



# **Arctic Foxes Hockey Association**

COVID-19 Health and Safety Plan

Revision Date	Comments	Revision Number
8/28/2020	Created Health & Safety Plan (H&SP)	1.0
11/16/2020		2.0
12/08/2020		3.0
02/11/2021		4.0
8/26/2021	Updated H&SP for Allegheny County Health Department (ACHD) Isolation and Quarantine Basics	5.0
09/24/2021	Updated reporting policy and modified versioning	5.1
10/04/2021	Updated close contact guidelines per ACHD (v4 08/24/2021) and CDC (09/21/2021)	6.0
12/29/2021	Updated close contact guidelines per CDC (12/27/2021) and ACHD (10/27/2021)	7.0
01/02/2022	Updated ACHD COVID Guidelines (12/30/2021)	7.1

This Health and Safety Plan is designed to summarize all of the relevant information related to playing hockey during the COVID-19 pandemic and mitigating the spread of the disease. All members of the Arctic Foxes including players, volunteers, and families are asked to be active participants in following the health and safety measures contained in this plan. By working together, we are all doing our part in promoting the health and safety of our membership.

## **Is it safe to play Ice Hockey during the COVID-19 pandemic?**

As long as there are cases of COVID-19 in the community, there are no strategies that can completely eliminate transmission risk. However, Ice Hockey is an important vehicle to keep our kids physically active and happy. Medical professionals have advised that hockey can be played safely while taking appropriate precautions.

### **A few things to know specific to ice hockey**

USA Hockey continues to adapt to the coronavirus situation. Detailed resources may be found here: <https://www.usahockey.com/page/show/5902638-covid-19-updates>

- Hockey players are covered head to toe in protective equipment.
  - There is no skin-to-skin contact
  - There is no shared equipment
- Rinks have been diligent in implementing enhanced cleaning and safety protocols.
- Rinks have significant HVAC systems that circulate fresh air on a regular basis.
- USA Hockey studies show players in ice hockey are within a six-foot radius of another player for less than three minutes per game. Players are on average in “immediate proximity” (actual contact with another player) for under two seconds per incident.
- Due to the fast pace of skating, air flow for the athlete is circulated at a higher rate.

## **What is the RMU Island Sports Center doing to minimize the spread of COVID-19?**

On August 19th, 2021 the RMU Island Sports Center is recommending masks for all visitors.

Among the actions being taken include:

- All touch surfaces are continually sanitized throughout the day.
- All air filters in their HVAC system have been replaced and continue to be replaced routinely.
- Player benches, penalty boxes, and scorer boxes are continually cleaned and sanitized
- Video games and vending machines have all been cleaned and sanitized. They will be sanitized routinely.
- Plexiglass infection barriers have been installed at service locations
- Additional hand sanitizing stations have been installed
- Additional socially distant seating has been added to minimize the need to use locker rooms.

## What are the Arctic Foxes doing to minimize the spread of COVID-19?

We have implemented the following guidelines for our members:

- Follow all rink guidelines. Please note that different rinks may have different guidelines. The PAHL maintains a list of individual rink guidelines here: <https://www.pahockey.com/covid19>
- Players are encouraged to come dressed and only put their skates on in the rink.
- Parents are encouraged to wait outside to minimize the number of people in the rink.
- **Members are NOT to attend Arctic Foxes events if they have any infectious disease, including COVID-19, or are exhibiting symptoms. If a member has any of the following symptoms, they MUST stay home:**
  - Fever of 100.4° F or higher in the past 24 hours.
  - Sore throat
  - New uncontrolled cough or difficulty breathing (for players with chronic allergic/asthmatic cough, a change in their cough from baseline)
  - Diarrhea, vomiting, or abdominal pain
  - New onset of severe headache
  - New loss of taste or smell
- Players are encouraged to regularly wash their hands with soap and water or hand sanitizer, avoid touching their face, and cover their face when they sneeze or cough.
- Players should bring their own water bottles and not share them with others. They should be filled at home since many rinks, including the RMU ISC, have turned off water fountains.

## If a member tests positive for COVID-19, what should they do?

You should immediately notify the Allegheny County Health Department (ACHD). The affected family should text/call AFHA Secretary Craig Tomino at 412-491-0021. **In addition**, a brief email should be sent to the AFHA President at [president@arcticfoxeshockey.org](mailto:president@arcticfoxeshockey.org) and the AFHA Secretary at [info@arcticfoxeshockey.org](mailto:info@arcticfoxeshockey.org) to ensure the proper resources are contacted. As part of all COVID-19 case investigations that will be directed by the ACHD; the information will be quickly obtained from the member as to their close contacts since the onset of their symptoms. The actual nature of the contacts will be explored in detail, and multiple variables (i.e., was the case symptomatic during the contact or did the case only develop the illness at home) will be considered by the ACHD staff. Once the information has been gathered, Arctic Foxes members considered close contacts to the case (if any) would be notified of their exposure by the Arctic Foxes, using as little identifying information about the case as possible. The infected member would then need to follow ACHD and their health care provider recommendations for isolation and/or quarantine.

