

OMHA/OHF/FHA/PHU RTP Guideline

PARTICIPANT FEELS ILL AT THE FACILITY/ACTIVITY

- Participant advises team staff/safety person immediately.
- Participant receives a cloth mask and wears immediately.
- Anyone caring for the participant should also wear a cloth mask.
- Parents/guardians are advised and take the participant home.
- If the participant is an adult, they will leave immediately if well enough to drive. If there is a delay in leaving the facility, **they should find a location to isolate.**
- If parent not available, parent called to return to pick-up
- Inform team parents (no names) of potential incident of exposure, monitor your participant for symptoms. Any player sick must adhere to 14-day quarantine period as per PHU.
- Report to FHA Head Trainor and cc board.
- Sick or symptomatic player 14-days quarantine prior to return as per PHU.
- Contact a physician and call the local public health line. Follow isolation requirements of public health authorities. The participant will require a note from their physician to return to activity.

PARTICIPANT ADVISES TEAM STAFF THEY ARE NOT FEELING WELL AND WILL NOT BE ATTENDING

- Any participant with suspected or confirmed COVID-19 should not return to the hockey environment until all public health authority steps have been completed.
- They will require a note from their physician or public health authority to return to activity.
- If a participant is confirmed to have COVID-19, refer to the following section for recommended communication. Participant is advised to follow up with their physician.
- **They will require a note from their physician to return to activity.**

PARTICIPANT ADVISES THEY HAVE SYMPTOMS OF COVID-19 AND WILL NOT BE ATTENDING

- Any participant with suspected or confirmed COVID-19 should not return to the hockey environment until all public health authority steps have been completed.
- They will require a note from their physician or public health authority to return to activity.
- If a participant is confirmed to have COVID-19, refer to the following section for recommended communication. **If a participant has COVID-19, they should follow up with their physician and public health authority for instructions. Note that the procedure below applies to non-injury related illness and all other return to play guidelines specific to injuries still apply.**
- **COVID-19 affects different people in different ways.** Most infected people will develop mild to moderate illness and recover without hospitalization. Most common symptoms:
- **Fever • Dry cough • Shortness of breath** Less common symptoms: • **Runny nose • Aches and pains • Sore throat • Diarrhea • Conjunctivitis • Headache • Loss of taste and/or smell • Skin rash, or discolouration of fingers and toes** Serious symptoms: • **Difficulty breathing • Chest pain or pressure • Loss of speech or movement**
- Seek immediate medical attention if you have serious symptoms. Always call before visiting your physician or health facility. On average, it takes 5-6 days from infection for symptoms to show, but it can take up to 14 days.