



PNRA/MERCER

PROTOCOL FOR RETURN TO MERCER PRACTICE AFTER CONFIRMED COVID-19 OR SUSPECTED COVID-19 EXPOSURE

POSITIVE COVID-19 CASE WITH SYMPTOMS

- Athlete will not return to practice for **at least until 10 days** since symptoms first appeared **AND at least 24 hours** have passed since last fever has resolved without the use of fever-reducing medications **AND** improvement in symptoms
- All athletes who test positive for COVID-19 will be required to obtain a cardiology clearance prior to returning to physical activity

POSITIVE COVID-19 CASE WITHOUT SYMPTOMS

- Athlete will not return to practice **until 10 days** have passed since the date of their first positive COVID-19 test **AND** have remained asymptomatic (if symptoms have occurred, then this strategy no longer applies)
- All athletes who test positive for COVID-19 will be required to obtain a cardiology clearance prior to returning to physical activity

NEGATIVE TEST, BUT SYMPTOMS SUSPICIOUS FOR COVID-19

If athlete has tested negative for COVID-19, but is currently experiencing symptoms combined with a fever, it is required to stay home and practice social distancing until **24 hours after the fever has ended without the use of fever reducing medications and symptoms improve**. After this time, the athlete may return to practice.

NEGATIVE TEST AND NO SYMPTOMS, BUT LIVING WITH A COVID-19 POSITIVE PERSON

Even though a person has tested negative and may have no symptoms, living with a person with COVID-19 means that they may have been exposed to the virus. For this reason, it is required that that person must monitor themselves for symptoms. The COVID-19 positive person who lives with others has a self-isolation of 10 days from the time symptoms began AND 24 hours being fever-free without fever reducing medicine. "Household members" who have been living with a COVID-19 positive person are required to self-quarantine for **14 days AFTER** the COVID-19 positive person's self-isolation ends. This is because it may take 2-14 days for symptoms to develop.

NEGATIVE TEST AND NO SYMPTOMS, BUT CLOSE CONTACT OF A COVID-19 POSITIVE PERSON

If an athlete is identified as being a close contact of a COVID-19 person, it is required that they self-quarantine for 14 days from the last date of exposure with the person, even if they tested negative. This is because it may take 2-14 days for symptoms to develop. While they are self-quarantining, they must monitor themselves for symptoms. Close contacts are individuals who were within 6 feet of a positive COVID-19 case for a combined period of 15 minutes or more over 24 hours. Walking past a positive COVID-19 case does not qualify as being close contact, nor does being in a different pod at the boathouse at the same time as a positive COVID-19 person. It does include someone who rowed in a boat without a mask on with a COVID-19 positive person.

Updated guideline: the CDC has given the option of ending the quarantine after 10 days if the person has no symptoms, or after 7 days and a negative test result (on day 5 or later of the quarantine). Individuals who have close contact must monitor for symptoms until 14 days after exposure and if symptoms appear, they must immediately self-isolate. Continue to wear a mask, social distance and wash hands.

SIBLING OF CLOSE CONTACT OF A COVID-19 POSITIVE PERSON

The sibling of a possible close contact with a COVID-19 positive person will not be allowed to practice until there is a negative COVID-19 test from the person who was in close contact. Once the close contact person receives a negative COVID-19 test, the sibling may return to practice, however the 14 day quarantine must remain as described above for the person in close contact with a positive COVID-19 person.

https://www.nj.gov/health/cd/documents/topics/NCOV/COVID_Instructions_Persons_Who_Test_Negative.pdf

https://www.nj.gov/health/cd/documents/topics/NCOV/COVID-QuickRef_Discont_Isolation_and_TBP.pdf

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>