



## KOHA COVID-19 PREPAREDNESS PLAN

### MANAGING CONFIRMED OR SUSPECTED COVID-19 CASES

**IMPORTANT!!!** Our ability to successfully get through this hockey season is dependent on all KOHA members following the safety protocols. We cannot emphasize this enough - there are no circumstances where sending your player to a practice or game is more important than their health and the health of their teammates, coaches, and teammates' families. If your player is showing symptoms, keep them out!

You are responsible for continuously monitoring your player's health, and for being able to identify symptoms that may be related to COVID-19. As a reminder, below is a list of some of the most common symptoms:

#### COMMON SYMPTOMS

- Fever (100.4 F or higher) or feeling feverish
- A new onset and/or worsening cough
- New loss of smell or taste
- Shortness of breath or difficulty breathing

#### LESS COMMON SYMPTOMS

- A new sore throat
- Chills
- New muscle aches
- New onset of severe headache
- Excessive fatigue
- New onset of nasal congestion or runny nose
- Diarrhea
- Nausea and vomiting

## Remove Your Player From Play if They Have Symptoms

If your player is experiencing **one common symptom or two or more less common symptoms** and/or has been in **close contact** with an individual who tested positive for COVID-19, it is critical that you:

- 1) Remove your player from play for 24-48 hours while evaluating their symptoms and/or gathering information about their potential exposure.
  - a) Note: Siblings should also be removed from play.
- 2) Contact your KOHA COVID-19 Coordinator (Dave Toth) immediately by email [covid19@koha.com](mailto:covid19@koha.com) or (269) 349-7825 immediately to notify them of your player's absence and the severity of their symptoms/exposure.

## Determine Next Steps

If you have determined that your player or a player's sibling has potential COVID-19 symptoms, you should consult CDC Guidelines ([what to do if you're sick](#)) or ([When can I be around others](#)) or Michigan's [when is it safe to leave home tree](#)

Kalamazoo County Health and Community Services (HCS) is integrally involved in all instances where there is a positive test involving the player and/or anyone in close contact with the player. HCS is notified by the clinic/testing center of all positives and generally follows up with the patient directly within a day or two of the positive test. **It is HCS that determines the appropriate return-to-play date, not KOHA.**

Depending on the type and severity of symptoms and/or the extent of exposure, KOHA members need to be aware that **their player may be required to sit out of hockey activities for 10-14 days if they have symptoms, if a sibling or family member has symptoms, and/or if they have been in close contact with a person who has tested positive for COVID-19.**

## What is Close Contact?

According to the CDC, [close contact](#) means being less than 6 feet from someone for a cumulative total of 15 minutes or more. 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.

## If Your Player Tests Positive for COVID-19

In the event that your player tests positive for COVID-19 and/or a family member in the same household tests positive, **you must remove your player from all team activities and notify the KOHA COVID-19 Coordinator (Dave Toth) immediately by email [covid19@koha.com](mailto:covid19@koha.com) or (269) 349-7825.** The KOHA COVID-19 Coordinator will then notify the Michigan Amateur Hockey Association (MAHA) and also HCS (the process is likely underway with HCS because of the positive test, but MAHA requires us to notify HCS as well). KOHA and the affected individuals will work directly with HCS to determine the appropriate next steps.

## Rules Surrounding Family Members Testing Positive

If a player's family member in the same household has symptoms severe enough that they need to get a COVID test, all players in the same household should stay away from all team activities until the test result is returned.

- If the family member test result is negative the player can return to play.
- If the family member test result is positive (and player lives in the same household) it's assumed to be a close contact and the player will need to stay away from team activities for 14 days beginning from the date of exposure (which is probably the first sign of the family member's symptoms), and which will be determined and communicated to you by MDH.
- Even if the player is tested and receives a negative result, HCS still assumes they have had close contact with the COVID-positive family member and the player will be required to self-isolate for 14 days.
- If the player tests positive, HCS will likely set their return-to-play date based on the first symptoms and/or the date of first exposure (This would likely be a 10 day period from the first symptoms and 24 hours with no fever and other symptoms improving)

## If a Team Has a Player or Coach Test Positive

In the scenario where a player, coach, or multiple players/coaches of a team test positive for COVID-19, **HCS is ultimately responsible for contact tracing and determining the appropriate course of action.** It does not necessarily mean that practices or games will be immediately cancelled or postponed.

Any confirmed positive COVID-19 test on your player's team (including a positive test by a family member in the same household) will be communicated to the entire team as soon as KOHA is made aware of the positive result, taking care to respect HIPAA privacy rights. HCS does not require the immediate cancellation of team events in this scenario, but families may choose to keep their player out of activities until such time as HCS is able to complete their procedures, including contact tracing, etc. KOHA will work with HCS or any other health official to assist in contact tracing.

If a player or coach has a confirmed positive COVID-19 test the KOHA COVID-19 Coordinator or designee will also be responsible for contacting other teams that have been in contact with the team that had a positive COVID-19 test, including game opponents for the last 14 days and the upcoming 14 days, in addition to teams that have shared practice time for the last 14 days and the upcoming 14 days.

If a player or coach has a confirmed positive COVID-19 test KOHA will pause team activities until appropriate contact tracing, reporting to all applicable parties, and consultation with local health officials on next steps has been achieved. This includes any out-of-town and/or out-of-state tournaments and events that may occur within this timeframe.