

Updated as of 8/4/22

West Madison Youth Hockey Association COVID-19 Plan & Policy

Introduction

The West Madison Youth Hockey Association (Polar Caps) is committed to providing a safe and healthy environment for all of our members, including our players, parents, families, and coaches. In response to the COVID-19 pandemic, we have developed the following COVID-19 Plan & Policy, which has been repeatedly updated in accordance with CDC and PHMDC guidance in regards to COVID-19 activity, vaccination, and treatment options available. All members of the Polar Caps are responsible for following and implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 at our activities and events by following Public Health Madison Dane County (PHMDC) Order requirements, while continuing to follow the industry guidance developed by USA Hockey and Wisconsin Amateur Hockey Association (WAHA) along with guidelines and orders for COVID-19 from health agencies and government, along with lessons learned from the 2020-2021, and 2021-2022 seasons.

Of note, the Polar Caps had successful seasons each of the past two years with limited on-ice COVID transmission.

Areas Covered by PHMDC Orders: The PC Board will create & communicate rules that comply with current Public Health Madison & Dane County (PHMDC) Order requirements. All requirements of the current PHMDC order apply at all PC events within Dane County. PC players, families, coaches and friends at events outside of Dane County will be expected to follow the public health orders that are in place in that location.

As of August 4, 2022 PHMDC **does not** have any COVID-related orders in place.

The PC Board recognizes that hockey is an indoor sport that for the past two years has happened during COVID surges whereby making the risk for transmission high. Although we do not require it, we support any player who wishes to follow stricter COVID guidance than outlined in this document. The board is committed to providing a safe, respectful, and positive hockey experience by:

- Recognizing that various attitudes, risk tolerances and vaccination statuses exist

- Acknowledging that individuals and families should and need to be responsible for their own actions
- Ensuring that everyone is allowed to take, and feels comfortable taking, whatever precautions they feel are most appropriate, while being respectful of others' preferences
- Unless there is a PHMDC order in effect, PC Board members, coaches, and volunteers will not be expected to enforce any individual family's preferences. We ask that if a family chooses to have their child mask, that this family be responsible for their own child
- We do feel that it is important for safety and team building for any child who tests positive to share their positive test with their coach so that all teammates/ families can be aware of a possible exposure and then families can choose how to react. If you have questions, you can always reach out to the PC Medical Director, Dr. [Laura Mendyk](#)
- Strongly recommending that all players/ coaches are fully vaccinated against COVID-19

Any questions or concerns regarding this Plan & Policy should be directed to our club medical director. Contact information is posted on the COVID-19 page of our website at:

<https://www.westmadisonpolarcaps.com/covid-19>

Screening and Policies for Symptoms of COVID-19

Polar Caps members have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess the health status of members prior to arriving at Polar Caps activities or events and for members to report when they are sick or experiencing symptoms.

Stay Home if Feeling Sick

If your skater isn't feeling well, please do NOT send them to any Polar Caps events.

If anyone in your house has a pending PCR test, DO NOT send your UNVACCINATED player to practice.

If there is a pending PCR test in the household, or a positive household member, ASYMPTOMATIC VACCINATED players and coaches may attend practice/

games but **MUST** be masked regardless of mask guidelines.

DO NOT COME IF YOU FEEL AT ALL SICK. If a Polar Caps member feels ill while at an activity or event, members must inform their coach and/or designated team COVID contact, leave immediately, and not return until permitted under health agency guidelines (PHMDC and CDC). Members who come to activities or events feeling sick will be asked to leave in accordance with these health guidelines. The Polar Caps may request appropriate information related to illnesses from any member before they participate in any activity or event.

Self-Monitoring

Members are expected to conduct a self-assessment **each day** before participating in any Polar Caps activity or event to determine if any COVID-19 symptoms are present. Some symptoms of COVID-19 include:

- Fever (Temperature >100) within the past 24 hours
- New loss of taste or smell
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Muscle pain
- Headache
- Sore throat
- Fatigue
- Nasal/sinus congestion

It is critical that members do not participate in any activities or events while they are experiencing any of these symptoms or combination of symptoms. Members who have exhibited symptoms of COVID-19 may return to activities or events when they have qualified to return based upon PHMDC, CDC or club guidelines. In general, when they can return to school, they can return to practice. If you have any questions, please reach out to the PC Medical Director, Dr. [Laura Mendyk](#)

