



HAVERFORD HAWKS ICE HOCKEY CLUB

ESTABLISHED 1974



COVID-19 SAFETY POLICY

The Haverford Hawks Ice Hockey Club is committed to maintaining a safe and healthy environment for our players, coaches, referees, parents, and spectators. As such, we are closely monitoring the guidelines and recommendations of the Centers for Disease Control and Prevention (CDC), Atlantic District, the Delaware Valley Hockey League (DVHL) and the Atlantic Hockey Federation (AHF). We take this seriously and are taking all safety precautions to ensure a healthy environment for all for the upcoming 2021-22 ice hockey season.

All players, coaches and family members are required to follow this policy and those outlined in the COVID-19 Safety Plan.

GENERAL GUIDELINES

Haverford Hawks' players or family should not come to a Haverford Hawks event, or enter the rink if any of the below apply:

- Having a temperature reading of 100.4 or greater;
- Feeling sick or experiencing cold or flu-like symptoms (including fever or chills, 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, or diarrhea);
- If you have been diagnosed with, or believe to have contracted, COVID-19, unless you have had no fever for 72 hours (without use of medicine) **and** 10 days have passed since symptoms first appeared;

CDC Guidelines for COVID 19

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

Close contact

<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracingplan/appendix.html#contact>

Someone who has been within 6 feet of an infected person (laboratory-confirmed or a clinically compatible illness) for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes in one day). An infected person can spread SARS-CoV-2 starting from 2 days before they have any symptoms (or, for asymptomatic patients, 2 days before the positive specimen collection date), until they meet criteria for discontinuing home isolation. We



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continue to use a 48 hour look back to determine who may have had exposure. Example, player develops symptoms on a Monday could have exposed his/her teammates at their games on Saturday/Sunday.

Quarantine after Exposure

Unvaccinated

Quarantine is necessary for non-vaccinated individuals after exposure to a COVID positive individual. Quarantine for non-vaccinated individuals remains either 10 days or reduced to 7 days if negative testing is obtained on or after day 5.

Vaccinated

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>

Fully vaccinated is defined as 2 weeks after the 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. Quarantine is not necessary for those who have been fully vaccinated and shows no symptoms of COVID-19. However, per CDC guidelines, "Fully vaccinated people **should** get tested 3-5 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative." In an ideal situation, a vaccinated player would test on day 3 prior to returning to club activities since it is not feasible for the player to wear a mask while indoors on the ice. This is a suggestion (if you will), certainly not a regulation or mandate as the language used by the CDC clearly says "should." It would be within your player's rights to choose not to test. The vaccinated player may continue with activities within the club.

Isolation due to Infection

Player remains isolated at home for 10 days from onset of symptoms or 10 days from positive test (if no symptoms are present). The infected individual may return to activities if their symptoms are improved, and he/she remains fever free for 24 hours without the use of fever-reducing medications. **loss of taste and smell may persist for weeks to months and need not delay the end of isolation. If a person has had COVID-19 infection and has fully recovered/remains without COVID-19 symptoms within the prior 3 months, this individual does not need to quarantine after having close contact with a COVID positive individual.



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Variants

There are currently 4 variants of concern in the US. Predominant one being the Delta variant. Usually, people become ill within 2-3 days of exposure and can test earlier to determine illness. Testing early does not reduce quarantine – you must retest on day 5 to reduce quarantine to 7 days or complete full 10-day quarantine.

Miscellaneous

- Does a positive antibody test mean I am immune to the coronavirus disease? A positive antibody test does not necessarily mean you are immune from SARS-CoV-2 infection, as it is not known whether having antibodies to SARS-CoV-2 will protect you from getting infected again. An antibody test is not interchangeable with having vaccination status.

<https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/antibody-serology-testing-covid-19-information-patients-and-consumers#:~:text=A%20positive%20antibody%20test%20does,from%20getting%20infected%20again.>

- We would like to ask for our membership to voluntarily provide vaccination status prior to having exposure and need for quarantine which will assist our organization and the DVHL in making expedited decisions for your team.

FACIAL COVERING:

It is recommended that everyone wear a protective facial covering (one which fully covers their mouth and nose) upon entering the rink and at all times while inside the rink, except while skating or unless doing so jeopardizes their health. A medical note must be submitted if the wearing of a mask jeopardizes one's health. Please take note that this is a requirement in some rinks as well as for players while playing. You should check the rinks guidelines prior to leaving for the game.

SOCIAL DISTANCING:

Everybody should maintain a distance of six (6) feet from others, whenever possible.

