



Arctic Foxes Hockey Association

COVID-19 Health and Safety Plan

Revision Date	Comments	Revision Number
8/28/2020	Created Health & Safety Plan (H&SP)	1.0
11/16/2020		2.0
12/08/2020		3.0
02/11/2021		4.0
8/26/2021	Updated H&SP for Allegheny County Health Department (ACHD) Isolation and Quarantine Basics	5.0
09/24/2021	Updated reporting policy and modified versioning	5.1
10/04/2021	Updated close contact guidelines per ACHD (v4 08/24/2021) and CDC (09/21/2021)	6.0

This Health and Safety Plan is designed to summarize all of the relevant information related to playing hockey during the COVID-19 pandemic and mitigating the spread of the disease. All members of the Arctic Foxes including players, volunteers, and families are asked to be active participants in following the health and safety measures contained in this plan. By working together, we are all doing our part in promoting the health and safety of our membership.

Is it safe to play Ice Hockey during the COVID-19 pandemic?

As long as there are cases of COVID-19 in the community, there are no strategies that can completely eliminate transmission risk. However, Ice Hockey is an important vehicle to keep our kids physically active and happy. Medical professionals have advised that hockey can be played safely while taking appropriate precautions.

A few things to know specific to ice hockey

USA Hockey continues to adapt to the coronavirus situation. Detailed resources may be found here: <https://www.usahockey.com/page/show/5902638-covid-19-updates>

- Hockey players are covered head to toe in protective equipment.
 - There is no skin-to-skin contact
 - There is no shared equipment
- Rinks have been diligent in implementing enhanced cleaning and safety protocols.
- Rinks have significant HVAC systems that circulate fresh air on a regular basis.
- USA Hockey studies show players in ice hockey are within a six-foot radius of another player for less than three minutes per game. Players are on average in “immediate proximity” (actual contact with another player) for under two seconds per incident.
- Due to the fast pace of skating, air flow for the athlete is circulated at a higher rate.

What is the RMU Island Sports Center doing to minimize the spread of COVID-19?

On August 19th, 2021 the RMU Island Sports Center is recommending masks for all visitors.

Among the actions being taken include:

- All touch surfaces are continually sanitized throughout the day.
- All air filters in their HVAC system have been replaced and continue to be replaced routinely.
- Player benches, penalty boxes, and scorer boxes are continually cleaned and sanitized
- Video games and vending machines have all been cleaned and sanitized. They will be sanitized routinely.
- Plexiglass infection barriers have been installed at service locations
- Additional hand sanitizing stations have been installed
- Additional socially distant seating has been added to minimize the need to use locker rooms.

What are the Arctic Foxes doing to minimize the spread of COVID-19?

We have implemented the following guidelines for our members:

- Follow all rink guidelines. Please note that different rinks may have different guidelines. The PAHL maintains a list of individual rink guidelines here: <https://www.pahockey.com/covid19>
- Players are encouraged to come dressed and only put their skates on in the rink.
- Parents are encouraged to wait outside to minimize the number of people in the rink.
- **Members are NOT to attend Arctic Foxes events if they have any infectious disease, including COVID-19, or are exhibiting symptoms. If a member has any of the following symptoms, they MUST stay home:**
 - Fever of 100.4° F or higher in the past 24 hours.
 - Sore throat
 - New uncontrolled cough or difficulty breathing (for players with chronic allergic/asthmatic cough, a change in their cough from baseline)
 - Diarrhea, vomiting, or abdominal pain
 - New onset of severe headache
 - New loss of taste or smell
- Players are encouraged to regularly wash their hands with soap and water or hand sanitizer, avoid touching their face, and cover their face when they sneeze or cough.
- Players should bring their own water bottles and not share them with others. They should be filled at home since many rinks, including the RMU ISC, have turned off water fountains.

If a member tests positive for COVID-19, what should they do?

You should immediately notify the Allegheny County Health Department (ACHD). The affected family should text/call Craig Tomino at 412-491-0021. **In addition**, a brief email should be sent to the AFHA President at president@arcticfoxeshockey.org and the AFHA Secretary at info@arcticfoxeshockey.org to ensure the proper resources are contacted. As part of all COVID-19 case investigations that will be directed by the ACHD; the information will be quickly obtained from the member as to their close contacts since the onset of their symptoms. The actual nature of the contacts will be explored in detail, and multiple variables (i.e., was the case symptomatic during the contact or did the case only develop the illness at home) will be considered by the ACHD staff. Once the information has been gathered, Arctic Foxes members considered close contacts to the case (if any) would be notified of their exposure by the ACHD or Arctic Foxes, using as little identifying information about the case as possible. The infected member would then need to follow ACHD and their health care provider recommendations for isolation and/or quarantine.

