



PYH Members,

PYH has updated its COVID-19 policies in response to additional consultation with the Pembroke BOH and state epidemiologist. These changes are being made in an effort continue to maintain safety for the entire program while minimizing the effect of exposure on a team. Please continue to communicate all instances of symptoms, exposures and positive cases with our COVID Safety Committee. It is imperative that the committee learn of cases ASAP.

Key Changes Effective Immediately

- **We will be initiating more internal strategic contact tracing procedures when a positive case has been reported on a particular team. The following are general guidelines for that tracing:**
 - PYH will start investigation into everyone with close contact 2 days prior before onset of symptoms or date swab was obtained if no symptoms exist through date of last exposure during PYH activities.
 - Locker Room – players that dressed within 6 feet of the positive case will be deemed close contacts
 - Bench – Line mates, defensive pairs and possibly additional players will be deemed close contacts
 - On-ice participation will not be considered in any tracing
 - Contacts outside of PYH will also be considered (i.e. carpooling, etc.)
 - Tracing will occur through discussion with team coaches, parents of players and players
 - Coaches may be deemed a close contact but considering the new process this is unlikely
 - If specific contact tracing is unable to be accurately determined the entire team will be required to shut down for 10 days
 - Fully vaccinated coaches/players or any coach/player that has tested positive for Covid19 in the past 90 days and recovered will not be subject to self-quarantine guidelines unless they otherwise develop symptoms of COVID-19
- **In order to accurately and quickly perform tracing the following requirements are being placed on coaches and players:**
 - Players are required to sit alphabetically in the locker room at practices and games – no exceptions
 - Locker rooms at skills will require more player investigating
 - Coach presence is required in every locker room to ensure proper seating
 - On the bench during games, forward lines and defensive pairs should be separated as best a coach can

“Titan Hat Trick Test” remains in effect for guardians of each participant shall certify before they enter any rink:

1. My child has not experienced any symptoms of COVID-19 in the past 10 days (fever, cough, shortness of breath or difficulty breathing, chills, muscle aches or pain, sore throat, or loss of taste or smell).
2. My child has neither tested positive for COVID-19 in the past 10 days nor awaiting test results.
3. My child has not been in close contact with anyone (including household) that has tested positive for COVID-19 or experienced symptoms of Covid-19 in the past 14 days.

If a PYH player or coach becomes symptomatic – PYH Process

- Keep name anonymous. Parent is to report to a PYH COVID-19 Co-Chair.
- Player or coach will self-isolate and may return to PYH activities when the following criteria have been met:
 - Self-isolated for at least 10 days from the onset of symptoms date (return on day 11)
 - 24 hours with no fever without the use of fever-reducing medications
 - Other symptoms of COVID-19 are improving
- OR:
 - If your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.
- This guideline remains in place for both those that have had Covid19 within the last 3 months and recovered and those that are fully vaccinated.
- Guidelines are subject to change at any time, and response is based on current CDC, Commonwealth of MA and Town Board of Health guidelines.

If a PYH player or coach test positive – PYH Process

- Keep name anonymous. Parent is to report to a PYH COVID-19 Co-Chair.
- PYH will start investigation into everyone with close contact 2 days prior before onset of symptoms or date swab was obtained if no symptoms exist through date of last exposure during PYH activities.
- PYH will notify local Board of Health, League, and others (if necessary).
- PYH will notify any members of the exposure and if deemed close contacts after consultation with the local Board of Health.
- Player or coach will self-isolate for at least 10 days from the test date and may return to PYH activities if they remain asymptomatic the entire time (return on day 11).
- If the player/coach becomes symptomatic, from that date they will follow instructions from, **‘If a PYH player or coach becomes symptomatic – PYH Process’**.
- Guidelines are subject to change at any time, and response is based on current CDC, Commonwealth of MA and Town Board of Health guidelines.

If a PYH player or coach is deemed a close contact by PYH and/or state and local Board of Health and/or contact tracing:

- Keep name anonymous. Parent is to report to a PYH COVID-19 Co-Chair.
Player or coach will self-quarantine according to the state quarantine guidelines (listed below).

