

## **Athens Youth Hockey Association (AYHA) COVID-19 Policy – Handbook addendum**

AYHA will follow and abide by all state and local guidance set forth regarding COVID-19 from the CDC.

USA Hockey updates related to COVID-19 can be found at <https://www.usahockey.com/playersafety>

Ohio Department of Health website:

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/responsible-restart-ohio/Sector-Specific-Operating-Requirements/>

The board will monitor updates and execute due diligence in maintaining up-to-date guidance based on timely communications from our governing hockey partners, Ohio Department of Health, local health department and municipality guidance and other available outlets of information to keep our families safe.

### **General considerations for AYHA members, players, parents, and coaches:**

- 1) AYHA will continue to update and provide guidance and policies in line with state and local law/directives. This may result in different types of practice and game schedules to prevent the spread of COVID-19.
- 2) Communicate as soon as possible via phone or email if/when exposure to COVID-19 occurs to the Vice President of AYHA and Registrar of AYHA – Contact information can be found on the website at <https://athenshockey.com/Staff/1033/>
- 3) Update/Confirm your contact information, through registration– meaning AYHA member contact information. This will be important in the instance of an exposure so that we may contact individuals who have been exposed – contact tracing relevance.
- 4) Do not participate if you are ill – stay home. Illness under the COVID guidelines as defined here: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- 5) Parents are expected to monitor their players and each team should appoint an ‘observer’/temperature monitor and attendance taker to ensure the minimization of spread.
- 6) If a player, coach, or athletic trainer tests positive for COVID-19, team members who are not close contacts requiring self-quarantine as determined by the local health department, should conduct (1) Daily symptoms assessment and stay home if sick, and (2) An in-person temperature check before the start of each practice and game for 14 days as a precaution.
  - a. Play may be suspended as directed by the Ohio/Athens department of Health for any group reporting a potential COVID-19 contact.
- 7) The executive board will monitor daily developments and determine timing/communication of pauses in play as they are required (previously approved by the full board)
  - a. Team managers/coaches will be notified by the Vice President as soon as feasible via email/text message/phone.
- 8) All families, participants, spectators, AYHA members, players, and coaches must abide by all rink (Bird and all other rinks) rules and regulations, particularly with physical distancing and mask wearing.
- 9) Responsibilities at all in-person team events
  - a. Designate an adult to conduct an on-site health check of all players, coaches, athletic trainers, on-ice officials, and off-ice officials, including temperature measurement and the Standard AYHA Health Check Questionnaire (#11 below).

- b. Require players to wear facial coverings except when players are involved in play / practice or will be involved imminently.
  - c. Require coaches to wear facial coverings off the ice and on the bench.
- 10) Responsibilities at games and scrimmages
- a. Permit players on the bench only if fully dressed for play, including wearing ice hockey helmet with full mask / shield in place at all times.
  - b. When AYHA is the home team we will include athletic trainer, on-ice officials, and off-ice officials in the on-site health check and record their names LEGIBLY.
  - c. Require off-ice officials to wear facial coverings.

**11) Standard AYHA health check questions:**

1. Temperature above 100.4 °F? (Measured on-site. Team may use a more restrictive, lower cutoff, 100.4 °F is the current guidance provided by CDC).
  2. Have you been in contact with a COVID-19 confirmed or suspected case within the past 14 days?
  3. Have you had a high temperature (fever) in the past 48 hours?
  4. Are you experiencing any new or unexplained congestion or runny nose?
  5. Are you experiencing any new chills or unexplainable pains or aches?
  6. Are you experiencing any new loss of taste or smell, or a sore throat?
  7. Are you experiencing any new nausea or vomiting or diarrhea?
- *A “Yes” answer to any of these questions means the person*
    - *may not participate in any in-person team activity today*
    - *should self-isolate and seek medical advice*

**Guidelines for Returning to Play (Adopted from State and OSHL guidance)**

- An individual who tests positive for COVID-19, whether symptomatic or asymptomatic, shall not return to sports activities until a minimum 14-day quarantine period has passed and a documented medical exam is performed by a licensed medical doctor or doctor of osteopathy clearing the individual to return to participation in practice or games.
- The documented medical exam must specifically include an assessment of the cardiac / heart risk of high-intensity exercise due to the potential of myocarditis occurring in COVID-19 patients. Consultation with a cardiologist may be required. More information on this issue can be found at <https://www.acc.org/latest-in-cardiology/articles/2020/07/13/13/37/returning-to-play-after-coronavirus-infection>
- Athletes should receive documentation from their local health department affirming completion of quarantine.

**Documentation that a Coach Should Receive Before Allowing an Athlete to Return:**

1. Documentation from local health department stating the athlete’s completion of quarantine.
2. Medical Clearance from the athlete’s treating physician / health care professional. This clearance should include a statement specifically clearing the athlete for cardiac / heart risk of high-intensity exercise due to the potential of myocarditis occurring in COVID-19 and guidelines on when physical activity can resume.

*Coach is recommended to file a copy of these documents with their registrar.*

AYHA will follow guidance set forth here <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html> for youth sports provided by the CDC in addition to local guidance as noted above regarding sports in OH and other relevant state government guidelines.

If you suspect that you, someone in your household, or someone you have come in contact with may have been exposed to COVID-19 or if you or anyone in your household or anyone you have come in direct contact with have been directed to quarantine please notify the Vice President and Registrar immediately. As soon as you are aware, stop all participation, isolate, and notify the association. Once informed a communication will be sent to the organization as noted above in paragraphs 7.

In the instance of extended absence due to illness, a refund may be provided.