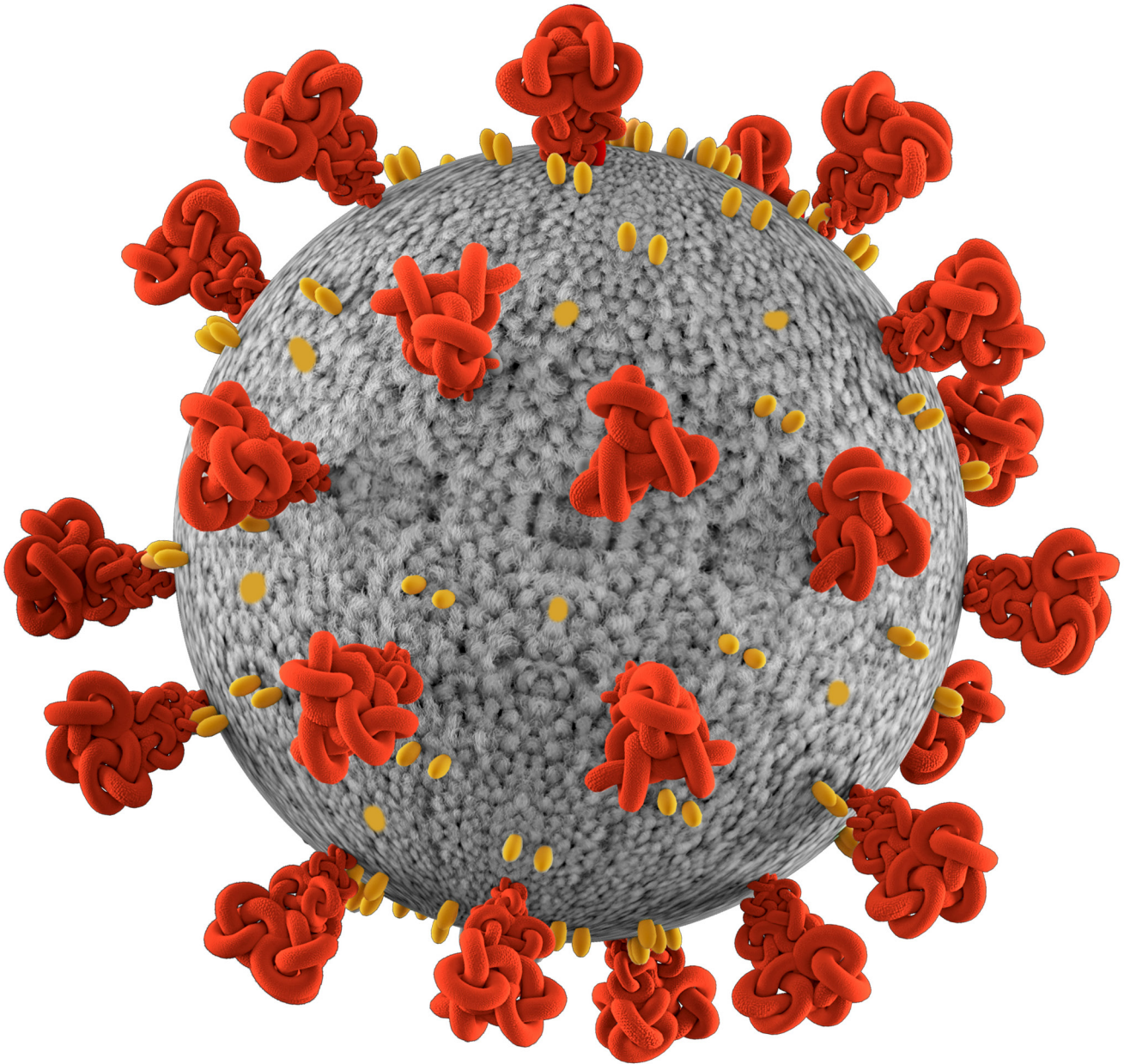




# COVID-19 Playbook



Rev. 1, November 9, 2020

# Summary

COVID-19 most commonly spreads between people who are in close contact through respiratory droplets or small particles produced when an infected person coughs, talks, or breathes. Growing evidence shows that droplets can remain suspended in the air and travel distances beyond six feet, according to the CDC.