OPTIONS	CRITERIA	ACTIVE MONITORING	RESIDUAL RISK
7 days of strict quarantine	<u>Release on Day 8 IF:</u> <ul style="list-style-type: none"> • A test (either PCR or antigen) taken on Day 5 or later is negative; AND • The individual has not experienced any symptoms up to that point; AND • The individual conducts active monitoring through Day 14 	Individual must actively monitor symptoms and take temperature once daily. IF even mild symptoms develop or the individual has a temperature of 100.0 F, they must immediately self-isolate, contact the public health authority overseeing their quarantine and get tested.	Approximately 5% residual risk of disease development
10 days of strict quarantine	<u>Release on Day 11 IF:</u> <ul style="list-style-type: none"> • The individual has not experienced any symptoms up to that point; AND • The individual conducts active monitoring through Day 14. • No test is necessary under this option 	Individual must actively monitor symptoms and take temperature once daily. IF even mild symptoms develop or the individual has a temperature of 100.0 F, they must immediately self-isolate, contact the public health authority overseeing their quarantine and get tested.	Approximately 1% residual risk of disease development
14 days of strict quarantine	<u>Release on Day 15 IF:</u> <ul style="list-style-type: none"> • The individual has experienced ANY symptoms during the quarantine period EVEN if they have a negative COVID-19 test; OR • The individual indicates they are unwilling or unable to conduct active monitoring. 	No additional active monitoring required	Maximal risk reduction

- Entire teams if placed in self-quarantine or self-isolation will return to games after day 10.
 - Individual coaches/players may return from a team shut-down to practices and skills based on the above quarantine guidelines.
- Coaches/players who have received either two doses of Moderna or Pfizer COVID-19 vaccines or a single dose of the Janssen COVID-19 vaccine, at least 14 days ago, or any coach/player that has tested positive for Covid19 in the past 90 days and recovered will not be subject to self-quarantine guidelines unless they otherwise develop symptoms of COVID-19.
- If a player or coach is returning after day 7, PYH requires proof of a negative PCR or antigen test taken on day 5 or later (non full team related) to a PYH COVID-19 Co-Chair.***
- Guidelines are subject to change at any time, and response is based on current CDC, Commonwealth of MA and Town Board of Health guidelines.

***Please be aware that any negative test result BEFORE day 5 does not allow you out of self-quarantine after day 7. Also, if you test positive during self-quarantine, to the extent that you do not self-isolate yourself from other members of your household, their close contact self-quarantine restarts each day until your recovery.

Thank you for your continued diligence and commitment to these frequently changing guidelines. If you have any questions or concerns, please let us know.

Thank you,

Pembroke Youth Hockey COVID Safety Committee

Committee Co-Chair: Ryan MacDonald 339-832-0135

Committee Co-Chair: Jeff Skeiber 617-827-8691

For reference:

COVID-19 Symptoms – check online: <https://www.mass.gov/how-to/check-your-symptoms-for-covid-19-online>

Symptoms may appear 2-14 days after exposure to the virus and may include:

- Fever, chills or shaking chills
- Signs of a lower respiratory illness (e.g., cough, shortness of breath, lowered oxygen saturation)
- Fatigue, sore throat, headache, body aches/myalgia, or new loss of sense of taste or smell
- Other less common symptoms can include gastrointestinal symptoms (e.g. nausea, vomiting, diarrhea), rash, and inflammatory conditions such as “COVID toes”.
- In elderly, chronically ill, or debilitated individuals such as residents of a long-term care facility, symptoms of COVID-19 may be subtle such as alterations in mental status or in blood glucose control

Get tested: MA State COVID-19 Test Site Locator: [Find a COVID-19 Test | Mass.gov](#)

How do I know if I am a close contact of someone with COVID-19?

- You are a close contact of a COVID-19 positive person if you were within 6 feet of them, for at least 15 minutes (over a 24 hour period), while they were symptomatic or within the 48 hours before symptom onset.
- You are also a close contact if you were within 6 feet for at least 15 minutes (over a 24 hour period) of someone who tested positive for COVID-19 in the 48 hours before their test was taken or anytime in the 10 days after the test.

State Quarantine info: <https://www.mass.gov/guidance/information-and-guidance-for-persons-in-quarantine-due-to-covid-19>