



# COVID-19 Return to Indoor Play Plan

Updated 11.18.20



## Forward

Before reviewing this document, please review the [Code of Conduct](#) (also referenced in short below):

*The Madison Gay Hockey Association is an adult developmental ice hockey league for members of the Lesbian, Gay, Bisexual, Transgender, Queer/Questioning and Allied (LGBTQA) Community. We provide opportunities to learn and teach ice hockey in a safe, supportive and fun environment. We aspire to the highest standards of sportsmanship and promote integration within the LGBTQA and wider Madison Communities.*

*All players will abide by the Rules and Policies set forth by the Madison Gay Hockey Association (MGHA), Wisconsin Amateur Hockey Association (WAHA) and USA Hockey.*

*Players are expected to demonstrate a high standard of sportsmanship; defined as fairness and respect for one's opponent and graciousness in winning or losing.*

*Members will refrain from any behavior that puts themselves or others at risk while participating in games or other league events. This includes but is not limited to the misuse of drugs or alcohol. Players under the influence of alcohol or drugs are not permitted on the ice.*

*Threatening language, verbal threats and slurs against race, ethnicity, sexuality or gender... will not be tolerated under any circumstances. Any player who deliberately tries to harm or intimidate another player through the use of force will be subject to the consequences described below.*

It is tempting to believe that “we’re all in this together,” but the reality is that some in the league have been and will continue to be more impacted by the pandemic than others. Without recognizing this, we dishonor the history of victims of other epidemics [such as the beginning of HIV/AIDS](#), anti-LGBTQ mindsets, racism, and more.

In addition to the requirements and asks above, MGHA prioritizes additional marginalized communities including, among others, the BIPOC (Black, Indigenous, and People of Color) and Disability communities. We ask that those reading this document take time to consider the additional burden that both isolation and the COVID-19 pandemic pose for these communities. This is a key tenet of both [intersectionality](#) and the [mindset with which MGHA operates](#).

We are all missing hockey, and hurting for lack of it. Moreover, some of us have lost family members and friends to COVID-19. We implore *everyone* to keep in mind some basic components of the MGHA that may not be written in ink - compassion and empathy.



## Overview

The Madison Gay Hockey Association (MGHA) COVID-19 Return to Play Plan (RPP) was created as a flexible plan to safely guide the return of on-ice league-sanctioned activities. As such, this is a living document that can be amended as needed.

These guidelines are based on geographic region, and all league players must meet these recommendations for their geographic region.

The rules outlined in this document do not supersede local, county, state, or federal regulations.

To participate in any MGHA on ice activities players must be registered with the MGHA and USA Hockey.

**This is for indoor ice hockey. Guidelines for outdoor ice hockey will be coming in the near future.**

## Goals

1. Safely return to on-ice (skills clinics, practices, etc.) league-sanctioned activities
2. Safely return to playing league-sanctioned ice hockey games
3. Safely return to league-sanctioned social gatherings

## Specifications

These guidelines are based on a tiered setting. MGHA will begin with baseline criteria that must be met to even consider a return to play. After 14 days, the Risk and Accessibility Coordinators, in conjunction with the MGHA board, will work to determine if it is appropriate to start Tier One. Each tier must be in place for at least 14 days before advancing to the next tier can be considered. MGHA may return to earlier tiers based on COVID conditions in Dane and surrounding counties.

The risk coordinator, accessibility coordinator, and the board will continue to evaluate local COVID-19 infections on a weekly basis. If the number of cases rises over a week, we will pause at the current tier. If daily infection rates are 5 cases per 10,000 people in Dane County, MGHA will return to Baseline Conditions regardless of current tier.



## Terminology

**Aerosolized or Airborne Transmission** - While it has been known that COVID-19 is transmitted via droplets (such as spit), recent data suggests it is also transmitted via shared air.

**Asymptomatic** - Not showing any symptoms (signs of disease or illness). Some people without any symptoms still have and can spread the coronavirus. They're asymptomatic, but contagious. Fever, cough, and shortness of breath are the main symptoms of COVID-19.

**Communicable** - Similar in meaning as "contagious." Used to describe diseases that can be spread or transmitted from one person to another.

**Community spread** - The spread of an illness within a particular location, like a neighborhood or town. During community spread, there's no clear source of contact or infection.

**Confirmed case** - Someone tested and confirmed to have COVID-19.

**Congregate settings** - Public places that can get crowded and where contact with infected people can happen. This includes places like malls, theaters, and grocery stores.

**Coronavirus** - A family of related viruses. Many of them cause respiratory illnesses. Coronaviruses cause COVID-19, SARS, MERS, and some strains of influenza, or flu. The coronavirus that causes COVID-19 is officially called SARS-CoV-2, which stands for severe acute respiratory syndrome coronavirus 2.

