



## COVID-19 Policies and Procedures

Last updated 5 August 2020

The Perkiomen Valley Ice Hockey Club (PVIHC) is taking enhanced health and safety measures to protect our athletes, coaches, parents, and the community in order to enable a safe return for the 20-21 season.

We will adhere to the guidance and recommendations set forth by the CDC, state and county officials, USA Hockey, the AAHA district, the leagues that our teams participate in, and local rink regulations for a safe return to the sport.

This is a living document and will be updated. By being a member of the PVIHC, you are committing to following the below policies and procedures.

### SELF-SCREENING PRIOR TO ENTRY:

We respectfully request that PVIHC players or family not come to a PVIHC event, or enter the rink if any of the below apply:

- After taking a temperature reading one hour prior to a scheduled event you have a temperature of 100.4 or greater
- Feeling sick or experiencing cold or flu-like symptoms (including 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, or diarrhea)
- If you have been diagnosed with, or believe to have contracted, COVID-19, unless you have had no fever for 72 hours (without use of medication) and 10 days have passed since symptoms first appeared
- If you have been in contact with an individual diagnosed with COVID-19 within the past 14 days
- If you have traveled internationally in the past 14 days

### FACIAL COVERING:

Everybody (over the age of 2) must wear a protective facial covering (one which fully covers their mouth and nose) upon entering the rink and at all times while inside the rink, except while skating.

### SOCIAL DISTANCING:

Everybody will be expected to maintain a distance of six (6) feet from others, whenever possible.

### HAND CLEANING AND SANITIZING:

It is recommended that all should wash or sanitize their hands frequently while in the facility. Hand sanitizer stations are available throughout most rinks to assist guests with hand hygiene.

### PARTICIPANT ENTRY PROCEDURES:

- Participants are requested to check with facility rules and regulations for entering and exiting the facility for their scheduled session.
- Due to Pennsylvania's revised indoor gathering limits of 7/15/20, some rinks may require non participants (parent/caregiver) to exit the building as soon as possible. All parents and caregivers will be required to follow all facility rules while on the premises.

### PARTICIPANT'S ADDITIONAL BELONGINGS POLICY:

- Any personal belongings must remain in participant's bag, which may be stored in a designated area while participant is engaging in an on-ice activity.
- All participants are required to bring their own water bottle, which shall be filled prior to entering the ice facility.
- All participants that use a towel must bring their own. All towels shall be kept in participant's bag when not in use.
- Many facilities will have limited use of locker rooms, showers, and other common areas. Please adhere to the facility's regulations.

### NOTIFY CLUB IF ANY PLAYERS TEST POSITIVE FOR COVID-19

- If any player tests positive for Covid-19, we require the parents to immediately notify the Head Coach of the player's team and the Club President (brent@cowgillmail.com or 610-909-8013)
- The Head Coach or Club President will then notify the families of players on that team plus any others that may have had contact with the player that has tested positive.
- Players that had potential contact will be requested to follow CDC guidelines which may include self-quarantine or testing.

### ADDITIONAL COVID-19 RESOURCES

Please see the following links below for additional reference.

CDC – If You Are Sick

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

CDC Considerations for Youth Sports

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

USA Hockey

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

Commonwealth of PA COVID-19 Information Guide

<https://www.pa.gov/guides/responding-to-covid-19/>

Pennsylvania Guidance for Sports Permitted to Operate During Covid-19 Disaster  
Emergency

<https://www.governor.pa.gov/covid-19/sports-guidance/>