Summary of Guidelines

Currently, we are following the guidelines for symptoms and exposures summarized below. Because hockey is not an essential activity (I know this may be debatable for some), we will require any positive coach or player to have a negative ANTIGEN (rapid) test any time after Day 5 prior to returning to play. This is because playing with a mask is very difficult at the higher, more competitive levels of play and although the CDC recommends return to activity after 5 days, they REQUIRE 5 additional days masked. When we followed this recommendation during the 2021-2022 season we did not have a single player or coach who tested negative on Day 5. We firmly believe that this was an important step taken to mediate the spread of the virus on ice and in the locker rooms and ensure a successful season for the entire PC community.

For all Players / Coaches:

Scenario	Symptoms	High Risk Contact	Vaccine	Household Member Positive	Testing	Test Results	Return to Play
1	Yes	N/A	Yes	N/A	Immediately	POSITIVE	5 days after symptom onset PLUS negative rapid antigen test on Day 5 or later OR 10 days after symptom onset
2	Yes	N/A	N/A	N/A	Immediately	Negative	24 hours after symptoms have resolved
3	No	N/A	N/A	N/A	N/A	POSITIVE	5 days after positive test PLUS negative rapid antigen test on Day 5 or later OR 10 days after positive test
4	No	Yes	No	Yes	On Day 5-6 after exposure Again on Day 15-17 after exposure unless able to quarantine from family	Negative	15-17 days after household member tests positive, unless able to quarantine from family member. Then can return w negative test 5-7 days after last exposure to family member If positive at any point, follow scenario 3 above
5	No	Yes	Yes	Yes	Immediately. If negative, then only again if symptoms develop	Negative	Immediately so long as asymptomatic. Strongly recommend frequent antigen testing until after Day 10
6	No	Yes	No	No	On Day 5-7 after exposure	Negative	7 days after exposure PLUS negative rapid antigen test on Day 7 or later

							OR 10 days after exposure If positive, follow scenario 3 above
7	No	Yes	Yes	No	Only if symptoms develop	Negative	Immediately (do not need to quarantine) so long as asymptomatic.
8	No	No	No	No, but high risk contact	Household member with high risk exposure should test on Day 5-7	Household member Negative	As soon as household member's test is negative, any time after Day 5
9	No	No	Yes	No, but high risk contact	Household member with high risk exposure should monitor for symptoms	Household member Negative	Immediately

* Please note that if you are unvaccinated and have tested positive within the previous 90 days, you are considered immune and may follow the “vaccinated” protocols during those 90 days

More details for each scenario are outlined below.

1. SYMPTOMATIC PLAYER/COACH WITH CONFIRMED COVID-19

- COVID test is positive:
 - At least 5 days have passed since symptoms first appeared, AND
 - At least 24 hours have passed since recovery. Recovery is defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g. cough, shortness of breath) AND
 - A negative COVID antigen test anytime after Day 5 from onset of symptoms.
- Any player who has been hospitalized for COVID-19 will need medical clearance from their physician before they are allowed to practice/play again.
- Someone from the Polar Caps (either the coaches, medical director or affected individual if they are comfortable) will inform parents or guardians of team members if they are aware that the player has been exposed to a person with COVID-19 during any activities or events. The Polar Caps will protect the privacy of the infected persons' health status and health information. The name of the person testing positive will not be disclosed unless consent is provided by the person.
- The Polar Caps organization WILL cooperate with Dane County Public Health tracers if asked to do so.

2. SYMPTOMATIC PLAYER/COACH WITH NEGATIVE COVID-19 TEST

- Return to play 24 hours after recover/ symptoms improve

3. ASYMPTOMATIC PLAYER/COACH WHO HAS POSITIVE COVID-19 TEST, REGARDLESS OF VACCINATION STATUS

- Isolate at home
- Antigen test on day 5. If negative, may return to play so long as player/ coach is asymptomatic on Day 5 OR
- Antigen test until negative result returns and then return to play, so long as player/coach is asymptomatic on the day of the antigen test OR
- Return to play 10 days after the positive test
- Please note that the MOST a player/coach would be out would be 10 days from positive test date.
- Someone from the Polar Caps (either the coaches, medical director or affected individual if they are comfortable) will inform parents or guardians of team members if they are aware that the player has been exposed to a person with COVID-19 during any activities or events. The Polar Caps will protect the privacy of the infected persons' health status and health information. The name of the person testing positive will not be disclosed unless consent is provided by the person.
- The Polar Caps organization WILL cooperate with Dane County Public Health tracers if asked to do so.

