

# HEALTH PROTOCOLS

*Update February 5, 2021*

In the event of a NCHC member testing positive for COVID-19 or having been exposed, the following procedures are in place for notification, quarantine and return to play:

## **REPORTING POSITIVE COVID-19 TEST OR EXPOSURE**

We encourage players, parents and coaches to stay home if they don't feel well. Seek medical advice if you are exhibiting symptoms of the virus.

If a NCHC player, coach or family member tests positive or learns of direct exposure, please contact a member of the Executive Board immediately.

**NCHC expects all members to disclose positive tests immediately, follow all NCHC protocols and state guidelines regarding contact tracing. Any violations may result in suspension or removal from the organization.**

Our core values as an organization are respect for and among our volunteers and members. We will treat information regarding the identity of our members with suspected or confirmed cases of COVID-19 as confidential. However, our goal is to be as transparent as possible related to this illness.

## **TEAM SAFETY PROTOCOL**

Team protocols are minimum requirements and subject to longer quarantines than our guidelines. In such circumstances, you must follow the instructions from the Department of Health or treating physician.

## **IF A PLAYER/COACH TESTING POSITIVE HAS BEEN IN DIRECT CONTACT WITH THE TEAM**

- Direct contact is deemed to have occurred if the player or coach testing positive began to show symptoms within 2 days of their last NCHC activity.

- All team members and coaches must take a 10-day quarantine pause for all scheduled NCHC activities.
- If more than one player or coach tests positive within the 10-day pause, quarantine will extend to 14 days.
- Asymptomatic players and coaches may return to the ice after submitting a negative PCR test administered on Day 7 from direct exposure.
- The player or coach must follow INDIVIDUAL RETURN TO PLAY PROTOCOLS outlined below.

**IF A PLAYER/COACH TESTING POSITIVE HAS NOT BEEN IN DIRECT CONTACT WITH THE TEAM**

- The team can continue normal activity but must self monitor for symptoms.
- The player or coach must follow INDIVIDUAL RETURN TO PLAY PROTOCOLS outlined below.

**IF A PLAYER/COACH HAS EXPOSURE FROM NON-DIRECT CONTACT OUTSIDE OF A TEAM ACTIVITY (*e.g. at a school but not in direct contact flow*) AND NOT SHOWING SYMPTOMS**

- The player or coach is permitted to continue activity but must self-monitor for symptoms.
- If the player or coach begins to show symptoms or test positive, the aforementioned protocols will be enacted.

**IF A PLAYER/COACH IS EXPOSED FROM DIRECT CONTACT OUTSIDE OF TEAM ACTIVITY (*e.g. classroom*) AND NOT SHOWING SYMPTOMS**

- The player or coach must take a 10-day quarantine pause for all scheduled NCHC activities.
- The player or coach may return to the ice after submitting a negative PCR test administered on Day 7 from direct exposure.
- The team can continue normal activity. The team was not exposed to a positive player or coach.
- If the player or coach begins to show symptoms or test positive, the aforementioned protocols will be enacted.

**IF A PLAYER/COACH IS EXPOSED FROM DIRECT CONTACT WITHIN A HOUSEHOLD AND NOT SHOWING SYMPTOMS**

- The team can continue normal activity. The team was not exposed to a positive player or coach.
- The player or coach must follow INDIVIDUAL RETURN TO PLAY PROTOCOLS outlined below.

**INDIVIDUAL RETURN TO PLAY PROTOCOLS**

- The player or coach must quarantine for 14 days. No early return will be allowed.
- Symptoms must be resolved with no fever for at least 72 hours.
- A physician note stating that the player or coach is safe to return must be submitted. Once received, the Executive Board will review before return is approved. In special circumstances, medical experts may be consulted.