

East Grand Forks Parks & Recreation COVID-19 Quarantine/Contact Tracing Policy for Ice Arenas, Figure Skating, and Hockey

HEALTH & SAFETY IS OUR NUMBER ONE PRIORITY

The East Grand Forks Parks & Recreation Department is dedicated to maintaining the health and safety of all of our participants, coaches, parents, volunteers, and fans. Our goal is to provide the safest environment possible while following the guidance set forth by the Minnesota Department of Health (MDH), USA Hockey, US Figure Skating, Minnesota Hockey, East Grand Forks Parks & Recreation Department, and all other ice arenas where activities will take place.

IF YOUR CHILD IS SICK, PLEASE KEEP THEM AT HOME FROM ALL ACTIVITIES

RESOURCES

The Minnesota Department of Health (MDH) has issued comprehensive guidance surrounding certain COVID scenarios:

- **MDH Quarantine Guidance:** <https://www.health.state.mn.us/diseases/coronavirus/quarguide.pdf>
- **MDH Close Contact Guidance:** <https://www.health.state.mn.us/diseases/coronavirus/close.html>
- **MDH COVID-positive Guidance:** <https://www.health.state.mn.us/diseases/coronavirus/sick.html>
- **MDH Organized Sports Guide:** <https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>

CONTACT INFORMATION

East Grand Forks Parks & Recreation

COVID Coordinator: Reid Huttunen

Phone: 218-773-8000

Email: RHuttunen@egf.mn

Anyone with a positive COVID case or who is instructed to quarantine by MDH/local public health, your medical provider, or school should contact Reid Huttunen as soon as you are able to notify him of your COVID case or quarantine instructions.

East Grand Forks Parks & Recreation COVID-19 GUIDELINES

The East Grand Forks Parks & Recreation Department emphasizes the importance of the following factors related to preventing the spread of the COVID-19 virus.

1. Participants must be held out of practices or competitions if they are sick or experiencing symptoms, OR if they know that they have had exposure to any individuals who have tested positive for COVID-19.
2. Coaches, participants, parents, and spectators should practice physical distancing whenever possible.
3. Coaches, participants, parents, and spectators should practice safe hygiene habits, including washing and/or sanitizing hands, covering coughs or sneezes, utilizing face coverings, and cleaning and sanitizing personal items and equipment frequently.

MANAGING CONFIRMED OR SUSPECTED COVID-19 CASES

East Grand Forks Parks & Recreation

600 DeMers Ave. East Grand Forks, MN 56721

Phone: 218-773-8000 webpage: www.egfparkandrec.com

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IMPORTANT!!! It is entirely up to parents/guardians to determine when it is appropriate to remove their player from play. Our ability to successfully offer youth sports programming is dependent on all EGF Park & Recreation members following the safety protocols in place. We cannot emphasize this enough - there are no circumstances where sending your player to a practice or competition is more important than their health and the health of their teammates, coaches, and teammates' families. If your player is showing sick symptoms, keep them out!

You are responsible for continuously monitoring your skater'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 Skater/Player from Play if They Have Symptoms

If your skater/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 child 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 activity.
- 2) Contact EGF COVID Coordinator, Reid Huttunen, RHuttunen@egf.mn and your team coach 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, it is best to stay home, keep your children out of the activity and contact your healthcare provider for guidance on getting a COVID test.

By following these steps, you will know when it is appropriate to get a COVID-19 test for your player, and subsequently when it is okay to return to play.

If Your Skater/Player Tests Positive for COVID-19

In the event that your skater/player tests positive for COVID-19 and/or a family member in the same household tests positive, you must remove your player from all activities and notify your coach and COVID Coordinator immediately. The COVID Coordinator and East Grand Forks Park & Recreation and the affected individuals will work together to consider the circumstances of the case and determine if any close contacts should be contacted. The person testing positive must follow the direction of their healthcare provider, testing agency, or public health department for direction on isolation time.

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At present time, a person who tests positive for COVID-19 should not return to team activities for 10 days from symptom onset, or 10 days from the positive test date if the person is asymptomatic.

What is Close Contact?

According to the MDH, 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.

CONTACT TRACING OF POSITIVE PARTICIPANTS or COACHES

If a participant or team member is identified as close contact and has no symptoms, they can be exempted from quarantine if one of the following is true:

- they are fully vaccinated.
- they are in the 90-day window after testing positive for COVID-19 and have provided documentation of the positive test.
- They are consistently wearing a face covering.

If students or staff members are not exempt from quarantine, one of the following options is available:

- They may be released from quarantine AFTER DAY 7 from last exposure if they remain symptom-free and test negative for the COVID-19 PCR test (or equivalent) on or after day 5 after their last exposure to the positive person.
- They may return to activity after day 10 from the last exposure if they remain symptom-free.
- The Minnesota Department of Health recommends that close contacts quarantine for 14 days from their last exposure to someone who tested positive with COVID 19.

If a Team Has a Player or Coach Test Positive

In the scenario where a skater/player, coach, or multiple team members test positive for COVID-19, the person involved in the positive case, the team coaches, and Parks & Recreation staff will discuss the potential of exposure at team activities and make a determination of any other close contacts related to the case.

Any confirmed positive COVID-19 case which is found to have a potential exposure at a team activity will be communicated to the entire team as soon as EGF Parks & Recreation is made aware of the positive result, taking care to respect HIPAA privacy rights. MDH/local Public Health 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 MDH is able to complete their procedures, including contact tracing, etc.

Depending upon the circumstances around the positive case(s) and timing of contact tracing taking place, East Grand Forks Parks & Recreation may choose to cancel/postpone practices and competitions while out of an abundance of caution, while waiting for contact tracing to be completed. This does not necessarily mean that practices or games will be immediately cancelled or postponed.

EGF Park & Rec will also contact 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.