



# UAHA COVID-19 GUIDELINES FOR PLAY

**As we navigate through the COVID-19 pandemic, while returning players to the ice, the Utah Amateur Hockey Association will continue to provide updates to our Association, members and partners as needed.**

*The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. The knowledge and circumstances around COVID-19 are changing constantly and, as such, the Utah Amateur Hockey Association makes no representation and assumes no responsibility for the accuracy or completeness of this information. We are thankful to all of those essential workers and rink staff who are allowing the continued use of rinks and training facilities. Remember that we can reduce infection and the spread of COVID-19 by following the guidelines found in this document. Playing hockey during a pandemic is a privilege. Our collective efforts keep us on the ice and playing hockey.*

## Utah Amateur Hockey Association Responsibilities

### During the COVID-19 Pandemic

The Utah Amateur Hockey Association (UAHA) recognizes that COVID-19 has affected the various geographic regions of the state to different degrees. Due to this, COVID regulations and standards vary from community to community. The State of Utah has established the Utah Leads Together plan to help all communities inform their citizens and of safe activities and practices for all ages. UAHA supports 100% compliance with local, municipal, city, county, state and federal government and health department rules, policies and guidelines for all hockey activities. UAHA recognizes the prevailing regulations around COVID-19 including the USA Hockey "Return to Play Standards".

UAHA has convened a workgroup to provide guidance that aims to keep Utah's youth hockey players on the ice, as long as reasonable, in the safest manner possible. The workgroup has representation from UAHA's membership, programs and leagues. The guidance provides the most general standards being applied today and it encourages each sub-affiliate, association, program, league, team and member to find the best solutions to return to play while reducing risks of contracting and spreading COVID-19. At a minimum, UAHA will recognize the following:

- Guidelines established by USA Hockey Inc, The Centers for Disease Control and Prevention, Utah Leads Together guidance, the World Health Organization and State and Local Public Health Departments

**UAHA will provide the following support to Utah sub-affiliates (associations), leagues, partners and members:**

- Work with sub-affiliates and ice facilities to support ice hockey this season
- Establish an online mechanism for the availability of COVID-related educational resources for all patrons of the Utah Amateur Hockey Association programs
- Convene and authorize a COVID-19 Workgroup to recommend COVID-related guidance and policies for safe participation of the Utah hockey community
- Provide guidance and support to organizations as needed in regard to following local public health recommendations, CDC recommendations and WHO guidelines
- Facilitate the sharing of best practices for addressing COVID-19 challenges
- Assist sub-affiliates with consultation in establishing sub-affiliate/league level protocols and response plans
- Assist sub-affiliates in arbitration as needed in regard to COVID-19
- Establish a working relationship with local health departments to streamline reporting and to formulate consistent recommendations.
- Partner with sub-affiliates to support continued safe hockey standards for games, tournaments, scrimmages, practices and skills development sessions, etc., during the COVID pandemic.

- Support sub-affiliates when non-compliant individuals or groups jeopardize a member, spectator, facility's safety or continued play
- Collaborate with rink and facility in establishing and updating guidelines for team use, COVID Screening requirements and Spectator Limits.

**Starting immediately, UAHA supports the implementation of the following standards for all Utah hockey teams.**

- Symptom Screening prior to each team event, practice, scrimmage, game, etc.
- Procedures that reduce athlete, coach, volunteer time in the locker rooms to 15 minutes or less, prior to and after a team activity.
- Stick tap at the blue line at the conclusion of on-ice activities in lieu of the traditional post-game handshake.
- Prohibiting spitting on the bench, in the penalty box, on the ice or proximity of the facility
- Individual water bottles are to be brought to the rink by the participant. Cleaning of the water bottle after each use is encouraged
- Upholding the standard of absolutely no sharing of water bottles
- Upholding of the standard of absolutely no handling of mouthguards except by its owner
- Discouraging team gatherings in spaces that cannot accommodate current social distancing guidelines and/or state and local regulations
- Adherence to CDC, state, local and municipal and rink regulations (local and when traveling) - regulations will vary, each team shall inform themselves of the prevailing regulations

**Playing hockey during a pandemic is a privilege. Every hockey participant, volunteer and spectator need to do their part to adhere to the requirements of the state, counties, rinks, and teams. Cooperation is expected and much appreciated.**

IMPORTANT: Players, families, coaches who are non-compliant with facility and organization rules and regulations will be asked to leave the premises. Additionally, non-compliant individuals risk discipline by their organization's discipline authority and the UAHA discipline committee.