We know that none of this ideal and many of us are experiencing COVID fatigue at this time, but we cannot afford to become complacent. This is a serious illness and can have deadly consequences. Whatever your beliefs may be, we respectfully ask that you do your part to help us keep our season alive and our rinks open. Be compliant, be respectful and if you see something, say something...our season depends on it!

This document serves as a playbook to assist with FAQ, forms, information, and protocols regarding COVID-19. The Affiliate would like to thank CBHL Commissioner, Debbie Moon, for spearheading this effort.

This is not a legal document. Please refer to the proper authorities, to include your medical professionals, for specific information. While care was used to formulate using factual information, CDC, federal, state, county and city regulations also need to be reviewed by the user of this document.

Everyone in the community can help keep us playing ice hockey consistently wearing masks in public, social distancing, practicing good hand hygiene, emphasizing the importance of disclosing exposures with parents and athletes, avoiding congregating in crowds, including informal gatherings, and avoiding traveling to other areas that aren't practicing similar measures to control the virus. These measures will help decrease the virus in the community and allow all of us to get back to the game we love.

**THIS INFORMATION IS NOT A REPLACEMENT FOR ADVICE, GUIDANCE, OR DIRECTION FROM A CERTIFIED MEDICAL PROFESSIONAL. WHEN IN DOUBT, CONTACT YOUR MEDICAL PROVIDER.**

# Know Before You Go

PVAHA Return to Participation Guidelines are in compliance with, and in addition to, the USA Hockey guidelines for returning to play ice hockey, and will be adhered to in order to allow for participation in ice hockey, within its jurisdiction, for the 2020–21 USA Hockey season. These guidelines do not replace Federal, State or Local health guidelines, but are meant as supplement to those regulations. All participants shall also be aware of and follow the respective facility rules and requirements as they relate to the prevention of the spread of COVID-19 virus. Consult with local health officials if you determine your team or coaches have been exposed to COVID-19. Individuals who recently had close contact with a person with COVID-19 should follow CDC’s guidance for when you can be around others. This includes a 14-day quarantine.

All players, coaches, officials, volunteers, and parents should be aware of respective rink facility’s policies, procedures, and operating protocols prior to arrival at the facility. Anyone who is at a higher risk for severe illness should not participate in any on-ice or off-ice activity. Anyone exhibiting any signs of illness with COVID-19 symptoms should not enter any facility. If you do not feel well, you must stay home.

Procedures and instructions with regard to arrival and departure times and locations, restroom and locker room availability for dressing and undressing must be strictly adhered to in order to insure physical distancing. SafeSport policies remain in effect and there should always be a minimum of two SafeSport certified adults at every on-ice event. There should be no unsupervised one-on-one interaction between a player and a coach.

Team managers:

- Prior to game day, contact the home team’s manager
- Confirm the game date, time, and location
- Ask for rink and club protocols
- Communicate the protocols to your team

Protocols may include:

- No checking
- Mask wearing
- Limited or no spectators
- How to enter and exit the facility

# Quarantine

COVID-19 is thought to spread mainly through close contact from person to person, including between people who are physically near each other (within about 6 feet). People who are infected but do not show symptoms can also spread the virus to others. Masks are meant to protect other people in case you are infected, and not to protect you from becoming infected.

## When to Quarantine

Stay home if you might have been exposed to COVID-19.

Quarantine is used to keep someone *who might have been exposed to COVID-19* away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

## Stay home and monitor your health

- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19

**Team Quarantine:** All players, coaches, staff, volunteers, etc. that were in close contact.

**While in Quarantine:** Team members may **NOT** participate in ANY hockey events, regardless of the team, to include games, practices, skills, scrimmages, clinics, off ice training.



