

## FHE Sports COVID Policy

Updated September 3, 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.**

Any temperature above 100.4 will not be allowed to participate or spectate.

### Indoor Sports

-Masks are optional before, during, and after practice/play for coaches and athletes. Further restrictions may be given from individual facilities.

-No locker rooms will be provided. Come dressed and ready to play.

-No water or water fountains will be provided. Teams must provide their own water.

-No shaking of hands, fist bumps, high fives, etc.

-There is no spectator limit. Further restrictions may be given from individual facilities.

-Wearing a mask is optional for spectators. Further restrictions may be given from individual facilities.

### Outdoor Sports

-Masks are optional for coaches and athletes.

-Water will not be provided, please bring your own.

-No shaking of hands, fist bumps, or high fives.

-There is no spectator limit. Further restrictions may be given from individual facilities.

-Wearing a mask is optional for spectators.

**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 tests positive for covid-19, siblings that are participating on other teams will not be able to participate with their team for 7 days.

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