**Epidemic** - A situation where more cases of disease than expected happen in a given area or to a group of people.

**Epidemiology** - The branch of medicine that studies how diseases happen and spread in communities of people.

**Flattening the curve** - Controlling the rate of new cases of COVID-19. Flattening the curve reduces the numbers of people needing healthcare at one time. This allows hospitals to treat patients throughout the pandemic.

**Immunity** - Your body's ability to resist or fight off an infection. Your immune system is a network of cells throughout your body that help you avoid getting infected and help you get better when you are infected.

**Immunocompromised** - Also called immune-compromised, immunodeficient, or immunosuppressed. This describes someone who has an immune system that can't resist or fight off infections as well as most people. This can be caused by several illnesses. Some treatments for illnesses can also cause someone to be immunocompromised.

**Incubation period** - The time it takes for someone with an infection to start showing symptoms. For COVID-19, symptoms appear 2-14 days after infection.



**Isolation** - Separating people who are ill from others who are not ill to keep the disease from spreading

**Local/Locality** - The geographic areas in which your league is located and all league's participants reside and work.

**Outbreak** - A sudden increase of a specific illness in a small area.

**PPE** - personal protective equipment. This includes masks, face shields, gloves, gowns and other coverings that healthcare workers and others may use to prevent the spread of infection to themselves and other patients.

**Quarantine** - Separating people and limiting movement of people who have been exposed to the disease to see if they become ill.

**Quarantine period** - A period of at least 14 days.

**Screening** - This is not the same as a coronavirus test. This step helps healthcare workers to decide if you actually need a coronavirus test. It's a series of basic questions about your health condition and recent history. Screening may also include other common healthcare procedures, like taking your temperature.

**Self-isolation** - Separating yourself from healthy individuals when you have possibly been exposed to prevent spreading illness.

**Shelter in place** - An order for people to stay where they are and not leave for their own protection. A stay-at-home order is a kind of shelter-in-place order.

**Social distancing** - Also called physical distancing. It means putting space between yourself and other people at all times. The goal is to slow down how fast an infection spreads. Stay-at-home orders are a way that the government can enforce social distancing.

The CDC recommends keeping at least six feet between you and others around you in public. Social distancing also includes avoiding crowds and groups in public.

**Symptomatic** - When a person shows signs of illness. For COVID-19, that includes cough, fever or shortness of breath.


**Trend** - an upwards or downwards shift in a data set over time. (Think about the way a [line graph](#) looks. When the line goes up, we see an increase or **upward trend**. If it goes down, this is a **downward trend**.)

(Definitions come from the University of Virginia Health website)



## Hygiene and COVID-19 Information

- **DO NOT** attend MGHA activities if you are feeling sick, showing symptoms of COVID-19, or have been exposed to someone with COVID-19.
- In the event of an exposure, please self-isolate for 14 days and get COVID-19 tested before returning to MGHA activities.
- If you travel out of state or to areas within the state that are known hot spots, please self-isolate for 14 days and get COVID-19 tested before returning to MGHA activities.
- People with COVID-19 have had a [wide range of symptoms](#) reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus, and may include but are not limited to:
  - Cough
  - Shortness of breath or difficulty breathing
  - Fever over 100 degrees
  - Chills
  - Muscle aches or pain
  - Sore throat
  - New loss of taste and/or smell
  - Additional symptoms may include nausea, vomiting, diarrhea, fatigue, congestion, runny nose, confusion, pain or pressure in the chest, and bluish tint to skin.
- If you need to get tested, consider [the following options](#):
  - Contact your primary health care provider to schedule a test.
  - Free testing at the Alliant Energy Center Tues-Fri. You can [pre-register online](#).
  - Free testing at Public Health WIC Clinic at 2230 S. Park Street on MWF. Call to schedule an appointment: 608-243-0302.
  - UW Madison has testing for [students and employees](#).
- If you test positive, you cannot return to the rink until
  - you have been fever free for 72 hours (without fever reducing medication such as tylenol, ibuprofen, or aspirin),
  - it has been 10 days since you first showed symptoms,
  - your symptoms have improved, and,
  - you have had a negative COVID-19 test.
- Keep MGHA informed of any possible exposures, including if close friends or family that you've been in contact with are experiencing symptoms.

