

PLANO EAST HOCKEY COVID-19 POLICY



The following policy has been adapted by the Plano East Hockey Board to help our players and families understand the procedure that should be taken if a player develops COVID-19 like symptoms, test positive for COVID-19 or is in close contact with someone who has tested positive (classmate, family member, teammate, etc.). These policies are in line with protocols posted by PISD, WISD and UIL.

1. COVID-19 symptoms or positive test

1. Confirmed COVID-19 positives will be managed by the local Health Department, per current public health guidelines. Management will include testing, isolation and symptom management, as well as return-to-sport clearance.
2. Players who appear to have symptoms or who become sick, should immediately start isolation and avoid any team activities (practice, games, etc.). **A symptomatic athlete will be managed as a presumptive COVID-19 positive and all precautions will remain in place until testing confirmation is received.**
3. Players who are presumed or confirmed COVID-19 positive cannot return to the team until
 1. At least 1 day (24 hours) has passed since recovery (resolution of fever without the use of fever-reducing medications) **AND**
 2. improvement in respiratory symptoms (e.g. cough, shortness of breath) **AND**
 3. at least 10 days have passed since symptoms first appeared.
4. In addition to the criteria and processes described above, a student who has been diagnosed with COVID-19 must receive clearance from a physician prior to returning to participation in activities.
5. If the individual has symptoms that could be COVID-19 and wants to return to team before completing the above stay at home period, the individual must:
 1. Obtain an acute infection test at an approved testing location (<https://tdem.texas.gov/covid-19>) that comes back negative for COVID-19.
 2. The athlete obtains a medical professional's note clearing them for return based on an alternative diagnosis.
6. **Positive test confirmed** – If an athlete tests positive for COVID-19, they are to self-isolate until 10 days from onset of symptoms **AND** 24 hours of being symptom free without medications.

2. If a player has been in close contact with someone who has tested positive for COVID-19 or has a family member that lives with them that has tested positive for COVID-19:

1. Players should inform the PESH Board President or Vice President and Coach and begin a quarantine period of 14 days.
2. PESH Board President or Vice President will notify athletes who may have been exposed to COVID-19 and provide guidance. Fellow athletes may be asked to self-quarantine for at least 14 days or until a confirmed negative test result is received.
3. **“Close Contact”** is determined by an appropriate health agency. For clarity, close contact is defined as:
 1. Being directly exposed to infectious secretions (e.g., being coughed on)
 2. Being within 6 feet for a cumulative duration of 15 minutes, however, additional factors like case/contact masking (i.e., both the infectious individual and potential close contact have been consistently and properly masked), ventilation, presence of dividers, and case symptomatology may affect this determination.

Either (a) or (b) defines close contact if it occurred during the infectious period of the case, defined as two days prior to symptom onset to 10 days after symptom onset. In the case of asymptomatic individuals who are lab-confirmed with COVID-19, the infectious period is defined as two days prior to the confirming lab test and continuing for 10 days following the confirming lab test.

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Return to Play - Upon Completion of Required Quarantine Period

- **For a confirmed case** (all three conditions must be met):
 - until the individual is fever free for 24 hours without use of fever reducing medication, **AND**
 - at least 10 days have passed since symptom onset, **AND**
 - symptoms have improved.
- **For symptoms, likely to be COVID-19:**
 - until the individual is fever free for 24 hours without use of fever reducing medication, **AND**
 - at least 10 days have passed since symptom onset, **AND**
 - symptoms have improved, **OR**
 - until the individual receives a negative PCR or antigen test, **OR**
 - until the individual receives a doctor's note indicating an alternative diagnosis for the symptoms and releasing the individual to return to school/work.
- **For close contact with a confirmed case:**
 - until 14 days after the last day of close contact with the individual during the period of time for which they are under quarantine.
- **For international travel:**
 - until 14 days after returning from international travel.

Sincerely,

Plano East Hockey Board