



## PHASE 4 GAME ARENA AND PRACTICE FACILITY CLEANING, DISINFECTING AND HYGIENE REQUIREMENTS

This document sets forth the requirements for the cleaning and disinfecting of the game arena and practice facility, and hygiene requirements, to help prevent the spread of infections among individuals participating in the Phase 4 Return to Sport.

**Prior to the start of Phase 4, the League Facility Hygiene Officer shall:**

- **Review these requirements with each teams' dressing room attendants**
- **Review these requirements with the game arena and practice facility cleaning crews; and**
- **Provide the Disinfectant Checklist Requirements and Form to the arena cleaning crew and review those materials with them.**

### CLEANERS AND DISINFECTANTS:

The Phase 4 Safe Zone game arena and practice facility shall be thoroughly cleaned and disinfected, with a particular focus on "high touch, high risk" surfaces. To clean these areas, detergent-based cleaners or EPA registered detergent/disinfectants that will remove bacteria like MRSA from surfaces and kill common viruses like mumps, measles, cold, coronavirus, and influenza viruses, shall be used.

Effective agents are listed on the EPA website for Clubs as a reference:

- <https://www.epa.gov/pesticide-registration/selected-epa-registered-disinfectants> .
- <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

More information is also available on the CDC website:

- <https://www.cdc.gov/mrsa/community/environment/index.html>

All cleaners and disinfectants must be used in accordance with their label instructions (e.g., Does surface need to be cleaned before using the disinfectant? What is the contact time? Does the product need to be diluted with water?). The additional benefit of specialized disinfection systems or products remains to be established.

### HYGIENE:

#### Water Bottles

- There shall be no sharing of water bottles.
- Clubs are required to supply Player-specific water bottles for their players.
  - Water bottles, and corresponding water bottle tops (Gatorade Squeeze bottles), should be labeled for each individual Player with the Player's name or number (or both) on both the top and bottle for identification purposes.
  - These Player specific bottles should be available for Player use for all team on-ice activities (including all practices, morning skates, and games).
- All Gatorade ready to drink bottles (Edge bottles) must be labelled for the individual Players and marked properly with each Player's name or number (or both) prior to use. Please note these bottles, once used, may not be re-used by other Players.
- The penalty boxes shall be void of Gatorade squeeze bottles and Edge bottles for consumption. All penalty boxes shall contain 12oz Aquafina bottles of water and 12oz bottles of Gatorade

## Attachment 4

product for Players (and off-ice officials) to consume while in the penalty box. Once a Player has vacated the penalty box the penalty box attendant must dispose of the used bottled product into a trash receptacle.

### Towels

- There shall be no sharing of towels. All towels shall be treated as single use and shall not be re-used by another Player.
- Once a towel is used, each towel shall be washed before being used again.
- Each team shall be provided a minimum of one hundred (100) clean towels for use on the bench during each game.
- These principles apply to all uses of towels, including, for example, in the training room, in the washroom, on the bench, and in the penalty box. These locations must be equipped with a bin for used towels.

### Hand Cleaner:

- All locker rooms shall have a hands-free dispenser of antiseptic hand cleaner in each of the following locations (at a minimum):
  - Medical/Trainer Room
  - Equipment Room
  - Main entry to Player bench
  - Coaches Room
  - Strength and Conditioning Area
  - Laundry Rooms
  - Dressing Rooms

### Tissues

- All Player benches shall have two (2) boxes of tissues on each bench affixed at each end.

### Antiseptic Wipes

- 2 containers of antiseptic hand wipes (with alcohol) shall be placed on/or in proximity to;
  - Equipment tools and stick tools.
  - The visiting room weight cart.

## GAME & PRACTICE DRESSING ROOMS (INCLUDING EQUIPMENT ROOMS):

The League Facility Hygiene Officer shall ensure that game arena and practice facilities, including equipment rooms, are properly disinfected by arena cleaning crews on a daily basis. Specifically, to help reduce the spread of infectious diseases and viruses, the arena cleaning crews are required to properly clean and disinfect **all surfaces and areas which come into contact with Players within the confines of the locker room on a daily basis, as well as after each ice session (should multiple ice sessions occur on a given day)**, in order to properly remove athletes' sweat and bodily fluids.

Arena cleaning crews are responsible for all aspects of cleaning and disinfecting, including trash disposal, the vacuuming of rugs, mopping the floor and, specifically:

- Exercise bikes (specifically handles and seats);
- Workout equipment and weights;
- Locker stalls (including seats, all areas of the stall, and the tops of the stall);
- Change room stalls;
- Bathrooms, including washroom stalls, toilets and urinals;
- Showers;
- Medical/training tables (perhaps the most important area);
- Floor fans utilized to circulate air and dry equipment;

## Attachment 4

- Doorknobs, tables, counters and other “frequently touched” surfaces;
- Bench areas (see below); and
- Whirlpools, hot tubs

Arena cleaning crews are required to fill out the Disinfectant Checklist Form, which shall be permanently posted in a visible location inside both teams’ dressing rooms at the game arena and practice facilities.

### BENCH AREAS:

Both teams’ benches must have vertical dividers in the water bottle tray at sufficient intervals to keep bottles from falling over.