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- Wash hands according to [CDC recommendations](#):
    - **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
    - **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
    - **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice. Not your jam? Here are [other options](#).
    - **Rinse** your hands well under clean, running water.
    - **Dry** your hands using a clean towel or air dry them.
    - If unable to wash hands, utilize unscented hand sanitizer frequently.
  - Per the [CDC’s recommendations](#), MGHA discourages the sharing of any equipment or gear (e.g., gloves, helmets, water bottles, etc.) between players where possible. If players must share gear, sanitize with antiviral cleaners between use.
  - Treat your equipment as if it was just exposed to COVID-19 after each use. Wash or disinfect hockey pads and equipment after every MGHA activity. Focusing cleaning the outside facing items such as jerseys, socks, and the outer layer of breezers. For items that cannot be washed, consider using clorox wipes or similar anti-microbial/anti-viral cleaner. Anti-bacterial *will not* do anything to prevent COVID-19.
  - Switch up storage of gear, if able. Instead of having potentially exposed hockey gear in your living space, set aside a spot in your garage or a storage unit. This will prevent pets or children from potential exposure.
  - For additional safety, also consider changing clothes and showering when returning home from excursions such as MGHA events.
  - Wear face masks that are secure to your face.
    - To put on your mask, follow these instructions:
      - Wash or sanitize your hands.
      - Put the mask on starting at your nose and ending at your chin.
      - To take off the mask, start at the back of your head. Go for the straps around your ears, not the mask itself.
      - Avoid touching the exterior of your mask directly, and wash your hands if you do.
      - Clean and/or sanitize your mask.
      - Wear your mask as much as possible when going out and in all MGHA-associated spaces.
    - In lieu of masks with gaps, consider masks that have a filter pocket. These allow for special charcoal or carbon sheets to be inserted for extra protection

(see below). Even blue craft paper towels added to these are [better than single-layer masks](#).

- Ideal masks will have adjustable ear loops, band locks, and a nose wire to allow you to adjust the fit as needed (see below).

**Refusal to abide by these rules can result in league suspension or expulsion.**

## Additional Mask Information

- Consider investing in a splash guard. Please note that the Bauer guard does not fit on CCM helmets.
- Examples of ideal masks for athletic play include [UA Sportsmask](#) and [Levelwear Guard 3 Face Mask](#). For the latter, a chin cup holds the mask more securely.
- ***MGHA does not recommend masks made by hockey companies as these do not actually attach to the face and instead leave unsafe gaps. (Please see images below where problematic gaps are circled). Splash guards will add another layer of protection.***