4. ASYMPTOMATIC UNVACCINATED PLAYER/COACH WHO LIVES WITH A CONFIRMED POSITIVE COVID-19 PERSON

- We STRONGLY RECOMMEND that these players get tested for COVID-19
 - If they were on the ice within 48 hours of their family members positive test, test immediately
 - Test again on day 5-7 after their LAST exposure to their positive family member
 - Some families are able to completely isolate the positive member and that is great. Some families are not and the Polar Caps do not judge and understand that this is a very difficult thing to do.
- The individual player quarantine timeline resets to day zero every time an additional household member tests positive.
- Public health guidelines are confusing about this. Please reach out to the club medical director with specific questions
- All household members who are not positive should closely monitor for symptoms and do twice daily temperature checks
- The Polar Caps organization appreciates honesty and forthright sharing of this information with the PC medical director, player's coach, or ALD for players team.
- Should the player/ coach become symptomatic at any point, please test immediately

5. ASYMPTOMATIC VACCINATED PLAYER/COACH WHO LIVES WITH A CONFIRMED POSITIVE COVID-19 PERSON

- We STRONGLY RECOMMEND that this player tries to avoid the positive household member as much as possible and does not share cups/ eating utensils with them
- MUST test immediately to ensure they aren't asymptomatic positive since they live in the same household. Otherwise only need to retest if symptoms develop
 - This player/coach may continue to play if their rapid test is negative, although we recommend that this player/coach tests frequently
 - Most players/coaches will have ongoing exposure to their household member
 - Their household member will be "clear" 10 days after their test
 - The player/coach needs to closely monitor for symptoms for 5-7 days AFTER their last exposure to their household member.
 - Scenario 1: Positive household member tests positive then remains in their room for entirety of isolation period and player/coach has no contact with them. Monitor symptoms 5-7 days
 - Scenario 2: Positive household member tests positive but is unable to isolate and continues to interact with the family. Player/coach needs to continue to monitor symptoms for 5-7 AFTER the positive household member is done with their isolation period (may extend for up to 17 days)

6. ASYMPTOMATIC UNVACCINATED PLAYER/COACH WITH HIGH RISK EXPOSURE TO A COVID POSITIVE PERSON WHO IS NOT A HOUSEHOLD MEMBER

This is a situation where a player or coach may have high risk exposure to a schoolmate, teacher, extended family member or coworker NOT residing in their home.

- If player/coach was on the ice within 48 hours of their high risk exposure, we ask that the player test immediately
- Player needs to quarantine, with testing on Day 5-7 after exposure. If negative, may return to play on Day 7. If player decides not to test, they may return to play on Day 10 if they have remained asymptomatic.
- Should symptoms develop they should get tested immediately
- If this player/ coach has UNVACCINATED siblings/ children in the club, we ask that their siblings refrain from playing until the exposed player has a negative test on Day 5-6 or returns to play on day 10 without a test. If the exposed player/coach tests regularly and continues to test negative, their UNVACCINATED sibling/ children may continue to participate in PC activities. Therefore, test frequently!
- If this player/coach has VACCINATED siblings/ children in the club, they may return to play immediately
- The Polar Caps organization appreciates honesty and forthright sharing of this information with the player's coach and/or COVID-19 team manager.

7. ASYMPTOMATIC VACCINATED PLAYER/COACH WITH HIGH RISK EXPOSURE TO A COVID POSITIVE PERSON WHO IS NOT A HOUSEHOLD MEMBER

This is a situation where a player or coach may have a high risk exposure to a schoolmate, teammate, teacher, extended family member or coworker NOT residing in their home. But because they are vaccinated, they have different guidelines

- Player/coach may play IMMEDIATELY
- Must closely monitor for development of symptoms
- Test not required unless symptoms develop

8. ASYMPTOMATIC UNVACCINATED PLAYER/COACH WITH CLOSE CONTACT WITH SOMEONE (HOUSEHOLD MEMBER) WHO HAD A HIGH RISK EXPOSURE

This would apply in a situation where an asymptomatic household member had a high risk exposure.

