



# Rams Hockey COVID-19 Policy:

## **Known positive case in a participant or likely sick with COVID-19:**

RAMS Hockey is following the CDC Guidelines. If a participant tests positive for COVID-19, they must remain at home for a minimum of 10 days, AND have no fewer than 3 days symptom free.

Major symptoms of COVID-19 include cough, loss of taste or smell, and shortness of breath. Minor symptoms include fever over 100.4, chills, body aches, headache, sore throat, nausea or vomiting, diarrhea, congestion, or runny nose.

## **Close Contact of a participant to a known positive:**

If a participant has had close contact with a known positive case, they must remain in quarantine for 14 days from the date of close contact. If no symptoms develop, they may return on the 15th day after their close contact with a known positive case.

Close contact is defined by the CDC as someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic clients, 2 days prior to positive specimen collection) until the time the patient is isolated.

## **I have some illness symptoms, what should I do?**

If you are feeling sick, please be respectful of your teammates, coaches and rink staff and stay home until you feel better.