



October 1, 2021

ALL hockey teams including the players, coaches and members within the Omaha Hockey Club (OHC) organization are **REQUIRED** to follow the guidelines listed below and report all positive COVID-19 player and coach cases directly to the OHC Risk Manager. These health measures will continue to evolve as situations change with COVID-19 and OHC Board of Directors will communicate any updates as the season continues. Our priorities are the safety of the players, coaches and our members as well as keeping the sport of hockey in full swing throughout the season. In addition to the OHC guidelines listed below, the OHC Board highly encourages Masks to be worn in ALL locker rooms to minimize the exposure risks of being next to peers in a small space and all OHC players, coaches and members are **REQUIRED** to follow all health measure guidelines of the specific rink attending and city guidelines outside of the policy listed below. If needed, a coach may mandate additional safety measures due to the needs of his/her team. Thank you for your cooperation.

Exposure/Close Contact Guidelines for the 2021-2022 season as of Oct 1, 2021

Being in Close Contact (within 6 feet for 15 minutes) of an individual with COVID-19 will result in the following quarantine guidelines:

Under the age of 12:

- **1st Case within a team:** Team Self Monitors and wears a Mask in the locker room for 14 days from last date of exposure (letter will be emailed to the teams parents, coaching staff and to the rink)
- **2nd Case within a team (within 14 days of the 1st case):** Team Self Monitors and wears a Mask in the locker room for 14 days from last date of exposure (letter will be emailed to the teams parents, coaching staff and to the rink)
- **3rd Case within a team (within 14 days of the 1st case):** Risk Manager will consult with the Douglas County Health Department and OHC Board of Directors to determine further mitigation measures

Over the age of 12:

Contact Trace: All players who are within 6 feet for 15 minutes of an infected person will need to Self Monitor and unvaccinated should wear a Mask for 14 days from the last date of exposure (letter will be emailed to the teams parents, coaching staff and to the rink). If there are 3 or more cases within a team further mitigation measures will be required for the entire team.

The new guidelines allow players to continue to play hockey when exposed to a positive COVID-19 case by wearing a mask while in the locker room and self-monitoring. If protocols are not followed, players not following these guidelines will not be allowed at practice and will not be allowed to participate in any games until the 14 day timeline expires. If spread occurs within the a team, further mitigation measures may have to take place and OHC Risk Manager with the

OHC Board of Directors will work with DCHD to determine when and how that is determined. If individuals are vaccinated or have tested positive in the past 90 days, they will not have to be quarantined if further mitigation calls for that; however, they will be expected to wear a mask in the locker rooms.





Possible further mitigations may include the entire team quarantining, or locker room mask mandates for 28 days (two full incubation periods), or others as determined by the County Health Department.

**Fully Vaccinated = at least two weeks has passed since final COVID-19 Vaccination*

Resource: [COVID EXPOSED: How to Quarantine \(7-10 Day\)](#)

COVID-19 Testing Protocols

At-home tests may be used to identify positive cases but may not be used to determine negative tests to return to team practices/games early from a quarantine or symptom onset.

*Covid-19 Antibody tests will not be accepted as evidence of immunity

Positive-Symptomatic:

Persons who experience symptoms and have been tested for COVID-19 may return to all team events including practices and games once ALL of the following conditions are met:

- At least 10 calendar days have passed since symptoms first appeared; and
- Other symptoms have improved (for example, when your cough or shortness of breath have improved); and
- The individual no longer has a fever (without the use of medicine that reduces fevers) for at least 24 hours.

Tested Positive-Asymptomatic:

Persons who experience no symptoms and have tested positive for COVID-19 may return to team events once the following condition is met:

- At least 10 calendar days have passed since a positive test.

Household Exposures:

Quarantine will occur for the following Household Positive Case scenarios:

- If the player is Unvaccinated (7-10 Day Quarantine Rule), the player must quarantine at home away from the positive individual. They may return to all team events including practices and games with a negative COVID-19 test on Day 5 or Later from the last time they were in close contact with the household member and may return to all team events after Day 7, and should wear a mask in the locker room and continue to self-monitor through Day 14.
- If the player is Vaccinated, the player may return to all team events as long as the positive household member continues to isolate while they are contagious and the player should wear a mask in the locker room for 14 days.

Please contact the OHC Risk Manager for any questions or concerns.

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