

# AYHA COVID-19 Guidelines/Recommendations



The following document serves as recommendations. At all times, the Amery Youth Hockey Association will adhere to local and state guidelines in which practice/events are being conducted. With that in mind, please be aware this information may be updated/changed on a routine basis.

Amery Youth Hockey Association has a COVID-19 point of care contact person. In the event that you have questions or concerns regarding COVID-19 and any of the protocols set up by the association, please contact them first.

**Dava Manning, Board Secretary**

(715) 222-4922

[davamanning@gmail.com](mailto:davamanning@gmail.com)

## **If you are feeling ill – PLEASE STAY HOME!!!**

Skaters and Coaches will NOT be allowed to attend practices if he/she develops any **ONE** of the following symptoms:

- Cough
- Shortness of breath
- Difficulty breathing
- New loss of taste
- New loss of smell

Skaters and Coaches will NOT be allowed to attend practices if he/she develops at least **TWO** of the following symptoms:

- Fever
- Body Aches
- Sore Throat
- Nausea or Vomiting
- Fatigue
- Congestion or runny nose
- Diarrhea
- Chills
- Headache

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Based on CDC guidelines, please review the AYHA action plan for the following scenarios.

1. COVID-19 exposure – close contact (family members)
2. Skater, Coach, or Family Member COVID-19 testing (Pending results)
3. Skater or Coach COVID-19 POSITIVE

## **SCENARIO #1: "CLOSE CONTACT" WITH SOMEONE THAT IS CONFIRMED COVID-19 POSITIVE**

**What is close contact??** Close contact is defined 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.

- **ACTION REQUIRED** – COVID-19 point of contact (Dava Manning) MUST be alerted ASAP
  - Begin self-quarantine as soon as exposure is identified
    - Skaters will not be allowed to return to practice until 14 days after LAST contact with COVID-19 individual
  - Click [HERE](#) for information on quarantine guidelines from the CDC

\*\*Even if you test negative for COVID-19, if you have been exposed to a positive COVID-19 person, you MUST quarantine for the full 14 days.

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## **SCENARIO #2: SKATER, COACH, or FAMILY MEMBER COVID-19 TESTING (PENDING RESULTS)**

If **you** or **anyone** in your house are waiting for COVID-19 test results

- **ACTION REQUIRED** – COVID-19 point of contact (Dava Manning) MUST be alerted ASAP
  - Skater or coach will not be allowed to return to practice until a NEGATIVE test is obtained
  - Skater or coach MUST provide negative test result to COVID-19 point of contact

\*\*The only exception will be for a family member who is REQUIRED by their employer to be tested more frequently, please communicate that with the COVID-19 point of contact.

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## **SCENARIO #3: SKATER OR COACH COVID-19 POSITIVE**

If skater or coach have tested COVID-19 positive

- **ACTION REQUIRED** – COVID-19 point of contact (Dava Manning) MUST be alerted ASAP
  - Skater or coach may not return to the rink until:
    - 10 days from the onset of symptoms or since diagnosis if symptom free
    - Fever free for 24 hours without the use of medication
    - Symptoms improving
  - Click [HERE](#) for information on when you can be around others if you have tested positive with COVID-19

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AYHA Point of contact care person (Dava Manning) will notify coaches and managers of return dates for all skates/coaches/family members.