

Valley Youth Hockey Association

Process and Procedure for COVID-19 the 2021-2022 Season

Current CDC COVID overview:

1. **Mask indoors is again now recommended, regardless of vaccination status**
2. **Vaccinated and Unvaccinated exposure are different regarding Quarantine, Testing, and Return to Play**
3. **Vaccinated and Unvaccinated Covid+ are the same for Quarantine and return to play**

Process:

All VHYA coaches, players and volunteers will present a copy of valid vaccination card to the registrar which will be maintained along with the player's registration information. Players without a valid vaccination card on file will be considered **Unvaccinated**.

An exposure in a coach, player or volunteer at any level in the VYHA program will immediately be reported to the Head Coach or Age Level Coordinator. The Coach will then report this information immediately to the VYHA COVID Advisory Group. The AG will review the exposure and type of contact to determine the requirements of the player, team, and based on the exposure type, organization regarding testing, quarantine, and return to play. This information will be delivered to the Head Coach or Age Coordinator who will then share the plan with the individual or as required, team members. If an organization action is required, the action plan will be delivered via the VYHA president.

What is a close contact

In general, a close contact means being under 6 feet from someone for 15 minutes or more throughout a 24-hour period. However, even shorter periods of time or longer distances can result in spread of the virus. The longer someone is close to the person who has COVID-19, and the closer they are, the greater the chance the virus can spread. Close contact on the ice is currently a challenge to accurately measure, though time on a bench in a game or tournament easily surpasses this 15-minute exposure. Team workouts and indoor training also fall under this category unless strict 6 feet distancing per Virginia State regulations has been maintained for the entire training event.

Who does not need to quarantine

1. If you have recovered from COVID-19 in the past 90 days and have close contact with someone with COVID-19, you do not need to quarantine if **ALL** of the following are true:

- Your illness was confirmed with a positive lab test in the past 90 days.
 - You have fully recovered.
 - You do not currently have any symptoms of COVID-19.
2. If you are fully vaccinated and have close contact with someone with COVID-19, you do not need to quarantine if **BOTH** of the following are true:
- It has been at least two weeks since your last dose of vaccine.
 - You do not currently have any symptoms of COVID-19.

Even after you have recovered from COVID-19 or are fully vaccinated, you should still continue to wash your hands often and follow other precautions. Do not visit people who have had close contact to someone with COVID-19 and are in quarantine. For more information, refer to [CDC: Quarantine and Isolation](#).

How long to keep away from others (quarantine)

If you are not fully vaccinated and have close contact with someone with COVID-19, the safest option is to stay home and away from others for 14 days. In certain situations, you may end your quarantine after 10 days, or after seven days with a negative COVID-19 test result.

Please note that the below recommendations are not universal and will change.

If someone in your home has COVID-19:

Stay home and away from others for 14 days.



When you live with someone who has COVID-19, you should quarantine during the time they might be contagious (their isolation period), as well as the time you could develop COVID-19. **This may mean you need to quarantine for 24 days or more.**

Your 14-day quarantine period starts the day **after** the person you live with completes their isolation period.

This is usually:

- 10 days from the day their symptoms started.
- If they didn't have symptoms, 10 days from the day they got tested.

If multiple people in your home have COVID-19, your 14-day quarantine period starts after the **last** person has completed their isolation.

Under most conditions: 10-day quarantine

Stay home for at least ten days.



You may consider being around others after 10 days if:

- You have not had any symptoms.
- You have not had a positive test for COVID-19.
- No one in your home has COVID-19.
- Your contact with someone with COVID-19 had a beginning and an end. For example, your close contact happened at:
 - School
 - Sports event
 - Social gathering

Even after 10 days you should still:

- Watch for symptoms through day 14. If you have any symptoms, stay home, separate yourself from others, and get tested right away, even if you tested negative earlier.
 - Continue to wear a mask and stay at least 6 feet away from other people.
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Under certain conditions and a negative COVID-19 test: 7-day quarantine



You may consider being around others after seven days only if:

- **You get tested for COVID-19 at least five full days after you had close contact with someone with COVID-19, and the test is negative.**
 - You must get a negative PCR test, not an antigen test or antibody/blood test.
- You have not had any symptoms.
- You have not had a positive test for COVID-19.
- No one in your home has COVID-19.
- You are not in a building where it's hard to stay away from others and easy to spread the virus to multiple people, like at a locker room, practice, or hockey tournament.
- Your contact with someone with COVID-19 had a beginning and an end. For example, your close contact happened at:
 - School
 - Sports event
 - Work
 - Social gathering