## **Responsibilities of the Sub-affiliate, Association, League During the COVID-19 Pandemic**

It is the responsibility of the Utah Amateur Hockey Association (UAHA) entities and members, who have a leadership role, inform themselves of the governing state, and local, health department guidelines and rules and regulations of their rink and training facilities. In addition, returning to play hockey during the COVID-19 pandemic requires that all hockey sub-affiliates, leagues and programs entities establish protocols that ensure compliance with the regulations related to the

prevention and management of COVID-19. A UAHA sub-affiliate, league or program may choose to establish guidelines that are more conservative than those established by UAHA. Each UAHA member organization shall:

- provide education and support to team management for implementing COVID-19 Risk Reduction Measures at the sub-affiliate, league, program and team level
- provide education and support to team management for implementing COVID-19 Health Screening activities
- provide education and support to team management for addressing COVID-19 positive participants
- provide education and support to team management for addressing COVID-19 known and suspected Close Contact situations
- reach out to the UAHA COVID-19 Workgroup for consultation on establishing organization level protocols to ensure compliance with local health department rules and regulations for COVID-19
- reach out to the UAHA COVID-19 Workgroup for consultation with unique circumstances that fall outside of the standard guidelines
- maintain confidentiality of COVID-19 positive individuals upon request and establish safe recordkeeping of all individual personal health information documentation

### **Responsibilities of Every Utah Hockey Participant Including Spectators During the COVID-19 Pandemic**

- Adhere to all local governing rules regarding COVID-19 risk reduction and infection control and the regulations in place when traveling to out of area and out of state hockey events
- Respect the individuals and groups that are navigating this difficult environment. They are working to balance regulations, facility guidelines and the health and safety of participants during the COVID-19 pandemic.
- Be patient. Everyone wants hockey to continue and we are all making sacrifices this season.
- Participants testing positive for COVID-19 must disclose their positive testing status to their organization. Discretion will be exercised to retain confidentiality. Minimal disclosure of one's identity will be maintained while conducting the necessary steps for contact tracing for the purpose of determining safe return to play timelines for players, coaches, volunteers affected by an known exposure or suspected exposure.

## PREVENTION MEASURES

### Keeping Utah's Athletes Safe and Healthy

The COVID 19 pandemic has, without doubt, disrupted hockey as we have known it. In Utah, we are fortunate that we are able to enjoy and participate in hockey during the COVID pandemic. USA Hockey has sanctioned youth hockey for the 2020/2021 season with a number of safeguards in place. UAHA will continue to work within the USA Hockey established recommendations to ensure hockey opportunities continue in the safest manner possible. Your cooperation in maintaining safeguards is greatly appreciated. <http://communications.usahockey.com/site/R?i=W75tG3u7qGXY7irTHcyioA>

The inherent risk of youth sports cannot be ignored, and it is critical that we all do our part to minimize the risk for contracting and spreading COVID-19 in order to keep players on the ice in the safest manner, for as long possible this season. While many infected with COVID-19 experience a mild illness, an important number of individuals develop significant illnesses with long lasting or permanent impairment. Every level of Utah's youth and adult hockey community has additional responsibilities during the COVID pandemic. Sub-affiliates, associations, teams, players, coaches, officials, and spectators all have a role in maintaining compliance with CDC, municipal, city, county, state and federal guidelines at all times. To do so ensures that hockey continues in Utah.

**Playing hockey during a pandemic is a privilege. Every hockey participant, volunteer and spectator need to do their part to adhere to the requirements of the state, counties, rinks, and teams. Cooperation is expected and much appreciated.**

## UAHA COVID-19 EXPOSURE AND PREPAREDNESS PLAN 2020-2021

### Recommended Risk Reduction Measures

#### For Utah Hockey Associations, Leagues, Teams, Parents, Players, Spectators

This section of the UAHA COVID Guidance document is a supplement to regulations and does not supersede any local, state or federal regulations. Each rink, event and tournament may impose additional rules that must be followed. Understanding and responding to the COVID-19 pandemic is changing all the time. Regular updates to this document are expected.

Supplementary information may be distributed as necessary.

#### Practice, Scrimmages and Games:

- Participants (e.g., players, coaches, ice officials) in hockey events (practice, scrimmages, games, training) will have their symptoms checked, including temperature checks as required, prior to participating in the hockey activity or entering facilities where activities are taking place. Those who are symptomatic cannot participate and should leave the facility or activity to reduce the chance of spreading infection.
- Team management should be prepared to contact the parent/guardian of a minor child who presents with COVID-19 symptoms at the team event/activity and chaperone the individual until the parent/guardian is present.
- Associations, programs, leagues should develop a protocol for conducting COVID-19 symptom screenings; a process for managing those who fail the screening protocol; and a process for regularly evaluating their symptom screening procedures, documentation and reporting.
- Associations, leagues, programs should communicate that if any member/spectator is exhibiting any symptoms of COVID-19 illness, prior to the event/activity, that person should stay home. Individuals who have COVID-like symptoms not caused by another condition, should stay home. Refer to the section on Symptom Screening for a full listing of COVID-19 symptoms and health screening questions. A liberal interpretation of any potential illness is encouraged to reduce the spread of infection. Stay home if there is any question of illness.
- Associations, leagues, programs should communicate to all persons, including spectators, players, coaches, ice officials, others entering the rink and in vicinity of the rink must wear a face covering. The only exception may be while skating on the ice (unless rink regulations indicate otherwise). Face coverings must be worn when entering and exiting a rink or training facility, in locker rooms, on the player benches and during coaching while not skating. Rink and training facilities will vary with their regulations. All should inform themselves of the face covering and social distance regulations at each facility. Link to additional information on face coverings: <https://slco.org/health/COVID-19/faq/faq-facecoverings/>
- Associations, leagues, programs should communicate that spectator limits are determined by each facility. Spectators are expected to wear a face covering and practice social distancing of 6 feet apart from non-household members.
- Associations, leagues, programs should communicate to their membership that rinks and training

