

SCRA Covid 19 AHS Online Self-Assessment Decision Making for Return to Ringette

If you are feeling ill or displaying any of the variety of symptoms related to Covid 19 that is not a pre-existing condition, please complete the online self-assessment or contact Health Link at 8-11.

<https://myhealth.alberta.ca/journey/covid-19/Pages/COVID-Self-Assessment.aspx>

You may receive one of these responses: (Sept. 12/20)

A) You must immediately self-isolate. You are recommended to be tested for COVID-19.

ACTION: You must self-isolate until you receive further instruction.

You are legally required to self-isolate. If you DO NOT get tested – you must isolate for 10 days from the onset of symptoms AND until symptoms have resolved (whichever is latest). Individuals who are tested, MUST isolate pending their results and should visit ahs.ca/results for further information regarding the next steps they must take following their test results.

If your symptoms worsen, call 811.

Call 911 if you are seriously ill and need immediate medical attention. Inform them that you may have COVID-19.

Please review isolation requirements: <https://www.alberta.ca/isolation.aspx>

Self-isolate and do not participate in any activity following above instructions. The player or parent/guardian may chose to inform the Team Safety Officer and provide the information from AHS.

B) You are recommended to be tested for COVID-19.

ACTION: It is strongly advised that you stay home and minimize contact with others until you are feeling better.

Take steps to protect yourself.

- Practice [physical distancing](#). This is not the same as self-isolation. You do not need to remain indoors, but you do need to avoid being in close contact with people.
- Practice good hygiene: wash hands often, cover coughs and sneezes, and avoid touching your face.

Please do not attend events or activities while unwell. You may return to your activities when you are symptom free. The player or parent/guardian may chose to inform the Team Safety Officer.

C) Would you like to take part in asymptomatic testing?

There are no requirements to self-isolate or avoid activities however you still can get tested. If you feel poorly, do not attend activities until feeling well.

If you have proceeded with a Covid 19 test, please follow the [Advice for People Tested for Covid Guidelines](#) to determine if/when you can participate in ringette or other activities.

<https://www.albertahealthservices.ca/topics/Page17034.aspx>

We trust that all players and families are following these AHS requirements. We do not require a physician's note to return to ringette. If you are comfortable, please communicate with your Team Safety Officer to discuss your status. However, contact tracing and communication regarding a positive Covid 19 participant will be conducted by AHS and is not the role of the Team Safety Officer nor SCRA.