



Western New York Special Hockey Association, Inc.

131 Amberwood Drive • Amherst New York 14228 • 716-691-4530 • www.wnyspecialhockey.com



Health and Safety Plan COVID 19 Safety Procedures



For: Buffalo Sabres Thunder Hockey Team

Dated: 8/24/2020

Prepared by: M. Steffan

Reviewed by: Board of Directors 9/2/2020a

I. General:

This Health and Safety Plan has been prepared as requested for the North Buffalo Ice Rink, operated by the Bison's Hockey Association for the City of Buffalo, New York. The WNY Special Hockey Association, Inc. (WNYSHAI) has developed the following detailed plan to provide both broad based health information related to COVID 19, and very site-specific safety measures that will be required of all players, family members, agency staff personnel, coaches, and volunteers. This plan cannot guarantee with 100% certainty that there will be no exposure to the Coronavirus, but *it is* the intent of this plan to do everything possible to prevent and reduce the spread of COVID 19 to all who participate with our team and our organization.

As determined by the NYS Department of Health, the sport of ice hockey is classified as a high-risk sport because of the difficulty in maintaining physical distancing. As such, we are limited to distanced group training and organized no/low contact group training. NYS Amateur Hockey Association interprets this as allowing non-competitive practices and absolutely no games or scrimmages. Practices should be equivalent to camps or clinics.

Organization Specifics:

Name of Entity: Western New York Special Hockey Association, Inc.

Type of Entity: Ice Hockey Program for Individuals with Special Needs

Address: 131 Amberwood Drive, Amherst, New York 14228

Contact Information: Michael Steffan, President

Phone Contact: 716-691-4530 (H), 716-725-4252 (C)

E-mail Address: bsthockey2008@gmail.com

Team: Buffalo Sabres Thunder

WNYSHAI Health and Safety Plan

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I. PEOPLE

A. Physical / Social Distancing. All players, families, coaches, mentors, and volunteers need to review and be prepared to follow the guidelines established by the North Buffalo Ice Rink as outlined in **Attachment A.**

- All players and those who transport them to the rink, as well as coaches and all volunteers, must wear a mask when entering the rink and maintain social distancing guidelines by using the 6-foot markers set-up throughout the rink. Anytime off-ice personnel or volunteers are less than 6 ft. apart from one another, those persons must properly wear acceptable face coverings and/or gloves.
- A player may be escorted by only one parent, friend, staff person when entering the rink. All spectators will be required to wear a face mask covering their nose and mouth at all times while in the rink and follow the social distancing markers. All are encouraged to use the sanitation stations as needed for your safety.
- **Coaches, mentors, and all on-ice volunteers will wear masks at all times on and off the ice.** On-ice drills and activities will be designed to promote social distancing between players and limit close contact, but this may not always be possible due to the wide level of skill and assistance needed. **For this reason, we encourage players to consider wearing masks on the ice, but it is not required.**
- In-person gatherings outside of practice will be limited as much as possible. Meetings will be held via Zoom or Microsoft Teams when needed.
- People of any age with **certain underlying medical conditions** are at increased risk for severe illness from COVID-19. Information on the effects of the Covid-19 virus on various underlying medical conditions has been provided in **Attachment B.**

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1. Situations that may not allow for 6 ft. of distance between individuals.

Areas within the North Buffalo Ice Rink facility (locker rooms, observation benches, and warming room) have been marked off for physical (social) distancing guidance requirements. Minimum distances may be impacted when tying skates or helping tie skates and finish dressing players. During these occasions; parents, support personnel, and volunteers will properly wear personal protective equipment (masks and/or gloves).

Use of locker rooms will be predetermined by the North Buffalo Ice Rink before entry into the facility. Entry through the Tacoma Ave. (South side) entry will only use Locker Rooms 1 & 4 for male players and the referee room (ticket room) for the female players. Perimeter rink benches can be used to finish dressing on the South side of the rink only.

The Warming room will only allow spectators to enter and should not be used to dress players.

Entry from the back parking lot (North side) will use only Lockers rooms A and B for male players and the referee room (ticket room) for the female players. Perimeter rink benches can be used to finish dressing on the North side of the rink only.

The Southside and Northside lobbies will only allow limited number of people to enter and should not be used to dress. Off-ice volunteers will assist with organizing the entry area to reduce crowding and restriction of social distancing.

Hand sanitation stations have been set up around the rink to reduce contamination through physical contact. Please become familiar with the locker room locations, physical separation designations, public bathrooms, and hand sanitation areas once we return to the rink.

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2. How will WNYSHAI manage entry, facility use, and on-ice requirements.

Players, coaches, mentors, and volunteers will be notified of the assigned entry to the rink prior to the practice. Entry will only be allowed 15 minutes before our designated ice time. Players must leave the rink within 15 minutes of the end of the practice.

Observe and adjust to any crowding or reduced social distancing at the entryways. Volunteers will assist in facilitating and organizing rink entry if necessary.