Both team’s benches must be properly cleaned and disinfected before each use and **between periods during games.** At a minimum, this includes:

- flooring
- bench surface
- top of dasher boards
- water bottle storage area
- glass (back and sides)

### COACHES ROOM; ON-ICE OFFICIALS STALLS

In addition, arena cleaning personnel will need to disinfect the On-Ice Officials and Coaches’ room(s) including, but not limited to, all seating areas, floors, exercise bikes/equipment, showers and all surfaces within the room.

Two (2) bottles of hand sanitizer and one (1) container of antiseptic wipes shall be placed in the On-Ice Officials locker room.

The On-Ice Officials (Referees and Linesmen) shall utilize their own water bottle or Aquafina bottle, which they shall bring to the penalty box at the start of the game. The penalty box will have specific towels to be utilized by the On-Ice Officials during the game. These towels shall also be treated as single use and shall be placed in the used towel bin after being used.

### TRANSPORTATION

#### Equipment Trucks

- All seating areas within the equipment trucks utilized by teams must be cleaned and properly sanitized in advance of a new team entering the vehicle. This includes all seats and handles (interior and exterior).

### ADDITIONAL DISINFECTANT MEASURES

- Glove dryers (specifically the metal holders which come in contact with the Player equipment) shall be disinfected on a daily basis. To the extent possible, personalize each location on the dryer with each Player’s name or number (or both).
- **Dishwashers shall be provided at practice sites and arenas, available for use by both teams.**

Attachment 4

**Wash cycles with detergents and water shall be used after each use of water bottles.**

**COMPLIANCE**

If individuals or teams participating in Phase 4 have any concerns about compliance with the Cleaning and Disinfecting Requirements, they shall report concerns to the League Facility Hygiene Officer [ ] or to the League NHLhealth@nhl.com.

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Issued by the Infection Control Subcommittee:

- Dr. Gary Dorshimer, Chair (Team Physician, Philadelphia Flyers)
- Dr. Michael Farber (Team Physician, New Jersey Devils)
- Dr. Brad Changstrom (Team Physician, Colorado Avalanche)
- Ray Tufts (Team Athletic Trainer, San Jose Sharks)
- Joe Huff (Team Athletic Trainer, Anaheim Ducks)
- Julie Grand (NHL Legal)
- Jamie Hacker (NHL Legal)
- Maria Dennis (NHLPA Legal)
- Dr. John Rizos (NHLPA Co-Chair, Joint Health & Safety Committee)
- Dr. Winne Meeuwisse (NHL Co-Chair, Joint Health & Safety Committee)



## **DISINFECTANT CHECKLIST REQUIREMENTS AND FORM**

- **Process:** Arena staff who clean the teams' locker room at the game arena and practice facility, the Officials' room, and the Coaches' room shall fill out the attached form on a daily basis, and also prior to each new team using such facilities. Executed forms shall be provided to the Locker Room Attendant, who shall ensure that the League Facility Hygiene Officer receives such form on a daily basis
- **Requirements:** All surfaces and areas of the locker room which come into contact with a team's Players ***must be properly disinfected on a daily basis***, and after a team vacates an arena or practice facility. This includes:
  - Exercise bikes (specifically handles and seats);
  - Workout equipment and visiting room weights;
  - Locker stalls (including seats, all areas of the stall, and the tops of the stall);
  - Change room stalls;
  - Bathrooms, including washroom stalls, toilets and urinals;
  - Showers;
  - Medical/training tables (perhaps the most important area);
  - Floor fans utilized to circulate air and dry equipment;
  - Doorknobs, tables, counters and other "frequently touched" surfaces;
  - Bench areas; and
  - Whirlpools, hot tubs

In addition the NHL On-Ice Officials' stalls, showers, urinals and washroom areas, and the Coaches' room, shall be disinfected daily.

- **Cleaning Agents:** Clubs are required to thoroughly clean and disinfect all areas addressed throughout the Cleaning and Disinfecting Requirements, with a particular focus on "high touch, high risk" surfaces.

To clean these areas, Clubs shall use detergent-based cleaners or EPA registered detergent/disinfectants that will remove bacteria like MRSA from surfaces and kill common viruses like mumps, measles, cold, coronavirus, and influenza viruses.

Effective agents against MRSA are listed on the EPA website for Clubs as a reference:

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All cleaners and disinfectants must be used in accordance with their label instructions (e.g., Does surface need to be cleaned before using the disinfectant? What is the contact time? Does the product need to be diluted with water?). The additional benefit of specialized disinfection systems or products remains to be established.



**DISINFECTANT CHECKLIST FORM**

Date	Time	Team Dressing Rooms Disinfected (Game Arena and Practice Facility)*	Officials' Room Disinfected	Coaches' Room Disinfected	Confirmed by (print name)

- \* Team Dressing room disinfection includes cleaning/disinfecting of the following areas:
- Exercise bikes (specifically handles and seats);
  - Workout equipment and visiting room weights;
  - Locker stalls (including seats, all areas of the stall, and the tops of the stall);
  - Change room stalls;
  - Bathrooms, including washroom stalls, toilets and urinals;
  - Showers;
  - Medical/training tables (perhaps the most important area);
  - Floor fans utilized to circulate air and dry equipment;
  - Doorknobs, tables, counters and other “frequently touched” surfaces;
  - Bench areas; and
  - Whirlpools, hot tubs