



## Sartell Youth Hockey Association - COVID-19 Response Plan

### What do I need to do when coming to the rink for practice/games?

- Players and family members who plan to stay at the arena need to be self-checking symptoms at home using the MDH guidelines:
  - **More common:** fever greater than or equal to 100.4 degrees, new onset and/or worsening cough, difficulty breathing, new loss of taste or smell.
  - **Less common:** sore throat, nausea, vomiting, diarrhea, chills, muscle pain, excessive fatigue, new onset of severe headache, new onset of nasal congestion or runny nose.
- Upon arrival at the rink, players, spectators, referees and youth hockey volunteers will put their first and last name, along with a contact phone number, in the COVID-19 sign-in book in the entry of Bernick's Arena. The information in the book will be used for contact tracing purposes if a positive case of COVID-19 is reported.

### What do I do if my player, or someone in my household, tests positive for COVID-19?

- Inform the SYHA [COVID-19 Contact](#) of a player testing positive or someone in their immediate household testing positive.
- Stay home from SYHA/Storm'N Sabres activities 10 days from when symptoms first appeared and until there is no fever for at least three days without medication AND improvement of other symptoms.
- Siblings and household members should also stay home for 14 days and follow the [MDH Decision Tree](#) on when to return.

### What does the Association/Team do if a player, or someone from a player's immediate family, tests positive for Covid-19?

- SYHA's [COVID-19 Contact](#) will consult with MDH and be prepared to communicate to any players, coaches, officials and volunteers who had "close contact" with that player notifying them of a positive test.
- The Association will maintain the confidentiality of anyone with a positive test in accordance with the Americans with Disabilities Act (ADA).
- In conjunction with Minnesota Department of Health (MDH), the Association's [COVID-19 Contact](#) will notify any opponents or teams scheduled to practice with the player's team over the upcoming 14 days.
- Pause team activities until the COVID-19 contact can consult the MDH on additional testing or requirements before returning the team to play.
- Notify the arena of the positive test. Arena shall close off areas of the arena used by the sick person within the last 24 hours for cleaning.

## What do I do if my player has “close contact” with a person who is COVID-19 positive?

A “close contact” is a person who was continually within 6 feet, for at least 15 minutes, of someone who is infected. This may be determined and communicated by the MDH and/or school.

- Inform the SYHA [COVID-19 Contact](#) of a player having close contact with a person who has tested positive.
- The “close contact” player must quarantine and stay home from all hockey activities for at least 7 days since the last day of contact with the positive case.
- Even if the “close contact” player receives a negative COVID-19 test result, they need to complete 7 days of quarantine before returning to the arena/hockey activities.
- The siblings and household members of the “close contact” do not need to stay home or quarantine
- If a “close contact” player develops symptoms and/or tests positive for COVID-19, the player must stay home in isolation for at least 10 days from the time their symptoms started until symptoms are improved and no fever for 24 hours without fever reducing medications.
- Siblings and immediate household contacts also must stay home and quarantine from all SYHA/Storm’N Sabres activities for at least 14 days.

## What’s the difference between a “close contact” and a “casual contact”?

A “Close Contact” is defined as:

- Spending more than 15 minutes of face-to-face contact within 6 feet of someone who has COVID-19.
- Living in the same house or shared accommodation as someone who has COVID-19.

A “Casual Contact” is defined as:

- Spending less than 15 minutes of face-to-face contact within 6 feet of an infected person.
- Being in the same room as an infected person for less than 2 hours.