The Health Check on TeamSnap is required to be completed by all players, coaches, mentor coaches, and on-ice and off-ice volunteers ***prior to the practice*** (skills clinic) for ease of entry into the rink, and to allow the coach's time to assess the practice needs before stepping onto the ice. The ***TeamSnap*** Health Check will be available beginning ***8 hours*** before a scheduled practice/clinic.

Mandatory forehead surface temperature will be taken for all prior to entry into the facility. Temperatures of individuals equal or greater than 100.4 degrees Fahrenheit will not be allowed to enter the facility.

*Health checks and temperature screening will be required on a weekly basis by everyone attending the practice. A designated volunteer will screen and log all individuals upon arrival (**Attachment C**). **TeamSnap** is expected to be utilized for health screening by each player, coach, mentor coach, on-ice volunteer, parent, guardian, off-ice volunteers and staff before entry into the rink to finalize preparation to attend practice.*

*Individuals who are not currently in the **TeamSnap** software (i.e. parents), will be required to complete a hard copy screening form upon arrival to the rink (**Attachment C-1**). All health check information will be maintained in a log on a weekly basis. Anyone who is not well, or has been exposed to the virus is asked not to come to the rink, or will be denied access when they arrive.*

On-ice players, coaches, mentor coaches, and on-ice volunteers are expected to come pre-dressed with the exception of skates, helmet, and gloves. Players that need support to put on skates, helmet, gloves, etc. should only have one parent or off-ice volunteer to assist with those needs.

Final dressing can be performed in each of the designated locker rooms at marked physical distancing locations or within the rink at benches that have been appropriately marked. Parents or off-ice volunteers providing support to players must wear proper face covering.

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2. How will WNYSHAI manage entry, facility use, and on-ice requirements – (Continued)

Locker room lavatories and shower rooms are currently closed. The closure is to reduce the time to clean and sanitize by the North Buffalo Ice Rink personnel before the next group is allowed entry. Only public restrooms will be allowed to be used while using the facility. Men's and Women's facilities are located on both sides of the facility.

The balcony of the facility has been closed to reduce the amount of area to cleaned and sanitized by the rink personnel.

Per North Buffalo Ice Rink guidelines and in addition to those of New York State Amateur Hockey Association (NYSAHA) and United States of America Hockey (USAH), only twenty-five players and coaches shall be allowed on the ice per session. This includes a maximum of twenty players and five coaches (i.e., certified coaches, mentor coaches, or on-ice volunteers).

On-ice Guidelines:

- *Maximum of 25 people on the ice – 20 players and 5 coaches.*
- *Facial coverings will not be required by those participating in aerobic activity on the ice, but are encouraged for maximum player safety (at the discretion of the player and his family)*
- *Coaches and instructors will be required to wear facial coverings on the ice.*
- *Only individually "marked" water bottles shall be used by the players, coaches, mentor coaches, and on-ice volunteers.*
- *Individual player towels are to be solely used by the player and personally marked.*
- *No sharing of equipment is allowed under any circumstances*
- *No physical touching, handshakes, high fives, hugs, etc., are allowed*

3. How you will manage physical social distancing (e.g., players leaving early, bathroom needs)?

A team volunteer will monitor the additional needs for social distancing during these exceptions during the practice time.

4. Hygiene and Disposal of Used PPE

Face coverings must be cleaned or replaced after use or when damaged or soiled, may not be shared, and should be properly stored or discarded in designated waste containers at the facility.

A very limited supply of gloves, disposable masks, and hand sanitizer will be kept at the rink entry point in case needed. These are not expected to be provided on a weekly basis.



Quick Refresher - Health and Safety Takeaways & Reminder Points

Before

- ✓ Acknowledge attendance through the **TeamSnap** App.;
- ✓ Only a maximum of twenty player and five coaches are allowed on the ice;
- ✓ Complete the Health Check no earlier than 8 hours before event;
- ✓ Come pre-dressed before entering facility;
- ✓ All water bottles should be clearly marked with players name;
- ✓ Everyone will wear masks while inside the facility; unless on the ice;
- ✓ Maintain physical and social distancing outside and inside the facility;
- ✓ Facility entry will only be 15 minutes before the designated event;
- ✓ Only one parent or guardian will be allowed to enter with player
- ✓ Enter facility at designated entry points only (could change weekly);
- ✓ Enter facility, sign form, and obtain temperature check;
- ✓ Complete dressing in designated dressing rooms or on rink benches;
- ✓ Use only facility designated public restrooms;

During

- ✓ Maintain physical and social distancing of off-ice support persons,
- ✓ Off-ice personnel to consistently wear masks;
- ✓ Players are not required to wear masks, but may at their option;
- ✓ Coaches, mentor coaches will wear masks and helmets while on ice;

After

- ✓ Players must leave the facility within 15 minutes after event;
- ✓ No showers will be available;
- ✓ Remove helmet, gloves, and skates and leave facility;
- ✓ Pack all equipment (stick and water bottles) brought to the event;
- ✓ Place masks on;
- ✓ Maintain physical and social distancing; and
- ✓ Leave facility only through doors where originally entered.

