



Parry Sound Hockey Club Inc.

BOX.13 · PARRY SOUND, ONTARIO · P2A 2X2

"Bringing Hockey to the Youth of Parry Sound"

Health and Safety Update

November 24, 2020

Hello Parents/Guardians,

As COVID-19 cases continue to increase, we must make responsible choices and follow established protocols more closely to keep our players and coaching staff safe. Hockey programs have been modified or paused in some areas as a result of higher numbers of COVID-19 cases. With the increased numbers of COVID-19 cases, the requirement to take all precautions available becomes more important. The requirement for both players and observers to social distance and wear masks as much as possible, cannot be over emphasized. Our ultimate goal is to keep our players on the ice, practicing and playing hockey.

We have received an updated Health Screening information from the OHF. The information below distinguishes between (A) Priority and Secondary COVID-19 Symptoms, and (B) potential scenarios that will impact player/coaching staff eligibility to participate in practices and games:

(A) Priority and Secondary COVID-19 Symptoms:

PRIORITY SYMPTOMS	SECONDARY SYMPTOMS
Fever/Chills	Sore throat
Cough	Stuffy nose/or runny nose
Shortness of breath	Headache
Decreased/loss of smell/taste	Nausea and/ or vomiting and/ or diarrhea
	Fatigue, lethargy, muscle aches or malaise

(B) Potential Scenarios- A Player/Coaching staff CAN attend a practice or game if:

1. **No PRIORITY or SECONDARY symptoms** are present,
2. **One SECONDARY symptom** that is improving over 24 hours and **NO PRIORITY symptoms** are present.
3. The Player/Coaching staff member has been **tested for COVID-19**, and a **NEGATIVE test result** has been received. A Player/Coaching staff member cannot return prior to receiving test results.
4. **A COVID-19 test was POSITIVE**, but 10 days have passed since symptoms began. Also, no fever is currently present, and symptoms have been resolved or improving for at least 24 hours.

5. **A COVID-19 test was NEGATIVE** and currently present symptoms have been improving for at least 24 hours. Note: Mild symptoms like a runny nose may be ongoing as long as other symptoms have resolved.

6. **A COVID-19 test was NOT PERFORMED** but 10 days have passed since the symptoms began. No fever is currently present, and symptoms have been resolved or improving for at least 24 hours

7. **The Player/Coaching staff member had Close Physical Contact with someone who had a POSITIVE test for COVID-19:**

- The Player/Coaching staff was tested for COVID-19 only once and the test was negative
- The Player/Coaching staff did NOT have a COVID-19 test performed and 14 days have passed since the date of exposure, and no symptoms are present.

8. **The Player/Coaching staff member had Close Physical Contact with someone who is suspected of having COVID-19**

- The Player/Coaching staff's COVID-19 test was NEGATIVE.
- The Player/Coaching staff's did NOT have a COVID-19 test performed and 14 days have passed since the Close Physical Contact and no symptoms are present.

9. **The Player/Coaching staff member had Close Physical Contact with an international traveler who returned to Canada:**

- The traveler is NOT exempt from mandatory quarantine due to COVID-19 AND the Player/Coaching staff member's COVID-19 test was NEGATIVE.
- The individual is NOT exempt from mandatory quarantine due to COVID-19 AND the Player/Coaching staff member did NOT have a COVID-19 test performed. 14 days have passed since the Close Physical Contact and no symptoms are present.

We thank you in advance for your understanding and attention to the protocols. With the increased risk of COVID-19, the resulting suspension of our program is a major concern. If we want hockey to continue, we all must do our very best to follow the set protocols and enforce the importance of these protocols with our players and families.

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