



January 7, 2022,

ALL hockey teams including the players, coaches and members within the Omaha Hockey Club (OHC) organization are **REQUIRED** to follow the guidelines listed below and report all positive COVID-19 player and coach cases directly to the OHC Risk Manager. These health measures will continue to evolve as situations change with COVID-19 and OHC Board of Directors will communicate any updates as the season continues. Our priorities are the safety of the players, coaches and our members as well as keeping the sport of hockey in full swing throughout the season. In addition to the OHC guidelines listed below, the OHC Board highly encourages Masks to be worn in ALL locker rooms to minimize the exposure risks of being next to peers in a small space and all OHC players, coaches and members are **REQUIRED** to follow all health measure guidelines of the specific rink attending and city guidelines outside of the policy listed below. If needed, a coach may mandate additional safety measures due to the needs of his/her team. Thank you for your cooperation.

Tested Positive for Covid-19: (Day 1 begins the day after testing positive)

Persons who have tested positive for Covid-19 may return to all team events including practices and games once all the following conditions are met:

- At least 5 calendar days have passed since symptoms first appeared; and
- Other symptoms have improved (for example, when your cough or shortness of breath have improved); and
- The individual no longer has a fever (without the use of medicine that reduces fevers) for at least 24 hours.
- The individual will wear a mask for an additional 5 calendar days.

Household Covid-19 Exposures where Positive Household Member Isolates and Players Required to Quarantine from the School Setting: (Day 1 begins the day after exposure)

- **Up to date on Vaccine and Booster-** Individual will monitor for symptoms and wear a mask for 10 days. The individual should test on Day 5.
- **Not up to date on Vaccine and Booster-** Individual will quarantine for 5 days, monitor for symptoms and wear a mask through Day 10. If there are no symptoms, the individual should get tested on Day 5.
 - Negative test- The individual will continue to wear a mask through Day 10. If symptoms develop, the individual should isolate to be tested and/or contact their health department or healthcare provider.
 - Positive Test- The individual should isolate and refer to the Tested Positive for Covid-19 above.

OHC Team Exposure/Close Contact Guidelines for the 2021-2022 season as of January 4, 2022

Being in Close Contact (within 6 feet for 15 minutes) of an individual with COVID-19 will result in the following quarantine guidelines:

- **1st Case within a Team:** Team Self Monitors and all must wear a Mask in the locker room for 10 days after last date of exposure (letter will be emailed to the teams parents, and coaching staff)
- **2nd Case within a Team (within 10 days of the 1st case):** Team Self Monitors and all must wear a Mask in the locker room for 10 days after last date of exposure (letter will be emailed to the teams parents, and coaching staff)



- 3rd Case within a Team (within 10 days of the 1st case): Risk Manager will consult with the Douglas County Health Department and OHC Board of Directors to determine further mitigation measures

The new guidelines allow players that are showing no symptoms, whether they are vaccinated or unvaccinated to continue to play hockey when exposed to a positive COVID-19 case by wearing a mask while in the locker room and self-monitoring. If protocols are not followed, players not following these guidelines will not be allowed at practice and will not be allowed to participate in any games until the 10 day timeline expires. If there are multiple positive cases or further spread occurs within a team, increased mitigation measures may have to take place, and OHC Risk Manager with the OHC Board of Directors will work with DCHD to determine when and how that is determined. Possible further mitigations may include the entire team quarantining, or locker room mask mandates for 28 days (two full incubation periods), or others as determined by the County Health Department.

**Up to date on Vaccine and Booster You are up to date if you have been boosted or you have completed the primary series (both doses) of the Moderna or Pfizer vaccine within the last 6 months or you have completed the primary series (single dose) of the J and J vaccine within the past 2 months.*

Resource:

<https://dhhs.ne.gov/Documents/CITI-How-To-Isolate-English.pdf>

<https://dhhs.ne.gov/Documents/CITI-Exposed-And-Vaccinated.pdf>

<https://dhhs.ne.gov/Documents/CITI-How-To-Quarantine-Timeline-English.pdf>

COVID-19 Testing Protocols

*Covid-19 Antibody tests will not be accepted as evidence of immunity

Please contact the OHC Risk Manager for any questions or concerns.

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