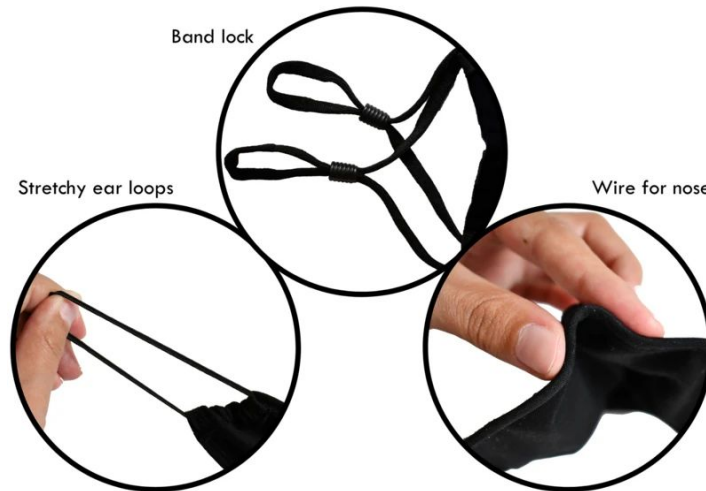
## Examples of Acceptable Masks

### Filter Pocket Masks



### Ideal features in masks

## Adjustable for your comfort



## DO NOT choose masks that



**Are made of fabric that makes it hard to breathe, for example, vinyl**



**Have exhalation valves or vents, which allow virus particles to escape**



**Are intended for healthcare workers, including N95 respirators or surgical masks**

## DO choose masks that



**Have two or more layers of washable, breathable fabric**



**Completely cover your nose and mouth**



**Fit snugly against the sides of your face and don't have gaps**



## MGHA Guidelines

Initial recommendations include

- Put in place a Risk Coordinator and an Accessibility Coordinator
  - Candidates for these positions should have science-based qualifications, especially around epidemiology, public health, or other relevant fields
  - The Risk Coordinator (Halley Pucker) would work on risk assessment and management for the league.
  - The Accessibility Coordinator (Grayon Schultz) would assess if plans to return to play meet greater access needs, including but not limited to issues such as transportation and standing health issues.
  - These coordinators will meet with HOPs weekly to discuss and evaluate moving towards additional tiers. Coordinators will have website access and update pages following meetings to reflect the most up-to-date information.
- The goal of these recommendations is to both return to play in a safe and controlled manner, and to do so in a way that doesn't leave any players behind due to one or more marginalized identities.
- MGHA will have a discussion about cleaning products that are both effective and have low-risk for causing allergic reactions (e.g., not strong scents such as bleach, lavender, etc.).
- No events outside of virtual events, sanctioned drills, official practices, etc., from the MGHA will be sanctioned by the league.
- People from the league are your teammates and friends. We should work together to protect each other. Please utilize [informed consent](#) to keep people around you updated about possible risks and exposures you bring into the space.
- Consider other ways we can share our form of hockey with others, including live streams of games, social media snippets of games, etc.
- Continue virtual events during initial tiers for those who feel uncomfortable or are unable to participate in in-person activities.
- Any players, coaches or spectators exhibiting symptoms or signs of an acute illness should not be in the facility at any point.
- **These regulations can be amended by the MGHA Board should the situation with COVID-19 drastically change**



## Cap Ice Guidelines

These guidelines are from Capitol Ice Arena as of November 2020. The MGHA page containing COVID-19-related data will be updated regularly with any changes in Cap Ice requirements.

- Players may only enter & exit via their team's designated entrance
  - Groups skating on rink B
    - Use locker rooms # 4, 5, 6, 7 & 8
    - Enter through the designated lobby door and go directly into their locker rooms
    - Exit through the rink B exit doors on NE corner of the building
  - Groups Skating on rink A
    - Use locker rooms # 1, 2 & made up locker room under bleachers
    - Enter through the separately designated rink A exit doors on the SE corner of the building
    - Exit doors located in the middle of the South wall of the building
- Check the schedule online for locker room assignments.
- Players should enter the arena fully dressed with the exception of skates (coming into the arena with skate guards on is ideal).
  - Exceptions may be made for goalies. Goalies should dress as much as physically possible before entering the arena.
  - Players should arrive at the rink no more than 10 minutes before the start of on-ice activities. Anyone arriving earlier than 10 minutes before their start time should wait outside of the facility and be socially distanced from others. Again, exceptions may be made for goalies who may need some additional time.
- Players should only use the designed spaces at the arena assigned to their team. Players will not be allowed in other areas of the building.
- Prior to the completion of the ice time, players should be excused from the rink one by one off of the ice sheet.
- No on or off ice interaction (socializing, team meetings, dryland activities) should occur following the conclusion of practice. Players should remove skates and leave the premises within 10 minutes of the end of practice.
- Cap Ice recommends not using their water fountains or bathrooms, and the MGHA concurs. Please bring pre-filled water bottles.



## Tiers (Quick reference, further details below)

The Risk and Accessibility Coordinators will connect on a weekly basis to determine if these qualifications were met. They will give their recommendations to the MGHA board for review. Once the board understands and approves the recommendations, the tier status will be updated on the official MGHA website and players will be notified via email and the MGHA Facebook page.

## Baseline

We start here with the aim of getting to Tier Six.

To be considered at baseline status, the following conditions must be met in Dane County. If a player who has paid a deposit for the 2020-21 season resides outside of Dane County, their resident county *and* Dane County both must meet these measures:

- Public Health Madison & Dane County (PHMDC), the State Department of Health Services (DHS), and the Governor's office have removed any stay-at-home orders or proximity/social distancing restrictions.
  - [Gov Evers' Executive Order #94](#) encouraging staying at home except for essential movement is lifted per the Governor's orders.
  - [PHMDC Order #10](#) prohibiting indoor gatherings and placing a 10-person limitation on outdoor gatherings is lifted.
- Transportation services return to normal operation. This means regular running of bus and other public transportation services, without population or route limitations.
- A downward or at least stable trend in [COVID-19 diagnoses](#), [hospital capacity](#), and [deaths](#) over a two-week (14 day) period in Dane County.

To return to no-contact drills, baseline must be kept and maintained for two weeks.



Here's the quick outline of what the progression of the season would look like:

Tier	Tier Activities	To move to next tier
Tier One	No-contact drills or activities (limited to 10 players per sheet of ice or distanced field space for one hour)	To move to Tier Two, <ul style="list-style-type: none"> <li>- Tier One must be enacted for fourteen days and all the baseline conditions for Tier One remain in place</li> <li>- Government, sporting and health authorities allow for contact sports</li> </ul>
Tier Two	Socially distanced Skill Level Group practice (limited to 15 players per sheet of ice for one hour)	To move to Tier Three, all previous criteria must be met and <a href="#">numbers</a> must be stable or on a downward trend for two weeks.
Tier Three	Own team scrimmages (limited to one Team per sheet of ice)	To move to Tier Four, all previous criteria must be met and <a href="#">numbers</a> must be stable or on a downward trend for two weeks.
Tier Four	Full games with no crowd	To move to Tier Five, all previous criteria must be met and <a href="#">numbers</a> must be stable or on a downward trend for two weeks.
Tier Five	Full games with socially distanced & limited crowd of MGHA players only	To move to Tier Six, all previous criteria must be met and <a href="#">numbers</a> must be stable or on a downward trend for two weeks.
Tier Six	Return to normalcy (or something like it)	