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II. CONTINGENCIES and EMERGENCY RESPONSE

This section contains additional information pertaining to on-site emergency response and contingency information.

A. EMERGENCY RESPONSIBILITIES

All WNYSHAI Persons: All team personnel shall be alert to the possibility of an on-site emergency and notify appropriate emergency resources, as necessary.

Health Coordinator(s): The Organization will monitor and recommend health/safety and personal protective measures as appropriate from the COVID 19 guidance.

B. LOCAL AND SITE RESOURCES (including phone numbers)

The North Buffalo rink address is: **156 Tacoma Avenue, Buffalo, NY 14216**

On-Site Contact: Mr. Nick Price

On-Site Telephone Number: 716-873-8481

Cellular Telephone Number: 716-931-5171

Ambulance: 911 **Police:** 911 **Fire:** 911

Hospital(s) or Immediate Care Facilities: (closest in order to the rink as of September 2020)

- WNY Immediate Care – 2497 Delaware Ave., Buffalo, NY 14216
- Sister of Charity Hospital, 2157 Main Street, Buffalo, NY 14214
- Erie County Medical Center (ECMC) 338 Grider St., Buffalo, NY 14215
- Kenmore Immediate Care, 2949 Elmwood Ave., Buffalo, NY 14217
- Kenmore Mercy Hospital – Catholic Health System, 2950 Elmwood Ave., Buffalo, NY 14217
- John R. Oishei Children's Hospital, 1001 Main Street, Buffalo, NY 14203
- Buffalo General Medical Center, 100 High Street, Buffalo, NY 14203

C. WNYSHAI ORGANIZATION EMERGENCY CONTACTS

Michael Steffan, President – (Cell) 716-725-4252, (Home) 716-691-4530

Pam Steffan, Team Manager – (Cell) 716-553-8152, (Home) 716-691-4530

Attachment A

North Buffalo Ice Rink

Return to the Rink Guidelines

Covid 19 Update---6/12/20

North Buffalo Ice Rink

Return to the Rink Guidelines

Covid 19 Update---6/12/20

We hope this email finds you all well and safe. Judging by the number of emails and phone calls we are getting, many of you are ready to return to the ice. The following is what we know about our reopening.

The City of Buffalo has asked for our input on a reopening plan. We have provided a draft plan to the City and are awaiting further instructions from them. As you can imagine, it is a very confusing time and everyone involved wants to make sure when we reopen it is done in a safe and responsible manner. We are considered part of phase 4 of the reopening process. If everything goes well phase 4 should start on June 30th. We do not have a concrete opening date yet, nor do we have a set of policies and procedures finalized. We are working with the city to develop that and determine when we can open.

Though nothing is finalized yet, you can be sure there will be changes to our procedures and policies. Here are some things you can expect. As soon as we have a policy in place we will make it available.

What are some things you can expect of us?

- Our staff will be complying with all current guidance on the use of Personal Protective Equipment, including masks, gloves and more.
- The facility will be marked off for physical distancing. Seating areas, standing areas, player benches, locker rooms, common areas, will all be clearly marked to remind you about keeping physical distancing.
- We will be sanitizing locker rooms and bathrooms after each use.
- We will follow guidance from Federal, State, and Local authorities.
- There will be limited access to the facility. The upstairs seating area will be closed for now.
- All shower areas in all locker rooms will be closed.
- We will do our best to keep the ice schedule as is.
- Entry to public skating sessions will be limited

What are some things we will expect of you?

- Rental contracts will be updated for you to re-sign.
- Access to the facility will be limited to 15 minutes before and after the scheduled ice time. We will ask that you arrive no earlier than that.
- We will ask that you come as ready as possible limiting your time in the locker rooms as much as you can.
- **NO SPITTING ANYWHERE/ANYTIME**
- Each player should have their own water bottle, no sharing.
- Limited spectators allowed.
- We may be required to take only non-cash payments.
- We will expect your group to leave the locker room as clean as you found it. We will have a short window to get in there and sanitize it for the next group. If we find we don't have enough time, we will need to modify the ice schedule.
- We will expect you to follow all current guidelines regarding facial coverings. You should expect to wear a mask into the facility. No facial coverings will be required by those participating in aerobic activity on the ice. Coaches and instructors will likely be required to wear facial coverings on the ice.
- You will be expected to follow all current guidelines regarding social distancing.

Aside from working with the city on our new policies, we have utilized this down time and have been hard at work on the facility. Here are some things you'll notice when you return.