facilities have the authority to remove those who are non-compliant with face covering, social distancing, group gathering and other regulations. Sitting in an upper level of the facility does not exempt one from enforcement of regulations.

- Associations, leagues, programs should communicate that spectators should stand or sit in only those areas designated by the rink or facility.
- Associations, leagues, programs should communicate that home dressing is strongly encouraged. The locker room is high risk for close contact and increases risk of transmission of the COVID-19 virus. It is safest to avoid using the locker room altogether. If locker room use is necessary, keep it to less than 15 minutes, use social distancing guidelines and keep the face covering in use in the locker room and hallways.
- The locker room should be disinfected both before and after practices. Each team should inform themselves of the sanitation guidelines in place for the rink(s) and facilities they are using.
- Players should wait outside of the rink until the minimum time it takes to be on the ice. Fifteen minutes or **less** is recommended. Congregations of players and parents outside or in the lobby of the rinks and facilities should be avoided.
- Dryland activities inside the arena are not advised and may be prohibited by the rink facility.
- Use of the player bench during practice is discouraged.
- Player benches may constitute close contact thus increasing risk of infection. Similar to the locker room, the player bench presents a higher risk for transmission of COVID-19. Coaches and team management may consider instituting a strategy that maximizes physical distance between players on the bench, during game play, stoppages, intermissions, etc. Space outside the bench area (next to the player bench) should be utilized whenever possible to distance players when the player bench is in use.
- Pregame or postgame handshakes are prohibited. Teams should honor each other after the game with a blue line stick tap.
- Pregame and postgame huddles or post goal gatherings on the ice should be avoided. Teams should consider stick taps to honor goals and conclusion of the game.

#### Personal Hygiene and Equipment

- Frequent hand washing for at least 20 seconds with soap and water or use of hand sanitizer (60% alcohol) is highly encouraged; this should be done before and after coming to practice, at a minimum. In addition, players and parents are encouraged to use disinfecting stations present at the rinks.
- Players should clean and disinfect equipment after each use whenever possible.
- Sharing of water bottles is prohibited. If a player does not bring a water bottle, under no circumstances, will the player be permitted to share with another player. Team management should mark water bottles clearly with name and player number to avoid confusion.
- Players should not share any equipment; this especially applies to mouthguards.
- Hockey helmet face shields may provide additional protection, but this has not been definitively demonstrated and is not recommended at this time.

#### Tournaments

- There should be no social gatherings in the lobbies, halls or hotel rooms by team members. Families should stay isolated with the family between games, traveling to and from games and for meals.

- Group activities will be limited to activities where social distancing can be maintained. Outdoor gatherings are preferred.
- Face coverings should be worn at all times when any member of our team community is in public.
- Local tournaments run by your organization or others may have additional restrictions specific to the venues.
- All out of state travel requires an application for a travel permit to be submitted to UAHA prior to travel. The application will require COVID regulations from the state that will be visited. Additional documentation may be requested. Allow ample time to gather necessary documentation.

## Recommended Symptom Screening

**All teams should perform symptom screening prior to a team event, practice, scrimmage or game and keep a record of individuals attending the event. There are a variety of free and paid tools to accomplish pre-event symptom screening.**

The symptom screening process is to be administered at the team level and monitored at the organization level. Symptom screening should include the following:

Date of Event Location of Event

Participants Full Names

Recent exposure to COVID or positive COVID test result Any household contacts currently diagnosed with COVID Symptom checklist

### **CDC Recommended Checklist of current symptoms:**

*A comprehensive checklist could include the following symptoms. Ideally a participant would determine if they have these symptoms prior to leaving for the rink and stay home accordingly.*

1. Have you had any of these symptoms within the past 48 hours that are not caused by another condition?  
Fever (100.4) or chills within the past 48 hours Cough  
Shortness of breath or difficulty breathing  
Fatigue  
Muscle or body aches Headache  
New loss of taste or smell Sore throat  
Congestion or runny nose  
Nausea or vomiting Diarrhea
2. Have you received a positive COVID-19 test result within the last 10 days?
3. Has someone in your household received a positive COVID-19 test result within the last 14 days?
4. Within the past 14 days, have you had contact\*\* with anyone that you know/had COVID-19 or COVID-like symptoms (includes those who live in the household)?
5. Within the past 14 days, has a public health or medical professional told you to self-monitor, self-isolate, or self-quarantine because of concerns about COVID-19 infection?
6. Are you currently waiting on COVID-19 test results?

