



THA COVID-19 Operating Policy and Procedures:

(Revised 11-10-20)

With the official start to the 2020-21 Ice Hockey Season the THA Board of Directors has developed basic COVID-19 policies and procedures that the association will operate under for the 2020-21 season. The knowledge and circumstances around COVID-19 are changing constantly and will keep you updated as changes take place, as well as ask for your patience as we navigate these challenges.

- The THA will follow guidelines as outlined by the Centers for Disease Control and Prevention (CDC), State of North Carolina, local health departments and local municipal governments.
- THA will follow any and all USA Hockey and Carolinas Amateur Hockey Association (CAHA) Policies and Procedures.
- THA will follow any and all procedures as outlined and administered by our home ice rinks (Greensboro Ice House and Winston-Salem Fairgrounds Annex). In addition, this would apply to any ice rinks that we might participate or play games in as a representative of the THA association.
- Additional internal policies and procedures shall be in place and are outlined below. In developing these additional policies, we have consulted with representatives at a major medical institution in the Triad as well as the Forsyth County and Guilford County Health Departments.

THA General Policies and Frequently Asked Questions:

- Appropriate social distancing should be practiced at all times
- Masks are recommended when inside the ice rinks
- Wash hands and practice safe hygiene habits
- Clean surfaces and equipment between uses
- Stay home when sick or experiencing symptoms

COVID-19 Positive Test:

What should we do if one of our players or coaches gets or is exposed to COVID-19? The following steps shall be followed.

1. Make sure that coaches, staff, officials, players, and families know that sick or exposed individuals should not attend any team functions to include practice and games, and they should notify their Head Coach, and Team Manager which in turn must notify Dean Christy, THA Hockey Operations Manager. If they or someone in their household becomes sick with COVID-19 symptoms, tests positive for COVID-19, or have been exposed to someone suspected or confirmed to have COVID-19, the same notification procedures shall be followed.
2. Dean Christy shall notify the Executive Director and the respective ice rink management.
3. THA will notify CAHA of any positive test.
4. The Team Head Coach and/or Team Manager shall notify any team they competed against that they may have come in contact with a player that has tested positive and / or has been exposed to COVID-19.
5. Rinks should take the necessary precautions to include the closing off of areas used by a sick person within the last 24 hours and do not use these areas until after cleaning and disinfecting them. For outdoor areas, this includes surfaces or shared objects in the area, if applicable.
6. In accordance with state and local laws and regulations, youth sports organizations should notify local health officials, youth sports program staff, umpires/officials, and families immediately of anyone with COVID-19 while maintaining that person's confidentiality in accordance with the Americans with Disabilities Act (ADA).
7. If any coaches, staff members, umpires/officials, or players get sick, they should not return until they have met CDC's [criteria to discontinue home isolation](#). For more information, refer to the *Preparing for When Someone Gets Sick* section in the [Considerations for Youth Sports](#).

If a player or coach on a team tests positive for COVID-19, does the entire team (if they had been in contact with that athlete) have to quarantine for 14 days, as CDC recommends?

Yes. THA will follow CDC Guidelines. THA will consult with local health officials if we determine a player, team or coaches have been exposed to COVID-19. Individuals who recently had close contact with a person with COVID-19 should follow [CDC's guidance for when you can be around others](#). This would include the following:

1. If the player or coach that tests positive and /or is exposed has had close contact with their teammates and coaches, all play to include practices, games and/or tournaments shall cease for a fourteen-day quarantine period. All players, coaches or individuals that have had close contact with the effected player shall require a fourteen-day quarantine.

2. The definition of "close contact" is exposure within 6' for more than 15 minutes in order to identify who should quarantine if exposed to a positive individual. Refer to link for exposure explanation: [CDC Close Contact](#)
3. Only close contacts should quarantine for fourteen-days after last exposure to the positive case, all others can continue with their normal activities.
4. Quarantine period shall begin on the date of last exposure. Date of last exposure is "day zero" to start the 14-day count. Refer to link that explains the details and includes calendar examples: [CDC Quarantine](#)
5. If the player or coach that tests positive and /or is exposed has not had close contact with their teammates and coaches, the player or coach that tests positive and /or is exposed must quarantine for fourteen-days but the team may continue with regular scheduled team activities to include practices, games and/or tournaments.
6. The player or coach that tested positive may return to play following the fourteen-day quarantine and only if they are not exhibiting any COVID-19 symptoms, have not had a fever in the last 24 hours without the use of fever reducing medications.
7. In accordance with the THA Refund Policy, players and or teams that must quarantine for fourteen days shall not be entitled to refunds for any portion of time missed.

COVID-19 Symptoms:

Question: What is the policy and procedure if someone exhibits COVID-19 symptoms?

Answer: The THA, in developing the COVID-19 Policy, consulted health care professionals in the Triad and is following guidelines as outlined by the Centers for Disease Control and Prevention (CDC), State of North Carolina, local health departments and local municipal governments. In addition, THA will follow any and all USA Hockey and Carolinas Amateur Hockey Association (CAHA) Policies and Procedures.

