

Mora Civic Center & MAYRA COVID-19 Policy 2021-2022

Modified 11/21/2021

In an effort to provide a safe environment for all players, coaches, volunteers and employees the following policy has been implemented for the 2021-2022 season. The MAYRA Board of Directors reserves the right to review this policy as needed and make changes based on information and recommendations from Minnesota Department of Health, District 10 Hockey, Minnesota Hockey and/or other related community based data.

Masking:

- Masks are *strongly recommended* to be worn when inside the arena and locker rooms.

Player/Coach/Parent Entry Times: *Modified 11/21/2021*

- Players are welcome to enter the arena **20 minutes prior to practice** and **45 - 60 minutes prior to a game/tournament**.
- Equipment Bags may be brought into the facility and locker rooms.
 - Equipment Bags will NOT be allowed in the concession stand.

Symptoms:

Please do not come any team functions if you have the following symptoms:

- Fever
- Cough
- Shortness of breath
- Chills
- Headache
- Muscle pain
- Sore throat
- Fatigue
- Congestion or runny nose
- Loss of taste or smell
- Gastrointestinal issues

Quarantine and Vaccinated Requirements:

People who are fully vaccinated (at least two weeks after completing a vaccination series), and have been exposed to a person with COVID-19 do not need to quarantine. However, they should get tested three to five days after exposure, even if they do not have symptoms. They should also wear a mask indoors in public until they get a negative test result or for 14 days following exposure. Anyone who develops symptoms of COVID-19 should separate from others and get tested immediately, whether or not they are vaccinated.

If someone is vaccinated and is exposed, they do not need to quarantine if **BOTH** of the following are true:

- The COVID-19 exposure was at least 14 days after their vaccination series was fully completed.
- They do not currently have any symptoms of COVID-19.

If someone has recovered from COVID-19 in the past 90 days and is exposed again, they do not need to quarantine if **ALL of the following are true**:

- Their illness was laboratory confirmed in the past 90 days.
- They have fully recovered.
- They do not currently have any symptoms of COVID-19.

Quarantine without Vaccination Requirements: Modified 11/21/2021

People with the following types of exposures need to quarantine if they were not fully vaccinated before the exposure occurred:

- People who live in the same household as someone with COVID-19.
- People who had direct physical or intimate contact (e.g., kissing, hugging, other types of physical contact) with a person who has COVID-19.
- People who provide care for a person who has COVID-19 at home.
- People with direct exposure to respiratory droplets from a person contagious with COVID-19.

Quarantine Options: Modified 11/21/2021

General quarantine guidelines:

- 14 days (this option is currently recommended and is the safest as it provides the greatest protection);
- 10 days without testing; or
- 7 days with a negative COVID test.
 - A PCR test is preferred. However, tests received from the players school (BINAX self Antigen test) or rapid test administered by a healthcare organization will be acceptable.
 - Testing must occur on four to five or after initial exposure.
- PLEASE see 'Possible Scenarios' Attachment

Added 11/21/2021

*MAYRA/Mora Youth Hockey COVID Coordinator will do a risk assessment with the parent/guardian as notified. **The goal is to minimize risk to the team and keep the player on the ice as much as possible.** In most cases, the quarantine options listed above will be followed. However, there may be circumstances where quarantines could be less based on reduced exposure and testing.

Masking Requirement:

- After close contact it is required that while in the locker room the player wears a mask over nose and mouth for 14 days. Masks are available at the MCC.
- Players may choose to come dressed and put skates on outside the locker room if they choose not to wear a mask while in the locker room.

Notification:

Please notify your head coach when/if:

- Your player has been exposed to COVID-19;
- Your player has symptoms and/or tested positive for COVID-19.

Modified: 11/21/2021

The Head Coach will notify the association COVID Coordinator for documentation purposes and COVID Coordinator will contact parent/guardian for further information and set a return date to team activities.

- Please be prepared to share the following with the COVID-19 Coordinator:
 - Date of exposure and/or positive test,
 - Vaccination status,
 - Symptom onset, for COVID positive individual
- Information is confidential.

Sources for guidance:

[Symptom Checker](#)

[Quarantine Guidelines](#)

[CDC Guidance](#)