



**Columbus Chill Youth
Hockey Association**
The Premier Youth Hockey Association of Central Ohio



*****Please check back regularly for updates to these COVID-19 Guidelines*****

Current as of the “Responsible Restart Ohio” guidelines for
“Youth, Collegiate, Amateur, Club and Professional Sports” dated October 6, 2020:
<https://coronavirus.ohio.gov/static/responsible/Youth-Collegiate-Amateur-Club-Pro-Sports.pdf>

And CDC clarification of “close contact” dated October 21, 2020.

**Those entering Ohio after travel to states reporting positive testing rates of 15% or higher for
COVID-19 are advised to self-quarantine for 14 days.**

This list is updated weekly, on Wednesdays, and is available here:

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/families-and-individuals/COVID-19-Travel-Advisory/COVID-19-Travel-Advisory>

1. Players, Coaches, Managers, and Team Officials:

Players, coaches, athletic trainers, and officials must conduct daily symptom assessments before each practice or game.

- Anyone experiencing symptoms must stay home.*
- Coaches must (1) Participate in COVID-19 education developed for them by the Ohio Department of Health, and (2) Educate their players on how to help prevent the spread of COVID-19 using resources provided by the Ohio Department of Health.
- Promote good hand hygiene and respiratory etiquette. Flyers and signs are available at coronavirus.ohio.gov (<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/responsible-restart-ohio/Posters-and-Signs/>).
- No congregating before or after practices or games by players, coaches, athletic trainers or officials is permitted.
- Coaches, volunteers, athletic trainers, and officials must wear face coverings at all times, and players must wear face coverings when not on the ice, except for one of the reasons stated in the Director’s Order for Facial Coverings throughout the State of Ohio signed July 23, 2020 (<https://coronavirus.ohio.gov/static/publicorders/Directors-Order-Facial-Coverings-throughout-State-Ohio.pdf>) or as it may thereafter be amended.

Coaches are strongly encouraged to wear facial coverings when on the ice during games and practices.

(Written justification must be immediately provided to local health officials, upon request, explaining why an athlete, coach, or volunteer is not required to wear a facial covering when not on the field of play.)

- Players, volunteers, coaches, athletic trainers, and officials must strictly follow Ohio’s face coverings Order when out in public in order to reduce the risk of contracting COVID-19 and potentially spreading it during sports activities.
- Coaches must have a parent/volunteer help monitor/ ensure social distancing on teams of young children.
- Coaches shall identify players at higher risk of developing serious complications from COVID-19, such as those with asthma, diabetes or other health problems, and take extra precautions to protect them.
- Event sponsors, coaches, and participants must review protocols for cardiopulmonary resuscitation (CPR) and the use of automated external defibrillators (AEDs).

In addition to the above State requirements, Players, Coaches, Athletic Trainers and Officials:

- Should arrive at the rink no more than 15 minutes before the start of a game or practice. They should leave the rink no more than 15 minutes after the conclusion of the game or practice.
- Must abide by rink policies for locker room use.
- Must wear facial coverings when not on the ice.
- Shall abide by the rules and regulations required by the local rink and local jurisdiction if not in Ohio.
- Per USA Hockey guidelines, CCYHA teams are forbidden from playing unsanctioned games during the 2020-2021 season.

2. Spectators (in Ohio):

Spectators must conduct daily symptom assessments.

- Anyone experiencing symptoms must stay home.*
- Family members must sit together, socially distanced from other individuals/family groups.
- Six-foot social distancing must be maintained between individuals/family groups
- No congregating before or after practices or games is permitted.
- Spectators must wear face coverings at all times except for any of the allowable exceptions stated in the Director’s Order for Facial Coverings throughout the State of Ohio. (<https://coronavirus.ohio.gov/static/publicorders/Directors-Order-Facial-Coverings-throughout-State-Ohio.pdf>)

In addition to the above State requirements: Abide by the rules and regulations of the facility at which a game or practice is being held.

*Per CDC, COVID-19 symptoms include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. This list does not include all possible symptoms. CDC will continue to update symptoms as more is learned about COVID-19. CDC’s list of COVID-19 symptoms and a “self-checker” is available at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.

