Rustlers,

**\*\*\*REVISED AS OF January 21, 2022\*\*\***

Considering the increase in the amount of positive Covid-19 cases within the Association and the questions that have arisen from those and associated situations, your Board of Directors would like to share the following guidelines currently in place from the BCCDC and Fraser Health. While it is impossible to cover off every specific situation, these are the general guidelines you can use at this time:

**It is MANDATORY for everyone over the age of 5 years to wear masks indoors, including dressing rooms. It is recommended that you use 3 ply medical masks instead of cloth masks to provide an increased level of protection**

**\*\* It is also MANDATORY for team officials to wear masks on the bench\*\***

**\*\*Every effort should be made to social distance where possible inside the arenas\*\***

**\*\*Dressing room time should be limited where possible – especially in the age groups where there is a higher concentration of unvaccinated athletes\*\***

**YOU HAVE SYMPTOMS OF COVID-19 BUT CAN’T GET A TEST**

Stay home until your symptoms improve, you no longer have a fever, and you feel well enough to return to your normal activities.

**YOU TEST POSITIVE WITH COVID-19**

If you test positive for COVID-19, you are required to self isolate. Self-isolation means staying away from others to help stop the spread of COVID-19.

If you are self isolating at home, you can end isolation under the following circumstances based on your age and vaccination status:

1. **You are fully vaccinated and 18 years of age or over:**At least**5 days** have passed since your symptoms started, or from your positive test date if you did not have symptoms. Your symptoms have improved, and you no longer have a fever.
2. **You are under 18 years of age:** At least**5 days** have passed since your symptoms started, or from your positive test date if you did not have symptoms. Your symptoms have improved, and you no longer have a fever.
3. **You are not fully vaccinated and 18 years of age or over:** at least**10 days** have passed since your symptoms started, or from your positive test date if you did not have symptoms. Your symptoms have improved, and you no longer have a fever.

**Continue to isolate for longer if you have a fever or are not feeling better.**

**YOU ARE A CLOSE CONTACT OF SOMEONE POSITIVE WITH COVID-19**

At this time, close contacts of people who have tested positive for Covid-19 or have symptoms of Covid-19 do not need to self isolate regardless of vaccination status. You need to monitor for symptoms and stay home if you feel unwell.

**RETURN TO PLAY PROTOCOLS**

Any player or team official who has had to enter self-isolation may plan their return to the rink using the guidance listed above.

You must be 100% symptom-free before returning to the rink. This requirement takes priority over any of the timelines listed above.

If you have any questions or concerns, please feel free to reach out to the Covid Officer or the Risk Manager and they would be happy to help where they can. Thank you for everything you are doing to keep our athletes on the ice playing the game they love.

Ridge Meadows Minor Hockey Association Board of Directors