# Maryland Department of Health

## Coronavirus Disease 2019 (COVID-19): Frequently Asked Questions about Isolation and Quarantine

Updated September 10, 2020

### ***What is the difference between quarantine and isolation?***

Isolation is the separation of people with COVID-19 from others. People in isolation need to stay home and separate themselves from others as much as possible. Sharing food, utensils, bathroom facilities and sleeping quarters, as well as contact with pets, should be avoided.

Quarantine is for people who may have been exposed to COVID-19 because they were in close contact with someone with COVID-19. These people may or may not get sick. People in quarantine should stay home as much as possible for 14 days, limit their contact with other people, and monitor themselves closely for symptoms of COVID-19. Most people who are going to get sick will get sick within 2-14 days of exposure.

### ***Who needs to quarantine?***

People who have been in close contact with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months. People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

### ***When is it safe to resume normal activities after I have been in quarantine?***

If you remain symptom-free, it is usually safe to resume normal activities when 14 days have passed since your last contact with someone with COVID-19.

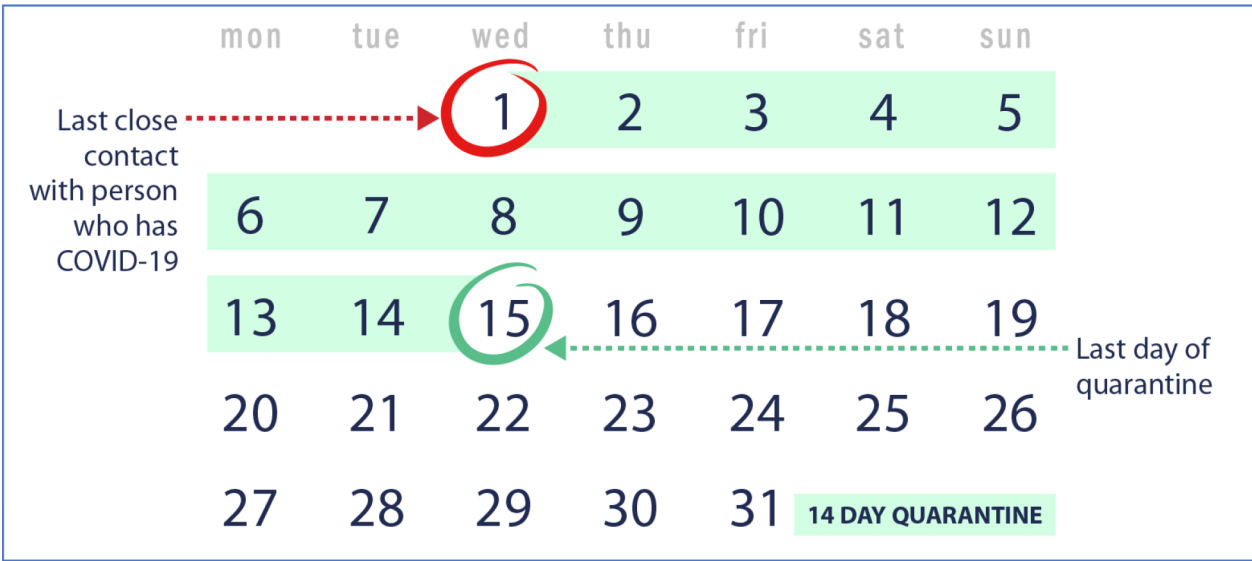
# When to Start and End Quarantine

You should stay home for 14 days after your last contact with a person who has COVID-19. For all of the following scenarios, even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus.

## Case Scenarios

**Scenario 1:** Close contact with someone on my team during practice who has COVID-19.

The entire team is quarantined for 14 days from the date of the practice regardless of any COVID-19 test results.



**Scenario 2:** Close contact with someone on my team who has COVID-19 during a game.

The entire team is quarantined for 14 days from the date of the game regardless of any COVID-19 test results.

**Scenario 3:** A player on a team that we played against tested positive for COVID-19.

For COVID-19, a close contact is anyone who was within 6 feet of an infected person for a total of 15 minutes or more. On ice hockey play does not fit the definition. Your coach will ask you if you had close contact, off the ice, with any member of the other team. Your team is not quarantined. Everyone is asked to monitor for symptoms.



