



CALIFORNIA SPIRIT ELITE

COVID-19 Guidelines Updated August 2022

Be Cautious of the following:

- Fever OF 100.3
- Cough
- Colds
- Headache
- Diarrhea
- Shortness of breath
- Sore throat
- Joint and Muscle Pain

Have you had Exposure?

- Travelled to other countries in the past 14 days
- Exposure to a confirmed COVID-19 patient for a total of 15 minutes or more and within 6 feet
- You provided care at home to someone who is sick with COVID-19
- Travelled to, reside, or work in local areas with reported COVID-19 cases
- Exposure to a Person Under Investigation (PUI) for COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Please Remember the Following

- Maintain social distancing (6 feet)
- Sick participants will be isolated.
- Masks are recommended in/out of the facility.
- Masks are optional during all non-exercise activities
- Bleacher area open.
- Athletes showing symptoms will be isolated or asked to wear a mask.
- Home isolation is considered 5 days if tested positive for Covid-19

With Exposure + No Symptoms:

- Wear a mask for 10 full days. (Day 1 is day after exposure)
- **Get tested at least 5 full days after exposure. Continue to wear mask in public.**
- Should symptoms start to develop, proceed to your medical physician or Emergency Room for assessment.

No Exposure + With Symptoms:

- Manage symptoms accordingly. Proceed to the Emergency Room or medical office for assessment.

#StopTheSpread