Equipment (Including Shared Goalie Equipment):

- Equipment and personal items must have proper separation and must not be shared. If equipment must be shared, proper sanitation must be performed between users.
- Do not share towels or facial coverings.
- Do not share water bottles or other drinks.
- Do not share food.

Because some league goalie equipment will be shared among multiple players, the family whose player has most recently used the equipment must take the equipment home, properly clean and sanitize it, before passing it on to the next player to use it. Coaches and/or team managers are responsible for ensuring that all families understand the requirements and clean the gear after every use.

Practices, Games, Tournaments:

- Six-foot social distance must be maintained between individuals except when necessary on the ice.
- Players, coaches, and officials are not to physically contact each other before or after practice, pregame and competitive play (i.e., greetings, team huddles, high-fives, congregating, etc.).
- Limit time spent on activities where players are in close proximity for extended periods of time (e.g., repeatedly practicing drills that bring players close together).
- Facilities, teams, and clubs must ensure that facilities have adequate space for social distancing for players, coaches, athletic trainers, officials, parents/guardians, and spectators off the ice.
- No congregating before or after practices or games is permitted.
- Prior to competitive tournaments, tournament organizers must notify the local health department.
- For out-of-state travel, follow the COVID-19 guidance of the state and local public health jurisdiction to which the team is traveling.

In addition to the above State requirements: Every CCHYA team participating in out of state tournaments is advised to check the Covid-19 Travel Advisory and follow the Ohio Department of Health recommendation to self-quarantine for 14 days after leaving those locations. This can mean no practice and/or games for any team choosing to travel to a state listed on the Advisory.

Suspected and Confirmed Cases:

Suspected Cases (aka Under Investigation):

- If a player or coach suspects they have Covid-19, Immediately isolate, and seek medical care for, any individual who becomes ill or develops symptoms.
- Suspected cases should not participate or attend practice or games for a period of 10 days
 - Contact the local health department about suspected COVID-19 cases or exposure.
 - The suspected person should seek COVID-19 testing as soon as possible.

Confirmed Cases:

- An individual who tests positive for COVID-19, whether symptomatic or asymptomatic, must not return to sport activities until a documented medical exam is performed clearing the individual to return to play. The documented medical exam must specifically include an assessment of the cardiac/heart risk of high-intensity exercise due to the potential of myocarditis occurring in COVID-19 patients. More information on this issue can be found at <https://www.acc.org/latest-in-cardiology/articles/2020/07/13/13/37/returning-to-play-after-coronavirus-infection>. Documentation of the medical exam must be sent to Gord Rivington, Director of Hockey Operations (CCYHARivington@gmail.com) and the league (CCYHAInfo@gmail.com) before the player may return to play.
- Coaches/administrators must work with the local health department to identify individuals who were potentially exposed to help facilitate contact tracing. This includes, but is not limited to, athletes, coaches, officials, volunteers, parents and other support personnel.
- CCYHA will notify all athletes and parents/ guardians associated with the affected team regarding a positive test. Athletes and families must be reminded of proper daily health screening protocols.
- If the affected individual participated in competitive play, the team Head Coach and/or Manager is responsible for notifying any opponents played between the date of the positive test and 2 days prior to the onset of symptoms. If the teams reside in different counties, the health departments in each county should be notified to help facilitate effective contact tracing.
- Advise the venue that a player who was in the venue tested positive for COVID-19.
- Players, coaches, officials or other individuals who had close contact (within six feet of an infected individual for 15 cumulative minutes within 24 hours), or who had direct physical contact with the person, or who were coughed or sneezed on by the infected person, must self-quarantine for 14 days following exposure based on CDC guidance. Individuals may return to play afterward if they have not had any COVID-19 symptoms.

In addition to the above State requirements:

All teams must inform Gord Rivington, Director of Hockey Operations (CCYHARivington@gmail.com) and the league (CCYHAInfo@gmail.com) of any individual who is self-quarantining due to having tested positive for COVID-19.