It is most important to determine if 1) the participant/spectator has symptoms today 2) have they been



exposed to COVID-19 3) have they been asked to quarantine by a healthcare professional, or 4) are they waiting for a COVID-19 test. The screening questions above are to help the screener identify those who should stay home or not participate.

\*\*Contact is being 6 feet (2 meters) or closer for more than 15 minutes with a person, or having direct contact with fluids from a person with COVID-19 (for ex: being coughed or sneezed on)

## Tools to Assist Teams with Symptom Screening

### *Sports Management Apps*

Various electronic tools are available for players or parents/guardians to submit a health screening survey. Typically, the player/parent, coach or volunteer fills out a questionnaire using a mobile device prior to an event, the software app clears player or flags player for review. The health survey data is stored electronically. Some tools are free while most require a fee or subscription to access the App.

### **Team Snap: *Health Check* – [www.teamsnap.com](http://www.teamsnap.com)**

TeamSnap uses *Health Check*, a tool which administers four (4) questions recommended by the CDC for COVID symptom screening. Features include a questionnaire-style screening tool which becomes available to the player, coach, parent or volunteer, no more than opens 8 hours before an event (game/practice. During the fall/winter 2020 season, the TeamSnap Health Check tool is available at no cost. Data stored for 90 days and can be downloaded for permanent storage. A team must register itself and players/parents to use the tool.

### **AthleteMonitoring.com**

This is a subscription-based athlete data collection and monitoring tool. AthleteMonitoring.com has a COVID-19 symptom screening module to identify symptoms and mitigate risks as part of its paid subscription plan.

### **Pen & Paper Questionnaires**

Some teams are using a pen and paper questionnaire that they developed themselves or have borrowed from a trusted health care source. The player and/or parent fill out questionnaire at event or prior to event and send to the Team Manager who keeps a record of all questionnaires for duration of season. Some teams will have a volunteer administer the questionnaire prior to the player, coach or spectator entering the facility.

### **Google Docs**

Some teams design their own online questionnaire and store the document online. A Google Document link is provided to the player, coach and spectator prior to the event by a volunteer. The document is stored electronically and can be accessed by the team manager and reviewed prior to the event. Those indicating a COVID symptom can be screened prior to the player interacting with others at the rink or preferably, before leaving for the rink.

### **Chatbots** **42chat.com**

42chat.com will send a text to a designated group on event day with a link for the participant to access a questionnaire. The questionnaire flags those with COVID symptoms or exposure risks. 42chat.com is available through a paid subscription.

### **Communication of Screening Data**

Teams should keep data collected private. Data shall be provided to the rink/facility as required by rink, local and state health department regulations.

