



Dr. Jared Butler CCFP-SEM
Vice President and Chief Medical Officer
Hockey NL

February 11th, 2021

On behalf of the Branch

Dear Members:

As you may be aware, Dr. Janice Fitzgerald, Chief Medical Officer (CMO) for Newfoundland and Labrador, today announced a significant increase in the number of Covid-19 cases in our province – 100 positive cases with 1 presumptive positive – bringing our total to 210 active cases with zero recoveries thus far.

Dr. Fitzgerald stated the following today:

- The high level of cases indicates that COVID-19 has been circulating in our province for some time;
- The numbers indicate some citizens have been spreading the virus while:
 - having only mild symptoms, or
 - being asymptomatic;
- "We are seeing a snowball effect now"

The concerning aspect of this news is the exponential spread of this virus and Dr. Fitzgerald stating that it has been here for some time to have the results we are seeing.

Earlier this week, Hockey NL ceased all operations across the island as per CMO Special Measures. With the news today, we are circulating the following info to help clarify questions and/or concerns members, and their families, may have. Further to Dr. Fitzgerald's new Special Measures, Hockey NL takes the following stance:

- 1) **People need to self-isolate for 14 days** (and not 17 days – this has been corrected) if they meet any of these criteria:
 - a. ***All Minor U13, U15, U18, and Female U15 and U20 teams/members who competed in games/practices between Feb. 5 and Feb. 7, including teams from Eastern Zone and other zones that competed with teams from Eastern;***
 - b. ***Junior Hockey teams where a player on said team is in High School within the Eastern zone;***
 - c. ***Coaches, staff, managers, and volunteers, who were involved with activities related to (a) and (b) between Feb. 5 and Feb. 7;***

- d. *Officials who have worked games in this window involving any of (a) to (c);*
 - e. *Any member who has come into direct contact with another member in groups (a) to (d);*
 - f. *Any family member of an individual listed in (a) to (e) are not required to isolate unless they or their household member experiences symptoms of COVID-19 and/or tests positive for COVID-19;*
 - g. *Those individuals who meet criteria outlined by the CMO-NL to self-isolate as per her directives;*
- 2) *Members who are “contacts of contacts” need to monitor for symptoms closely and adhere to Public Health guidelines;*
- 3) *Anyone experiencing one (1) symptom of COVID-19 needs to get tested. Symptoms of COVID-19 include:*
- a. *Fever, including chills or sweats;*
 - b. *A new or worsening cough;*
 - c. *Shortness of breath or difficulty breathing;*
 - d. *Runny, stuffy or congested nose;*
 - e. *Sore throat or difficulty swallowing;*
 - f. *Headache;*
 - g. *Loss of sense of smell or taste;*
 - h. *Unusual fatigue or lack of energy;*
 - i. *New onset of muscle aches;*
 - j. *Loss of appetite;*
 - k. *Vomiting or diarrhea for more than 24 hours; and,*
 - l. *Small red or purple spots on hands and/or feet.*
- 4) *Individuals in the above groups are asked to self-isolate away from household members for 14 days from the date of the last gathering or game they attended, or from their last contact with a positive case, whichever is more recent.*

Hockey NL fully supports this decision and takes these matters extremely seriously. As a Branch, we cannot stress enough the importance of complying with the public health orders for the safety of our families and our communities.

Hockey NL reminds all members of Your Responsibility:

- Follow Public Health Guidance for All Alert Levels.
- Stay at home as much as possible, except to get essentials like groceries and medications.
- Limit your contacts to your household bubble.
- **If you have COVID-19 symptoms, contact 811.**
- You are strongly encouraged to work from home, where possible.

The Chief Medical Officer has stated that these Special Measures will be re-evaluated in fourteen (14) days. Hockey NL will continue to monitor the situation and support Members and Public Health during this challenging time. Should you have any questions, please pass them through your Hockey NL representatives and we shall endeavour to provide a response as soon as possible. We ask for your patience, understanding, and commitment to the Special Measures.

Yours in hockey,

Dr. Jared Butler