



**Columbus Chill Youth
Hockey Association**
The Premier Youth Hockey Association of Central Ohio



*****COVID-19 GUIDELINES. Please check back regularly for updates*****

Current as of December 18, 2020.

If you are feeling unwell, DO NOT COME TO THE RINK. This applies to players, coaches, managers, other team officials, and parents. If your symptoms indicate you may have the virus* please arrange to have a COVID-19 test.

If you test positive for COVID-19, DO NOT COME TO THE RINK. Isolate yourself according to CDC guidelines+. Email CCYHAINFO@gmail.com to communicate your positive test. You may return to the rink when the following conditions are met:

- At least 10 days since symptoms first appeared and
- At least 24 hours with no fever without fever-reducing medication and
- Other symptoms of COVID-19 are improving. (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.) and
- Players who have tested positive must have a documented medical exam clearing them to return to play. The documented medical exam must specifically include an assessment of the cardiac/heart risk of high-intensity exercise due to the potential of myocarditis occurring in COVID-19 patients. Submit this documentation to CCYHAINFO@gmail.com

If you have been in close contact with someone who has tested positive for COVID-19, DO NOT COME TO THE RINK.

Quarantine yourself according to CDC guidelines. You may return to the rink when the following conditions are met:

- 14 days since last exposure to someone with a positive COVID-19 test and
- No symptoms of COVID-19*
- Quarantine may be shortened to 7 days if you receive a negative COVID-19 test 5 days after your last exposure

Please note that Franklin County Public Health has directed us to consider participation in any team activity (game, practice, team meal, shared hotel space) as close contact. This means that one player testing positive for COVID-19 necessitates quarantine for the entire team. A coach, manager, or team official testing positive for COVID-19 may necessitate quarantine of some or all of the team depending on the context. Contact CCYHAINFO@gmail.com for more information.

*Per CDC, COVID-19 symptoms include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. This list does not include all possible symptoms. CDC will continue to update symptoms as more is learned about COVID-19. CDC's list of COVID-19 symptoms and a "self-checker" is available at:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

+<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>