## Baseline

To be considered at baseline status, the following conditions **must be met in Dane county. If someone resides outside of Dane County, these conditions must also be met in the county they reside in or that individual cannot play:**

- Public Health Madison & Dane County (PHMDC), the State Department of Health Services (DHS), and Governor's office have removed any stay-at-home orders or proximity/social distancing restrictions.
  - [Gov Evers' Executive Order #94](#) encouraging staying at home except for essential movement is lifted per the Governor's orders.
  - [PHMDC Order #10](#) prohibiting indoor gatherings and placing a 10-person limitation on outdoor gatherings is lifted.
- Transportation services return to normal operation. This means regular running of bus and other public transportation services, without population or route limitations.
- A downward trend in [COVID-19 diagnoses](#), [hospital capacity](#), and [deaths](#) over a two-week (14 day) period in Dane County.

The population of Dane County as of 2019 is 546,695. Per page 8 of the [WFTDA guidelines](#), they utilized 5 positive cases in 10,000 as the cut-off. The math to find our daily allowable number of new cases is as follows:

$546,695$  (the population of Dane County) /  $100,000$  =  $5.46695$  (population multiplier) X  $50$  (max allowable positive cases in 100,000) =  $273$  (2-week allowable new cases) /  $14$  days =  $19$  new cases per day as reported by the Wisconsin Department of Health Services. If we are above this number, it is **not safe** to play hockey. As of 10-16, 2020, the daily number of new cases in Dane County was  $224$  ([citation](#)) - well above  $19$ .

Once again, **if someone resides outside of Dane County, these conditions must also be met in the county they reside in or that individual cannot play.**

A 7-day increase trend in your locality's metrics used at baseline should result in a pause at Tier One, with no contact and continued adherence to government guidelines. [This link](#) gives you the positive 7-day average for easy reference, and will be part of the guiding factor in deciding if it's safe to play.





See below for surrounding county information:

<b>County</b>	<b>Max Number of Daily Positive Cases Allowed</b>
Dane	19
Rock	5
Green	1
Dodge	3
Sauk	2
Jefferson	3
Iowa	1
Columbia	6
Milwaukee	33



## Tier One

To return to no-contact drills, baseline must be kept and maintained for two weeks.

Practice will take place in small pods. If a player or one of their close contacts (such as a roommate, partner, etc.) becomes positive for COVID-19, they will have to isolate. The other members of their pod - as well as participants on the ice for the two ice slots following them - must isolate for at least 14 days. After that time, these players will be allowed to return to play *once* cleared with a negative COVID-19 test.

If it becomes clear that MGHA is causing multiple positive cases, this will likely result in the league-ceasing activities until the quarantine period of two weeks has passed, before restarting at Tier One of this ladder. Likewise, if PHMDC, DHS, or the Governor re-institutes social distancing guidelines that limit congregation or indoor gathering, we must step back off the ladder and start again at baseline once these are removed.

**A 7-day increase trend in your locality's metrics used at baseline should result in a pause at Tier One, with no contact and continued adherence to government guidelines.**

***Until crowds are allowed, no non-MGHA players will be allowed in the rink during our ice time. This includes children, parents, partners, visiting friends and family members, pets, and others. However, this does not exclude any interpreters, accessibility aides, or service animals as these are all covered under the Americans with Disabilities Act (1992).***

***One to two HOPS/board personnel will be present for safety and evaluation purposes.***

The MGHA will:

- Develop and encourage a judgment-free self-reporting structure. This will include mandatory isolation from in-person league activities and events for at least 14 days for those who report COVID-19 symptoms, have recently been exposed to COVID-19, or who have recently returned from a place with high infection rates.
  - Bob Suter's Capitol Ice Arena asks that we notify them if any coaches and/or players have been exposed to a person with COVID-19 and requiring them to quarantine for the required amount of time via Meredith Wedro [Meredith@madcapshockey.com](mailto:Meredith@madcapshockey.com) as soon as possible or within 24 hours of the appearance of symptoms or a positive test.
- Limit practices to small groups where participants will not rotate or mix with other small groups. These groups could be consistent with 2019-2020 teams unless an individual expresses concern, displeasure, or wishes to join a different group. MGHA should consider putting people in groups with people they may already have



contact with (e.g., placing spouses, partners, or roommates together). These adjustments must be made before in-person drills start.

