

New England Skating Club Freestyle COVID Policy

Please continue to reference our Covid Restart Protocol for our sick protocol and additional guidance on coming to the rink located on our website here:

[New England Skating Club COVID-19 Restart Plan](#)

Protocol for COVID positive Skater or Coach:

- Any skater or coach who tests positive for COVID 19 shall immediately contact your coach or the COVID coordinators.
 - Your designated COVID Coordinators are:
Stephanie Stanfield: swstnflld@gmail.com 508-254-1400
- For privacy reasons, your coach, the COVID coordinators, and NESC President will not divulge the name(s) of the individual(s) to anyone outside of the immediate coaching staff, Norfolk Board of Health (BOH) and/or the Commonwealth of Massachusetts Department of Public Health. The impacted individual will be asked to provide the date of the onset of symptoms or the date of the positive test to assist in determining those who have had close contact. The impacted individual will also be asked to provide the type of test taken.
- NESC will send an email out to the impacted skaters who are on the ice at the same time as the COVID positive skater, notifying them of a positive case and next steps overall. A follow-up notification email will then be sent out to the entire club for transparency.
- NESC will contact the management of Norfolk Arena.
- The COVID positive skater/coach must isolate per these guidelines:
<https://www.mass.gov/info-details/covid-19-isolation-and-quarantine-information#learn-about-isolating->
- For skaters/coaches who test positive, you can return to the ice after:
 - 10 days since symptoms first appeared **and**
 - 24 hours with no fever without the use of fever-reducing medications **and**
 - Other symptoms of COVID-19 are improving*
 - *Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation
 - In addition, please consult with your PCP to determine when it is appropriate to return to normal activities.

Here is the link to where this information can be found on the CDC website:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

Protocol for Close Contact with No Positive Test for Skater or Coach:

- Any skater or coach that is notified to be a close contact* either by the COVID positive individual, any BOH or a Contract Tracing Team shall contact your coach to notify them (This close contact may be related or not related to NESC activities).
 - Close contact as defined by the CDC is an individual that has been within 6 feet of the individual for 15 minutes or more
 - * Link to where this information can be found on the CDC website:
<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>

- The skater or coach will need to quarantine per the NESC Return to Ice Policy (found below) and follow the guidelines for their towns BOH before returning to the ice.
 - It is recommended that the identified close contact reach out to their health care provider for additional guidance.
- Team activities will continue without that skater/coach as long as the skater/coach in question does not end up testing positive.

NESC Return to Ice Policy for No Positive Test for Skater or Coach (quarantine):

Adopted from the Massachusetts Department of Public Health:

- 10 days of strict quarantine, release on day 11 if
 - The individual has not experienced any symptoms up to that point **and**
 - The individual conducts active monitoring through day 14

***** Note 1: This Policy is specific only to returning to NESC ice and Team events. NESC members encompass a variety of towns and each has its own BOH and return to life/school policy. It is up to each individual skater/coach to adhere to their town specific protocols.

***** Note 2: There is a State process for contact tracing and notification that starts at the COVID positive individual's BOH or designated Contact Tracing Team.