## **What to do when a player/coach tests positive for COVID-19**

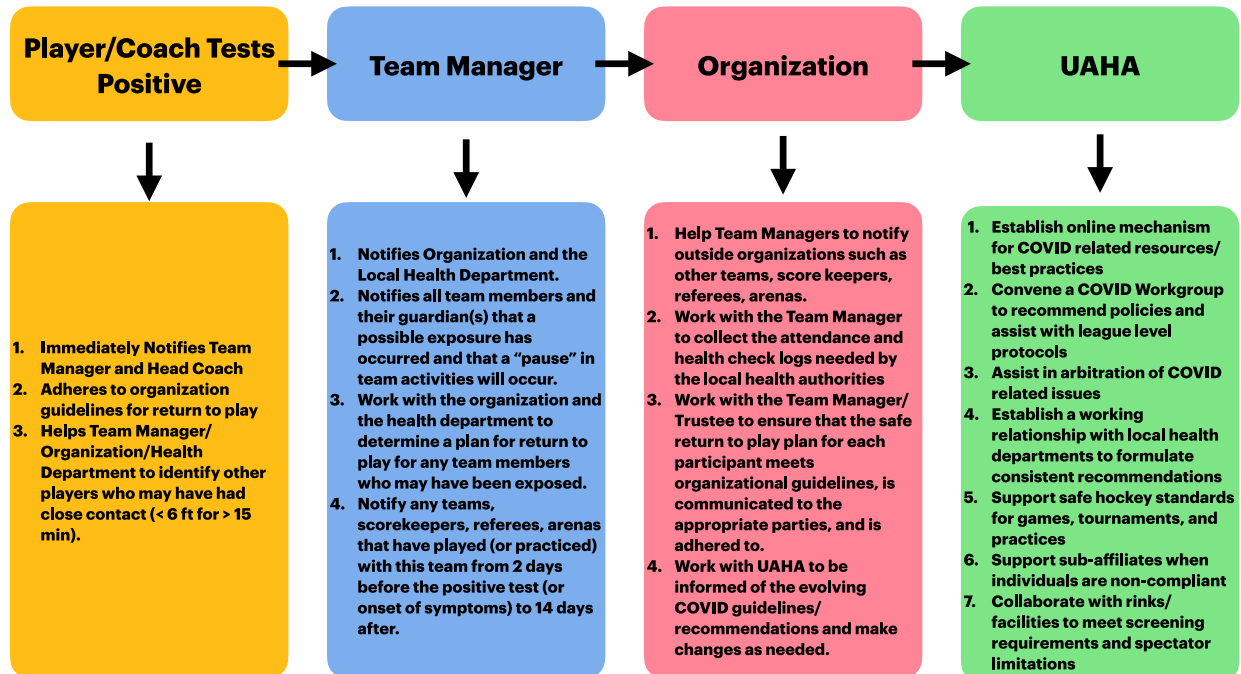
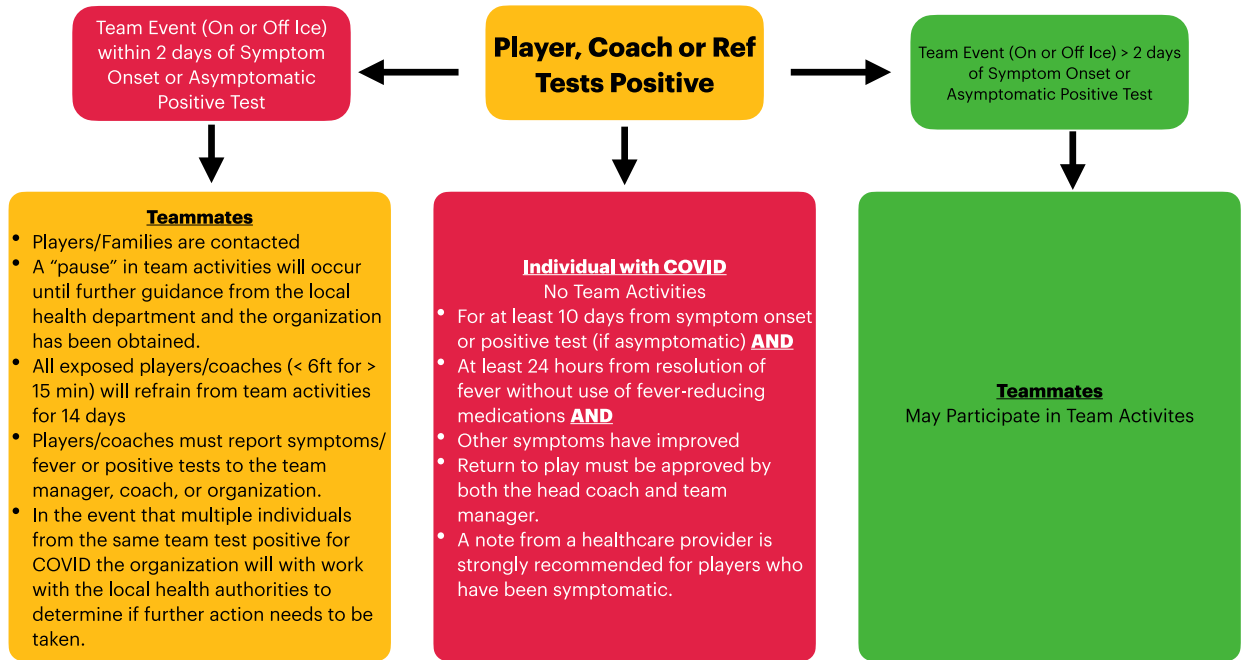
This section of the UAHA COVID Guidance document provides information for teams participating in Utah Amateur Hockey Association (UAHA) programs and who have a participant test positive for COVID-19 or who have a participant who comes in close contact with someone who tested positive for COVID-19. This document is intended to complement, not replace, specific recommendations a team member may receive from a health care provider or local and state health departments or their sub-affiliate, association, league or other hockey governing entity. As our understanding of COVID and local conditions evolve, the recommendations from UAHA will be adapted as well.

### **Player & Family Responsibilities with a COVID Positive Participants**

1. The player or the player's parent/guardian shall immediately notify the Team Manager if their player has symptoms related to COVID-19 or tests positive for COVID-19.
2. A player/coach testing positive for COVID-19 shall stay away from all team activities for at least 10 days from symptom onset or from the positive test if asymptomatic (without symptoms). This guidance shall be adhered to unless the player or coaches' local health department advises an extended period.
3. A player/coach with a positive COVID-19 test shall stay away from team activities for at least 10 days even if the player/coach is without symptoms. Prior to returning to the ice or other team activity, the participant that tested positive shall be free of fever (100.4 or higher) for 24 hours without the use of fever reducing medication, they should have improvement in their symptoms, AND should receive approval from the team manager/ trustee and head coach to return to team activities. A note from a health care provider clearing the player/coach to return to team activities is strongly recommended for participants who had symptoms.
4. Any player/family that chooses to refrain from team activities during this time period shall NOT be penalized by the team, coach, or league for their decision.
5. CDC recommendation for persons who have had a COVID-19 illness in the previous 3 months and have recovered and has a subsequent exposure, without symptoms, do not have to stay away from team activities. Documentation may be requested to demonstrate past infection.