- Freshly cleaned dasher boards.
- Brighter lines on the ice. We will be shaving down the ice close to the lines and logos and then rebuilding it so it's clearer.
- The entire building has gotten a fresh coat of paint.
- Brand new baby-changing tables have been installed in all of the restrooms.
- New sound equipment has been installed in the scorekeepers booth.
- Zamboni repairs have been made.
- We've installed hand sanitizing stations throughout the rink.

With your cooperation we're confident we can reopen our facility responsibly. As soon as we have a date and a plan we will communicate more. Though it is possible phase 4 will begin on June 30th, we may require additional time to train our staff before we open.

Attachment B

Health Information
on the
Coronavirus Disease 2019

Western New Special Hockey Association, Inc. “Buffalo Sabres Thunder Team”

Information on the Coronavirus Disease 2019

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- **Your Health**
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 - [Testing](#)
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 - [Cleaning & Disinfecting](#)
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- **Cases & Data**
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 - [Special Populations](#)
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Section Navigation: People with Certain Medical Conditions

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[Your Health](#)

1. [Your Health](#)

People of Any Age with Underlying Medical Conditions

Updated June 25, 2020

[Related Pages](#)

[Summary of Recent Changes](#)

Revisions were made on June 25, 2020 to reflect available data as of May 29, 2020. We are learning more about COVID-19 every day, and as new information becomes available, CDC will update the information below.

People of any age with **certain underlying medical conditions** are at increased risk for severe illness from COVID-19:

People of any age with the following conditions **are at increased risk** of severe illness from COVID-19:

- [Chronic kidney disease](#)
- [COPD \(chronic obstructive pulmonary disease\)](#)
- [Immunocompromised state \(weakened immune system\) from solid organ transplant](#)
- [Obesity \(body mass index \[BMI\] of 30 or higher\)](#)
- [Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies](#)
- [Sickle cell disease](#)
- [Type 2 diabetes mellitus](#)

Children who are medically complex, who have neurologic, genetic, metabolic conditions, or who have congenital heart disease are at higher risk for severe illness from COVID-19 than other children.

COVID-19 is a new disease. Currently there are limited data and information about the impact of underlying medical conditions and whether they increase the risk for severe illness from COVID-19. Based on what we know at this time, people with the following conditions **might be at an increased risk** for severe illness from COVID-19:

- [Asthma \(moderate-to-severe\)](#)
- [Cerebrovascular disease \(affects blood vessels and blood supply to the brain\)](#)
- [Cystic fibrosis](#)
- [Hypertension or high blood pressure](#)
- [Immunocompromised state \(weakened immune system\) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines](#)
- [Neurologic conditions, such as dementia](#)

- [Liver disease](#)
- [Pregnancy](#)
- [Pulmonary fibrosis \(having damaged or scarred lung tissues\)](#)
- [Smoking](#)
- [Thalassemia \(a type of blood disorder\)](#)
- [Type 1 diabetes mellitus](#)

[Want to see the evidence behind these lists?](#)

The list of underlying conditions is meant to inform clinicians to help them provide the best care possible for patients, and to inform individuals as to what their level of risk may be so they can make individual decisions about illness prevention. We are learning more about COVID-19 every day. This list is a living document that may be updated at any time, subject to potentially rapid change as the science evolves.

Reduce your risk of getting COVID-19

It is especially important for people at increased risk of severe illness from COVID-19, and those who live with them, to protect themselves from getting COVID-19.

The best way to protect yourself and to help reduce the spread of the virus that causes COVID-19 is to:

- Limit your interactions with other people as much as possible.
- Take [precautions to prevent getting](#) COVID-19 when you do interact with others.

If you start feeling sick and think you may have COVID-19, get in touch with your healthcare provider within 24 hours.

Venturing out into a public setting?

What to consider before you go:

As communities and businesses across the United States are opening, you may be thinking about [resuming some activities](#), [running errands](#), and attending [events and gatherings](#). **There is no way to ensure you have zero risk of infection**, so it is important to understand the risks and know how to be as safe as possible.

People at increased risk of severe illness from COVID-19, and those who live with them, should consider their level of risk before [deciding to go out](#) and ensure they are taking steps to [protect themselves](#). Consider avoiding activities where taking protective measures may be difficult, such as activities where social distancing can't be maintained. **Everyone should take steps to prevent getting and spreading COVID-19** to protect themselves, their communities, and people who are at increased risk of severe illness.

In general, the more people you interact with, the more closely you interact with them, and the longer that interaction, the higher your risk of getting and spreading COVID-19.

- If you decide to engage in public activities, continue to protect yourself by [practicing everyday preventive actions](#).
- Keep these items on hand and use them when venturing out: a cloth face covering, tissues, and a hand sanitizer with at least 60% alcohol, if possible.
- If possible, avoid others who are not wearing [cloth face coverings](#) or ask others around you to wear cloth face coverings.