***** If there are multiple positive COVID-19 tests among players and/or coaches and team officials on a team and/or practice group, the CCYHA reserves the right to require that team or teams within the same division to withdraw from practice and play. This decision will be made in consultation with local health officials*****

“Close Contact” means “Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.” <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>

Scenario	Player	Teammates	Coaches and Team Officials
Immediate family member reports symptoms of COVID-19	Continue to practice and play	Continue to practice and play	Continue coaching and administration responsibilities
Immediate family member under investigation for COVID-19 “Under Investigation” means family member has symptoms AND has had close contact with someone who tested positive for COVID-19.	Self-quarantine for 14 days after most recent exposure. Parent notifies coach of player exposure. Encourage family member to get tested. If family member tests negative, player returns to play.	Continue to practice and play	Continue coaching and administration responsibilities
Immediate family member tests positive for COVID-19	Self-quarantine for 14 days after most recent exposure. Parent notifies coach and CCYHA officials of player exposure. Please visit the site below for specific instructions regarding this scenario: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html	Continue to practice and play	Continue coaching and administration responsibilities

Scenario	Coach/Team Official	Team	Other Coaches and Team Officials
<p>Coach/Team Official reports symptoms of COVID-19</p>	<p>Cannot report to practice or game until 24 hours with no symptoms.</p> <p>Encourage Coach/Team official to get tested for COVID-19.</p>	<p>Continue to practice and play</p>	<p>Continue coaching and administration responsibilities</p>
<p>Coach/Team Official under investigation for COVID-19</p> <p>“Under Investigation” means family member has symptoms AND has had close contact with someone who tested positive for COVID-19.</p>	<p>Self-quarantine for 14 days after exposure.</p> <p>Encourage Coach/Team Official to get tested for COVID-19.</p> <p>May return to hockey duties when they have no fever, respiratory symptoms have improved, and have received two negative tests in a row at least 24 hours apart.</p>	<p>Identify players who were within 6 feet for 15 cumulative minutes within 24 hours of the Coach/Team Official who is under investigation.</p> <p>If Yes, player must self-quarantine for 14 days. Encourage parents to have player tested for COVID-19.</p> <p>If No, continue to practice and play.</p>	<p>Identify other Coaches/Team Officials who were within 6’ for 15 cumulative minutes within 24 hours of the Coach/Team Official under investigation.</p> <p>If Yes, Coaches/Team Officials must self-quarantine for 14 days. Encourage them to get tested for COVID-19.</p> <p>If No, Continue coaching and administration responsibilities</p>
<p>Coach/Team Official tests positive for COVID-19</p> <p>Please visit the site below for specific instructions regarding this scenario:</p> <p>https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html</p>	<p>Cannot return to hockey until:</p> <p>A. 24 hours with no fever AND</p> <p>B. Respiratory and clinical symptoms have improved (e.g. cough, shortness of breath,) AND</p> <p>C. 10 days since first symptoms</p> <p>CDC does not recommend a COVID-19 test to return to work following day 10.</p> <p>Notify CCYHA if COVID positive. (CCYHARivington@gmail.com) and the league (CCYHAInfo@gmail.com)</p>	<p>Identify players who were within 6 feet for 15 cumulative minutes within 24 hours of or coughed or sneezed on by the Coach/Team Official who tested positive.</p> <p>If Yes, player must self-quarantine for 14 days. Encourage parents to have player tested for COVID-19.</p> <p>If No, continue to practice and play.</p>	<p>Identify other Coaches/Team Officials who were within 6 feet for 15 cumulative minutes within 24 hours of the Coach/Team Official who tested positive.</p> <p>If Yes, Coaches/Team Officials must self-quarantine for 14 days. Encourage them to get tested for COVID-19.</p> <p>If No, Continue coaching and administration responsibilities</p>