**Scenario 4:** My high school team is under quarantine. Can I practice and play with my CBHL team?

No. Your entire high school team is quarantined for 14 days from the date of the game regardless of any COVID-19 test results. Each player and coach is quarantined regardless of what team they are playing with. (Refer to definition of quarantine.) You are quarantined because you were in close contact with someone that has COVID-19. If you break quarantine and play with your other team, there is a chance that you may spread the virus to the other team.

**Scenario 5:** A player on a team that we share ice with during practice tested positive for COVID-19.

If the shared ice is set up to keep the teams separate (divider), your team is not quarantined. Everyone is asked to monitor for symptoms.

If the shared ice practice combines the players/teams, your team is quarantined. Everyone is asked to monitor for symptoms.

**Scenario 6:** A player on my team has a family member, that he lives with, that tested positive for COVID-19. We had practice and a game this week with that player. The player has not tested positive for COVID-19.

The player is quarantined for 14 days. He/she should not have attended any games or practices. People who are infected but do not show symptoms can also spread the virus to others. It is recommended that the entire team be quarantined for 14 days.

**Case scenarios are not all inclusive and do not fit every scenario. Not sure what to do? Contact:**

**[PVAHApresident@gmail.com](mailto:PVAHApresident@gmail.com) and [C19hockeyDMVreport@gmail.com](mailto:C19hockeyDMVreport@gmail.com)**

**Always best to err on the side of caution to STOP THE SPREAD.**

# Symptoms

People with COVID-19 have had a wide range of symptoms reported — ranging from mild symptoms to severe illness.

Symptoms may appear **2–14 days after exposure to the virus.**

People with these symptoms may have COVID-19:

- 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
- Diarrhea

This list does not include all possible symptoms.



# Testing

For COVID-19, a close contact is anyone who was within 6 feet of an infected person for a total of 15 minutes or more. **An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive for COVID-19.**

If you have been in close contact with someone who has COVID-19, you should be tested, even if you do not have symptoms of COVID-19. The health department may be able to provide resources for testing in your area.

- While you are waiting for your COVID-19 test result, stay home away from others (self-quarantine) and monitor your health for symptoms of COVID-19 to protect your friends, family, and others from possibly getting COVID-19.
- If your **test is positive**, you should continue to stay home and self-isolate away from others and monitor your health. If you have symptoms of COVID-19 and they worsen or become severe, you should seek emergency medical care. Severe symptoms include trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face. Someone from the health department may call you to
  - Check on your health,
  - Discuss who you have been around, and
  - Ask where you have spent time while you may have been able to spread COVID-19 to others.
- If your **test is negative** and **you don't have symptoms**, you should continue to stay home and self-quarantine away from others for 14 days after your last exposure to COVID-19 and follow all recommendations from the health department. This is important because symptoms can appear up to 14 days after you've been exposed and are infected. A negative result before the end of your quarantine period does not rule out possible infection. Additionally, you do not need a repeat test unless you develop symptoms, or if you require a test to return to work.
- If your **test is negative** and **you have symptoms**, you should continue to self-quarantine away from others for 14 days after your last exposure to COVID-19 and follow all recommendations from the health department. Additional medical consultation and a second test may be needed if your symptoms do not improve.

# Positive Test Protocol

This document provides the basic procedure to stop COVID-19 transmission if a player, coach, manager, or volunteer has a positive test result for COVID-19. Willful failure to follow governmental and PVAHA guidelines may be construed as conduct unsuitable for the sport of ice hockey and could result in sanctioning for the participant, association, or the facility. These guidelines are subject to change to abide by Federal, State and Local Laws.

