



Common Concerns Around COVID

Association Members,

We understand there is a lot of information out there around COVID and implications to sport, we also know it can be overwhelming. Please do not guess or hope you have the correct answers when deciding upon availability and COVID screening; if you are unsure please check with reach out to us at any time.

1. My player is symptomatic with a fever, runny nose, sore throat, cough, or just unwell; what should I do?

- a) Public health recommends that all Albertans with symptoms of influenza like illnesses should be tested for COVID-19. We as an Association do not mandate testing but I do remind you of the current recommendation.
- b) My player **did not** get tested so now what? - The player must remain in self isolation for 10 days from the first symptoms or until symptom free, whatever is longer
- c) My player **did** get tested and is **negative**, now what? - The player must remain home until symptoms resolve. Once she is asymptomatic, she may return to ringette and school.

2. My player received a letter from school that she may be a close contact to a positive case of COVID-19, what are my next steps?

- a) Your player must self isolate until notified by AHS as to next steps; she can not go to school or ringette until the period of self isolation is determined by AHS.

3. My player's sibling has received a letter from the school that he/she may be a close contact to a positive case of COVID-19; what are my obligations?

- a) If the player and the sibling are both asymptomatic, the player may attend school and ringette and the sibling self isolates.
- b) If the sibling has symptoms of influenza (above symptoms) and received a letter from the school, the player **may not go to ringette and must self isolate** until the symptomatic sibling is tested. If the test is negative, the player may return to ringette as long as asymptomatic but the sibling must continue to self isolate as per AHS direction. If the sibling tests positive, the player must self isolate as per the direction of AHS (10 days – 14 days dependent on timing of exposure and swab)