# WHAT TO DO WITH A COVID POSITIVE PARTICIPANT

## AT-A-GLANCE



### **Team Manager/Trustee Responsibilities with a COVID Positive Participants**

1. The Team Manager shall inform themselves of the persons or committee who will be the COVID contact person(s) for their organization.
2. When the team level manager learns of a player/coach who has tested positive for COVID-19 or is made aware of a known close contact, the team level management shall immediately notify their organization's COVID contact person or Committee and work with that person or group to construct a response plan. The organization's structure for responding to COVID positive players/coaches may include asking the team level management to facilitate the following:
  - Notification of the COVID positive test or close contact to the local health department
  - Communication with the team regarding exposure risks and additional precautions
  - Communication with the player/coach family
  - Communication with the league, tournament director or other governing authorities
  - Notification to team members, that the team will take a "pause" from all team activities until receiving further guidance from the local health department. This "pause" will allow for appropriate notification, contact tracing, education and decision-making. Guidance and the response will vary from situation to situation and the team management can assist in communicating this to the players, coaches and parents/guardians.
  - Communication with other teams, scorekeepers, referees or rink staff that may have been in contact with the COVID positive player/coach.
  - Ensuring compliance with the return to play guidelines.
3. Team level management may be provided with a note from the personal health care provider of the player/coach indicating a return date to team activities that is different from the local health department. In this situation, the team level management should provide that information to their organization's COVID contact person or committee for review and response. A clearance note, from one's health care provider is recommended if the player had significant symptoms, however is not required. Obtaining such documentation is at the discretion of the player/coach family.

**Organization (Sub-Affiliate/League) Responsibilities with COVID Positive Participants** Each UAHA sub-affiliate shall designate a COVID point person or COVID committee (2-3 people) within the organization who will be responsible for establishing sub-affiliate or league protocols for responding to COVID concerns, communications and compliance. The sub-affiliate level designee/committee shall undertake the following steps:

- establish and implement a communication process for notifying all necessary parties of a positive COVID test within the organizations' participant membership.
- notify the facilities where your organization's positive testing player/coach may have been in contact with others. Prompt notification is encouraged as it allows the facility to take swift action.
- notify the teams, team management, players or participants who may have been in contact with the positive testing participant.
- notify the local health department of the positive testing player/coach and work with the health department to contract trace
- should the local health department delegate contract tracing/notification activities to the sub-affiliate or league, that requirement shall be fulfilled as requested
- establish a system for recording and recordkeeping of team activity attendance. The attendance record shall include the name of team event, date, time, and location, all participants attending the event including players, coaches, volunteers and to the degree possible, spectators
- cooperate with the local health department in providing attendance logs on request
- work with the team manager to notify opponents, teammates, coaching staff, volunteers, game officials, scorekeepers and others who may have been in contact with the COVID positive player/coach,
- establish and enforce dress/undress protocols as a risk reduction measure and in compliance with Safesport recommendations
- ensure that the safe return to play plan, for the positive testing player/coach, meets the guidelines set forth by the state, local health authorities and hockey governing entities.
- implement the return to play recommendations as provided by the local health authority
- use these opportunities to educate players, coaches, parents and spectators regarding the known risk reduction measures, the procedures for responding to positive testing players/coaches and the return to play guidelines
- establish a protocol for addressing **multiple positive COVID testing participants and multiple known close contacts** among the team and organization's participants. At a minimum the organization should cease all participant activity and assess the situation in collaboration with the COVID point person, committee, local health department and other informed entities.
- be prepared and flexible to respond to changes in regulations that may affect the current model for on-ice and off-ice team activities and spectator involvement
- conduct an assessment of the organization's response to a COVID positive situation and institute corrective measures as needed.

## **Utah Amateur Hockey Association Responsibilities with COVID Positive Members** UAHA

recognizes that COVID-19 has affected the various geographic regions of the state to different degrees. Due to this, COVID regulations and standards vary from community to community. The State of Utah has established the Utah Leads Together plan to help all communities inform their citizens of safe activities and practices for all ages. UAHA supports 100% compliance with local, city, county, municipality, state and federal government and health department rules, policies and guidelines, including the USA Hockey "Return to Play Standards".

