



Covington Street Hockey League

2019 Coronavirus (2019-nCoV)

Return to Play Standard Operating Guide

Note: This is an evolving situation and information will be updated as it becomes available. Any questions or concerns should be brought to the Executive Director of the CSHL.

Purpose

To protect all players involved with any CSHL function from exposures to blood, bodily fluids and other potentially infectious materials contaminated by 2019-nCoV and communicate decontamination procedures.

Scope

This program is intended to cover the players of the CSHL and any one else involved with play who could be “reasonably anticipated” as the result of playing or performing their job duties to have contact with blood, bodily fluids and other potentially infectious materials or surfaces. Training shall be conducted for all CHSL members prior to returning to play and each year thereafter.

The exact way the virus is spread is still not fully known. With similar coronaviruses (MERS and SARS), person-to-person spread is thought to have happened mainly via respiratory droplets produced when an infected person coughs, sneezes, raises their voice, etc, similar to how influenza and other viruses that cause respiratory illness spread. There also may be some spread when a person touches a surface or object that has virus on it and then touches his or her own mouth, nose, or possibly their eyes. Spread of SARS and MERS between people has generally occurred between close contacts.

Definitions

2019-nCoV, the 2019 novel coronavirus is a new virus that causes respiratory illness in people and can spread from person-to-person. This virus was first identified during an investigation into an outbreak in Wuhan, China.

COVID-2019 is the respiratory disease caused 2019-nCoV.

Bloodborne Pathogens means pathogenic microorganisms that are present in human blood and can cause disease in humans.

Playing Exposure means reasonably anticipated broken skin, eye, mucous membrane, or parenteral contact with blood or other potentially infectious materials that may result from the playing of hockey or during volunteer work.

Universal Precautions is an approach to infection control. According to the concept of Universal Precautions, all human blood and certain human body fluids are treated as if known to be infectious for HIV, HBV, 2019-nCoV, and Bloodborne pathogens.

Personal Protective Equipment (PPE)

Universal Precautions shall be followed at all times to prevent contact with blood, bodily fluids or other potentially infectious materials including potential contact on sticks, pads, gear, water bottles, etc. The CSHL Board and Executive Team members have agreed that the following Personal Protective Equipment (PPE) must be worn while attending any CSHL sanctioned event.

Recommended PPE while attending any CHSL event is a 3 ply mask (or equal):

- Masks must be worn while:
 - Walking to and from your car
 - Watching the game from the stands
 - Putting on and taking off hockey gear
 - Sitting on the bench while waiting for the next shift
 - Acting as a referee
- The CSHL will select and provide players with appropriate masks (if players or spectators do not have masks upon arrival to an event) to prevent exposure to 2019-nCoV, blood or body fluids that may contain 2019-nCoV, and other sources of infectious material.
- While the CDC currently recommends standard, contact and airborne precautions, the role of large-particle droplets in transmission of the virus has not been fully determined. Airborne precautions typically afford a higher level of protection than those for large-particle droplets; but, airborne precautions may not afford adequate protection of skin surfaces if 2019-nCoV is transmissible via large-particle droplets. At this time, OSHA's PPE recommendations include additional protection of skin surfaces to ensure protection against large particle droplets.
- When the potential exists for exposure to blood or other potentially infectious materials, players shall use PPE required by the Bloodborne Pathogens standard (29 CFR 1910.1030).
- Eating, drinking, smoking, handling of contact lenses, etc. shall not be permitted in play areas where there is reasonable likelihood of exposure to contaminated materials.

Cleaning & Disinfection Before and After Events

- Clean all "high-touch" surfaces, such as top rails of boards, door handles, benches, sticks, skates, pads, phones, tablets, hockey balls/pucks, goals, tents, grills, scoreboard, etc.
- Decontamination will be completed using either a diluted household bleach solution or EPA- registered chemical germicides that meet EPA's criteria for use against SARS-CoV-2. A 1:10 dilution of bleach (~6,000 ppm) or 1.5 cups of standard bleach in a gallon of water is recommended. Household bleach is approximately 6% sodium hypochlorite.
- Commercial grade bleach (10%-12.5% sodium hypochlorite) is stronger than household bleach and should be diluted accordingly. 0.75 cups in a gallon of water is ~6,000 ppm.
- A ~6,000 ppm bleach solution has a shelf life of approximately 24 hours.
- Contact time on any surface should be in accordance with manufacturer recommendation or at least two minutes.
- The CDC advises the use of EPA-registered chemical germicides that meet EPA's criteria for use against SARS-CoV-2, the cause of 2019-nCoV. <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>



Reporting Illness

- All CSHL personnel will report to the Executive Director or a CSHL Board Member if they have any symptoms of 2019-nCoV after attending a CSHL sanctioned event. Symptoms include but not limited to a cough, shortness of breath, fever, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion of runny nose, nausea or vomiting or diarrhea.
- No player shall attend a CSHL sanctioned event if any of the above symptoms have been experienced within the past 14 days.
- If any player has knowingly been around anyone that has tested positive for 2019-nCoV or has any symptoms listed above, they will not be permitted to play at any CSHL sanctioned event until tested and receive a negative 2019-nCoV test result.
- If any player tests positive after attending a CSHL event, please notify the Executive Director or Board Member immediately so that contact tracing can be activated.
- If a player has tested positive for 2019-nCoV, they will not be permitted to play at a sanctioned event until they have either quarantined for 14 days and/or receive a negative 2019-nCoV test.

