

Covid Guidelines/Recommendations:

The following document serves as recommendations. At all times, the Fond du Lac Blue Line will adhere to local and state guidelines in which the practice/events are being conducted. With that in mind, please be aware information may be updated/changed on a routine basis.

Each Team will have a COVID 19 point of care contact person. In the event that you have any questions or concerns regarding COVID, these individuals will be your FIRST contact person. ALL INQUIRIES WILL REMAIN CONFIDENTIAL

- Fond du Lac Figure Skating : Tj Baseley 920-948-4183; tjbaseley38@gmail.com or Jessica Sabel 920-948-4184; gjsabel@gmail.com or via GroupMe
- Fond du Lac Thunder: Bridget Henderson
Bridget.Henderson@ssmhealth.com

If you are feeling ill-- PLEASE STAY HOME.

Skaters/coaches will not be allowed to attend practices if he/she develops any of the following symptoms commonly found with COVID-19:

- fever/chills (as noted above)
- Cough/congestion or runny nose
- Shortness of breath or difficulty breathing
- Headache
- Loss of taste or smell
- Sore throat
- nausea/vomiting/diarrhea
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Based on CDC guidelines Please Review the Blue Line action plan for the following scenarios.

1. COVID 19 Exposure- close contact (ie- family members)
 2. Skater or Coach COVID 19 testing- pending results
 3. Skater or Coach COVID 19 positive
 4. Travel considerations
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SCENARIO #1- If “close contact” with someone with confirmed COVID 19 (please see description below for “what is a close contact”)

❖ **ACTION Required: Covid 19 point of contact must be alerted**

- What is a **CLOSE CONTACT?**
- You were within 6 feet of someone who has COVID-19 for at least 15 minutes
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (touched, hugged, or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

❖ **ACTION Required.**

- Begin self-quarantine as soon as exposure is identified.
- Skaters will not be allowed to return to practice until 14 days after LAST contact with above individual OR a negative antigen test after Day 6.
- Updated CDC guideline recommendations can be found in the link below
 - [Quarantine If You Might Be Sick](#)

For all of the above listed 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

SCENARIO #2- PENDING COVID 19 RESULTS?

If you have been tested and your result is Pending.

❖ **ACTION Required:**

- **Notify COVID 19 point of contact**
- You MAY NOT return to practice while waiting for your result
- REMINDER. Even if you test negative and have had confirmed close contact exposure-- you must follow 14-day quarantine guidelines as identified above. No practice!

If a family member or “close contact” was tested and their result is pending (whether with or without symptoms). --> The skater is NOT allowed to return to Practice until the close contact/family member receives results. ***(Exception, If you or a family member is REQUIRED to be tested routinely due to work responsibility, please communicate with COVID point of contact. Your skater will be allowed to skate)***

❖ **ACTION Required:**

- **Notify COVID 19 point of contact**
- Return to practice guidelines will be based on results.

SCENARIO #3- CONFIRMED COVID CASE- SKATER OR COACH

In the event skater has confirmed diagnosis of Covid:

❖ **Notify your COVID-19 point of contact.**

- If positive for COVID 19- an individual may not return to rink until:
 - Fever free x 24 hours without fever reducing medication **AND**
 - At least 10 days since symptoms first appeared and/or since diagnosis (if symptom free) **AND**
 - Symptoms have improved.
 - If access to repeat testing-- has obtained a negative Covid test x 2 after diagnosis. Note-- access to testing varies and thus only a recommendation if available **OR**
 - Released from Quarantine by Public Health and/or physician-primary health care provider
- ❖ Updated CDC guideline recommendations can be found in the link below:
- [When You Can be Around Others After You Had or Likely Had COVID-19](#)

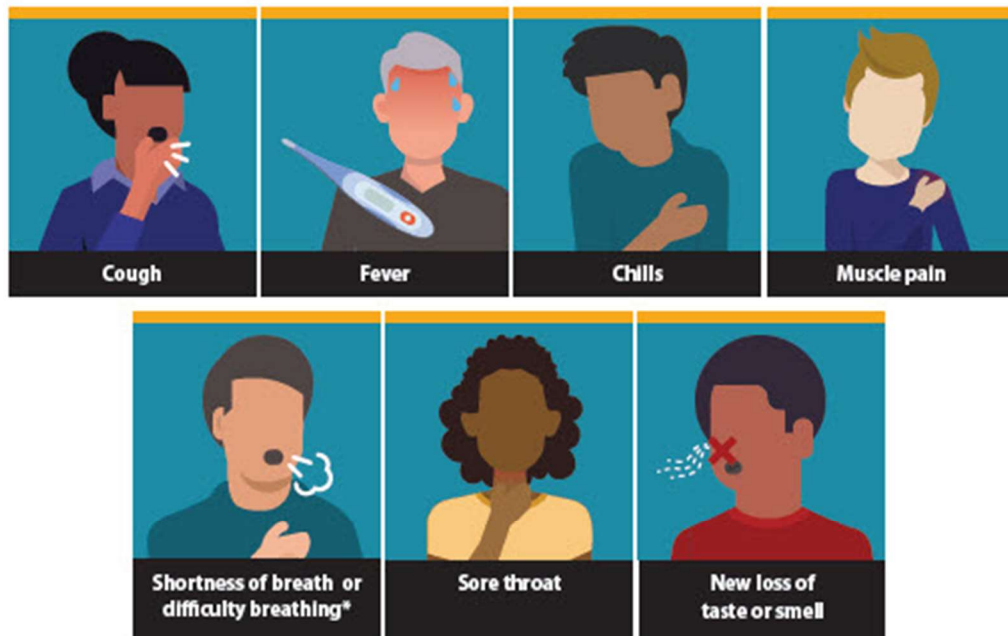
SCENARIO #4- TRAVEL CONSIDERATIONS

Travel Scenarios.

- ❖ Skaters who have traveled or had close contact with individuals who traveled out of the Country or to states with a travel advisory may require a 14-day quarantine from practice/events
 - This will be handled case by case due to ongoing travel advisory changes
 - Please notify your COVID 19 point of contact prior to travels as well as prior to return to practice for further instruction/planning.

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

***Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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