- Inform league members of the [exercises to reacclimate](#) to the ice being done during practices. This will help anyone who feels uncomfortable with attending these practices or those who run into conflicts to keep up to date with league activities.
  - We should consider starting with light aerobic exercise, cardio, and strengthening off-ice and work towards on-ice activities.
- Require players to get ready in a socially distant manner.
- Require players to wear face masks.

***Refusing to adhere to these guidelines will put fellow leaguemates at risk. MGHA has the right to temporarily suspend or permanently expel any league members refusing to adhere to these guidelines.***

To move to Tier Two,

- players must participate without contact for 14-day intervals
- all the baseline conditions for Tier One remain in place
- government, sporting and health authorities allow for contact sports

The Risk and Accessibility Coordinators will connect on a weekly basis to determine if these qualifications were met. They will give their recommendations to the MGHA board for review. Once the board understands and approves the recommendations, the tier status will be updated on the official MGHA website and players will be notified via email and the MGHA Facebook page.

## Tier Two

In Tier Two, teammates can work on low-contact drills together. However, there should be some limitations in place for protection, including limiting bench space to players spaced six feet apart, utilizing multiple locker rooms (only three players per locker room), etc.

Players are required to continue monitoring themselves for any new COVID-19 symptoms, isolate as needed, and to report exposures to the MGHA. Players must wear masks.

***Until crowds are allowed, no non-MGHA players will be allowed in the rink during our ice time. This includes children, parents, partners, visiting friends and family members, pets, and others. However, this does not exclude any interpreters, accessibility aides, or service animals as these are all covered under the Americans with Disabilities Act (1992).***

***One to two HOPS/board personnel will be present for safety and evaluation purposes.***



To move to Tier Three, all previous criteria must be met and [numbers](#) must be stable or on a downward trend for two weeks.

The Risk and Accessibility Coordinators will connect on a weekly basis to determine if these qualifications were met. They will give their recommendations to the MGHA board for review. Once the board understands and approves the recommendations, the tier status will be updated on the official MGHA website and players will be notified via email and the MGHA Facebook page.

**A [7-day increase trend](#) in your locality's metrics used at baseline should result in a pause at Tier One, with no contact and continued adherence to government guidelines.**

## Tier Three

In Tier Three, teammates can play in a scrimmage between themselves. A single team must be broken up onto the two benches. In the case of teams that only have one goalie, teams can decide how they'd like to proceed (e.g., empty net, non-goalie player blocking the net, covering to emulate a goalie's stance, cone, etc.). Teams will use multiple locker rooms (only three players per locker room).

League members are required to continue monitoring themselves for any new COVID-19 symptoms, isolate as needed, and to report exposures to the MGHA. Players must wear masks.

***Until crowds are allowed, no non-MGHA players will be allowed in the rink during our ice time. This includes children, parents, partners, visiting friends and family members, pets, and others. However, this does not exclude any interpreters, accessibility aides, or service animals as these are all covered under the Americans with Disabilities Act (1992).***

***One to two HOPS/board personnel will be present for safety and evaluation purposes.***

To move to Tier Four, all previous criteria must be met and [numbers](#) must be stable or on a downward trend for two weeks.

The Risk and Accessibility Coordinators will connect on a weekly basis to determine if these qualifications were met. They will give their recommendations to the MGHA board for review. Once the board understands and approves the recommendations, the tier status will be updated on the official MGHA website and players will be notified via email and the MGHA Facebook page.



A **7-day increase trend** in your locality's metrics used at baseline should result in a pause at Tier One, with no contact and continued adherence to government guidelines.

## Tier Four

In Tier Four two different teams can play against one another. Each individual team should utilize two locker rooms apiece.

League members are required to continue monitoring themselves for any new COVID-19 symptoms, isolate as needed, and to report exposures to the MGHA. Players must wear masks.

Goalies will **not** switch ends of the ice between periods. No hand shakes or bumping of fists will occur between teams, nor any sort of line up post game. No crowds will be allowed to watch the game, including lingering MGHA players.

***Until crowds are allowed, no non-MGHA players will be allowed in the rink during our ice time. This includes children, parents, partners, visiting friends and family members, pets, and others. However, this does not exclude any interpreters, accessibility aides, or service animals as these are all covered under the Americans with Disabilities Act (1992).***

***One to two HOPS/board personnel will be present for safety and evaluation purposes.***

To move to Tier Five, all previous criteria must be met and [numbers](#) must be stable or on a downward trend for two weeks.

