



PNRA/MERCER

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

(UPDATED SEPTEMBER 7, 2021)

POSITIVE COVID-19 CASE WITH SYMPTOMS

- An Athlete will not return to practice for **at least until 10 days** after symptoms first appeared **AND at least 24 hours** have passed since last fever has resolved without the use of fever-reducing medications **AND** there have been 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

- An Athlete will not return to practice **until 10 days** have passed after the date of their first positive COVID-19 test **AND** the Athlete has 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 an Athlete has tested negative for COVID-19, but is currently experiencing symptoms combined with a fever, the Athlete 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.

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

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.

If asymptomatic, Athletes who meet one of the following criteria and who have had close contact with a COVID-19 positive person do not need to quarantine following the exposure:

- fully vaccinated athlete; or
- a person who has had COVID within the last 90 days and has fully recovered.

These people should test for COVID 3-5 days after the close contact. They must monitor themselves for symptoms and self-quarantine if they develop any symptoms within 14 days after the close contact or until they have a negative test.

If a non-vaccinated Athlete is identified as being a close contact of a COVID-19 positive person, the Athlete is required to 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.

Living with a person with COVID-19 means that the Athlete has had close contact and may have been exposed to the virus. A 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.

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 still 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. This does not apply to a fully vaccinated athlete. Fully vaccinated athletes should monitor for symptoms.

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/your-health/quarantine-isolation.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fif-you-are-sick%2Fquarantine.html

https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/scientific-brief-options-to-reduce-quarantine.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fmore%2Fscientific-brief-options-to-reduce-quarantine.html

[Guidance for COVID-19 Prevention in K-12 Schools | CDC](#)

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>