



## CHEYENNE CAPITALS YOUTH HOCKEY ASSOCIATION

P.O. BOX 20975, CHEYENNE, WY 82003

### CHEYENNE CAPITALS COVID EXPOSURE GUIDELINES

*Note: The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. Please note that this is a living document, and may change as the season progresses.*

#### **In the event that a player or coach is confirmed to have COVID-19:**

1. Inform your head coach, team manager, SafeSport Liaison or the CCYHA President if you or a member of your household tests positive. Confidentiality of this information will be maintained by the club, and team members/coaches of the confirmed case will be informed that a case has been confirmed on their team(s).
2. Players who test positive must isolate until the following criteria have been met:
  - a) A minimum of 10 days since the onset of symptoms;
  - b) There is no fever for at least 24 hours without medication;
  - c) Symptoms have improved;
  - d) The player has met the current guidelines set forth by the Wyoming Department of Health for returning to normal activities, and is in compliance with any orders from the Department of Health.
3. Close Contact of confirmed cases should not attend any CCYHA practice or game for a minimum of 14 days from the last close contact after a confirmed case of COVID-19, or on a date specified by Wyoming Department of Health.
  - a. Close Contact is defined as exposure to COVID-19 by contact closer than 6 feet for 15 minutes accumulated over a 24 hr period. A player exposed to a teammate/coach/team manager during a multiple game weekend, tournament or multiple practices within a 24hr period would be considered "Close Contact."
4. Team practices and games for teams with confirmed cases will be suspended on a case by case basis.
5. Additionally members should adhere to the WDH guidelines regarding exposure, and return to normal activities:

<https://health.wyo.gov/wp-content/uploads/2020/07/What-to-do-if-you-were-exposed-to-someone-with-coronavirus-disease-COVID-19.pdf>

#### **In the event that a player or coach exhibits symptoms of COVID-19:**

1. Players or coaches who are not feeling well for any reason, or who are exhibiting symptoms of COVID-19, should not attend practices or games until their symptoms have subsided. If symptoms persist for longer than 24 hours, people are encouraged to obtain a COVID-19 test.
2. If you believe you may have COVID-19, whether or not you have had a positive COVID-19 test, you should notify your head coach and the CCYHA President. The affected team(s) will be contacted, and a decision will be made whether or not to temporarily suspend practice.



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The board will meet regularly to assess the COVID-19 situation in the club and community, and make whatever adjustments to practices and games dependent on the current situation.

### CONTACTS:

#### CCYHA President:

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