Are you considering in-person visits with family and friends? Here are some things to consider to help make your visit as safe as possible:

1. When to delay or cancel a visit

- Delay or cancel a visit if you or your visitors have [symptoms](#) of COVID-19 or have been exposed to someone with COVID-19 in the last 14 days.
- Anyone who has had [close contact](#) with a person with COVID-19 should [stay home and monitor for symptoms](#).

2. In general, the more people you interact with, the more closely you interact with them, and the longer that interaction, the higher the risk of COVID-19 spread. So, [think about](#):

- How many people will you interact with?
- Can you keep 6 feet of space between you and others?
- Will you be outdoors or indoors?
- What's the length of time that you will be interacting with people?

3. Encourage social distancing during your visit

- Visit with your friends and family **outdoors**, when possible. If this is not feasible, make sure the room or space is well-ventilated (for example, open windows or doors) and large enough to accommodate [social distancing](#).
- Arrange tables and chairs to allow for social distancing. People from the same household can be in groups together and don't need to be 6 feet apart from each other.
- Consider activities where social distancing can be maintained, like sidewalk chalk art or yard games.
- Try to avoid close contact with your visitors. For example, don't shake hands, elbow bump, or hug. Instead wave and verbally greet them.
- If possible, avoid others who are not wearing cloth face coverings or ask others around you to wear cloth face coverings.
- Consider keeping a list of people you visited or who visited you and when the visit occurred. This will help with [contract tracing](#) if someone becomes sick.

4. Wear cloth face coverings

- [Cloth face coverings](#) should be worn over the nose and mouth. Cloth face coverings are especially important when it is difficult to stay at least 6 feet apart from others or when people are indoors to help protect each other.
- Cloth face coverings may slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others
 - Wearing a cloth face covering helps protect others in case you're infected, while others wear one to protect you should they be infected.
- **Who should NOT use cloth face coverings:** Children under age 2 or anyone who has trouble breathing, is unconscious, or is incapacitated or otherwise unable to remove the mask without assistance.

5. Wash hands often

- Everyone should [wash their hands](#) for at least 20 seconds at the beginning and end of the visit and whenever you think your hands may have become contaminated.
- If soap and water are not readily available, such as with outdoor visits or activities, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Remind guests to wash or sanitize their hands before serving or eating food.
- Use single-use hand towels or paper towels for drying hands so visitors do not share towels. Have a no-touch trash can available for guests to use.

6. Limit contact with commonly touched surfaces or shared items

- Encourage your visitors to bring their own food and drinks.
- [Clean and disinfect](#) commonly touched surfaces and any shared items between use.
- If you choose to use any shared items that are reusable (e.g., seating covers, tablecloths, linen napkins), wash, clean, and sanitize them after the event.

If you are thinking about participating in an event or gathering:

If you are at increased risk for severe illness, consider avoiding high-risk gatherings. The risk of COVID-19 spreading at events and gatherings increases as follows:

- **Lowest risk:** Virtual-only activities, events, and gatherings.
- **More risk:** Smaller outdoor and in-person gatherings in which individuals from different households remain spaced at least 6 feet apart, wear cloth face coverings, do not share objects, and come from the same local area (e.g., community, town, city, or county).
- **Higher risk:** Medium-sized in-person gatherings that are adapted to allow individuals to remain spaced at least 6 feet apart and with attendees coming from outside the local area.
- **Highest risk:** Large in-person gatherings where it is difficult for individuals to remain spaced at least 6 feet apart and attendees travel from outside the local area.

Stay healthy during the COVID-19 pandemic

Staying healthy during the pandemic is important. Talk to your healthcare provider about whether your vaccinations and other preventive services are up to date to help prevent you from becoming ill with other diseases.

- It is particularly important for those at increased risk of severe illness, including older adults, to receive recommended vaccinations against influenza and pneumococcal disease.
- Remember the importance of staying [physically active](#) and practicing healthy habits to [cope with stress](#).

If you have an underlying medical condition, you should continue to follow your treatment plan:

- **Continue your medicines** and do not change your treatment plan without talking to your healthcare provider.
- **Have at least a 30-day supply** of prescription and non-prescription medicines. [Talk to a healthcare provider](#), insurer, and pharmacist about getting an extra supply (i.e., more than 30 days) of prescription medicines, if possible, to reduce your trips to the pharmacy.
- **Do not delay getting emergency care for your underlying medical condition** because of COVID-19. Emergency departments have contingency infection prevention plans to protect you from getting COVID-19 if you need care.
- **Call your healthcare provider if you have any concerns** about your underlying medical conditions or if you get sick and think that you may have COVID-19. If you need emergency help, call 911 right away.
- **If you don't have a healthcare provider**, contact your nearest [community health center](#) or [health department](#).

Actions you can take based on your medical conditions and other risk factors:

➤ **Asthma (moderate-to-severe)**

Having moderate-to-severe asthma may increase your risk for severe illness from COVID-19.

