

## **Updates to LVHN Guidelines to Resocialization to Sports.**

### **Face Masks**

Coaches, athletes and spectators must wear face coverings unless they are outdoors and can consistently maintain social distancing of at least 6 feet.

Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings when on the sidelines, in the dugout, etc. and anytime 6 feet of social distancing is not possible.

Use of a mask indoors is recommended at all times.

### **Travel Quarantine**

If an athlete, coach, or staff member has traveled, travel, to an area where there are high amounts of COVID-19 cases and is identified as a hot spot, recommended that you stay at home for 14 days upon return to Pennsylvania before returning to school sports. For an updated list of states, see the following link:

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>