



### **FHE Sports Covid Policy 2020-2021**

**No one experiencing symptoms associated with covid-19 will be allowed in a facility or allowed to participate in FHE Sports activities including games and practices. Symptoms associated with covid-19 include fever or chills, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.**

- Temperature checks are required for athletes, coaches, workers, and spectators upon arrival.
- Any temperature above 100.4 will not be allowed in the facility.
- Masks will be worn when entering the gym.
- Those entering the gym will use approved hand sanitizer.
- Spectators will wear their mask at all times.
- Coaches and athletes will wear their mask at all times including during play.
- No locker rooms will be provided, come dressed and prepared to play.
- No water or water fountains will be provided, please bring your own.
- No shaking of hands, fist bumps, etc.
- Athletes will remain 6ft apart on the bench.
- Spectators must sit in the correlating section, home or away.
- Spectators will continue to social distance while seated.

#### **Spectator Allowance:**

- One spectator is allowed per athlete. Workers do not count toward spectator allowance.

#### **Test Positive Protocol:**

**Coaches are responsible for monitoring their teams. Should they or someone on their team test positive for covid-19, they must notify the AD or Chairman immediately, no later than 24 hours after learning of the positive case.**

1. Families are not permitted to attend a FHE Sports activity including games and practices should someone in their family become sick with symptoms associated with covid-19. Athletes may return to practice if they are well and the family member who is sick tests negative for covid-19.
2. If an athlete on the team tests positive for covid-19 and **did not expose** the team (attended a practice or game within 48 hours), the athlete will not be allowed to participate in an FHE Sports activity including games and practices for 10 days from the day they tested positive. The athlete may return after the 10 days as long as they are no longer experiencing symptoms. This includes being fever free for 24 hours without the use of fever-reducing medication.
3. If an athlete on the team tests positive for covid-19 and **has exposed** the team (attended a practice/game within 48 hours), the team will not be allowed to participate in an FHE Sports activity including games and practices for 10 days after last exposure or 7 days with a negative test result. After 10 days or 7 days with a negative test, athletes who are well may return to play. Those who may be experiencing symptoms or test positive for covid-19 during quarantine will need to follow the protocol in item #2 before returning to play.
4. If an athlete is participating on a team that has been exposed to covid-19 and is currently not allowed to participate, siblings that are participating on other teams will not be able to participate with their team for 7 days. If the exposed athlete shows no symptoms **and** shows no evidence of infection (via 2 negative tests), the siblings will then be free to resume activities with their teams.

**Exemptions to the policy must be approved by the FHE Sports Committee.**