

# Youth Ice Hockey Guidelines for Known or Suspected Positive Cases of COVID-19 at Iceland Sports Complex

This document is an addendum to the Iceland Sports Complex Youth Ice Hockey Return to Play Guidelines which can be found here: [Iceland Sports Complex Return To Play Guidelines](#)

The following document uses the division of interscholastic sports as defined by the NFHS SMAC which has placed sports into three risk categories. Ice hockey falls under the moderate risk category:

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.

Examples: Basketball, volleyball\*, baseball\*, softball\*, soccer, water polo, gymnastics\* (if the equipment can't be sufficiently cleaned between competitors), **ice hockey**, field hockey, tennis\*, swimming relays, pole vault\*, high jump\*, long jump\*, girls lacrosse, crew with two or more rowers in shell, 7 on 7 football

\*Could potentially be considered "Lower Risk" with appropriate cleaning of equipment or use of masks by participants

## COVID-19 Basic Definitions of Isolation and Quarantine:

Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.

**Isolation** separates sick people with a contagious disease from people who are not sick.

**Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

## Definitions of Guidelines Used in This Document:

**BEST PRACTICE**- These standards should be considered BEST PRACTICE at this time and strongly considered for all contests based on review and adoption of local supervising jurisdictions.

**RECOMMENDED**- These standards should be implemented all contests during the pandemic and are therefore recommended for all contests based on review and adoption of local supervising jurisdictions.

**CONSIDER**- While these items are also best practices during this time, local site discretion should be exercised to determine if these items are practical and feasible for use at the contest.

## Assist with Contact Tracing for a Positive COVID-19 Test:

- A responsible adult member of the team shall keep an accurate team schedule and attendance records of those athletes and staff who attend each team activity (off-ice event, practice, game, scrimmage, etc.) in the event contact tracing is needed.
- Teams are encouraged to use the event RSVP function of the SportsEngine app for a digital record of player and coach attendance at team events (i.e., practices, drylands, games, etc.)

## Protocol for a Positive Case of COVID-19

- The head coach/manager of the affected person shall be notified immediately of any laboratory positive or clinically diagnosed cases of COVID-19.
- The head coach/manager shall distribute a health advisory email (see Appendix A below) to all staff and parents/guardians of the players associated with the affected person.
- The local health department shall be contacted by a representative of the organization/team for further direction and the local health department will likely initiate contact tracing, following regular public health practices. (BEST PRACTICE)
- The representative of the organization/team, must cooperate with the local public health department if a confirmed case of COVID-19 is identified, and collect the contact information for any close contacts (i.e., individuals less than six feet apart for more than 15 minutes) of the infected individual from two days (48 hours) before he or she showed symptoms to the time when he or she was last at the event. (BEST PRACTICE)
- Close contacts should be quarantined per current CDC protocols. (RECOMMENDED)
- The quarantine period is fourteen (14) days long. A negative COVID-19 test does not shorten this fourteen (14) day time period. [CDC When To Quarantine](#)
- Local health officials may identify other contacts who require quarantine. (RECOMMENDED)
- If an individual played in a game/scrimmage with another team in the forty-eight (48) hour time period prior to a positive COVID-19 test, the opponent's staff members shall be notified.
- The individual with COVID-19 should not be identified by name to non-family or non-health department officials. (BEST PRACTICE)
- Even if a family/participant acknowledges and publicly discloses a positive test, the organization/team members must not participate in discussion or acknowledgment of a positive test by identifying a specific participant. (BEST PRACTICE)
- Players, coaches, or officials who were at the event, but not in close contact with a positive case, should continue to be closely monitored for any symptoms of COVID-19. (RECOMMENDED)
- For an individual testing positive for COVID-19, Day 1 is defined as the first day of showing symptoms. [CDC Symptoms of COVID-19](#)
- For an individual not showing symptoms, but testing positive for COVID-19, the date of receipt of the positive test results is defined as their Day 1.
- The CDC standard isolation period is ten (10) days starting the day after Day 1.
- Isolation for the individual using the CDC parameters would be at minimum Day 2 through Day 11.
- Per CDC, for most persons with COVID-19 illness, isolation and precautions can generally be discontinued ten (10) days after symptom onset **AND** resolution of fever for at least 48 hours (without the use of fever-reducing medications) **AND** with improvement of other symptoms. Source: [CDC: When Can I Be Around Others After a COVID-19 Positive Test](#)

- This ten (10) day period would then be the minimum isolation period, and no negative test during the interim can shorten this ten (10) day isolation period.

## Information and Sources

As used in this guidance, the following groups have either supplied information or been used as a resource in the development of the document.

- CDC (Centers for Disease Control and Prevention)
- KDE (Kentucky Department of Education)
- KMA SMAC (Kentucky Medical Association Committee on the Medical Aspects of Sports)
- KHSAA (Kentucky High School Athletic Association)
  - [2020-21 Healthy At Sports Stage 3-Performance Return To Competition](#)
  - [2020-21 Return to Youth Sports Performance Return To Competition](#)
- NFHS SMAC (National Federation of High Schools Sports Medicine Advisory Committee)

## Appendix A:

Sample email for COVID-19 positive case:

Subject: Health Advisory from the Louisville Ice Cardinals

Body: This letter is to notify you that a case of 2019 novel coronavirus (COVID-19) has been diagnosed in an individual at Iceland Sports Complex. This notification is being sent to the team/program associated with the positive COVID-19 case.

Please read the attached Health Advisory document for more information.

### Statement of COVID-19 Health Advisory

This letter is to notify you that a case of 2019 novel coronavirus (COVID-19) has been diagnosed in an individual at Iceland Sports Complex.

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. Symptoms can show up between 2-14 days after exposure and may include fever, cough, and shortness of breath. Individuals identified as direct contacts have been notified. Unless you were contacted directly, you are not required to get a test or quarantine. This is a precautionary notice.

Currently, there isn't a vaccine available for the prevention of coronavirus. However, there are simple but powerful steps all of us can take every day to protect ourselves from illnesses like coronavirus and the flu:

- Properly wash your hands often with soap and water for at least 20 seconds
- Wear a mask and socially distance
- Avoid touching your eyes, nose and mouth
- Cough or sneeze into your elbow or a tissue
- Avoid contact with sick people and stay home if you are sick
- Clean and disinfect frequently touched surfaces daily
- Practice social distancing

If an individual develops a fever and symptoms, such as cough, difficulty breathing, chills, headache, body aches (myalgia), fatigue, shakes (rigors), GI symptoms (diarrhea, nausea, or vomiting), congestion or runny nose, sore throat, loss of sense of smell or taste, do not go out in public, which includes Iceland Sports Complex, and call your healthcare provider for medical advice.

Keep this advisory to take with you to your health care provider if you develop symptoms.

If you have any further inquiries, please visit the Department of Public Health and Wellness Website: <https://louisvilleky.gov/news/what-you-need-know-about-coronavirus>.