The THA COVID-19 Operating Policy and Procedure clearly defines the process if someone tests positive for COVID-19. For individuals exhibiting symptoms we have outlined reasonable and precautionary measures that will be put in place as part of the THA COVID-19 Operating Policy and Procedures.

Procedures in the event that COVID-19 Symptoms are reported:

- Identifying whether an individual that exhibits COVID-19 symptoms has a cold, flu or COVID-19 can be difficult.
- The THA policy requires honesty of all involved especially parents and/or guardians and the THA strongly encourages reporting in accordance with the THA COVID-19 Policy and Procedures.
- Stay home when sick or experiencing symptoms.
- As outlined in the THA COVID-19 Operating Policy and Procedures. Parents Coaches, staff, officials, players and families should not attend team functions if they are sick with COVID-19 symptoms, tests positive for COVID-19 or have been exposed to someone suspected

or confirmed to have COVID-19. The same applies for someone in their household. They should report when someone exhibits or has any of the above.

- The most common symptoms of COVID-19 in children are fever and cough, but children may have any of these signs or symptoms of COVID-19:
 - Fever or chills
 - Cough
 - Nasal congestion or runny nose
 - New loss of taste or smell
 - Sore throat
 - Shortness of breath or difficulty breathing
 - Diarrhea
 - Nausea or vomiting
 - Stomachache
 - Tiredness
 - Headache
 - Muscle or body aches
 - For additional information we recommend that you reference the following CDC information.
www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/caring-for-children.html
[Considerations for Youth Sports.](#)
- As an association, the THA strongly recommends that an individual with symptoms consult with a physician and/or be tested.
- THA will require a Physician's note and/or results of a COVID-19 Test in order to return to team activities.
- An individual who is exhibiting COVID-19 symptoms should follow the procedure below for return to play and team activities:
 - The individual or parent and/or guardian shall provide to Head Coach and/or Team Manager a written note from a Physician that clears the Individual for participation. Written proof of a negative COVID-19 Test from an urgent care and similar provider is also permissible.
 - In addition, to Physician clearance, the individual before returning for team activities, must have no fever in the last 24 hours without the use of fever-reducing medications.
 - Any documentation provided in writing shall be retained by the THA and kept in accordance with privacy protocol.
 - At no time shall the name of the individual be provided and/or shared to anyone other than to limited THA representatives with a legitimate reason to know in order to carry out their responsibilities.
 - If no written note or negative COVID-19 Test is provided or if the individual tests positive for COVID-19, the individual would be required to quarantine for ten (10) days from the date of symptom onset and can return to team activities if they are not exhibiting any COVID-19 symptoms, have not had a

- fever in the last 24 hours without the use of fever reducing medications, and symptoms are improving.
- In the event that no note or COVID-19 Test is provided the assumption shall be made that the individual is COVID-19 positive. If the individual has had close contact with anyone (defined as exposure within 6' for more than 15 minutes), those individuals will be notified of potential exposure and advised to quarantine. Refer to link for exposure explanation: [CDC Close Contact](#) All play to include practices, games and/or tournaments shall cease and all players, coaches or individuals that have had close contact with the affected player shall require a fourteen-day quarantine. Only close contacts should quarantine for fourteen (14) days after last exposure to the positive case, all others can continue with their normal activities.
 - If an individual is exhibiting during supervised team activities COVID-19 symptoms such as chronic cough, runny nose, fatigue etc. the Head Coach should remove the individual from the team activities and consult with the individual or parent and/or guardian in regards to symptoms and observations. Head Coach shall report situation and conversation immediately to Dean Christy, Hockey Operations Manager.

Ice Rink Policies:

Question: Do our home rinks (Greensboro Ice House and Winston-Salem Fairgrounds Annex) operating rules and procedures apply when THA Teams travel to other cities and rinks?

Answer: As stated in the THA COVID-19 Operating Policy and Procedures, the THA will follow any and all procedures as outlined and administered by our home rinks. Visiting Teams competing against THA teams at our home rinks shall also adhere to these procedures. We have asked individual team managers to notify visiting teams in advance of these procedures so they are aware. When a THA Team travels to another city and rink to participate as a representative of the THA, THA teams will follow any and all procedures as outlined and administered by those rinks.

Personal Responsibility and Accountability:

Participation in THA activities by an individual, parent and /or guardian is a personal and private decision and the THA will honor and respect any decision. Parents and/or Legal Guardians have accepted personal responsibility in accordance with the THA COVID-19 Waiver.

Face Coverings:

All Coaches shall wear face coverings at all times when in the rink to include, locker room, bench and on ice during practices. This is effective 11-11-20

Additional Information and Questions:

There are several resources if you need additional information.

- Carolinas Amateur Hockey Association (CAHA) = www.carolinahockey.org/covid19 The CAHA site also provides links to other sites with excellent information.
- The Centers for Disease Control and Prevention (CDC) = [www.cdc.gov / Consideration for Youth Sports](http://www.cdc.gov/ConsiderationforYouthSports)