

NAPHL EVENTS: BLAINE, MINNESOTA JANUARY 2021

COVID-19 REQUIREMENTS, RECOMMENDATIONS & GUIDELINES

The NAPHL is monitoring local and federal guidelines and will follow the recommendations in place. Even with everyone's participation, the NAPHL cannot eliminate all risk associated with Covid-19. By choosing to participate, players and guests are assuming the risk of contracting Covid-19 at the event.

REQUIREMENTS:

- It is the team's responsibility to follow and abide by their home state travel guidelines.
- May need to provide a travel plan demonstrating adherence to those travel guidelines.
- Provide a certified USA Hockey or Hockey Canada roster 7 days prior to the event.
- All participants must complete the NAPHL Covid-19 waiver prior to participating.
- All participants must follow league, facility and local guidelines in order to participate.
- The State of MN requires spectators to register prior to entering the building. [Form](#)
- Per the state mandate, cloth face coverings (masks) must be worn by everyone inside an arena at all times.

RECOMMENDATIONS:

- Follow the CDC recommended best practices:
 - WASH your hands regularly, use hand sanitizer frequently.
 - WATCH your distance (6 feet for less than 15 minutes).
 - WEAR a mask except when on ice or exercising.
- If you have experienced fever, cough, chills, muscle pain, shortness of breath, sore throat or other symptoms of COVID-19 then you should not participate.
 - <https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms-11x17-en.pdf>
- If you or a family member have a medical history that places you in a high-risk category for COVID-19, we recommend that you do not enter the building.
- Clearly label and fill your own water bottle before coming to the rink.
 - Drink out of your own water bottle and do not share water bottles.

COVID GUIDELINES:

- [MN Hockey Covid Guidelines](#)
- [State of Minnesota Guidelines](#)
- National Sports Center Covid Guidelines: <https://www.nscsports.org/covid19-plan>

HOCKEY OPERATIONS:

- A maximum of two spectators per player will be allowed for games, with exceptions for parents or guardians who must bring in young children.
- Three coaches will be allowed on the bench during games
- No resurfacing during games (between periods).

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- Per the state mandate, cloth face coverings (masks) must be worn by everyone inside an arena at all times. This includes participants during on-ice practice and game play. Mask guidance can be found [here](#) and approved splashguards can be found [here](#).
- No equipment bags will be allowed in facilities with the exception of goalies. Small drawstring bags or small backpacks may be utilized to help carry in smaller items and store personal belongings (medications, phones, keys, etc.). Coaches and officials may also need to bring in bags that carry supplies for practice.
- All participants must arrive to the arena fully dressed, with the exception of skates, helmet and gloves. Goalies are allowed to arrive half dressed.
- Participants must not enter the arena prior to 10 minutes before the start of their scheduled ice time. They must exit the arena no later than 10 minutes following the conclusion of their ice time. Goaltenders will be allowed to enter the arena 15 minutes prior to the start of their scheduled ice time to allow for more time to put on their equipment.
- Extra time has been added between games to assist with traffic flow for participants and spectators.
- Game Time
 - Backup goalie will sit in the penalty box and must wear a mask.
 - There are no postgame handshakes involving players, coaches or officials.