

WHEN TO STAY HOME FROM RINGETTE

Any participant who comes to a Ringette activity with COVID-19 symptoms or develops symptoms during the activity will immediately be sent home. Please refer to the isolation requirements information on the Government of Alberta's website for more information.

<https://www.alberta.ca/isolation.aspx>

1. IF A PARTICIPANT HAS COMMON COVID-19 SYMPTOMS:

- FEVER
- COUGH (New or worsening chronic)
- SHORTNESS OF BREATH/DIFFICULTY BREATHING (New or worsening)
- RUNNY NOSE
- SORE THROAT

• A COVID-19 TEST IS RECOMMENDED

- You can book an appointment online to get tested at alberta.ca/covid19 or call Health Link at **8-1-1**.
- If you test negative and have no known exposure to COVID-19, you are not legally required to isolate however, **you may NOT attend any Ringette activities for 10 days or until symptom free**, so that you do not infect others. No proof of a negative test is required.

2. ISOLATION REQUIREMENTS - YOU MAY NOT ATTEND RINGETTE IF:

- You test positive for COVID-19.
- You have not been tested, and have COVID-19 symptoms, you are LEGALLY REQUIRED to stay at home and self isolate for 10 days from the start of symptoms or until they are gone, whichever is longer.
- You are LEGALLY REQUIRED to also isolate for 14 days if you have returned to Alberta from outside of Canada. If you become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional 10 days from the beginning of symptoms or until you are feeling well, whichever takes longer.
- You are LEGALLY REQUIRED to FOLLOW AHS instructions if you have been deemed to have been in close contact of someone with COVID-19. YOU MUST follow AHS instructions.

3. COVID-19 SYMPTOMS & PRE EXISTING CONDITIONS:

- If an individual develops symptoms that could be caused by either COVID-19 or a known pre-existing condition (such as allergies), they should be tested for COVID-19 to confirm that it is not the source of their symptoms before returning to Ringette.

4. CLOSE CONTACTS:

- Only individuals that have been directly contacted by AHS (Alberta Health Services) and identified as a "close contact" are required quarantine. Contacts of the close contacts do not need to quarantine, unless instructed by AHS.
- An individual who has been in contact with someone (parent, sibling, partner, child, etc.) that has COVID-19 symptoms, but has not yet received test results, is not required to self-isolate, unless they become symptomatic.

5. IF A PARTICIPANT HAS OTHER COVID-19 SYMPTOMS:

- Stuffy Nose
- Painful Swallowing
- Headache
- Chills, Muscle or Joint Aches
- Feeling unwell in general;
- New Fatigue or Severe Exhaustion
- Gastrointestinal Symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of Smell or Taste
- Conjunctivitis (pink eye)

• A COVID-19 TEST IS RECOMMENDED

- **STAY HOME - PARTICIPATION IN RINGETTE IS NOT ALLOWED**
- If you have any of these other symptoms, stay home and minimize your contact with others until you are symptom free. You are NOT permitted to attend any Ringette activities until these symptoms resolve.

• CLOSE CONTACTS

- A participant who has been in contact with someone that has OTHER symptoms, but has not yet received test results, is not required to self isolate unless they become symptomatic.