- Player/coach MAY NOT attend practice until their household member's test is back on Day 5.
- This applies to any UNVACCINATED player who has a household member with a pending PCR test for any reason.

9. ASYMPTOMATIC VACCINATED PLAYER/COACH WITH CLOSE CONTACT WITH HOUSEHOLD MEMBER WHO HAD A HIGH RISK EXPOSURE

- It does not matter if the household member is symptomatic or asymptomatic. So long as the player/ coach is asymptomatic, they may participate.
- If the household member is symptomatic, we STRONGLY RECOMMEND that the asymptomatic player/coach wear a mask

- Player/coach DOES NOT need to stay home if their household member has a pending PCR test.

COVID EXPOSURES

In alignment with the CDC, PHMDC, and local Infectious Disease physicians, the Polar Caps organization recommends that all EXPOSED players/coaches be tested on **DAY 5-6 after exposure if asymptomatic**.

What is considered an exposure?

- High risk exposure: Exposure with less than 6 feet social distancing for 15 minutes or greater to an individual, with or without symptoms, who subsequently tests positive for COVID. The window for exposure includes the 48 hours (up to 2 days) before that individual began showing symptoms consistent with COVID or an asymptomatic individual who tests positive.
- Low risk exposure: Exposure with greater than 6 feet social distancing or exposure for fewer than 15 minutes in a 24 hour period to an individual, who subsequently tests positive for COVID, within the 48 hours (up to 2 days) before that individual began showing symptoms consistent with COVID, or any combination of exposure that is not otherwise defined under the HIGH RISK exposure above.

Who are most likely to be high risk exposures?

- COVID-19 Positive household member
- Household member with symptoms consistent with COVID-19
- Multiple Teammate/Schoolmates with symptoms consistent with COVID-19
- Unmasked individuals

Social Distancing

The Polar Caps organization recognizes PHMDC and CDC guidelines recommending 6 feet social distancing when possible. However, this is NOT possible when playing hockey, either in the locker room, on the bench or on the ice. This is often difficult to do for families and friends in the stands and waiting room and advise families to proceed at their own comfort levels.

Masking

- Polar Caps will follow all local guidance regarding masks.

- As of 8/4/22 neither PHMDC, State of WI nor WAHA have any mask mandates in effect.

Hygiene and Source Controls

FLU SHOTS are STRONGLY recommended for all eligible players and coaches.

COVID vaccines are STRONGLY recommended for all eligible players and coaches.

Note above that vaccinated players/ coaches who are asymptomatic DO NOT need to quarantine, which increases the time that we get to play hockey and the more team members that are vaccinated the less likely we are to have to forfeit games or shut teams down.

COVID boosters are strongly recommended for all eligible players and coaches

Good Hygiene:

- PC recommends against sharing of equipment.
- PC recommends against sharing of water bottles.

Handwashing:

Polar Caps reminds members that it is important to wash their hands for at least 20 seconds with soap and hot water frequently throughout the day, but especially prior to and after participating in any events, activities, or eating, as well as after using the bathroom or coughing/sneezing.

Contact Information

All members are responsible for providing accurate and up-to-date contact information, in the event of an emergency at the event or activity and in order to support any communications (including, with state and local authorities) regarding exposure to COVID-19.

Communications and Training

This COVID-19 Policy & Plan will be posted on the Polar Caps website at <https://www.westmadisonpolarcaps.com/covid-19>. It will also be communicated to all Polar Caps members by email.

Any questions about the Policy & Plan or reports of exposures should be sent by email to covid-19@westmadisonpolarcaps.com.

Age Level Directors, team managers, and coaches will be notified of the requirements in this plan and their respective obligations. The Polar Caps COVID Committee will monitor the effectiveness of this plan and provide updates to the Board at monthly meetings or more regularly as may be needed.

All members and guests are required to follow this plan.

Please note that this COVID-19 Plan & Policy supplements existing Polar Caps policies, rules, and procedures, which remain in full effect. In cases where this plan directly contradicts another current policy, this COVID-19 Plan & Policy will supersede the existing policy, rule, or procedure.

This COVID-19 Policy & Plan was reviewed and approved by the Polar Caps Board.

Sources

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

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Thank you to our other hockey association members who have provided valuable guidance and feedback to the committee members for our plans and policies.