

2022 Club Tonka Covid Guidelines

Guidelines for the 2021-22 Season:

1. If you feel sick, with any Covid-type symptom, you must stay home and get tested immediately.
2. All team members and parents must wear a mask into any facility leased by Club Tonka.
3. Masks are not required during practice but highly recommended.
4. Maintain social distancing of 3'-6' apart as much as possible even on the bench during matches.
5. We strongly recommend that staff and all players test for Covid-19 frequently as recommended by the CDC regardless of vaccination status. This is especially important before travel events.
6. All team members are required to report positive test results to the head coach and to Ted Fleener, Director, at info@clubtonk.org.

If you TEST POSITIVE for Covid-19:

All team members who test positive must quarantine until all three things are true:

- It has been 10 days since you first felt sick or tested positive (if asymptomatic) *and*,
- You feel better. Your cough, shortness of breath and other symptoms are better *and*,
- You have been fever-free for 24 hours without the use of fever-reducing medication.

The first day of symptom onset, or date of test, is considered Day 0. No test is required to return to the team.

A shortened quarantine period of 5 days will be accepted if ALL the following are true:

- You currently do not have any symptoms of Covid-19.
- You have a negative test result taken on Day 5 (or later) after first day of symptoms or positive test. First day of symptoms or positive test result is Day 0. Must be presented to head coach.

If you have had a potential EXPOSURE to a Covid-positive Person:

Exposure, or close contact, is defined as being less than 6' from someone for 15 minutes or more throughout a 24 hour period. There is no way for us to determine if a team member was actually exposed during a practice or competition.

Parents of potentially exposed players should monitor their daughter for symptoms. Any team member, with even just one symptom from the list below, should remain at home, not attend practice or competitions, and get tested immediately.

Fever of 100.4 degrees or higher
New cough or a cough that gets worse
Difficulty/hard time breathing
New loss of taste or smell
Sore throat

Nasal congestion/stuffy nose
Nausea, vomiting, or diarrhea
Muscle pain
Severe/very bad headache
Chills

For more details and further guidance review the MN Dept. of Health website –

<https://www.health.state.mn.us/index.html>

In the case of “potential exposure” Club Tonka supports decisions made by parents regarding masks or attendance at practice or competitions.

Questions – please contact Lynn Fleener at lfleener44@comcast.net or call the home/office 952-906-2860.