

LAHC COVID-19 Confirmed Case Guidelines

Note: The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. LAHC considers any player or coach on a team, as well as family members, to have had 'close contact' with positive cases. Please note that this is a living document, and may change as the season progresses.

Definitions:

Symptoms: When evaluating whether or not you have COVID-19 symptoms, please refer to this page from the CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

Close Contact: When evaluating whether or not a given LAHC event (practice or game) has constituted a 'close contact' in the view of the club, the board will use the current definition of a close contact as defined by the CDC and WDH:

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

- As of 11/9/2020, the CDC definition is as follows: *"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."*
- As of 11/9/2020, the WDH definition is as follows:
 - *Living in the same household as a sick person with COVID-19.*
 - *Caring for a sick person with COVID-19.*
 - *Being within 6 feet of a person with COVID-19 for 15 minutes or longer.*
 - *Being in direct contact with respiratory droplets from a sick person with COVID-19 (e.g., being coughed or sneezed on, kissing, sharing utensils).*

- ***You are still considered a close contact even if you were wearing a face mask, with the exception of healthcare and K-12 school settings.***

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

1. Inform your head coach and the LAHC President if you or a member of your household tests positive. The confidentiality of this information will be protected by the club, and team members/coaches of the confirmed case will be informed only 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 contacts of confirmed cases will not be allowed to attend any LAHC activities for a minimum of 7 days from the last close contact after a confirmed case of COVID-19.
4. Players may return to team activities after 7 days if they receive a negative test (test must occur on day 5 since exposure or later), or after 10 days without symptoms without testing, or on a date specified by Wyoming Department of Health.
5. Any practice attended by a confirmed case within the CDC defined window for 'close contact' will be considered a 'close contact' for members of that team by the club, and team practices and games for teams meeting these criteria will be suspended for a minimum of 7 days, or until advised that a return to play is deemed safe by local health officials or the Wyoming Department of Health (WDH).
6. Additionally members should adhere to the WDH guidelines regarding exposure and return to normal activities:
<https://health.wyo.gov/wp-content/uploads/2020/11/What-to-do-if-you-were-exposed-to-someone-with-COVID-19-11520.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. These tests can be obtained for free for Wyoming residents from Vault Health at <https://www.vaulthealth.com/covid>
2. If you exhibit the symptoms of COVID-19 (see definition at top of page), whether or not you have had a positive COVID-19 test, you must notify your head coach and the LAHC President. The affected team(s) will be contacted, and if multiple presumed cases are reported on the same team for the same time period, and the last LAHC event attended by the affected players meets the CDC requirements for a close contact, practice will be temporarily suspended while awaiting test results. Upon receipt of a positive test result, guidelines described above will be followed. If tests come back negative, LAHC events will immediately resume as normally scheduled.

3. **If two or more members of the same team are exhibiting COVID-19 symptoms**, and the onset of symptoms meets the definition of a close contact for the team, practices for that team will be temporarily suspended while the affected team members are tested for COVID-19. If tests are negative, team activities will immediately resume. If one or more tests are positive, the process for confirmed cases will take effect.

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.

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