YOU HAVE TESTED POSITIVE FOR COVID-19 (ISOLATION)

What should I do?

- **REGARDLESS OF YOUR VACCINATION STATUS, ISOLATE:** Avoid all others. Only leave your home for medical care. Remain isolated for 10 days since you first experienced symptoms of COVID-19 or 24 hours after symptoms improve, whichever is longer.
- If you tested positive and did not have symptoms, remain isolated for 10 days starting from the date you had your positive test taken.
- If you live with others, **stay in a separate room and use a separate bathroom** if possible. Don't share personal items. Clean and disinfect your home and frequently touched surfaces regularly. Wear a mask around others and have them wear masks too.
- **Do not get another test for COVID-19.** You should NOT get a follow-up test to go back to work or school or to end isolation after 10 days. It is very common for the test to remain positive for a couple of months, even though you are no longer able to spread the virus.

Isolation and Quarantine Basics from the Allegheny County Health Department may be viewed here (Last Updated August 24, 2021):

https://www.alleghenycounty.us/uploadedFiles/Allegheny_Home/Health_Department/Resources/COVID-19/Docs/Isolation-Quarantine%20Basics%2008-26-21.pdf

Who is a “close contact”?

The CDC defines a close contact as “Someone who was less than 6 feet away from infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes). An infected person can spread SARS-CoV-2 starting from 2 days before they have any symptoms (or, for asymptomatic patients, 2 days before the positive specimen collection date), until they meet the criteria for ending isolation.” - (Revised September 21st, 2021)

<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>

You are still considered a close contact even if you were wearing a mask while you were around someone with COVID-19.

For **Arctic Foxes** purposes, in general, the following guidelines are followed to determine close contacts for any games or practices:

- For practices, anyone who shared the locker room with an infected individual

- For games, anyone who shared the locker room with an infected individual or shared the bench with the infected individual (eg dressed but non-playing goalie & all skaters if 11 or more skaters dressed for the game)
- All incidents are handled on a case-by-case basis

YOU ARE A CLOSE CONTACT OF SOMEONE WITH COVID-19 (QUARANTINE)

What should I do?

If you are fully vaccinated (it has been two weeks or more since your final dose of COVID-19 vaccine):

- If you have no symptoms, get tested 2-5 days after you were exposed and wear a mask indoors for 14 days or until you receive a negative test. If you live with someone with COVID-19, get tested right away, and again 2-5 days after that person has completed their 10-day isolation.

If you are unvaccinated or not fully vaccinated:

Quarantine: Avoid people outside your household. Only leave your house for medical care. Monitor for symptoms of COVID-19. Quarantining for 14 days after your last possible exposure is the best way to limit the spread of COVID19. Quarantine may be ended early if the following conditions are met:

1. After 10 days if a person does not develop any symptoms with careful monitoring.
2. Quarantine can end after 7 days if the person does not develop symptoms with careful daily monitoring and tests negative for the virus. The test should be performed on the fifth day after the exposure or later. Quarantine cannot end before day 7. The Health Department prefers that a PCR test be used to determine if a person can leave quarantine after 7 days.
3. Get tested: It is important to know if you have COVID-19 and should isolate and notify your close contacts. It is recommended you wait until at least the fifth day after your last known exposure to get tested. A map of testing locations in the county is available here: <https://bit.ly/ACTestingSiteMap>

What if I tested negative for COVID-19 but had symptoms?

- Even with a negative test, you should **quarantine** according to the instructions. If symptoms persist, consider waiting a couple of days and get tested a second time.
- Despite advances in our knowledge of COVID-19 and testing, **false negative tests are still possible.**

Additional resources from the Allegheny County Health Department may be accessed here: <https://www.alleghenycounty.us/Health-Department/Resources/COVID-19/Resources.aspx>

What will the Arctic Foxes do if notified that one of their members tests positive for COVID-19?

- We will work with the ACHD to help determine any close contacts within the Arctic Foxes organization. We will assist the health department in notifying those close contacts if necessary. To the extent possible, we will not share any information regarding the identity of the infected individual.
- If a significant portion of a team has to quarantine, we will cancel practices during the quarantine period. We will attempt to reschedule as many practices as possible until after the quarantine period. It is unlikely that we will be able to reschedule all of the practices.
- We will work with the PAHL to reschedule league games until after the quarantine period. It may not be possible to reschedule all league games.

FOR ADDITIONAL INFORMATION

Frequently asked questions (FAQs) from the Allegheny County Health Department may be viewed here (Last Updated September 29th, 2021):

<https://www.alleghenycounty.us/Health-Department/Resources/COVID-19/Frequently-Asked-Questions.aspx>