



Lehigh Valley Phantoms Youth Health and Safety Plan

This guidance is preliminary; as more public health information is available, the Lehigh Valley Phantoms Youth (LVPY) Health and Safety Committee will continue to work with impacted entities to release further guidance which could impact the hockey season.

Introduction:

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps organizations can take to reduce the risks to athletes, coaches, families, referees, and spectators.

The LVPY will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS, PIAA and St. Luke's University Health Network as our primary medical partner. The LVPY realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our athletes, coaches, families, referees, and spectators.

Procedures:

Procedures for **ALL LEVELS** of LVPY Ice Hockey include:

1. All positive cases of COVID-19 must be reported to Phantoms Youth President, Angela Krem, at angela.krem@gmail.com immediately so that proper contact tracing and notification to the organization can be completed.
2. Symptom Screening: All Athletes, coaches, parents and team managers are to perform a self-assessed health screening to ensure that they do not have any symptoms of COVID-19 prior to all team activities.
3. Hygiene Practices: Coaches will promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap), In addition, coaches will encourage hand sanitizing before and after any activity. Hand Sanitizer will be available for team use as resources allow. Athletes and Coaches **MUST** provide their own water bottle for hydration. Water bottles must not be shared.
4. Face coverings: Face coverings are not currently required at this time by our organization or

facility. Face coverings are however recommended whenever possible to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual.

5. Clearing and disinfecting: The rink will continually perform intense cleaning, disinfection, and ventilation in all facilities.
6. Social Distancing: All coaches will encourage social distancing as appropriate to the current CDC guidelines and the state requirements through increased spacing, small groups, and limited mixing between groups, if feasible.
7. Education: LVPY is partnering with St. Luke's University Hospital to assist in educating athletes, coaches, and others on health and safety protocols.
8. If you are sick: Anyone who is sick or exhibiting symptoms of COVID-19 must refrain from all team activities
9. Communication: LVPY will communicate regularly with all its members and monitor developments with local authorities, athletes, and coaches regarding cases, exposures, and updates to policies and procedures.
10. Athletes MUST bring their own water bottle. Water bottles must not be shared. Personal water bottles should be properly identified with person's name

POSITIVE CASES AND COACHES, STAFF, OR ATHLETES SHOWING COVID-19 SYMPTOMS

- **What are the signs and symptoms of COVID-19?** Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. (See CDC Fact Sheet in Appendix). Symptoms may include:
 - Fever or chills (100.4 or High)
 - 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
- **What to do if you are sick?**
 - If you are sick with COVID-19 or think you are infected with the virus, STAY AT HOME. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
 - Those without a health care provider can be directed to a local COVID hotline such as St. Luke's University Health Network 1-866-785-8537 Option 7 or Lehigh Valley Health Network 1-888-402-5846.
 - Notify the head coach immediately

- It will be determined if others who may have been exposed (athletes, coaches, others) need to be notified, isolated, and /or monitored for symptoms
- If a Positive case of COVID-19 is Diagnosed Contact Tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH. See Information in Appendix.
- **What to do if an athlete or coach becomes ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?**
 - The athlete or coach should be sent home immediately.
 - If a parent or caregiver is not present, a predetermined isolation room/location should be established and the athlete should be escorted to a designated isolation room or area away from others and have them wear a mask or face covering.
 - Ill individuals will be asked to contact their physician or appropriate healthcare professional for direction. Those without healthcare should be directed to a local COVID hotline such as St Luke's University Health Network 1-866-785-8537 Option 7
- **Return of athlete or coach to athletics following a COVID-19 diagnosis?**
 - Athletes and coaches should have medical clearance from their physician or appropriate healthcare professional. Documentation must be provided prior to return to participation.
- **Does a team need to quarantine when a member of the team has tested positive for COVID-19?**
 - If a coach/player is vaccinated and voluntarily provides written documentation of vaccination, then they do not have to quarantine even if in direct exposure to a COVID positive individual.
 - If a coach/player is not vaccinated, the individuals will need to quarantine for a period of 10 days. Player/coach can choose to get a covid test on day 5 after a direct exposure and return on day 7 as long as the test is negative.

See below from CDC:

People are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

If you don't meet these requirements, regardless of your age, you are NOT fully vaccinated. Keep taking all [precautions](#) until you are fully vaccinated.

If you've been fully vaccinated:

- If you've had [close contact](#) with someone who has COVID-19, you should get tested 3-5 days after your exposure, even if you don't have symptoms. You should also wear a mask indoors in public for 14 days following exposure or until your test result is negative. You should isolate for 10 days if your test result is positive.

Lehigh Valley Phantoms Youth Ice Hockey
COVID-19 Symptom Screening and Monitoring

Name: _____ Date: _____

Team Level: _____

Athletes/Coaches must self-report as deemed necessary prior to each practice/event. Please complete this checklist on a daily basis with your athlete to monitor for symptoms of COVID-19 before reporting to any LVPY event.

Has your athlete been exposed to anyone with a confirmed case of COVID-19 in the past 14 days?

If yes, the athlete should stay home from any LVPY event. The athlete can return to school 14 days after the last time that they had close contact with someone diagnosed with COVID-19.

Has your athlete traveled out of state to one of the states listed on the [PA TRAVEL ADVISORY SITE](#)?

If yes, the athlete should stay home from any LVPY event. The athlete can return to school 14 days after returning to Pennsylvania.

| Column A If you checked 1 or more symptoms, athlete should stay home from LVPY event | Column B If you checked 2 or more symptoms, athlete should stay home from LVPY event |
|---|---|
| <input type="checkbox"/> Fever (100°F or higher) <input type="checkbox"/> Cough <input type="checkbox"/> Shortness of breath <input type="checkbox"/> Difficulty breathing <input type="checkbox"/> Nausea or vomiting <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Lack of smell or taste (without congestion) <input type="checkbox"/> Sore throat <input type="checkbox"/> Chills <input type="checkbox"/> Muscle pain <input type="checkbox"/> Headache <input type="checkbox"/> Congestion or runny nose |

For a current list of symptoms see CDC's website:

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

For current travel restriction see the PA DOH Website

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.asp>

BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

WHAT DOES THIS PROCESS LOOK LIKE?

In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious. - Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them. - Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.

Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms. - If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.

A **close contact** is an individual who had close contact within 6 feet of an infected person for at least 15 minutes. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.

A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.

RESOURCES:

NFHS: Guidance for Opening Up High School Athletics and Activities (per update on May 2020)

Centers for Disease Control and Prevention Website:
[cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

“What You Should Know About COVID-19 to Protect Yourself and Others”

PA Department of Health Website: [health.pa.gov](https://www.health.pa.gov)

“Coronavirus Symptoms”

“What is Contact Tracing”

“Phased Reopening Plan by Governor Wolf”

A Guide to Re-Entry to Athletics in Texas Secondary Schools By
Jamie Woodall, MPH, LAT, ATC, CPH and Josh Woodall Med, LAT,
ATC

**Guidance for All Sports Permitted to Operate During the
COVID-19 Disaster Emergency to**

**Ensure the Safety and Health of Employees, Athletes and
the Public**

<https://www.governor.pa.gov/covid-19/sports-guidance/>