Actions to take

- Follow your [Asthma Action Plan](#).
- Keep your asthma under control.
- Continue your current medicines, including any inhalers with steroids in them (“steroids” is another word for corticosteroids).
- Make sure that you have at least a 30-day supply of your medicines.
- Know [how to use your inhaler](#).
- Avoid your [asthma triggers](#).
- Call your healthcare provider if you have concerns about your condition or feel sick.
- If you don’t have a healthcare provider, contact your nearest [community health center](#) or [health department](#).
- If possible, have another member of your household who doesn’t have asthma clean and disinfect your house for you. When they use cleaning and disinfecting products, have them:
 - Make sure that people with asthma are not in the room.
 - Minimize use of disinfectants that can cause an asthma attack.
 - Open windows or doors and use a fan that blows air outdoors.
 - Always follow the instructions on the product label.
 - Spray or pour spray products onto a cleaning cloth or paper towel instead of spraying the product directly onto the cleaning surface (if the product label allows).

➤ **Chronic Kidney Disease**

Having chronic kidney disease of any stage increases your risk for severe illness from COVID-19.

Actions to take

- Continue your medicines and your diet as directed by your healthcare provider.
- Make sure that you have at least a 30-day supply of your medicines.
- Stay in contact with your healthcare team as often as possible, especially if you have any new signs or symptoms of illness. Also reach out to them if you can't get the medicines or foods you need.
- **If you don't have a healthcare provider**, contact your nearest [community health center](#) or [health department](#).
- Have shelf-stable food choices to help you follow your kidney diet.
- If you are on dialysis:
 - Contact your dialysis clinic and your healthcare provider if you feel sick or have concerns.
 - Do NOT miss your treatments.
 - Plan to have enough food on hand to follow the [KCER 3-Day Emergency Diet Plan](#) for dialysis patients in case you are unable to maintain your normal treatment schedule.

➤ **COPD, cystic fibrosis, pulmonary fibrosis, and other chronic lung diseases**

Having COPD (including emphysema and chronic bronchitis) is known to increase your risk of severe illness from COVID-19. Other chronic lung diseases, such as idiopathic pulmonary fibrosis and [cystic fibrosis](#), may increase your risk of severe illness from COVID-19.

Actions to take

- Keep taking your current medicines, including those with steroids in them ("steroids" is another word for corticosteroids).
- Make sure that you have at least a 30-day supply of your medicines.
- Avoid triggers that make your symptoms worse.
- Call your healthcare provider if you have concerns about your condition or feel sick.
- **If you don't have a healthcare provider**, contact your nearest [community health center](#) or [health department](#).

➤ **Diabetes**

Having type 2 diabetes increases your risk of severe illness from COVID-19. Based on what we know at this time, having type 1 or gestational diabetes may increase your risk of severe illness from COVID-19.

Actions to take

- Continue taking your diabetes pills and insulin as usual.
- Test your blood sugar and keep track of the results, as directed by your healthcare provider.
- Make sure that you have at least a 30-day supply of your diabetes medicines, including insulin.
- Follow your healthcare provider's instructions if you are feeling ill as well as the [sick day tips for people with diabetes](#).
- Call your healthcare provider if you have concerns about your condition or feel sick.
- **If you don't have a healthcare provider**, contact your nearest [community health center](#) or [health department](#).

➤ **Hemoglobin Disorders – e.g. - sickle cell disease and thalassemia**

Having sickle cell disease (SCD) increases your risk for severe illness from COVID-19. Having other hemoglobin disorders, like thalassemia, may increase your risk for severe illness from COVID-19.

Actions to take

- Ask your healthcare provider about telemedicine or remote healthcare visits, and know [when to go to the emergency department](#).
- Work with your healthcare provider to manage [medicines and therapies](#) for your disorder (including hydroxyurea, chelation therapy, blood transfusions, and prescriptions for pain management) and any other health condition you may have (such as diabetes, high blood pressure, and arthritis).
- **If you don't have a healthcare provider**, contact your nearest [community health center](#) or [health department](#).
- Try to prevent vaso-occlusive episodes or pain crises by [avoiding possible triggers](#).
- Review CDC's [healthy living with SCD guide](#) or our [healthy living with thalassemia guide](#) for tips to help you stay healthy.
- Find [SCD resources](#) and [thalassemia resources](#) to help navigate care and increase knowledge and awareness of SCD and thalassemia.
- Let friends and family know about the need for [healthy blood donors](#).

➤ **Immunocompromised state (weakened immune system) from blood, bone marrow, or organ transplant; HIV; use of corticosteroids; or use of other immune weakening medicines**

Many conditions and treatments can cause a person to be immunocompromised or have a weakened immune system. These include: having a solid organ transplant, blood, or bone marrow transplant; [immune deficiencies](#); [HIV](#) with a low CD4 cell count or not on HIV treatment; prolonged use of corticosteroids; or use of other immune weakening medicines. Having a weakened immune system may increase your risk of severe illness from COVID-19.