## The Club President, Hockey Director or CBHL Rep shall do the following:

1. Notify Linda Jondo, PVAHA President (PVAHApresident@gmail.com and C19hockeyDMVreport@gmail.com) of the following:
  - Team, division, level
  - Dates and locations of in rink activities (practices and/or games)
  - Date of onset of symptoms, date of COVID-19 test, possible date of infection
2. Team is quarantined, regardless of negative test results, for 14 days from point of close contact. (CDC)
3. Notify any team that falls within timeframe of 2 days prior to symptoms and/or positive test
4. Notify team(s) in any other league (EJEPL, high school, etc.)
5. Cancel and re-schedule games during 14-day quarantine
6. PVAHA will notify on-ice officials organizations

## If you are notified by an opposing team that has a positive case:

***Were any team members within 6 feet of an infected person for a total of at least 15 minutes over a 24-hour period?*** (Team will be notified as to whether it was a player, coach, etc. that tested positive)

- **Yes:** Testing is recommended. Mandatory self-quarantine for 14 days from their last exposure (regardless of test results). Cancel and reschedule games during 14-day quarantine.
- **No:** Self-monitor for symptoms

# MANDATORY Positive Case Reporting Format

**Send the following within 24 hours (immediately) to:** Linda Jondo, PVAHA President  
([PVAHApresident@gmail.com](mailto:PVAHApresident@gmail.com) and [C19hockeyDMVreport@gmail.com](mailto:C19hockeyDMVreport@gmail.com))

1. Person submitting report/title: \_\_\_\_\_
2. Date of onset of symptoms, date of COVID-19 test, possible date of infection:  
\_\_\_\_\_
3. Is the person(s) diagnosed a player, parent, coach or volunteer?
4. Team Name: \_\_\_\_\_
5. Division/level: \_\_\_\_\_
6. Other teams associated with positive case (i.e.: High School, EJEPL, MAWA): \_\_\_\_\_
7. Dates. and locations of in rink activities (practices and/or games):  
\_\_\_\_\_
8. Date and to whom email of notification sent to opposing teams:  
\_\_\_\_\_

**NOTE:**

- The name of the person(s) diagnosed as positive is not required.
- The team is quarantined, regardless of negative test results, for 14 days from point of close contact. (CDC)
- Notify any team that falls within timeframe of 2 days prior to symptoms and/or positive test
- Notify team(s) in any other league (EJEPL, high school, etc.)
- Cancel and re-schedule games during 14-day quarantine

***Failure to submit the above information to the emails listed may result in sanctions to your organization.***

# Sample Letter

## **Re: Notification to your club's team**

From the Club President and/or Hockey Director

We are writing to inform you that a member of the \_\_\_\_\_ team has tested positive for COVID-19. The player was unknowingly exposed on or about \_\_\_\_\_ (date). The player attended practice on \_\_\_\_\_ (date). Following the practice, the player's family was notified of the exposure. The player and family have been in quarantine since notification. The player has been tested and has received a **positive** result for COVID-19.

According to CDC guidelines, all persons who were within 6 feet of an infected person for a total of at least 15 minutes over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to specimen collection) until the time the patient is isolated are considered close contacts. Close contacts must therefore stay home, maintain social distance, and monitor for symptoms (quarantine) for 14 days from the date of exposure. Close contacts should quarantine for 14 days even after receiving a negative test result and/or feeling healthy as symptoms may take 2-14 days to appear.

- All players, coaches and volunteers who attended practice on \_\_\_\_\_ (date) meet the guidelines of close contact and should quarantine for 14 days from the date of exposure.
- Per the CDC, testing is recommended for all close contacts of confirmed or probable COVID-19 patients.
- Players, coaches and volunteers who attended practice on date should not come to the rink for any reason until after \_\_\_\_\_ (date) (14days). Team practices and games will be cancelled during this time period.
- Anyone who receives a positive test or develops symptoms is requested to notify \_\_\_\_\_ so that other potentially exposed individuals can be notified.

We will do our best to continue to keep you informed of any developments. We appreciate your continued support and cooperation during these difficult times. Stay safe and healthy.

# Sample Letter

## **Re: Notification to an opposing team**

From the Club President and/or Hockey Director with the infected member to the club President and Hockey Director of an opposing team

We are writing to inform you that a member of the \_\_\_\_\_ (club/level) team has tested positive for COVID-19. The player was unknowingly exposed on or about \_\_\_\_\_ (date). The player participated in the game against your \_\_\_\_\_ (team name) on \_\_\_\_\_ (date). The player and family have been in quarantine since notification.

