

COVID-19 prevention safety plan (updated 8/2/2020)

Rogue Valley Hockey Association

Purpose

Rogue Valley Hockey Association's COVID-19 prevention safety plan is designed to protect our program volunteers and youth participants from the exposure or spread of COVID-19 in our programs. RVHA strives to maintain a safe and healthy environment. We know this situation has been stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community. To safely do that, our organization will follow CDC and USA hockey recommendations, Oregon health authority (OHA) guidance and our rink policies at all times to protect players, families, and our community.

Again, the health and safety of our athletes, staff, and volunteers remains our highest priority. Below, you will find a summary of actions that our youth hockey volunteers are taking to help ensure we are lowering COVID-19 risk as much as possible while also allowing our athletes to play.

Building Sanitation

- Assisting rink staff with cleaning and disinfection within our rink's facilities. This includes cleaning and disinfecting frequently touched surfaces between each ice session.

Social Distancing

- On-ice protocols: Eliminating physical contact between players, while allowing players to focus on building individual skills (like skating and stickhandling), keeping players in small groups to allow for proper social distancing, and eliminating all unnecessary contact, such as high-fives, handshakes, and fist bumps.
- Off-ice protocols: limited rink occupancy, pre-scheduled visitors only, temporarily closing locker rooms and ice benches when necessary and utilizing signs and tape in locker and ice benches to ensure coaches and players stay 6 feet apart when these areas are permitted for use by the rink. Assisting with traffic flow both inside and immediately outside of the rink building to ensure proper social distancing protocols are met.

Hygiene

- Promoting healthy hygiene practices, such as providing hand sanitizer before and after practices and games, encouraging children to cover coughs and sneezes with a tissue or to use the inside of their elbow, and reminding them to not spit.
- Requesting that coaches, youth sports staff, officials, parents, and spectators wear face coverings when directed by the rink and Oregon Health Authority guidance to help prevent the spread of coronavirus among participants.
- Eliminating any sharing of RVHA equipment in the upcoming season.

COVID-19 Suspected or Confirmed Cases

Be on the lookout for symptoms of COVID-19, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick.

Anyone who has been in close contact with someone who has tested positive for COVID-19— including players, family members, coaches, staff and spectators — should please contact the rink immediately.

If someone does test positive for COVID-19 during the upcoming season, please contact the rink immediately.