



WHAT TO DO IF MY SKATER IS SICK?

It is important for all of us to keep our skater(s) home when they are not feeling well. If you have any questions about whether your skater should come to hockey, the best decision would be to keep them home and contact your team manager or the RVHA President to discuss your concerns.

What do if do if my skater is sick?

- * Fever or chills
- * Cough
- * Shortness of breath or trouble breathing
- * Diarrhea
- * Vomiting
- * Sore Throat
- * Unusual fatigue
- * Runny nose or nasal congestion
- * Headache
- * Muscle or body aches
- * Nausua (feeling sick to the stomach)
- * Loss of taste or smell



Skater has ONE symptom:

Skater must stay home.
Parent contact Team Manager or RVHA President.

Skater has TWO or more symptoms:

Skater **AND** siblings must stay home.
Parent contact their Team Manager(s) and RVHA President

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How long will my skater(s) need to stay home?

Skaters must have clearance from the RVHA President before returning to the ice. AND be symptom free for a minimum of 48hours (without medication). Please contact the RVHA President to discuss their return plan.

What do I do if my skater is tested for COVID-19?

Stay home. All members of the household should self-isolate while awaiting test results.

What do I do if my skater tests negative for COVID-19?

Contact the RVHA President to discuss your skaters symptoms and determine a return to the ice.

What do I do if someone in my household or other close contact tests positive for COVID-19?

Everyone should self quarantine for 14 days since last contact with the affected person. If your skater(s) develop symptoms, please contact your health provider.

What do I do if my skater tests positive for COVID-19?

Self-quarantine for 10 days from date symptoms started. Follow the guidance from your area Health Department and your Health Providers. Also contact the RVHA President to work on your return to ice plan.

My skater is sick, but I don't want him/her tested for COVID-19?

Skaters exhibiting 2 or more symptoms listed and you choose not to test for COVID-19 will be on leave for a minimum of 14 days. Parents must contact the RVHA President to determine a return date.

My skater has a history of allergies and/or migraines. Do they need to stay home?

If they are exhibiting any of the symptoms listed, they should stay home. Please contact the RVHA President to discuss and determine a return date.

My skater needs to stay home for an illness/symptom not listed. Do I still need to contact RVHA?

Yes - Communication is key, please contact your team manager to discuss the issue to help make sure our lines of communication are open no speculation on symptoms occur.