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**TO:** USA Hockey Executive Committee  
USA Hockey District Directors  
USA Hockey Affiliate Presidents  
Host Sites of USA Hockey Youth, Girls, High School, Sled and Adult National Championships and Disabled Festival

**FROM:** Dr. Michael Stuart, Chief Medical & Safety Officer, USA Hockey  
Kevin Margarucci, Manager of Player Safety, USA Hockey

**DATE:** March 10, 2020

**RE:** Coronavirus (COVID-19) Update

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Please read the following materials related to coronavirus (COVID-19). The situation is evolving and recommendations are subject to change. We encourage any USA Hockey organization involved in running an event to work closely with on-site medical providers and local/state health departments to make the best-informed decision for your geographic location. There have been no national travel restrictions or direction to cancel events at this time, but local concerns need to be taken into consideration.



USA Hockey, the national governing body for the sport of ice hockey, is a member of the International Ice Hockey Federation and the United States Olympic & Paralympic Committee



## GENERAL INFORMATION AND PREVENTATIVE MEASURES REGARDING THE CORONAVIRUS

Coronavirus or “COVID-19” is spreading globally, including the United States. USA Hockey is closely monitoring the evolving situation and reviewing updated materials from the Centers for Disease Control and Prevention (CDC) on a daily basis.

Current key information regarding COVID-19 and preventative measures are attached to help protect everyone involved in upcoming state, district and national tournaments.

Additional information and the most recent updates can be found at:

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

### CDC Interim Guidance on Mass Gatherings

There is no current directive to cancel or postpone any scheduled games or other event, but the CDC has issued guidance on how communities can prepare their venues. However, mass gatherings may be discouraged should community spread occur.

<https://www.cdc.gov/coronavirus/2019-ncov/community/mass-gatherings-ready-for-covid-19.html>

### What is Coronavirus Disease 2019 (“COVID-19”)?

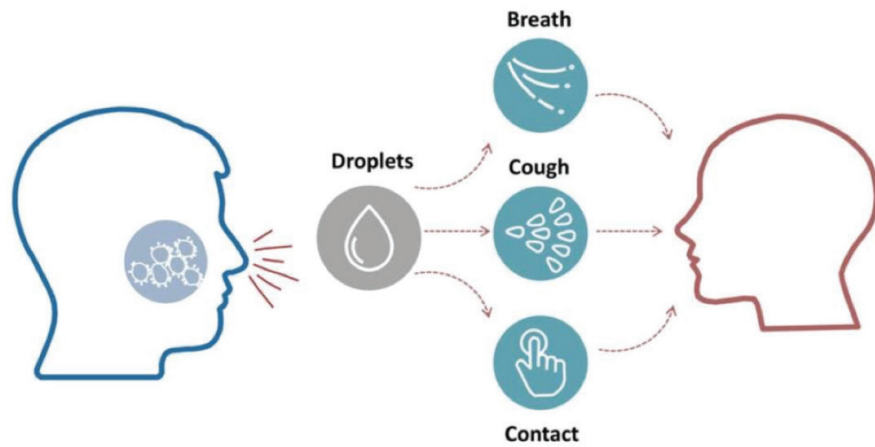
- Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person.
- The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.
- The virus is spreading in other parts of the world, including the United States.
- Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19.
- Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19.

Current information, updated regularly, from the CDC and Public Health Agency of Canada (PHAC) can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

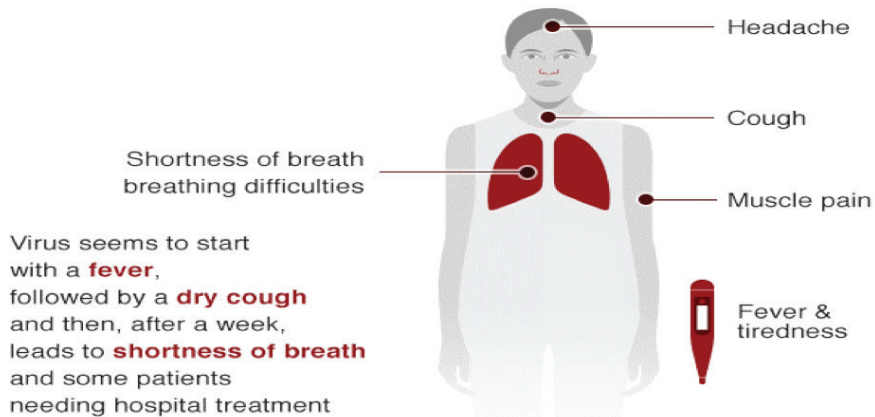
### How does COVID-19 spread?

