

NAPHL EVENTS: BLAINE, MINNESOTA SEPTEMBER 2020

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.
- Facility requires temperature checks upon entry.
- Coaches are required to wear a mask while behind the bench.

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.

RINK GUIDELINES:

- National Sports Center Covid Guidelines: <https://www.nscsports.org/covid19-plan>

HOCKEY OPERATIONS:

- 40 spectators per team are permitted to enter the building at game time and must exit at buzzer.
- The schedule has built-in time to limit overlap or intermingling of athletes.
 - Players may not enter the rink until 15 minutes prior to start ice time.
 - Players must exit the rink no later than 5 minutes after the end of ice time.
- Locker Rooms (all participants MUST wear mask while dressing in the locker rooms)
 - Players shall arrive dressed in order to eliminate traffic flow.
 - Players may not enter the rink until 15 minutes prior to start ice time.

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- Players must wear masks while dressing in the locker room.
- 2 locker rooms for up to ten players per team.
- Players must take hockey bags to the bench at halftime. Teams will not return to the locker room to post game. Players recommended to take skates off on the bench and exit the building.
- **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.