



**Mamaroneck Youth Hockey Association
HEALTH & SAFETY GUIDELINES & SCREENING PROTOCOLS
Updated as of September 18, 2020**

The safety of participants is our top priority. The following were developed in accordance with the most recent guidelines issued by the [CDC](#), [New York State](#), [USA Hockey](#) and [New York State Amateur Hockey Association](#) and are subject to change at any time. MYHA will notify the membership of any updates to the Health & Safety Guidelines & Screening Protocols.

- Players and coaches must wear face coverings at all times when not on the ice. Each player, coach, referee, and scorekeeper must provide their own face mask, and will not be permitted into the facility without a mask. Masks will not be required to be worn when on ice.
- Players will only be allowed to enter 10 minutes prior to ice time. Players must leave promptly after practice, not to exceed 5 minutes after practice end.
- Players must arrive fully dressed; however, skates, helmets and gloves can be put on at the rink. It is strongly encouraged that players arrive with skates on and tied utilizing skate guards.
- For players 10U and 8U ONLY, a maximum of one parent/caregiver is permitted to help with players' skates and helmets before and after practice, if necessary and permitted by the facility.
- Players and coaches must adhere to 6 feet distancing guidelines off ice and whenever possible on ice, including the players' bench.
- Players and coaches must refrain from all physical contact on and off the ice. Coaches to limit group discussions so players are not in close proximity for extended periods of time.
- No sharing of any equipment or personal items.
- Players must bring their own water bottle.
- Players strongly advised to disinfect equipment after each on ice session.

- Basic health procedures, including frequent hand washing for 20 seconds, using hand sanitizer regularly and proper respiratory hygiene/cough etiquette should be followed.
- All participants will be required to sign a waiver before being allowed on the ice, pursuant to which they agree to hold Mamaroneck Youth Hockey Association, the city, local governments and their respective Affiliates, agents, officers and employees harmless from any and all matters pertaining to exposure to communicable diseases, including Covid-19. Parents/guardians must print, sign, scan and email the waiver to safety@mamaroneckhockey.org prior to participation in any MYHA activity.
- Parents, players, coaches, referees and scorekeepers must conduct daily symptom self-evaluation assessments and **MUST REFRAIN FROM ALL MYHA ACTIVITY for 14 DAYS** if they:
 - (1) are experiencing symptoms, or living with somebody experiencing symptoms, now or in the past 14 days and who has not been cleared by a doctor or tested negative for COVID-19, or
 - (2) have tested positive for COVID-19 in the past 14 days and not subsequently tested negative, or
 - (3) have had close contact (defined as having close contact of less than 6 feet distance for more than 15 minutes) in the last 14 days with someone who has tested positive for COVID-19
 - (4) are required or advised to quarantine following travel or otherwise under New York State requirements, CDC guidance, or directions from any other applicable authority.
- Spectators will NOT be allowed for all players 10U and up. As the season progresses, we will revisit this rule, following New York State requirements and CDC guidance.
- For 8U players only, a maximum of 1 immediate family member/caregiver will be allowed, as long as total persons in the building do not exceed maximum capacity as defined by that facility.
 - Spectators must wear face coverings at all times with zero exception.
 - Spectators must adhere to 6-foot distancing guidelines.
 - Any persons not practicing social distancing may be asked to leave the premises.

Games

- At all games, home and away, players must adhere to MYHA Health & Safety Guidelines at all times, including submitting a RSVP/health attestation for every game.
- In addition, players are responsible for reviewing and complying with the Health & Safety Guidelines for each facility visited. This may include additional protocols and signing of additional waivers.
- As long as it is allowed by the facility, a maximum of 1 Spectator, immediate family only, will be allowed to remain in the rink. In this circumstance, the immediate family member must wear a face covering at all times and adhere to 6 foot distancing guidelines. Parents may be asked to leave the premises for any reason.

Health & Safety Officer

- Each MYHA team will designate a “safety officer” for each practice or game to ensure the health and safety of all players, coaches, referees and scorekeepers. This officer will be a member of or designated by the MYHA Health & Safety Committee or Team Manager. This person must undergo a background check and successfully complete Safesport training.
- The Safety Officer will help to monitor proper social distancing, ensure adherence to all stated guidelines, and report non-compliance to the MYHA Health & Safety Committee.

MYHA Screening Protocol during the COVID-19 Pandemic

If a player is sent home from school with a fever they should not attend practice.

- As per Mamaroneck school district guidance, parent/guardian will be advised to notify their medical provider for further guidance.
- Player may not return until fever free and symptom free (without the use of fever reducing medication) for 24 hours.
- A signed and stamped or emailed medical provider clearance is required.

If a player or coach is exhibiting illness and/or COVID symptoms (with or without fever) and is sent home from any MYHA activity:

- Parent/guardian or coach will be advised to notify the medical provider for further guidance and recommendation of whether COVID testing should be conducted.
- If no COVID testing done, player may not return until fever free and symptom free (without the use of fever reducing medication) for 24 hours. A signed and stamped or emailed medical provider clearance is required.
- If screened for COVID and negative, the parent must provide signed and stamped or emailed health care provider documentation and the player must be symptom and fever free for 24 hours without use of fever reducing medication.
- If a student has a diagnosis of common illness (Strep pharyngitis, Varicella, Coxsackie, Pertussis) the parent must provide signed and stamped or emailed health care provider documentation and the player must be symptom and fever free for 24 hours without use of fever reducing medication.

If a player or coach has been directly exposed to someone with COVID-19 (defined as having close contact of less than 6 feet distance for more than 15 minutes):

- Parent/guardian or coach shall immediately notify MYHA Health & Safety committee at safety@mamaroneckhockey.org.
- Player/Coach with direct exposure to COVID-19 will not be allowed on ice and must quarantine for 14 days.

- MYHA will consult with local health authorities for an appropriate action plan, which particularly in the case of an infected player/coach may result in the team's activities being put on temporary hold for a period of time.
- MYHA will notify all impacted players/coaches on the affected team(s) of any such action.

If a coach or player, or any member of their household, tests positive for COVID-19:

- Parent/guardian or coach shall immediately notify MYHA Health & Safety committee of positive COVID-19 test at safety@mamaroneckhockey.org.
- MYHA will consult with local health authorities for an appropriate action plan, which particularly in the case of an infected player/coach may result in the team's activities being put on temporary hold for a period of time.
- MYHA will notify all impacted players/coaches on the affected team(s) of any such action.

If coach or player tests Covid positive, he/she may return to play if :

- At least 72 hours have passed since recovery defined as resolution of fever without the use of fever-reducing medications; and
- There is improvement in respiratory symptoms (e.g., cough, shortness of breath); and
- At least 14 days have passed since symptoms first appeared.

Any Coach, Manager, MYHA Board Member or Health & Safety Officer reserves the right to send home any player, coach or spectator that appears sick or is showing COVID symptoms.