

RoughRiders Hockey Club COVID-19 Protocols

COVID-19 Protocol
*Subject to change**

10-4-2021 Update

During this time RRHC will be using the National CDC Guidelines, USAH recommendations, MWAHA recommendations, local, and state recommendations and regulations in COVID-19 mitigation strategies.

We are thankful to be involved in returning our athletes to the ice and providing a sports environment through these unprecedented times. This plan is put into place to mitigate risks to the best of our ability but does not eliminate all risks.

Section 1A: Reporting of Exposures, Symptoms, & Test Results

ANY and all exposures, symptoms, and test results will be reported through this form:

[REPORT Exposures, Symptoms, and Test Results Here!](#)

If your player has any positive tests over the previous 90 days prior to the start of the season it is important to fill out the above form.

This form is only accessible by the Executive Director and Vice President of RRHC. At no time, will the information be shared to any individual other than the former listed.

Section 1B: Personal COVID-19 Mitigation Steps

Remember that we can all contribute to helping mitigate COVID-19 by doing four things:

1. Get vaccinated if available
2. Stay home when sick
3. Practice good physical distance
4. Washing of hands and use of hand sanitizers
5. Wearing masks out in public areas

Section 1C: Masks – When and who should be wearing masks:

- RRHC supports CDC guidance on masks as follows
- People, including children older than 2, should wear a mask in indoor public places if they are:
 - Not fully vaccinated
 - Fully vaccinated and in an area with substantial or high transmission
 - Linn County Transmission Rate – HIGH as of 9-30-21:
https://covid.cdc.gov/covid-data-tracker/#county-view|Iowa|19113|Risk|community_transmission_level
 - Fully vaccinated and with weakened immune systems
- In general, you do not need to wear a mask in outdoor settings.

- In areas with [high numbers of COVID-19 cases](#), consider wearing a mask in crowded outdoor settings and for activities with [close contact](#) with others who are not fully vaccinated.

Section 2: Before Leaving for Facility

Players can NOT participate if

1. Participant(s) must have their temperature taken at home before leaving for the arena, if above 100.3 they cannot participate.
2. Participant(s) must not be showing any symptoms of illness, with or without fever to participate:
 - a. Cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache
 - b. Chills, severe body aches/pains, extreme fatigue, headache, sore throat, new loss of taste/smell.
 - c. They have a possible, or confirmed, exposure to COVID 19, as identified by LCPH or other health official, by a close contact.

Section 3A: Positive Test - Quarantine Guidelines

1. Participants/staff will not return to activity until they meet CDC guidelines or have approved return to play from PCP.
2. Quarantine
 - a. Return to play when:
 - i. after day 10 without testing, and no symptoms
 - ii. After day 7 of no symptoms and after receiving a negative test result (test must occur on day 5 or later)
 - b. If possible, stay away from people you live with, especially people who are at [higher risk](#) for getting very sick from COVID-19.
 - c. After quarantine
 - i. Watch for symptoms until 14 days after exposure.
 - ii. If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.

Section 3B: Exposure - Quarantine Guidelines

1. Non-casual contact - a person in household has tested positive
 - a. Quarantine - unvaccinated
 - i. Return to play when:
 1. after day 14 without testing, and no symptoms
 2. After day 7 of no symptoms and after receiving a negative test result (test must occur on day 5 or later)
 - ii. If possible, stay away from people you live with, especially people who are at [higher risk](#) for getting very sick from COVID-19.
 - iii. After quarantine
 1. Watch for symptoms until 14 days after exposure.
 2. If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.
 - b. Quarantine - Vaccinated

- i. Not fully vaccinated
- ii. Fully vaccinated and in an area with substantial or high transmission
 - 1. Linn County Transmission Rate – HIGH as of 9-30-21:
https://covid.cdc.gov/covid-data-tracker/#county-view|Iowa|19113|Risk|community_transmission_level
- iii. Fully vaccinated and with weakened immune systems
- b. If 6 ft cannot be maintained hallways/lobbys must be used - **NO MORE THAN 10 PLAYERS IN A LR AT IMON ICE ARENA**
 - i. Use locker room or bathroom to change into under garments then player can go back to hallway
 - c. Locker room monitors/coach must be present 100% of the time.
- 3. Participants must have their own water bottles
 - a. Players under NO CIRCUMSTANCE are allowed to share water bottles
 - b. All players are required to have a water bottle with their first and last name clearly printed on the bottle.
- 4. Masks for players and coaches on-ice is not required

Section 6: Following Completion of Session

- 1. Participants are highly recommended to exit the premises in a timely manner to minimize “hanging out”
- 2. Participants should disinfect helmets, sticks, and skates following each session.
- 3. Wash clothes (jerseys, pant shells, socks, and gloves) with high temperature after each training session.

Section 7: Notification of COVID-19 Exposure

- 1. RRHC will notify the group of players and coaching staff that someone has tested positive if attended a team event within the infectious period.
 - a. RRHC will not divulge the specific name of said participant, family member, or staff member.

A FINAL NOTE: As a participant, parent, or legal guardian you have a responsibility to minimize your social contact when away from the arena throughout the pandemic crisis. Anytime you go out to a restaurant, work, to a friend’s house, etc. you are increasing the risk of becoming infected and bringing that with you to the arena and infecting others. While there are certainly essential things you must do while not at the arena, you have a responsibility to minimize this risk.

All COVID-19 decisions will be delegated to the RRHC designated coordinator Dr. Gailushas.