The Risk and Accessibility Coordinators will connect on a weekly basis to determine if these qualifications were met. They will give their recommendations to the MGHA board for review. Once the board understands and approves the recommendations, the tier status will be updated on the official MGHA website and players will be notified via email and the MGHA Facebook page.

A **7-day increase trend** in your locality's metrics used at baseline should result in a pause at Tier One, with no contact and continued adherence to government guidelines.

## Tier Five

In Tier Five two different teams can play against one another. Each individual team should utilize two locker rooms apiece. Players must wear masks.



Goalies will **not** switch ends of the ice. No hand shakes, high-fives, or bumping of fists will occur between teams, nor any sort of line up post game.

While no outside crowds will be allowed, a socially distant audience made up of MGHA players can observe games. Masks must be worn at all times, including in the audience.

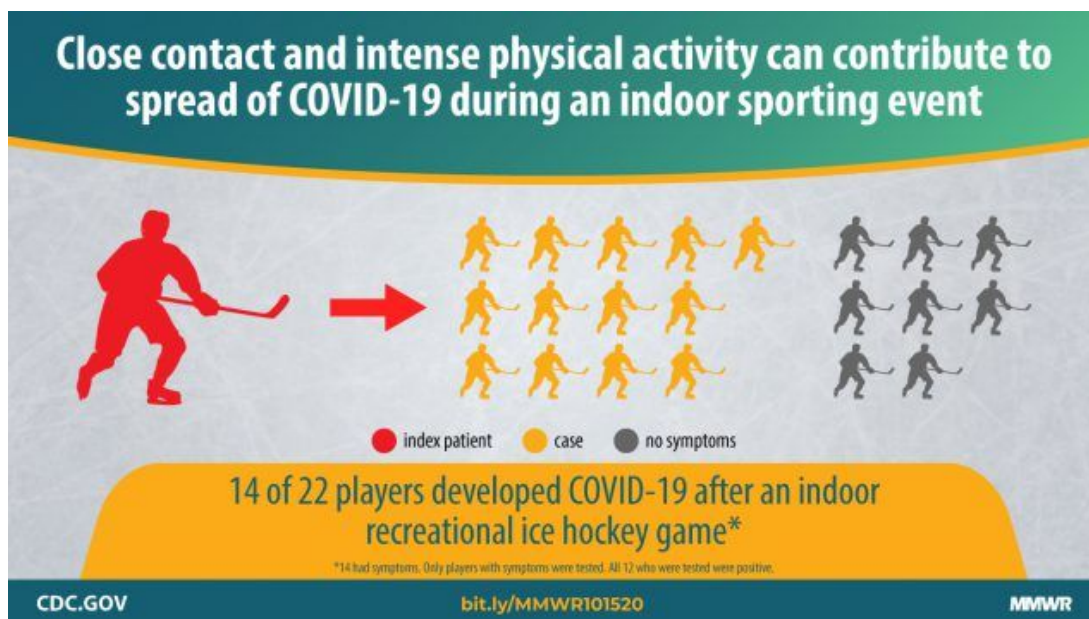
***Until crowds are allowed, no non-MGHA players will be allowed in the rink during our ice time. This includes children, parents, partners, visiting friends and family members, pets, and others. However, this does not exclude any interpreters, accessibility aides, or service animals as these are all covered under the Americans with Disabilities Act (1992).***

***One to two HOPS/board personnel will be present for safety and evaluation purposes.***

To move to Tier Six, all previous criteria must be met and [numbers](#) must be stable or on a downward trend for two weeks.

The Risk and Accessibility Coordinators will connect on a weekly basis to determine if these qualifications were met. They will give their recommendations to the MGHA board for review. Once the board understands and approves the recommendations, the tier status will be updated on the official MGHA website and players will be notified via email and the MGHA Facebook page.

**A [7-day increase trend](#) in your locality's metrics used at baseline should result in a pause at Tier One, with no contact and continued adherence to government guidelines.**



## Tier Six

Play continues as listed under Tier Five. **When an affordable vaccine is in place and widely available, the MGHA board in conjunction with Risk and Accessibility Coordinators will put into place a plan to allow outside spectators.**

## Guidelines for Referees

Referees will not be needed until Tier Five. MGHA will at first attempt to find referees within the league. If there are no players available to serve as referees, the league will proceed based on the following guidelines: Ideally, referees would be from the Dane County region. If they have traveled to an area with worse COVID-19 numbers (specifically outside of Dane County) within the two weeks prior to being scheduled to ref an MGHA game, this may be cause for asking for a replacement ref. Referees must wear masks at all times.