- Person-to-person spread
  - *Between people who are in close contact with one another (within about 6 feet).*
  - *Through respiratory droplets produced when an infected person coughs or sneezes.*
- Spread from contact with infected surfaces or objects
- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

## CORONAVIRUS TRANSMISSION IS FROM HUMAN TO HUMAN



## SYMPTOMS OF CORONAVIRUS



Source: WHO

### What are the symptoms of COVID-19?

- Most patients have experienced mild symptoms
- Symptoms may appear 2-14 days after exposure and include:
  - Fever
  - Cough
  - Shortness of breath
  - Muscle pain
  - Headache
  - Fatigue

### What is the current situation in the U.S.? (as of March 9, 2020)

- Cases of COVID-19 have been detected in the U.S. in travelers and through person-to-person spread
- CDC still considers the immediate health risk to be low
- People in communities where COVID-19 has been reported are at elevated, though still relatively low, risk of exposure.
- As of **March 9, 2020**, CDC has reported confirmed and presumptive cases in the U.S. in 34 states and the District of Columbia

### **What is the USA Hockey response to COVID-19?**

- Protecting the health and safety of USA Hockey players, coaches, officials, parents, volunteers and fans is critical and is a paramount concern.
- USA Hockey is closely monitoring the evolving situation with COVID-19 and will continue to monitor the appropriate information from the Centers for Disease Control and Prevention, other governmental entities, other sports leagues, and health experts. The most recent updates can always be found at [usahockey.com/playersafety](https://usahockey.com/playersafety)
- COVID-19 is a rapidly evolving situation globally, and USA Hockey will continue to communicate as circumstances may warrant regarding preventative measures and notable updates.

### **What can I do to safeguard myself and others from COVID-19?**

- There are currently no medications to prevent or treat COVID-19, so ongoing preventative measures are important to practice.
- The CDC and other health experts recommend the precautions below to limit your exposure and prevent the spread of germs:
  - Wash your hands often with soap and water for at least 20 seconds (sing “Happy Birthday” twice)
  - If soap and water are not available, use an alcohol-based hand sanitizer
  - When interacting other individuals avoid handshakes and high-fives. Offer fist-bumps instead
  - Wash or sanitize your hands before eating
  - Avoid touching your eyes, nose, and mouth
  - Avoid close contact with people who are sick
  - Make sure you are up to date with all routine vaccinations, including the flu vaccine
  - Stay home and seek medical treatment when you are sick
  - Cover your cough or sneeze with a tissue, then throw the tissue in the trash
  - Clean and disinfect frequently touched objects and surfaces

The below link from the CDC provides best practices for handwashing:

<https://www.cdc.gov/handwashing/>

*Please note that there is no recommendation for wearing a mask if you are healthy. Face masks should be worn by people who are already sick or looking after sick people.*

### **What do I do if I feel sick or have questions?**

If you are experiencing any symptoms of COVID-19:

- Stay home except to seek medical care
- Separate yourself from other people and animals in your home or hotel
- Continue to practice good hygiene (clean your hands often, cover coughs and sneezes, clean all “high-touch” surfaces)

*Remember that symptoms are more likely to be from other common viruses.*

## RECOMMENDED OPERATIONAL PRACTICES FOR ICE RINK MANAGERS

Make sure to advise all staff to get the 2019-2020 influenza vaccine. The influenza is much more likely to occur and carries significant health risks as compared to the health risks related to the possible contraction of the coronavirus at this time.

