

# **Seacoast Women's Hockey Association**

## **COVID-19 Protocols for the 2021-22 Season**

The Seacoast Women's Hockey Association / Seacoast Spartans Girls organization is committed to adhering to the current state of New Hampshire DHHS and applicable local COVID-19 guidelines for the 2021-2022 season. In addition, the SWHA Board believes the organization's COVID-19 protocols outlined below are also consistent with the NH DHHS school guidance for this year. However, each parent, player, and coach should do what they feel is best for their family or team to keep them safe and the players on the ice through the end of the season.

### **QUARANTINE PROTOCOLS DUE TO COVID-19 EXPOSURE:**

**Household contacts:** Only unvaccinated household contacts are required to quarantine for 10 days from last contact with a household member with COVID-19 and get tested after 5-7 days.

NH DHHS Quarantine Guide: <https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-quarantine-covid.pdf>

**Close contacts:** It is recommended that a non-household close contact observe and self-monitor for COVID-19 symptoms for 14 days and get tested after 3-5 days. No quarantine, regardless of vaccination status, is required for close contacts at this time, per NH DHHS guidelines. The SWHA Board or the team's coach will notify parents of a COVID-19 exposure on their daughter's team, but will not determine whether any coach or player is a close contact.

A close contact is defined as being within 6 ft. when unmasked or 3 ft. when masked for 15 minutes cumulative within a 24-hour period of someone with COVID-19 who tested positive or symptoms developed within 48 hours of last contact.

**COVID-19 Cluster:** If a COVID-19 cluster is identified within a team, all activities for that team will be shutdown for 10 days following last contact (and getting tested after 5-7 days is recommended). For any age group that all players are eligible to be vaccinated (currently U14-U19 teams only), the SWHA Board will determine on a case-by-case basis if a team shutdown is required, as quarantining is not required for vaccinated individuals, per NH DHHS guidance.

A cluster is defined when 3 or more unrelated players/coaches on a specific team (with no known link outside of the team) test positive for COVID-19 within a 14-day period

### **ISOLATION FOR POSITIVE COVID-19 CASES:**

If a player, coach, parent, or other person related to any team or the SWHA program tests positive for COVID-19, the person will be required to remain away from all team activities for 10 days from the positive COVID-19 test or symptom onset, and isolate per NH DHHS guidelines:

NH DHHS Isolation Guide: <https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-isolation-covid.pdf>

### **ILLNESS OF COACH/PLAYER:**

The SWHA Board strongly recommends that any coach, player, or parent/spectator stay home and refrain from any team activities if they are ill or not feeling well in any way or have any potential symptoms of COVID-19. Receiving a negative COVID-19 test is also highly encouraged before returning to team activities should any coach or player have potential COVID-19 symptoms.

### **MASKS/FACE COVERINGS:**

The SWHA Board intends to require its members to follow any state and local guidance with regard to mask use. Masks are not required in the state of NH or town of Exeter at this time. However, mask rules vary by rink and town, including mask requirements in certain towns/rinks in Massachusetts and Connecticut, which all teams must adhere to.

The SWHA Board also urges individuals to follow the current CDC recommendations with regard to mask/face covering use.

### **NOTIFICATION OF A POSITIVE COVID-19 CASES:**

The SWHA Board and/or a team's coach will notify parents via email of positive COVID-19 cases of a coach or player within a specific team (when positive test or symptom onset was within 48 hours of a team activity) without identifying the individual for privacy reasons. The SWHA Board/coach will only notify the specific team of a potential exposure, and will not determine whether any coach or player has been a close contact or if a quarantine is required.

**Parents:** Please notify your team's coach if your player tests positive for COVID-19.

**Coaches:** Please notify Steve Coco (stc1979@gmail.com or 978-317-2695) or any SWHA Board member to address any potential COVID-19 exposures with your team. You do not need to identify any players by name.

*Reference:*

*NH DHHS School Guidelines for 2021-22:*

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/school-childcare-toolkit-2021-2022.pdf>

*NH DHHS Quarantine Guide:*

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-quarantine-covid.pdf>

*NH DHHS Isolation Guide:*

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-isolation-covid.pdf>