

Seacoast Women's Hockey Association

COVID-19 Protocols for the 2021-22 Season

Revised January 7, 2022

The Seacoast Women's Hockey Association (SWHA) / 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 accordance with the updated NH DHHS guidelines that were issued on January 6, 2022, the SWHA Board of Directors has revised the organization's COVID-19 policy.

To streamline our policy, the organization will **strictly** follow the guidelines in the NH DHHS Isolation & Quarantine Recommendations for the General Public, which can also be found on the NH DHHS web site at:

https://www.covid19.nh.gov/sites/g/files/ehbemt481/files/inline-documents/sonh/isolation-and-quarantine-recommendations_0.pdf

This guidance for isolation and quarantine includes:

- **Isolation (for positive COVID cases):** NH DHHS and the CDC have shortened the isolation period for positive COVID cases to **a minimum of 5 days**, provided that certain requirements are met (**no fever for 24 hours and other symptoms improving**). If these requirements are not met, a person must remain in isolation for up to 10 days. In addition, all players, coaches, and parents/spectators must **wear a mask at all times (including on the ice)** through the end of the 10-day period once they are released from isolation. The Board strongly recommends that affected individuals take a **rapid antigen COVID test** (i.e. at-home test) on Day 5 and receive a negative result before resuming team activities. To calculate your isolation period, Day 0 is the date of the positive test or onset of symptoms, Day 5 is the last day of isolation (should the aforementioned requirements be met), and the individual can resume team activities on Day 6.
- **Quarantine (for COVID exposure):** Per NH DHHS guidelines, only unvaccinated individuals (or those whose vaccinations are not up-to-date or complete) that have had a **household contact** that tests positive for COVID are required to quarantine and must remain away from team activities for at least 5 days from last exposure, get tested on Day 5 or after, and before returning to team activities. These individuals must also wear a mask through the end of the 10-day period.

In addition, the Board will evaluate positive COVID cases on each team on a case-by-case basis, including whether a team shutdown is required. If required, **the minimum team shutdown period will be 5 days** and a return date will be determined by the Board. No member of a team that is shutdown may participate in SWHA activities for another SWHA team during the shutdown period, including team practices.

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 strongly recommends that its members to follow any state and local guidance with regard to mask use, both at The Rinks at Exeter and at an opponent's facility. The SWHA Board also urges individuals to follow the current CDC and NH DHHS recommendations with regard to mask/face covering use.

NOTIFICATION OF 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 from a team activity) without identifying the individual for privacy reasons. The SWHA Board/coach will only notify the team of a potential exposure, and will not determine whether any individual coach or player is required to quarantine.

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.

The SWHA Board urges each parent, player, and coach to do what they feel is best for their family or team, in order to keep them safe and the players on the ice through the end of the season. In addition, we ask that everyone do their part to try to keep everyone healthy -- **please be cautious and not rush your players back too early – it is only a game!**