UAHA has convened a workgroup to provide guidance that aims to keep hockey players on the ice, as long as reasonable, in the safest manner possible. The workgroup has representation from Utah's hockey programs and leagues. The guidance provides the most general standards being applied today and it encourages each sub-affiliate, program, league and team to find the best solutions to reduce risks, address concerns and return to play while adhering to prevailing recommendations and mandates. At a minimum, UAHA will recognize the following:

- Guidelines established by USA Hockey Inc, The Centers for Disease Control and Prevention, Utah Leads Together guidance, the World Health Organization and State and Local Public Health Departments

UAHA will provide the following support to Utah sub-affiliates, leagues and partners:

- Work with sub-affiliates and ice facilities to support youth ice hockey this season
- Establish an online mechanism for the availability of COVID-related educational resources for all patrons of Utah Hockey
- Convene and authorize a COVID-19 Workgroup to recommend COVID-related recommendations and policies for safe participation of Utah's youth hockey community
- Provide guidance and support to organizations as needed in regard to following local public health recommendations, CDC recommendations and WHO guidelines
- Facilitate the sharing of Utah hockey's best practices for addressing COVID-19 challenges.
- Assist sub-affiliates with consultation in establishing sub-affiliate/league level protocols and response plans via the COVID workgroup
- Assist sub-affiliates in arbitration as needed in regard to COVID-19. This may include representatives of the UAHA Board of Directors, the UAHA COVID Workgroup, organization COVID-19 contact persons/committee members.
- Establish a working relationship with local health departments to streamline reporting and to formulate consistent recommendations.
- Partner with sub-affiliates to support continued safe hockey standards for games, tournaments, scrimmages, practices and skills development sessions, etc., during the COVID pandemic.
- Support sub-affiliates when non-compliant individuals or groups jeopardize a team's safety or continued play
- Collaborate with rink and facility in establishing and updating guidelines for team use, COVID Screening requirements and Spectator Limits.

## What to do if my Player/Coach reports Close Contact with someone who has tested positive for COVID-19

It helps to understand how a person is determined to have been a close contact of someone known to have COVID-19. The CDC defines a close contact as a person who was within 6 feet for at least 15 minutes of someone infected with COVID-19. A “close contact” includes anyone who:

- lives in the same household with a COVID positive person,
- anyone with direct physical contact with the COVID positive person (hugged or kissed),
- anyone who shared eating or drinking utensils with a COVID positive person.
- anyone who came in contact with respiratory droplets from a COVID positive person who may have sneezed, coughed or transferred respiratory droplets to them

If a player/coach is determined to have been in close contact with a COVID positive person, the player/coach must stay away from team activities for 14 days since the last contact with the positive testing person. Even if the COVID positive person receives a negative test result, the player/coach, who was in “close contact” needs to stay away from team activities for 14 days.

If a player/coach develops symptoms (cough, shortness of breath, loss of taste or smell, fever of 100.4 degrees Fahrenheit or higher) and/or a positive COVID test result is received, the player coach needs to stay away from team activities as follows:

- for at least 10 days from the time symptoms started,
- AND until symptoms improve,
- AND no fever (100.4) for 24 hours (without fever reducing medications)

Other team participants who were deemed to not be in close contact with a person testing positive for COVID-19 **do not** need to stay home and may participate in team activities

## What to do if my team has multiple participants who are now COVID positive

If your team has multiple players testing positive for COVID-19, your organization’s leadership should be made aware of this situation. The COVID contact person or committee shall notify the local health department and begin the work to address the situation. A team or organization with multiple positive testing participants will need to conduct due diligence and institute a response that is appropriate for that team and organization.

- At a minimum, the sub-affiliate, league or organization with multiple positive testing participants or multiple known “close contacts” shall cease team or organization level activities to provide the opportunity to assess the situation, notify UAHA and implement a response with appropriate safeguards for that team and organization.
- When the positive COVID testing participants extend beyond a single organization, UAHA shall be notified.

## Health Information and Privacy

1. Participants with positive COVID tests have an obligation to disclose the date of their positive COVID test and/or onset of symptoms to the organization.
2. A player/coach/participant must follow the quarantining recommendations (10 days after receiving a positive test result and 24 hours without fever without the use of fever reducing medications and symptom improvement)
3. If a player/coach/participant chooses to have their identity kept confidential, they must designate a trusted person to inform close contacts. This might be the health department or designated “COVID contact” of the team. This designee can then inform the close contacts the manner in which they were exposed (definite or possible close contact) without naming the infected individual.
4. Should a participant, who has a positive COVID test choose not to share their identity with the team, their case will be turned over to the local health department for further action. One consequence of anonymity includes risk for an entire team(s) entering an extended quarantine due to the inability to conduct thorough contact tracing and notification.
5. Should a player choose to disclose their identity with the team, manager or organization, those entities shall use discretion with the handling of the participants identity. Minimal disclosure of one’s identity shall be exercised.

Recommendations for staying home or away from team activities and resuming hockey activities will be issued based on the understanding of the nature of the unique circumstances of the situation.

