



NAVY YOUTH HOCKEY'S POLICIES FOR A RETURN TO HOCKEY IN 2021-22

Revised – January 2022

NYH recommends the following risk mitigation strategies for our families to promote health and safety during the 2021/2022 season. These recommendations are not intended to replace local and state government orders or safety policies and procedures put in place at local rinks and will be continually evaluated by the NYH Board of Directors and its medical advisors.

KNOW BEFORE YOU GO: Depending on local and state rules, each rink will have different policies for players and participants. Coaches, managers, and parents are asked to review and share those policies with your teams. Know Before You Go...you will find policies [here](#), as submitted by the rinks in relation to COVID-19.

VACCINATIONS: NYH strongly recommends that all student athletes ages 12 and older, coaches and team staff are fully vaccinated. Vaccination against the virus that causes COVID-19 is available for everyone 12 years of age and older. Vaccination is the primary strategy to reduce the burden of COVID-19 disease and protect all members of the community. It will also decrease disruption in team activities, because fully vaccinated individuals are not required to quarantine if they are close contacts to a case of COVID-19, as long as they remain asymptomatic and continue to test negative. CDC defines fully vaccinated as 2 weeks AFTER the last immunization is delivered.

RISK MITIGATION PRACTICES:

- **Masks:** If you are not fully vaccinated and aged 2 or older, players, coaches and parents must wear a mask in the rink and locker room to maximize protection and decrease disruption in team activities. If you are fully vaccinated, to maximize protection from the Delta variant and prevent possibly spreading it to others, NYH recommends wearing a mask in the rink and in the locker room. Athletes practicing or competing on the ice do not need to wear a mask unless required by the rink.
 - Brigade Sports Complex/McMullen Ice Arena - **The BSC requires everyone to be masked regardless of vaccination status.** NYH players will be required to wear masks entering the rink and in the locker room but not on the ice.
- **Monitor Health:** Be alert for symptoms. Watch for fever, cough, shortness of breath, fatigue, or [other symptoms](#) of COVID-19. Take your temperature if symptoms develop. Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen. Stay at home if you are sick or have been exposed to an infected individual.
- **General Guidance:** Encourage players and parents to maintain distance from other people (e.g., 2 arms lengths) while at the rink. Remember that some people without symptoms may be able to spread a virus. Wash hands frequently, for at least 20 seconds with

soap and water or use hand sanitizer with at least 60% alcohol. Do not touch your face. Do not share water bottles, towels, or other equipment. Mark them clearly so you know which one is yours. Clean/disinfect equipment after each use.

NYH'S POSITIVE TEST RESULT AND EXPOSURE POLICIES:

The following policies are in effect in accordance and in compliance with [Anne Arundel County Department of Health COVID-19 Guidance for Club and Recreational Sports](#), in conjunction with [CDC Guidance and Recommendations](#).

WHAT IF A PLAYER, COACH, STAFF MEMBER OR VOLUNTEER TESTS POSITIVE FOR COVID: A player, coach, or club/team staff member or volunteer who tests positive must isolate for ten (10) days from the date of the positive test result, regardless of vaccination status. Any such person who has had COVID-19 [symptoms](#) can be around others only after ten (10) days since symptoms first appeared and 24 hours with no fever without the use of fever-reducing medication and other symptoms of COVID-19 are improving.

WHAT IF A PLAYER, COACH, PARENT OR VOLUNTEER HAS BEEN EXPOSED TO A PERSON WHO TESTS POSITIVE: A player, coach, or club/team staff member or volunteer who has had close contact with someone with COVID-19 (i.e., less than 6 feet away for a cumulative total of 15 minutes or more over a 24-hour period), and is unvaccinated, must quarantine for (a) ten (10) days after their last exposure to that person or (b) seven (7) days with a negative COVID-19 test taken between days 5-7. **Anyone who has had close contact with someone with COVID-19 and who meets the following criteria does NOT need to quarantine:**

- Someone who has been fully vaccinated and shows no symptoms of COVID-19. (NOTE: The CDC [recommends](#) that fully vaccinated people should get tested 3-5 days after their exposure, even if they do not have symptoms and should wear a mask indoors in public for fourteen (14) days following exposure or until their test result is negative).
- Someone who has tested positive for COVID-19 with a viral test within the previous ninety (90) days and has recovered and remains without COVID-19 [symptoms](#). (NOTE: The CDC [recommends](#) that such persons should still wear a mask indoors for fourteen (14) days after exposure, monitor for COVID-19 symptoms and isolate immediately if symptoms develop, and consult with a healthcare professional if new symptoms develop).

Any NYH team that has **two (2) or more** players positive for COVID-19 at the same time will be required to cease all in-person NYH activities (i.e., all in-person practices, games, team meetings, etc.) for a period of ten (10) days **from the date of the latest positive test result**.

NYH will continue to closely monitor the information provided by the CDC, the State of Maryland, and Anne Arundel County and provide updates to this policy as required by federal, state, and local government orders and recommended by its medical advisors. Visit this [link](#) for more information on preventing the spread of COVID-19.

####