



# COVID-19 Reporting Protocols

With Example Emails

Isolate: Participant is sick with **symptoms** or **test positive** for COVID-19

1. COVID positive or symptomatic participant reports to Head Coach
2. Participant(s) cannot come to practice for 5 full days. Day 0 is the day symptoms started or positive test. Do not return to practice if symptoms aren't improving and if there is a fever over 100 degrees.
3. If not already done, email participant and CC [david@washingtonleague.org](mailto:david@washingtonleague.org) with the above information (see Example email #1)

Quarantine: Participant had close contact or **exposure** with someone who has COVID-19

1. Determine if other team members and/or coaches were exposed
2. Determine vaccination status (see Example email #2).
3. Instruct participants to abstain from practice for 5 days if participant(s) is:
  - 18 and older without booster OR
  - 5-17 without primary series OR
  - Has not tested positive for COVID within the past 90 days OR
  - Is not willing to share vaccination status
  - Experiencing symptoms regardless of vaccination status

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## Example Email #1 for COVID Positive Test (or Symptoms)

Dear Akari (eg: the mom),

I'm sorry to hear that Ethan tested positive (or doesn't feel well). He won't be able to return to practice for 5 days. Please make sure that his symptoms are improving before he returns, and that he has not had a fever for over 24 hours without fever-reducing medications.

Best regards,

Head Coach

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## Example Email #2 for COVID Exposure

Dear Eric (eg: the guardian),

One of our coaches tested positive for COVID and I have determined that Fatima (the student) was exposed. Please let me know Fatima's vaccination status.

Fatima will not need to Quarantine and may resume practice if one of the following applies:

- 18 or older and has received all recommended vaccine doses, including boosters OR
- 5-17 years of age and completed the primary series of COVID-19 vaccines OR
- Positive COVID-19 test within the last 90 days.