

LBYH Quarantine Protocol

You have already certified that you and your player will not participate in/attend any event sponsored by Lexington-Bedford Youth Hockey, Inc. unless all of the following are true:

- you have not/your player has not had ANY close contact with nor cared for someone who has been diagnosed with COVID-19 within the last 14 days;
- you have not/your player has not traveled outside of Massachusetts within the last 14 days, unless travel was to a low-risk state; and
- you do not/your player does not have any symptoms of COVID-19.

This document describes what you can expect when a member of our community must quarantine. As a general rule, if a player on a team tests positive, the entire team will have to quarantine if they have been in close contact with the player, as recommended by the Centers for Disease Control (“CDC”). The CDC and Massachusetts Department of Public Health define close contact exposure for follow-up as being within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated. Additionally, the CDC identifies other risk factors to consider, including proximity, duration and a person exhibiting symptoms.

For the purposes of this quarantine protocol, all required COVID-19 testing should be done by PCR test.

Quick Reference Guide

| Event | Location | Testing result | Quarantine |
|--|--|---------------------------|---|
| Individual is symptomatic | If an individual is symptomatic at home, stay at home, be tested and notify LBYH if the individual was at an LBYH event within 48 hours before symptom onset. | Individual tests negative | Return to LBYH events once asymptomatic for 24 hours |
| | | Individual tests positive | Remain home, monitor symptoms, notify LBYH and assist in contact tracing efforts. Remain at home for at least 10 days and until at least 3 days have passed with no fever and improvement in other symptoms |
| | If an individual is symptomatic at an LBYH event, remain masked, notify LBYH representative, go home and be tested. | Individual is not tested | Remain home for 14 days from symptom onset and return to LBYH events once asymptomatic for 24 hours |
| Individual has close contact with COVID-19 positive individual | If an individual is at home when they learn they were in close contact with someone who tested positive, stay at home and be tested. | Individual tests negative | Remain home for 14 days after last known exposure |
| | | Individual tests positive | Remain home, monitor symptoms, notify LBYH and assist in contact tracing efforts. Remain at home for at least 10 days and until at least 3 days have passed with no fever and improvement in other symptoms |
| | In an individual is at an LBYH event when they learn they were in close contact with someone who tested positive, they should remain masked, adhere to strict physical distancing and go home and be tested. | Individual is not tested | Remain home for 14 days after last known exposure |