According to CDC guidelines, *all persons who were within 6 feet of an infected person for a **total of at least 15 minutes over a 24-hour period** starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to specimen collection) until the time the patient is isolated **are considered close contacts.***

We are making you aware of the situation out of an abundance of caution.

You are not required to quarantine or to test at this time. We simply request that you notify the team and have them carefully monitor for any COVID symptoms.

We will continue to keep you informed of any developments.

Stay safe and healthy.



# Time is of the Essence

Identifying contacts and ensuring they do not interact with others is critical to protect communities from further spread. If communities are unable to effectively isolate patients and ensure contacts can separate themselves from others, rapid community spread of COVID-19 is likely to increase to the point that strict mitigation strategies will again be needed to contain the virus.

By having the forms complete and readily available, Case investigators and contact tracers will be able to:

- Immediately identify and interview people that have been in contact or exposed to the person(s) with SARS CoV-2 infections and COVID-19
- Support isolation of those who are infected
- Warn contacts of their exposure, assess their symptoms and risk, and provide instructions for next steps
- Link those with symptoms to testing and care

*From the CDC: A close contact is someone who was within 6 feet of an infected person for at least 15 minutes starting from 48 hours before illness onset until the time the patient is isolated. They should stay home, maintain social distancing, and self-monitor until 14 days from the last date of exposure.*



# How does it work?

## **You are diagnosed with COVID-19 by your healthcare provider:**

Your healthcare provider told you that you had COVID-19 based on a positive COVID-19 test result or because of your illness. You should stay home, keep yourself away from others, and take care of yourself.

## **The state department of health is notified when a person with COVID-19 is identified:**

Doctors, labs, and hospitals are required by law to report when someone has or might have certain illnesses, including COVID-19. This reporting allows your local health department to track the status of COVID-19 in the community and provide education and support to those that are infected.

## **A case investigator from the health department contacts the person with COVID-19 to help identify close contacts:**

The case investigator from the health department will reach out to you (usually by phone) for a voluntary and confidential conversation. During this talk, the case investigator will ask you some pre-approved questions to understand more about you and your illness. The interviewer will work with you to create a list of all of the people you may have had close contact with while you were sick, and right before you felt sick. This process helps to find people who may have been exposed to COVID-19.

## **People who may have been exposed are contacted:**

After the people you had close contact with while you were contagious have been identified, a contact tracer will reach out and notify each of them of their possible exposure as soon as possible. Unless you give permission, your name will not be revealed to those you came in contact with, even if they ask. This conversation will be confidential to protect and respect your privacy.

The contact tracer will also provide education, information, and support to help the people who may have been exposed and recommend the steps they should take to stop the spread of COVID-19.

# References

CDC Considerations for Youth Sports: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

CDC Youth Sport Program FAQs: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports-faq.html>

DVHL COVID-19 Protocol: [https://cdn4.sportngin.com/attachments/document/7193-2254261/DVHL\\_COVID\\_19\\_Protocol.pdf](https://cdn4.sportngin.com/attachments/document/7193-2254261/DVHL_COVID_19_Protocol.pdf)

Maryland Department of Health: [https://phpa.health.maryland.gov/Documents/FAQ\\_covid19\\_stay\\_home\\_isolation.pdf](https://phpa.health.maryland.gov/Documents/FAQ_covid19_stay_home_isolation.pdf)

Return to Organized Sports: [https://cdn2.sportngin.com/attachments/document/213b-2202770/Return-to-Organized-Sports-8-Questions\\_Final.pdf](https://cdn2.sportngin.com/attachments/document/213b-2202770/Return-to-Organized-Sports-8-Questions_Final.pdf)

USA Hockey: [https://www.usahockey.com/news\\_article/show/1110651](https://www.usahockey.com/news_article/show/1110651)

USA Hockey Officiating COVID FAQ: <https://www.usahockey.com/officiatingcovidfaqs>

USA Hockey Player Safety: <https://www.usahockey.com/playersafety>







Rev. 1, November 13, 2020