Actions to take

- Continue any recommended medicines or treatments and follow the advice of your healthcare provider.
- Do not stop taking your medicines without talking to your healthcare provider.
- Make sure that you have at least a 30-day supply of your medicines.
- Do not delay life-saving treatment or emergency care.
- Call your healthcare provider if you have concerns about your condition or feel sick.
- **If you don't have a healthcare provider**, contact your nearest [community health center](#) or [health department](#).

➤ **Liver Disease**

Having chronic liver disease, especially cirrhosis (scarring of the liver), may increase your risk for severe illness from COVID-19.

Actions to take

- Take your medicines exactly as prescribed.
- Make sure that you have at least a 30-day supply of your medicines.
- Call your healthcare provider if you have concerns about your condition or feel sick.
- **If you don't have a healthcare provider**, contact your nearest [community health center](#) or [health department](#).

➤ **Pregnancy**

Based on what we know at this time, **pregnant people might be at an increased risk for severe illness from COVID-19** compared to non-pregnant people. Additionally, there may be an increased risk of adverse pregnancy outcomes, such as preterm birth, among pregnant people with COVID-19.

Actions to take

- Do not skip your prenatal care appointments.
- Make sure that you have at least a 30-day supply of your medicines.
- Talk to your healthcare provider about how to stay healthy and take care of yourself during the COVID-19 pandemic.
- If you don't have a healthcare provider, contact your nearest [community health center](#) or [health department](#).
- Call your healthcare provider if you have any questions related to your health.
- Seek care immediately if you have a medical emergency.
- You may feel increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions. Learn about [stress and coping](#).

➤ ***Serious Heart Conditions and Other Cardiovascular and Cerebrovascular Diseases***

Having any of the following serious heart conditions increases your risk of severe illness from COVID-19:

- Heart failure
- Coronary artery disease
- Congenital heart disease
- Cardiomyopathies
- Pulmonary hypertension

Having other cardiovascular or cerebrovascular disease, such as hypertension (high blood pressure) or stroke, may increase your risk of severe illness from COVID-19.

Actions to take

- Take your medicines exactly as prescribed and follow your healthcare provider's recommendations for diet and exercise while maintaining social distancing precautions.
- Continue angiotensin converting enzyme inhibitors (ACE-I) or angiotensin-II receptor blockers (ARB) as prescribed by your healthcare provider for indications such as heart failure or high blood pressure.
- Make sure that you have at least a 30-day supply of your heart disease medicines, including high cholesterol and high blood pressure medicines.
- Call your healthcare provider if you have concerns about your condition or feel sick.
- **If you don't have a healthcare provider**, contact your nearest [community health center](#) or [health department](#).
- Do not delay life-saving treatment or emergency care.

➤ ***Obesity***

Having obesity, defined as a [body mass index](#) (BMI) of 30 or above, increases your risk of severe illness from COVID-19.

Actions to take

- Take your medicines for any underlying health conditions exactly as prescribed.
- Follow your healthcare provider's recommendations for nutrition and physical activity, while maintaining social distancing precautions.
- Call your healthcare provider if you have concerns or feel sick.
- **If you don't have a healthcare provider**, contact your nearest [community health center](#) or [health department](#).

➤ *Neurologic Conditions such as Dementia*

Having neurologic conditions such as dementia may increase your risk of severe illness from COVID-19.

Actions to take

- Take your medicines as prescribed.
- Make sure that you have at least a 30-day supply of your medicines.
- Call your healthcare provider if you have concerns about your condition or feel sick.
- **If you don't have a healthcare provider**, contact your nearest [community health center](#) or [health department](#).

➤ *Smoking*

Being a current or former cigarette smoker may increase your risk of severe illness from COVID-19.

Actions to take

- If you currently smoke, quit. If you used to smoke, don't start again. If you've never smoked, don't start.
- [Counseling from a healthcare provider and Food and Drug Administration \(FDA\)-approved medications](#) can double the chances of quitting smoking.
- For help quitting smoking, call 1-800-QUIT-NOW or visit smokefree.gov.
- Call your healthcare provider if you have concerns or feel sick.
- **If you don't have a healthcare provider**, contact your nearest [community health center](#) or [health department](#).

➤ **Children with Certain Underlying Conditions**

While children have been less affected by COVID-19 compared to adults, children with certain conditions may be at increased risk for severe illness. Children who are medically complex, who have serious genetic, neurologic, metabolic disorders, and with congenital (since birth) heart disease may be at increased risk for severe illness from COVID-19. Similar to adults, children with obesity, diabetes, asthma and chronic lung disease, or immunosuppression may be at increased risk for severe illness from COVID-19. CDC is investigating a rare but serious complication associated with COVID-19 in children called Multisystem Inflammatory Syndrome in Children (MIS-C). We do not yet know what causes MIS-C and who is at increased risk for developing it. Learn about [MIS-C](#).