## This Guidance has been developed using the following documents:

CDC Quarantine and Isolation

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf>

CDC When to Quarantine

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

American Academy of Pediatrics Quarantine Guidance <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>

COVID-19 Sports Guidance for Youth and Adults

<https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>

Frequently Asked Questions: Health Department Salt Lake County <https://slco.org/health/COVID-19/faq/faq-facecoverings/>

Utah’s Stay Safe Plan <https://coronavirus.utah.gov/stay-at-home/>

[#:~:text=Stay%20Safe.&text=This%20is%20not%20a%20shelter,in%20our%20state%20and%20communities.](#) USA HOCKEY - Player Safety & Health <https://www.usahockey.com/playersafety>



## ADDITIONAL HOCKEY-RELATED COVID RESOURCES

<https://wisehockey.com/wisehockey-helps-to-assess-covid-19-risks-in-youth-hockey/>

USA HOCKEY - RETURNING TO THE RINKS

<https://cdn4.sportngin.com/attachments/document/d8b1-2158869/>

[Returning to the Rinks 05-05-2020 1\\_.pdf#\\_ga=2.212101716.1522965033.1601834819-1207015437.1597243231](https://cdn4.sportngin.com/attachments/document/d8b1-2158869/Returning_to_the_Rinks_05-05-2020_1_.pdf#_ga=2.212101716.1522965033.1601834819-1207015437.1597243231)

USA HOCKEY - MITIGATING RISKS

<https://cdn1.sportngin.com/attachments/document/5e7c-2230755/>

[MitigatingRisk.8.17.20.pdf#\\_ga=2.212101716.1522965033.1601834819-1207015437.1597243231](https://cdn1.sportngin.com/attachments/document/5e7c-2230755/MitigatingRisk.8.17.20.pdf#_ga=2.212101716.1522965033.1601834819-1207015437.1597243231)

USA HOCKEY - FACEMASKS AND COVID-19

<https://cdn3.sportngin.com/attachments/document/a86d-2166147/>

[FullShield.FaceMasks.COVID19.Sept2020.pdf#\\_ga=2.145075188.1522965033.1601834819-1207015437.1597243231](https://cdn3.sportngin.com/attachments/document/a86d-2166147/FullShield.FaceMasks.COVID19.Sept2020.pdf#_ga=2.145075188.1522965033.1601834819-1207015437.1597243231)

USA HOCKEY - BODY CONTACT IN ICE CONTACT

<https://cdn1.sportngin.com/attachments/document/afbf-2242200/>

[Report\\_Regarding\\_Immediate\\_Proximity\\_Associated\\_with\\_Body\\_Contact\\_in\\_Ice\\_Hockey.pdf#\\_ga=2.153462392.1522965033.1601834819-1207015437.1597243231](https://cdn1.sportngin.com/attachments/document/afbf-2242200/Report_Regarding_Immediate_Proximity_Associated_with_Body_Contact_in_Ice_Hockey.pdf#_ga=2.153462392.1522965033.1601834819-1207015437.1597243231)

USA HOCKEY - ON ICE DISTANCING ACTIVITIES

[https://cdn2.sportngin.com/attachments/document/5da9-2178463/Early\\_Return\\_On-](https://cdn2.sportngin.com/attachments/document/5da9-2178463/Early_Return_On-)

[Ice\\_Activity\\_Samples.pdf#\\_ga=2.148865655.1522965033.1601834819-1207015437.1597243231](https://cdn2.sportngin.com/attachments/document/5da9-2178463/Early_Return_On-Ice_Activity_Samples.pdf#_ga=2.148865655.1522965033.1601834819-1207015437.1597243231)

USA HOCKEY - HACKS FOR SURVIVING COVID-19

<https://www.usahockeymagazine.com/article/2020-10/hacks-when-new-normal-isn%E2%80%99t-all-normal>

A Communique from USA Hockey <http://communications.usahockey.com/site/R?i=W75tG3u7qGXY7irTHcyioA>

### Links to COVID-19 Educational Resources

Centers for Disease Control - Coronavirus 2019 <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

CDC Considerations for Youth Sports

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

UTAH - COVID-19: School Manual <https://coronavirus.utah.gov>

Utah's Phased Guidelines For the General Public & Business [https://coronavirus-](https://coronavirus-download.utah.gov/Health/Utah_Phased_Guidelines.pdf)

[download.utah.gov/Health/Utah\\_Phased\\_Guidelines.pdf](https://coronavirus-download.utah.gov/Health/Utah_Phased_Guidelines.pdf)

Utah's Stay Safe Plan <https://coronavirus.utah.gov/stay-at-home/>

[#:~:text=Stay%20Safe.&text=This%20is%20not%20a%20shelter,in%20our%20state%20and%20com](https://coronavirus.utah.gov/stay-at-home/#:~:text=Stay%20Safe.&text=This%20is%20not%20a%20shelter,in%20our%20state%20and%20com)

[municipities.](#)

USA HOCKEY - Player Safety & Health <https://www.usahockey.com/playersafety>