 in the course of their duties. Employers should also determine if workers could be exposed to environments (e.g., worksites) or materials (e.g., laboratory samples, waste) contaminated with the virus.

Depending on the work setting, employers may also rely on identification of sick individuals who have signs, symptoms, and/or a history of travel to COVID-19-affected areas that indicate potential infection with the virus, in order to help identify exposure risks for workers and implement appropriate control measures.

There is much more to learn about the transmissibility, severity, and other features associated with COVID-19, and investigations are ongoing.

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Resources

CDC - Cleaning & Disinfecting [<https://www.cdc.gov/coronavirus/2019-ncov/community/clean-disinfect/index.html>]

CDC Considerations for Youth Sports [<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>]

When is it Safe to Leave Home
[https://www.michigan.gov/documents/coronavirus/8.5x11_COVID-19_When_to_Safe_to_Leave_Home_FINAL_685843_7.pdf]

USA Hockey – Returning to the Rinks
[https://cdn4.sportngin.com/attachments/document/d8b1-2158869/Returning_to_the_Rinks_05-05-2020_1_.pdf]

MAHA – Return to Play Standards
[https://cdn4.sportngin.com/attachments/document/1ace-2250057/MAHA_Return_to_Play_Standards_-_2020-21_FINAL_Draft.pdf#_ga=2.64434409.775661604.1599588755-1199554782.1599406478]

Michigan Executive Order 2020-175
[https://content.govdelivery.com/attachments/MIEOG/2020/09/03/file_attachments/1535444/EO%202020-175.pdf]

Michigan Executive Order 2020-176
[https://content.govdelivery.com/attachments/MIEOG/2020/09/03/file_attachments/1535448/EO%202020-176.pdf]

Michigan Executive Order 2020-180
[https://content.govdelivery.com/attachments/MIEOG/2020/09/09/file_attachments/1541348/EO%202020-180%20Emerg%20order%20-%20MI%20Safe%20Start%20amendment.pdf]