

# **NAPHL EVENTS: DULUTH, 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.
  - Facility requires additional waivers to be eligible for participation.
- 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:**

- Heritage Sports Center Covid Guidelines: <https://blog.nscsports.org/july-national-sports-center-covid-19-updates/>

### **HOCKEY OPERATIONS:**

- 20 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.
  - Players must wear mask while dressing in the locker room.

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- 2 locker rooms for up to ten players per team.
- Players are not permitted to shower at the rink.
- 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.