



**FHE Sports Covid Policy**

Updated: April 30th, 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 to participate or spectate.**

Indoor Sports	Outdoor Sports
<ul style="list-style-type: none"> <li>-Masks will be worn by all upon entering the facility.</li> <li>-Coaches and athletes must wear their mask at all times including during play.</li> <li>-No locker rooms will be provided. Come dressed and ready to play.</li> <li>-No water or water fountains will be provided. Teams must provide their own water.</li> <li>-Athletes must maintain 6ft distance while on the bench.</li> <li>-No shaking of hands, fist bumps, high fives, etc.</li> <li>-Spectators are limited to 4 family members per athlete at an FHE Sports event. <i>Further restrictions may be given from individual facilities.</i></li> <li>-Spectators must wear a mask at all times.</li> <li>-Spectators must sit in correlating sections, home or away, and maintain the 6ft social distance with those outside of their household.</li> </ul>	<ul style="list-style-type: none"> <li>-Masks are optional for coaches and athletes.</li> <li>-Water will not be provided, please bring your own.</li> <li>-No shaking of hands, fist bumps, or high fives.</li> <li>-There is no spectator limit. <i>Further restrictions may be given from individual facilities.</i></li> <li>-Wearing a mask is optional for spectators.</li> <li>-Spectators are to stay off the field and away from dugouts, benches, and athlete's sitting areas during games/competitions.</li> <li>-Spectators need to sit in correlating sections, home or away and maintain the 6ft social distance with those outside their household.</li> </ul>



**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.**