

# MN Boys High School Volleyball Association

## COVID POLICY

MN Boys HSVB and Centennial HS are taking proactive steps to address concerns related to COVID-19 exposure. The following policy can be used by League Participants as MINIMUM guidelines to be used when dealing with COVID-19 exposure and return to play.

If individual School, Association or Club policies concerning COVID-19 exposure and return to play standards are more restrictive than this minimum suggested policy, those standards will take precedence over this policy.

Please check with your HOST School, Association, or Club Policy.

### Participants with COVID Symptoms

1. Any player, coach, or staff member with COVID symptoms must not attend any practice, competition, or other gathering, and must immediately notify their School Head Coach or Club Director. COVID testing is recommended if you have symptoms. Symptoms of COVID are fever or chills, cough, 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, or diarrhea.
2. If the test is negative, the member can notify their School Head Coach or Club Director and return immediately.
3. If the test is positive, the member should notify their School Head Coach or Club Director within 24 hours of receiving the result.
4. Any player, coach or staff member with a positive test result is not permitted to associate with any other players or coach, or staff members for 10 days from the date of the positive test AND at least 24 hours with no fever.
5. Any player, coach or staff member who has had symptoms and refuses to be tested should not be permitted to associate with any players or staff members for 10 days from the date of symptom onset AND at least 24 hours with no fever.

### Individual Outside Exposure – No Symptoms

1. If a player or staff member has been in close contact with another individual who has tested positive for COVID (family member, friend, or other teammate) within 48 hours of the onset of that individual's symptoms or within 48 hours of that individual's positive test if asymptomatic, then that member will be considered as "exposed" to the COVID virus.
2. Once a member has been "exposed", they should not attend any practice, competition, or other gathering and should immediately notify their School Head Coach or Club Director. The member is required to do one of the following:
  - a. With a previous positive COVID test: A participant who has previously had COVID and has had a positive COVID test in the past 90 days, may return immediately.
  - b. If it has been longer than 3 months since the positive COVID test, the following options apply:

- i. Get a COVID test: Quarantine for 5 days and have a negative COVID test result on or after the 5<sup>th</sup> day after the last exposure before returning on the 8<sup>th</sup> day after the last exposure.  
Note: The day of exposure is day 0.
- ii. Do not get a COVID test: Quarantine for 10 days without any symptoms before returning on the 11<sup>th</sup> day after the last exposure. Note: The day of exposure is day 0.

### **Team Exposure – No Symptoms**

1. If a player, coach or staff member on a team has a positive COVID test, and that person was with their team either in practice, competition, or another gathering, within 48 hours of the onset of symptoms or within 48 hours of the positive test if asymptomatic, then the entire team should be considered as “exposed” to the COVID virus.
2. Once a team is considered as “exposed”, notification should be sent from their School Head Coach or Club Director to all team members. Each player is required to do one of the following:
  - a. With a previous positive COVID test: A player who has previously had COVID and has had a positive COVID test in the past 90 days, may submit that test result and return immediately.
  - b. If it has been longer than 3 months since the positive COVID test, the following options apply.
    - i. Get a COVID test: Quarantine for 5 days and have a negative COVID test result on or after the 5<sup>th</sup> day after the last exposure before returning on the 8<sup>th</sup> day after the last exposure.  
Note: The day of exposure is day 0.
    - ii. Do not get a COVID test: Quarantine for 10 days without any symptoms before returning on the 11<sup>th</sup> day after the last exposure. Note: The day of exposure is day 0.

**Vaccinations Policy:** There is not enough information or state guidelines pertaining to fully vaccinated individuals. Therefore, these individuals should follow the same protocols as those who have not been vaccinated.