

Athlete who exposed to a COVID + person

- Vaccinated Individual
 - Can attend practice **UNLESS SYMPTOMATIC**, needs inform Coach before attending practice
 - If exposure is a household exposure, athlete cannot attend practice for 5 days. They must test on day 5-7. If negative, athlete can return to practice.
- Unvaccinated Individual
 - Quarantine for 10 days (exposure day is day 0)
 - Option to test out
 - Quarantine for 7 days with a test on day 5 or after and return on day 8 unless symptoms develop (exposure date is day 0)

Athlete who tests + for COVID

- Vaccinated and Unvaccinated
 - Isolate from other individuals
 - Cleared for return after day 10 AND no symptoms
 - Some symptoms may linger; ask for clarification if unclear