

## Updates to LVHN Guidelines to Resocialization to Sports.

Clarification on COVID-19 exposure;

1. If an athlete or coach not wearing a mask is confirmed to have COVID-19, the following should occur:
  - a. All participants that have practiced or competed with this individual (up to 48 hours before they started showing symptoms) should be excluded from practice and play for 14 days. Teams should keep documentation of names and contact information of opposing teams, coaches, and officials for contact tracing purposes.
  - b. Coaches and staff who were in contact with the infected individual while properly wearing a mask may not need to be excluded from practice and play. In some cases, a mask may not be considered protective depending on the type of exposure.
    1. Exception could be made if all activities were done while practicing appropriate social distancing, use of proper face masks, and proper hand sanitizing were practiced. This is up to the sole discretion of the healthcare providers involved.
    2. If a coach is positive and was wearing a mask or face covering, it is possible that none of their contacts will have to be excluded from play or practice. In some cases, a mask or face covering may not be considered protective depending on the type of exposure.
2. If the exposure event occurred during a full practice that includes an intrasquad scrimmage, the exposed individual(s) will be quarantined, and it may be necessary to quarantine the entire team and exclude them from practice and school attendance for 14 days.
3. If the exposure event occurred during a game competition, that individual(s) will be quarantined, and it may be necessary to quarantine BOTH teams and exclude them from practice and school attendance for 14 days.
4. Any decisions following a positive test will involve consultations with LVHN physicians to determine next steps and further contact tracing.
5. Isolation vs Quarantine: Individuals that are infected need to isolate from others to reduce infection transmission. Individuals that have been exposed to a known positive need to quarantine during their incubation period.

Guidelines for Resocialization into Sports will continue through fall sports with addendums.