Actions to take

- Give medicines as prescribed for your child's underlying conditions.
- Make sure that you have at least a 30-day supply of your child's medicines.
- Call your child's healthcare provider if you have concerns and to discuss your child's specific conditions and risk for severe illness from COVID-19.
- Well-child visits and vaccines are still important during the COVID-19 pandemic. Stay in contact with your child's healthcare provider and make sure your child is up to date with vaccines to prevent other diseases. Learn more about [how to protect yourself and your family](#) during the COVID-19 pandemic.
- **If you don't have a healthcare provider**, contact your nearest [community health center](#) or [health department](#).

➤ **People with Multiple Underlying Conditions**

The more underlying medical conditions someone has, the greater their risk is for severe illness from COVID-19.

Actions to take

- Continue your medicines and treatment plans as directed by your healthcare provider.
- Make sure that you have at least a 30-day supply of your medicines.
- Call your healthcare provider if you have any concerns or feel sick.
- **If you don't have a healthcare provider**, contact your nearest [community health center](#) or [health department](#).
- Do not delay emergency care.

Attachment C

**WNYSHAI HEALTH AND SAFETY PLAN
ACCEPTANCE**

and

EVENT SIGNOFF FORM

WNYSHAI HEALTH AND SAFETY PLAN ACCEPTANCE and EVENT SIGNOFF

Type of Event: ☐ Skills Cl. ☐ Scrimmage ☐ Special Event ☐ Other: _____

Monitor(s) or Screener(s):

Dated:

Location: North Buffalo Ice Rink, 156 Tacoma Avenue, Buffalo, New York 14216

The undersigned acknowledge that they have read and understood and agree to abide by the WNYSHAI specific health and safety plan.

Name (Printed)	Name (Signature or Initials)	TEAMS SNAP HEALTH CHECK	Temp.
Players - Registered			
#2 -Ballow, Stephen			
#4 - Zwirecki, Mike			
#5 - Steffan, Ryan			
#6 - Caruana, Dominic			
#7 - Polisoto, Chris			
#8 - Rich, Pete			
#9 - Deuser, Colton			
#10 - Smith, Jared			
#11 - Schmidt, Briana			
#14 - Craft, Matt			
#15 - DeRosa, Matt			
#16 - Stevenson, Justin			
#17 - Magill, Cody			
#18 - Metzger, Ryan			

Name (Printed)	Name (Signature or Initials)	TEAMS SNAP HEALTH CHECK	Temp.
#21 - Wood			
#23 - Arenos, David			
#24 - Feldmann, Justin			
#26 - Gaske, Ryan			
#27 - Gonser, Nick			
#28 - Snell, John			
#29 - O'Donnell, Kelly			
#30 - Zmuda, Nick			
#31 - Dulniak, Drake			
#32 - Niemira, Justin			
#33 - Phillips, Josh			
#34 - Curry, Brendan			
#35 - Panek, Jimmy			
#36 - Cornelius, Chandler			
#38 - Nosek, William			
#39 - Parlato, Alex			
#42 - Tepas, Keith			
#51 - Szeffler, Jack			
#52 - Johnson, Ryan			
#53 - Giambra, Chase			
#57 - Gibson, Bryan			
#71 - Golda, Vinny			
#74 - Terry, Rick			

[illegible]

[illegible]

[illegible]

Attachment C-1

**WNYSHAI HEALTH AND SAFETY PLAN
ACCEPTANCE**

and

**BLANK INDIVIDUAL CHECKLIST AND EVENT
SIGNOFF FORM**

Western New York Special Hockey Association, Inc.
“Buffalo Sabres Thunder”
Health and Safety Screening Questionnaire
LOG

Today's Date: _____

Location - City/State: _____

Screeener Name: _____

Screeener Signature or Initials: _____

Each Person (Player, Coach, Mentor Coach, On-ice volunteer, Parent, and/or Guardian) must answer “Yes” or “No” in the table below in response to the following questions:

1. *Have you knowingly been in close or proximate contact in the past 14 days with anyone who has tested positive for COVID-19 or who has or had symptoms of COVID-19?*
2. *Have you tested positive for COVID-19 in the past 14 days?*
3. *Have you experienced any symptoms of COVID in the last 14 days (e.g., fever, cough, shortness of breath or other respiratory problem, muscle pain, chills, loss of taste or smell)?*
4. *Have you or anyone in your household, traveled outside of the U.S. or to restricted U.S. states per New York Guidelines within the past 14 days?*
5. *Documentation of the temperature of the person.*

Printed Name (required): _____

Signature: _____

Certification Questions* Answer “Yes” or “No” and fill in temperature.

Question Response	Yes	No	Comments
1.			
2.			
3.			
4.			
5. Temperature (F°)			

** Completed forms will be maintained with the organization records log to confirm compliance with the organization's safety and health requirements and to track for contact tracing if necessary.*