Coronavirus remains a situation with the potential to change rapidly. As we continue to monitor it, please be advised of the following information and resource materials that arenas should consider from an operational standpoint:

- Increased signage outlining advisable precautions (e.g., handwashing)
- Adding alcohol-based hand sanitizer stations throughout the facility
- Ensuring soap is stocked in restrooms
- Cleaning high traffic areas of the building with disinfectant throughout events (and ideally several times per day) including concession areas, door handles, elevator buttons, handrails, and rest rooms
- Implementing more regular cleaning procedures with disinfectant for areas such as players' and officials' locker rooms, and training rooms.

Attached for reference is a poster from the CDC on preventing the spread of germs and handwashing, that you can post at appropriate locations throughout your facility.

## RECOMMENDED PRECAUTIONS FOR PARTICIPANTS

- Practice frequent and meticulous hand-washing with soap and water or alcohol-based hand rub
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Cover your nose and mouth when coughing and/or sneezing with a tissue or flexed elbow
- Avoid close contact with anyone with cold or flu-like symptoms
- Quarantine anyone who is sick (players, coaches, parents, roommates)
- Ensure safe food sources; thoroughly cook meat and eggs
- Handshake lines after games should include fist bumps with gloves on OR eliminate handshake line and consider a stick tap or clap to the other team as a sign of sportsmanship.
- Use individual water bottles; do not share them
- Towels should not be shared in any way

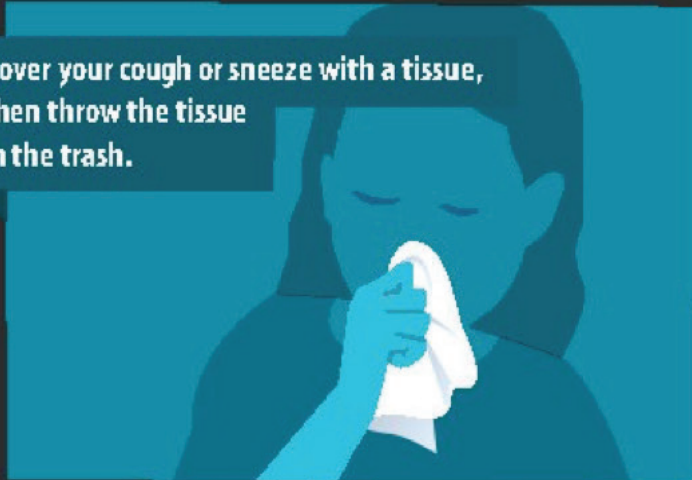
# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

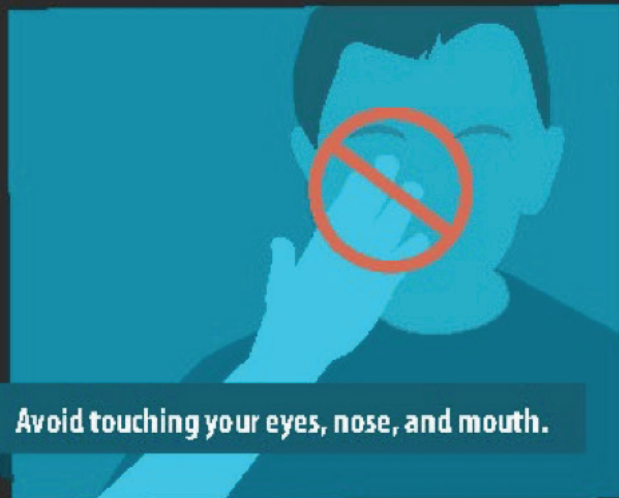
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: [www.cdc.gov/COVID19](https://www.cdc.gov/COVID19)





# CORONAVIRUS DISEASE 2019 (COVID-19)

## SYMPTOMS\* OF CORONAVIRUS DISEASE

**Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include**

- Fever
- Cough
- Shortness of breath

**\* Symptoms may appear 2–14 days after exposure.**

[www.cdc.gov/COVID19](https://www.cdc.gov/COVID19)

