



Covid Guidelines/Recommendations:

The following document serves as recommendations. At all times, ERRA will adhere to local and state guidelines in which the practice/events are being conducted. With that in mind, please be aware information may be updated/changed on a routine basis.

Each Team will have a COVID 19 point of care contact person. In the event that you have any questions or concerns regarding COVID, these individuals will be your **FIRST** contact person. **ALL INQUIRIES WILL REMAIN CONFIDENTIAL**

If you are feeling ill-- PLEASE STAY HOME.

Skaters/coaches will not be allowed to attend practices if he/she develops any of the following symptoms commonly found with COVID-19:

- fever/chills (as noted above)
- Cough/congestion or runny nose
- Shortness of breath or difficulty breathing
- Headache
- Loss of taste or smell
- Sore throat
- nausea/vomiting/diarrhea

Based on CDC guidelines Please Review the ERRA action plan for the following scenarios.

- 1. COVID 19 Exposure- close contact (ie- family members)**
- 2. Skater or Coach COVID 19 testing- pending results**
- 3. Skater or Coach COVID 19 positive**
- 4. Travel considerations**

SCENARIO #1- If “close contact” with someone with confirmed COVID 19 (please see description below for “what is a close contact”)

❖ **ACTION Required: Covid 19 point of contact must be alerted**

- What is a **CLOSE CONTACT?**
- You were within 6 feet of someone who has COVID-19 for at least 15 minutes
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (touched, hugged, or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

❖ **ACTION Required.**

- Begin self-quarantine as soon as exposure is identified.
- Skaters will not be allowed to return to practice until 14 days after LAST contact with above individual
- Updated CDC guideline recommendations can be found in the link below
 - [Quarantine If You Might Be Sick](#)

For all of the above listed scenarios, even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus

SCENARIO #2- PENDING COVID 19 RESULTS?

If you have been tested and your result is Pending.

❖ **ACTION Required:**

- **Notify COVID 19 point of contact**
- You MAY NOT return to practice while waiting for your result
- REMINDER. Even if you test negative and have had confirmed close contact exposure-- you must follow 14-day quarantine guidelines as identified above. No practice!

If a family member or "close contact" was tested and their result is pending (whether with or without symptoms). --> The skater is NOT allowed to return to Practice until the close contact/family member receives results. ***(Exception, If you or a family member is REQUIRED to be tested routinely due to work responsibility, please communicate with COVID point of contact. Your skater will be allowed to skate)***

❖ **ACTION Required:**

- **Notify COVID 19 point of contact**
- Return to practice guidelines will be based on results.

SCENARIO #3- CONFIRMED COVID CASE- SKATER OR COACH

In the event skater has confirmed diagnosis of Covid:

❖ **Notify your COVID-19 point of contact.**

- **If positive for COVID 19- an individual may not return to rink until:**

- Fever free x 24 hours without fever reducing medication **AND**
 - At least 10 days since symptoms first appeared and/or since diagnosis (if symptom free) **AND**
 - Symptoms have improved.
 - If access to repeat testing-- has obtained a negative Covid test x 2 after diagnosis. Note-- access to testing varies and thus only a recommendation if available **OR**
 - Released from Quarantine by Public Health and/or physician-primary health care provider
- ❖ Updated CDC guideline recommendations can be found in the link below:
- [When You Can be Around Others After You Had or Likely Had COVID-19](#)
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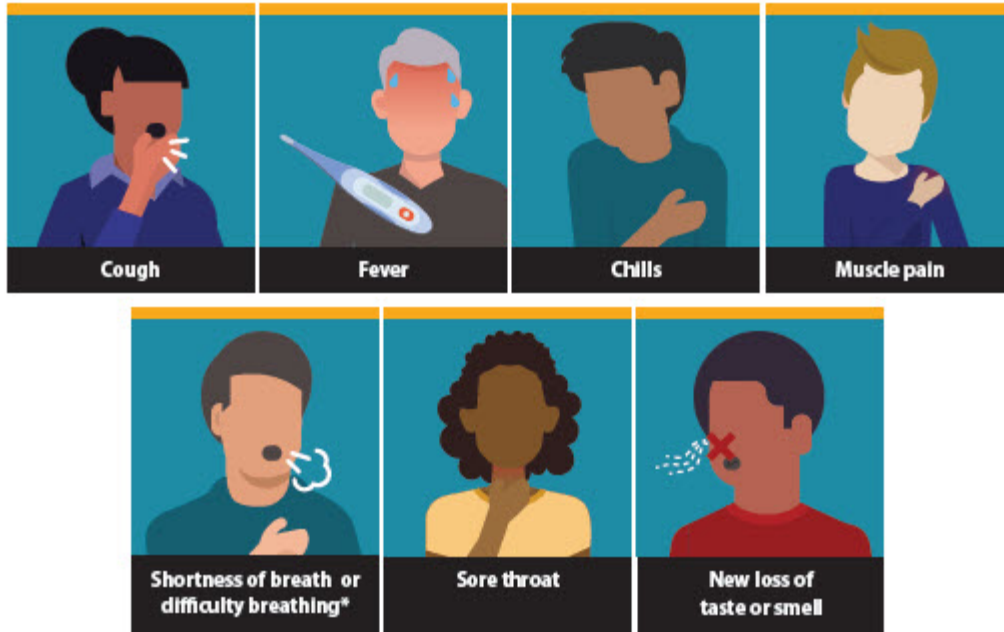
SCENARIO #4- TRAVEL CONSIDERATIONS

Travel Scenarios.

- ❖ Skaters who have traveled or had close contact with individuals who traveled out of the Country or to states with a travel advisory may require a 14-day quarantine from practice/events
 - This will be handled case by case due to ongoing travel advisory changes
 - Please notify your COVID 19 point of contact prior to travels as well as prior to return to practice for further instruction/planning.
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Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

***Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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