Scenario	Player	Teammates	Coaches and Team Officials
<p>Player reports symptoms of COVID-19</p>	<p>Cannot report to practice or game until 24 hours with no symptoms.</p> <p>Parent notifies coach of player symptoms. Encourage parents to get player tested for COVID-19.</p>	<p>Continue to practice and play</p>	<p>Continue coaching and administration responsibilities</p>
<p>Player under investigation for COVID-19</p> <p>“Under Investigation” means family member has symptoms AND has had close contact with someone who tested positive for COVID-19.</p>	<p>Self-quarantine for 14 days after exposure. Notify player’s coach.</p> <p>Encourage player to get tested for COVID-19.</p> <p>May return to hockey when they have no fever, respiratory symptoms have improved, and have received two negative tests in a row at least 24 hours apart.</p>	<p>Identify players who were within 6 feet for 15 cumulative minutes of the player who is under investigation.</p> <p>If Yes, player must self-quarantine for 14 days. Encourage parents to have player tested for COVID-19.</p> <p>If No, continue to practice and play.</p>	<p>Identify other Coaches/Team Officials who were within 6’ for 15+ minutes of the player who is under investigation.</p> <p>If Yes, Coaches/Team Officials must self-quarantine for 14 days. Encourage them to get tested for COVID-19.</p> <p>If No, Continue coaching and administration responsibilities</p>
<p>Player tests positive for COVID-19</p> <p>Notify CCYHA if COVID positive. (CCYHARivington@gmail.com and League (CCYHAInfo@gmail.com))</p> <p>Please visit the site below for specific instructions regarding this scenario: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html</p> <p>Scenario continued on next page</p>	<p>Parent notifies coach and CCYHA of positive COVID test.</p> <p>Cannot return to hockey until:</p> <ul style="list-style-type: none"> A. 24 hours with no fever AND B. Respiratory and clinical symptoms have improved (e.g. cough, shortness of breath,) AND C. 10 days since symptoms first appeared <p>CDC does not recommend a COVID-19 test to return to work following day 10.</p>	<p>Identify players who were within 6 feet for 15 cumulative minutes within 24 hours of or coughed or sneezed on by the player who tested positive.</p> <p>If Yes, player must self-quarantine for 14 days. Encourage parents to have player tested for COVID-19.</p> <p>If No, continue to practice and play.</p>	<p>Identify other Coaches/Team Officials who were within 6’ for 15 cumulative minutes within 24 hours of the player who tested positive.</p> <p>If Yes, Coaches/Team Officials must self-quarantine for 14 days. Encourage them to get tested for COVID-19.</p> <p>If No, Continue coaching and administration responsibilities Notify CCYHA if COVID positive. (CCYHARivington@gmail.com and</p>

<p>Player tests positive for COVID-19 (continued)</p>	<p>A player who tests positive for COVID-19, whether symptomatic or asymptomatic, must not return to sport activities until a documented medical exam is performed clearing the individual to return to play. The documented medical exam must specifically include an assessment of the cardiac/heart risk of high-intensity exercise due to the potential of myocarditis occurring in COVID-19 patients.</p>		<p>League (CCYHAInfo@gmail.com)</p>
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Paul Day

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August 28, 2020

Staggering Dates in our District to Welcome Everyone Back to Hockey

As tournaments approach, it is the hockey association's responsibility to be certain participants are compliant with the standards in place by Federal, State and Local authorities. This includes tournaments scheduled to be hosted or tournaments to be attended. Each association is responsible for knowing where their players are participating and that the local area and rink(s) are permitted to be hosting a tournament on the date(s) reserved. Participation in a non-sanctioned tournament is outside the terms of each player's membership with USA Hockey.

We do not own nor dictate to the rinks but must be vigilant in our responsibilities to see that our participants are following all governmental guidelines.

Mid Am District Covid-19 Policy Update :

Please check with your Governor's office or State Board of Health posting regarding the current Covid 19 Guidance for your area. If you are traveling into another state, be sure you check the requirements for that area as well. Concerns and requirements change as circumstances dictate, and we want to get all healthy hockey players on the ice consistent with their local area regulations and specifications. Further guidance can be found in the CDC guidelines. Be sure to abide by all Federal, State and Local Best Government Practice and Social Distancing Guidelines. Also, check in with your local rink to see if any further guidelines pertain to their facility.

Paul Day

A handwritten signature in blue ink that reads "Paul Day".

President

Mid American District Hockey, INC

Related Resources (please check regularly to see if these have been updated):

State of Ohio List of COVID-19 Testing Centers:

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/testing-ch-centers/>

The Chiller Ice Rinks COVID-19 Guidelines:

<https://www.thechiller.com/custom/files/covid-19-guidelines-web.pdf>

State of Ohio Sector-Specific Operating Requirements:

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/responsible-restart-ohio/Sector-Specific-Operating-Requirements/>

USA Hockey COVID-19 Player Safety Updates and Recommendations:

<https://www.usahockey.com/playersafety>

Franklin County Public Health COVID-19 Resources:

<https://covid-19.myfcph.org/>

CDC Guidelines for Disinfecting:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

CDC Guidelines for Home Isolation:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>