HAND CLEANING AND SANITIZING:

It is recommended that all should wash or sanitize their hands frequently while in the facility. Hand sanitizer stations will be located throughout the Skatium to assist guests with hand hygiene.



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NOTIFICATION TO CLUB IF ANY PLAYER(S) ARE EXPOSED OR TEST POSITIVE FOR COVID-19

- If any player(s) are exposed or tests positive for Covid-19, we require the parents to immediately notify the player's Head Coach and the Club President Chas McGarvey hhawkspresident@gmail.com or 610-585-3953 (cell)).
- The Club President will notify the guardians of players on that team plus any others that may have had contact with the player that has been exposed or tested positive. At no time is the player's name to be released.
- The President will also notify the DVHL and AHF.
- Players that had potential contact and were exposed and are not vaccinated will be requested to follow CDC guidelines and are required to self-quarantine for 10 days. The first day of quarantine starts the day after the exposure and may return on the 11th day. The player(s) parent(s) are to notify the Club President of the results immediately and a decision will be made when the player can come back after the President consults with the DVHL.

Proactive Steps for Athletes

Daily Health Monitoring:

- A) Any athlete who feels sick must report to the Team Coach.
- B) Anyone who is ill will be isolated immediately and sent home. Parents will be informed immediately. If the individual needs to be picked up by a parent, they will be masked and isolated until pick-up. If symptoms continue (fever, etc.), the player should seek advice from their primary physician.
- C) High-fives, fist bumps and hand shaking are prohibited.
- D) Athletes must have their own water bottles, preferably in a one-gallon jug. These cannot be shared.
- E) Chewing gum, seeds or spitting are prohibited.
- F) Athletes must refrain from sharing clothing, towels, jerseys, etc. These items should be washed after each use.



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Proactive Steps for Coaches

- A) Coaches will have their own water bottles and the bottles cannot be shared.
- E) Coaches will discourage unnecessary physical contact such as high fives, fist bumps, handshakes, or hugs.
- F) Outdoor practice/off ice training will be prioritized.

OTHER RECOMMENDATIONS:

Changes to mask wearing, seating capacity and social distancing may be different and necessary for each facility you play in.

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. Symptoms may range from mild to severe and may include:

- Fever or chills (100.4 or Higher)
- 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.
- Notify the Haverford Hawks immediately (Coach, Manager, and President).



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- It will be determined if others who may have been exposed (athletes, coaches, staff) need to be notified, isolated, and/or monitored for symptoms per the CDC's guidelines.

Protocol of Haverford Hawks

Unvaccinated Players and Coaches

- 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. This tracing will identify those individuals who would have been within six feet of the sick athlete for more than 15 minutes while the person was symptomatic or within the 48 hours prior to becoming symptomatic.
- Those identified who are not vaccinated will need to get a Rapid or preferably a PCR Test within 3-5 days and be put in social isolation for 10 days and closely monitored for the development of symptoms. While testing of the asymptomatic contact may be available, it does not confirm the infection potential of that individual, so it cannot be relied on for return to play.
- The athlete with the positive COVID-19 test may return to social interaction 72 hours after resolution of symptoms, including but not limited to: fever (without the use of fever-reducing medications), cough, shortness of breath, AND at least 10 days have passed since symptoms first appeared according to CDC guidelines. Emerging evidence in the field of cardiology recommends a 14-day convalescent period from the start of symptoms prior to starting back to strenuous activity and consideration of cardiac testing. Players who test positive for COVID-19 should provide a written release for return to activity from their medical provider before being allowed to resume participation.

What to do if an athlete or coach becomes ill with COVID-19 symptoms during practice or event?

- Every effort will be made to isolate the ill individual from others, until the athlete or staff member can leave the school or event.
- Guardian will be contacted immediately, and arrangements will be made for the athlete to be picked up.
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction



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Return of athlete or coach following a COVID-19 diagnosis

- Athlete or coach will be required to have medical clearance from an appropriate healthcare professional, determined to be non-contagious, fever-free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

Vaccinated Players and Coaches

- Those identified **as being vaccinated** do not need to isolate however they should get a PCR test done in 3 to 5 days after the exposure and should wear a mask while indoors until the PCR Test comes back **Negative**.

QUESTIONS THAT NEED TO BE ANSWERED UPON REPORTING

- 1) Date the player(s)/coach(es) first showed symptoms?
- 2) Date the player(s)/coach(es) tested positive?
- 3) Was player(s)/coach(es) testing positive vaccinated?
- 4) Date(s) of last exposure to other teammates?
- 5) Are other teammates vaccinated?
- 6) Number of players on roster?