



# Arctic Foxes Hockey Association

## COVID-19 Health and Safety Plan 2020-21

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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

- 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?

The most recent information on the RMU Island Sports Center’s mitigation efforts can be found here: <https://www.rmuislandsports.com/covidhome>

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
- Traffic flow and social distancing signage have been posted
- 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.
- Members must wear masks while in the RMU ISC when not actively participating on the ice or going to or from the ice.

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

You should immediately notify the Allegheny County Health Department (ACHD). They should also notify Dan Gynn at [president@arcticfoxeshockey.org](mailto:president@arcticfoxeshockey.org) or 412-600-3186. 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.

Additional information from the Allegheny County Health Department is included in Appendix A at the end of this document (note: The ACHD has not updated this document to reflect the shortened quarantine periods discussed below).

## Who is a “close contact”?

The CDC defines a close contact as “Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.” Or someone who:

- Provided care at home to someone who is sick with COVID-19
- Had direct physical contact with someone who is sick with COVID-19 (eg hugged or kissed them)
- Shared eating or drinking utensils with someone who is sick with COVID-19
- Was sneezed, coughed, or somehow got respiratory droplets on them from someone sick with COVID-19

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

## What does a “close contact” of someone who has COVID-19 have to do?

- Close contacts must remain at home (self-quarantine) for 10 days from the last date they were in close contact with the person with COVID-19. Alternatively, they can end their quarantine after day 7 if they receive a negative test result (test must occur on day 5 or later). People who have had COVID-19 within the past 3 months and are asymptomatic do not have to quarantine. People who are fully vaccinated (have all required shots) within the past 3 months and are asymptomatic do not have to quarantine. For more

details, please read the following guidance from the CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

- You should monitor for symptoms, and you should contact a health care provider if you develop symptoms to get tested. Even if you end your quarantine after 7 (with negative a test result) or 10 days, you should continue to be extra vigilant for 14 days after exposure. This is because it can take up to 14 days to develop symptoms after exposure.
- If a close contact would like to be tested for COVID-19, they should contact their healthcare provider to schedule a COVID-19 test. It is best to schedule the test for about a week (5 to 7 days) after exposure; this is the most likely time to find the virus if it is there. If you are not able to schedule a test through your healthcare provider or do not have a healthcare provider, please visit <https://bit.ly/ACTestingSiteMap> or [www.alleghenyCovidTesting.com](http://www.alleghenyCovidTesting.com) to find a testing site.
- Please note - a negative result before the end of the 14-day period does not completely rule out possible infection. By following these guidelines, you lower the chance of possibly exposing others to COVID-19.

## If you were a close contact and got tested, what should you expect after you get the results?

### If your test is positive for COVID-19:

- In accordance with CDC guidance, a person who has COVID-19 must remain home in isolation until all of the following are true:
  - At least 10 days have passed since the onset of symptoms AND
  - Until fever-free off anti-fever medications for 24 hours AND
  - Symptoms are improving.
  - Note: A COVID-positive individual does NOT need a repeat COVID-19 test as long as the above criteria are met
- You will receive a call from the Allegheny County Health Department to provide more information and to answer any questions.
- The Health Department will work with you and the Arctic Foxes to determine who are your close contacts and then reach out to them to quarantine, monitor for symptoms of COVID-19, and get tested.

### If your test is negative:

If your test is negative, you still need to continue the 7-day quarantine. This is because sometimes the tests are wrong, and the best way to make sure you do not spread the virus is for you to stay home for the full quarantine period. If at the end of 7 days you have not had any symptoms and the test was negative, you may return to normal activity. You should continue to be extra vigilant through 14 days after exposure.

## If someone in the household was a close contact, does everyone in the household have to quarantine?

If no one in the household is showing symptoms of COVID-19, then only the person who was identified as the close contact has to quarantine.

## 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.

# Appendix A

## ALLEGHENY COUNTY HEALTH DEPARTMENT COVID-19 GUIDANCE

### ISOLATION-QUARANTINE BASICS

Due to the sheer volume of new cases, the outreach from the Health Department to positive cases and their contacts is taking longer than it has in the past. Those expecting to be contacted are asked to be patient. Regardless of whether you are a positive case or a close contact, here's what you can expect:

#### **YOU HAVE TESTED POSITIVE FOR COVID-19 (Case Investigation Will Occur)**

If you have been advised that you have tested positive for the coronavirus, the most important action is to stay home unless you are seeking medical care.

A representative of the Health Department will contact you to discuss your case. You should be prepared to provide information on your symptoms and whether you have been hospitalized. Additional information requested will be detail on your place of employment, places you have been in the last 14 days (including large gatherings) and a list of individuals you have been in close contact with for two days before you were sick through the duration of your illness.

A close contact is someone that you have been within six (6) feet of for 15 minutes or more, even if masked, during that time period. You will be asked to provide a name and phone number for those individuals, as well as the date you had contact with that person. You will also want to reach out to those contacts now. They will need to quarantine for 14 days beginning immediately and will also be contacted by the Health Department.

Positive cases must remain in isolation for a minimum of 10 days and, if they continue to have symptoms, for additional time until there are at least one symptom-free days before being released. Immunocompromised individuals with COVID-19 should remain in isolation for 20 days.

Everyone in your household will be considered a contact unless they can remain separate from you but will also need to quarantine for 14 days since their last encounter with you.

If you work in public safety, healthcare or food services, you should notify your supervisor of your status. For food services employees, the Food Safety Division of the Health Department will follow up with the facility with instructions. Employers should not demand that staff come to work if in isolation. The Health Department can provide you with a letter if proof is needed of your status.

If you need any services or assistance while in isolation, you can call the COVID-19 hotline at 1-888-856-2774.

#### **YOU ARE A CLOSE CONTACT OF SOMEONE WHO HAS TESTED POSITIVE FOR COVID-19 (Part of the Contact Tracing Process)**

If you have been advised that you are a close contact of someone who has tested positive for the coronavirus, the most important action is to stay home unless you are seeking medical care. You will be required to quarantine for 14 days since the date of contact. ***If you have not been notified by the person who is positive, the Health Department cannot tell you who the positive case is as this is private health information that may not be disclosed by law.***

A representative of the Health Department will contact you to discuss your exposure. You will be required to stay home for your full quarantine. It will also be suggested that you get tested, even if you don't have symptoms. Find a drive-thru testing site so you do not expose others. You can use the [Testing Site Locations map](#) to identify the closest locations. Do not take public transportation or utilize any other shared form of transportation (ride share, taxi, etc.). If you need assistance with transportation, please contact the COVID-19 Hotline at 1-888-856-2774. A negative test does not indicate that you can be released from quarantine but does provide better information to manage your care.

While in quarantine, you should remain separated from others and limit movement outside of your home unless you are seeking medical care. If you need any services or assistance while in quarantine, you can call the COVID-19 hotline at 1-888-856-2774.