

COVID-19 Guidelines and Expectations

If you are **exposed to Covid-19** (within three feet for at least 15 minutes), or a family member tests positive for Covid-19, and you **are NOT fully vaccinated** (both shots, plus booster if eligible) and you have **NO symptoms**:

- Notify your Sporting Coach
- Stay home for five days. This means you can't attend practice or games for five days from the date of exposure (For example: exposed on a Monday means you're in quarantine through Saturday)
- Mask for five days after quarantine. This includes wearing a mask in practice and games. (For example: exposed on a Monday, in quarantine through Saturday, in a mask through Thursday)
- Test, if possible, five days after exposure as a best practice. However, you must still wear a mask for the following five days

If you are **exposed to Covid-19** (within three feet for at least 15 minutes), or a family member tests positive for Covid-19, and you **ARE fully vaccinated** (both shots, plus booster if eligible) and you have **NO symptoms**:

- Notify your Sporting Coach
- No required quarantine
- Wear a mask for ten days
- Test, if possible, five days after exposure as a best practice. However, you must still wear a mask for the following five days

If you **test positive for Covid-19**, regardless of vaccination status or whether you have symptoms:

- Notify your Sporting Coach
- Stay home and isolate/quarantine for five days. This means you can't attend practice or games for five days from the date of exposure (For example: exposed on a Monday means you're in quarantine through Saturday)
- After five days, if you have a fever or symptoms stay home until your fever is gone and symptoms improve
- After five days, if you don't have a fever or symptoms, mask for five days after isolation/quarantine. This includes wearing a mask in practice and games. (For example: exposed on a Monday, in quarantine through Saturday, in a mask through Thursday)
- Test, if possible, five days after exposure as a best practice. However, you must still wear a mask for the following five days
- If you are waiting on Covid-19 test results, stay home until you get your results

If you have ANY symptoms, regardless of vaccination status or whether you've been exposed, stay home. We also encourage players to wash their hands before and after practice and games.

Thank you for your cooperation in keeping all our families safe!