## YOU HAVE TESTED POSITIVE FOR COVID-19 (ISOLATION)

### What should I do?

- **Isolate:** Avoid all others. Only leave your home for medical care.
- Stay home for 5 days.
- If you live with others, stay in a separate room and use a separate bathroom if possible. Don't share personal items. Clean and disinfect your home and frequently touched surfaces regularly
- If you have no symptoms or your symptoms are improving after 5 days, you can leave your house. If you have a fever, continue to stay home until your fever resolves.
- Continue to wear a mask around others for 5 additional days.
- **Notify your close contacts.** A close contact is anyone who was within 6 feet or less from you for 15 minutes or more – with or without a mask – since two days before you first noticed symptoms or tested positive. You should ask your close contacts to get tested and quarantine according to the instructions below.
- Call your healthcare provider to talk about potential treatment options. New medications may help you from getting very sick, especially for people at higher risk (age 65 and older, immune compromise, obese, heart, kidney disease or lung disease, diabetes).
- Do not get another PCR test for COVID-19. Tests should be used early in the course of illness for purposes of diagnosis. Some people may remain positive by PCR test beyond the period of expected infectiousness.

Isolation and Quarantine Basics from the Allegheny County Health Department may be viewed here (Last Updated December 30, 2021):

[https://www.alleghenycounty.us/uploadedFiles/Allegheny\\_Home/Health\\_Department/Resources/COVID-19/Docs/Isolation%20and%20Quarantine%20Basics\\_12-30-21.pdf](https://www.alleghenycounty.us/uploadedFiles/Allegheny_Home/Health_Department/Resources/COVID-19/Docs/Isolation%20and%20Quarantine%20Basics_12-30-21.pdf)

### Who is a “close contact”?

The CDC defines a close contact as “Someone who was less than 6 feet away from infected person (laboratory-confirmed or a clinical diagnosis) 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). 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 the criteria for ending isolation.” - (Revised December 28th, 2021)

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

You are still considered a close contact even if you were wearing a mask while you were around someone with COVID-19.

For **Arctic Foxes** purposes, in general, the following guidelines are followed to determine close contacts for any games or practices:

- For practices, anyone who shared the locker room with an infected individual
- For games, anyone who shared the locker room with an infected individual or shared the bench with the infected individual (eg dressed but non-playing goalie & all skaters if 11 or more skaters dressed for the game)
- All incidents are handled on a case-by-case basis

## **YOU ARE A CLOSE CONTACT OF SOMEONE WITH COVID-19 (QUARANTINE)**

What should I do?

*(“Completed vaccination process”)*

If you have received a booster vaccine dose OR completed the primary series of Pfizer or Moderna vaccine within the last 6 months OR completed the primary series of J&J vaccine within the last 2 months:

- Wear a mask around others for 10 days.
- Get a test 5 days after your exposure.
- If you develop symptoms, get a test and stay home.

*(“Incomplete vaccination process”)*

If you have completed the primary series of Pfizer or Moderna vaccine over 6 months ago and have not yet received a booster dose OR completed the primary series of J&J over 2 months ago and have not yet received a booster dose OR are unvaccinated:

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- Get a test, ideally 5 days after your exposure.
- If you develop symptoms, get a test and stay home.

What will happen?

- Contact tracing: You may get a call from the Health Department. A contact tracer may advise you that you had been identified as a close contact during case investigation. To protect patient privacy, they will not tell you the name of the case you were exposed to. Remember, the Health Department will never ask you for financial information, including social security, bank account or credit card numbers.
- If a friend, co-worker, family member, school or university says you are a close contact, please quarantine and follow according to the instructions above.

This guidance is intended for the general population and does not apply to healthcare settings, non-healthcare congregate settings, and persons at higher risk for severe disease.

Additional resources from the Allegheny County Health Department may be accessed here:  
<https://www.alleghenycounty.us/Health-Department/Resources/COVID-19/Resources.aspx>

## **What will the Arctic Foxes do if notified that one of their members tests positive for COVID-19?**

- We will work with the ACHD to help determine any close contacts within the Arctic Foxes organization. We will assist the health department in notifying those close contacts if necessary. To the extent possible, we will not share any information regarding the identity of the infected individual.
- If a significant portion of a team has to quarantine, we will cancel practices during the quarantine period. We will attempt to reschedule as many practices as possible until after the quarantine period. It is unlikely that we will be able to reschedule all of the practices.
- We will work with the PAHL to reschedule league games until after the quarantine period. It may not be possible to reschedule all league games.

## **FOR ADDITIONAL INFORMATION**

Frequently asked questions (FAQs) from the Allegheny County Health Department may be viewed here (Last Updated December 8th, 2021):

<https://www.alleghenycounty.us/Health-Department/Resources/COVID-19/Frequently-Asked-Questions.aspx>