## Guidelines for Crowd

Minimal socially distanced crowds consisting of MGHA players only will be allowed in Tier Five. Tier Six would allow for limited outside spectators, provided **an affordable vaccine is in place and widely available**.

## Looking Ahead

We all want to return to hockey in a risk-aware manner. If people want to play sooner than these guidelines allow, they are encouraged to evaluate other local organizations. However, they must abide by the rules set above while engaging in MGHA play.

Scientists do not yet fully understand the short- and long-term damage that COVID-19 brings. This means we may need to be flexible with the details of this plan as new information emerges.

One thing we must all keep in mind is that the MGHA is bigger than each of us. We have to take a step back and recognize that not everyone has the same identities, privileges, and abilities as any one of us. This is especially important as data shows marginalized communities, especially BIPOC, are being hit hardest by this pandemic. Please consider the exponential effects your actions can have on your fellow MGHA players, their families, and our greater community.





## Additional Information

Public Health Madison & Dane County - <https://publichealthmdc.com/coronavirus>

Wisconsin Department of Health Services -  
<https://www.dhs.wisconsin.gov/covid-19/index.htm>

Mental Health and COVID-19 - <https://mhanational.org/covid19>

The Covid-19 Guide from the National Center for Transgender Equality -  
<https://transequality.org/covid19>

A room, a bar and a classroom: how the coronavirus is spread through the air -  
<https://english.elpais.com/society/2020-10-28/a-room-a-bar-and-a-class-how-the-coronavirus-is-spread-through-the-air.html>

COVID-19 Data:

- COVID-19 Disease Activity Map for Wisconsin -  
<https://www.dhs.wisconsin.gov/covid-19/disease.htm>
- Dr. Fauci talk at ACR 2020 -  
[https://drive.google.com/drive/u/3/folders/1eH3HJy4dwSWms\\_JinblzwFY1OY-zSwmS](https://drive.google.com/drive/u/3/folders/1eH3HJy4dwSWms_JinblzwFY1OY-zSwmS)

County Numbers

- Dane County Daily COVID-19 Numbers -  
<https://data.dhsgis.wi.gov/datasets/covid-19-historical-data-by-county/data?orderBy=GEOID&where=NAME%20%3D%20%27dane%27>
- Green County Daily COVID-19 Numbers -  
<https://data.dhsgis.wi.gov/datasets/covid-19-historical-data-by-county/data?orderBy=GEOID&where=NAME%20%3D%20%27green%27>
- Milwaukee County Daily COVID-19 Numbers -  
<https://data.dhsgis.wi.gov/datasets/covid-19-historical-data-by-county/data?orderBy=GEOID&where=NAME%20%3D%20%27milwaukee%27>
- Rock County Daily COVID-19 Numbers -  
<https://data.dhsgis.wi.gov/datasets/covid-19-historical-data-by-county/data?orderBy=GEOID&where=NAME%20%3D%20%27rock%27>
- State Daily COVID-19 Numbers -  
<https://data.dhsgis.wi.gov/datasets/covid-19-historical-data-by-state/data?orderBy=GEOID>



Centers for Disease Control and Prevention (CDC) -

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

- CDC on Disabled Communities and COVID-19 -  
<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-disabilities.html>
- CDC on Certain Medical Conditions and COVID-19 -  
<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>
- CDC on BIPOC and COVID-19 -  
<https://www.cdc.gov/coronavirus/2019-ncov/community/health-equity/race-ethnicity.html>
- CDC on Older Adults and COVID-19 -  
<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>

World Health Organization -

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

CDC: How Indoor Sports Like Ice Hockey Can Become Covid-19 Coronavirus Outbreaks -

<https://www.forbes.com/sites/brucelee/2020/10/17/cdc-how-indoor-sports-like-ice-hockey-can-become-covid-19-coronavirus-outbreaks/#240d9ee77f9b>

COVID-19 Is Transmitted Through Aerosols. We Have Enough Evidence, Now It Is Time to Act - <https://time.com/5883081/covid-19-transmitted-aerosols/>

Why hockey, more than other sport, presents a greater risk of viral/disease associated outbreaks (start listening @ 35:20) -

<https://www.cidrap.umn.edu/covid-19/podcasts-webinars/live-episode-2>

### **Emergency orders in place as of 11-17-2020**

- [Gov Evers' Executive Order #94](#) encouraging staying at home except for essential movement.
- [PHMDC Order #10](#) prohibiting indoor gatherings and placing a 10-person limitation on outdoor gatherings.



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- Women's Flat Track Derby Association. “Home - Women's Flat Track Derby Association (WFTDA).” *WFTDA*, 1 Oct. 2020, [wftda.com/](http://wftda.com/).