

## UPDATED RETURN TO GYM COVID-19 PROTOCOLS FOR IEGA STUDENTS

**SEPTEMBER 2022**

*Regarding the spread of COVID-19 and exposure: An infected person can spread COVID-19 starting 2 days before the person has any symptoms or tests positive. People who have COVID-19 don't always have symptoms. You are considered a close contact, and have the potential for exposure, even if you were wearing a mask and the COVID-19 positive person was less than six feet from you for a cumulative total of 15 minutes, particularly when you are inside.*

### POTENTIAL EXPOSURE or CONFIRMED EXPOSURE TO COVID-19

Whether you have had a potential or confirmed exposure to a COVID-19 positive person, regardless of your vaccination status, you should begin masking immediately and monitor for symptoms. In terms of coming returning to gymnastics at IEGA, we ask that you DO NOT come to gym until at least five days after the exposure date (DAY 0) AND you have receive a negative test result (DAY 6). Please see the guidelines below:

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**DAY 0** is the day of your last contact/exposure to someone with COVID-19.

**DAY 1** is the first full day after your exposure.

**DAY 6**, or 5 full days after your last contact/exposure to someone with COVID-19, students, regardless of vaccination status, should test.

#### IF YOU TEST NEGATIVE:

- You must continue to wear a mask at gym for the next 5 days, and should mask at home and when indoor in other public areas as well.
- You should continue to watch for symptoms (*fever, cough, shortness of breath, runny nose, sore throat, loss of smell/taste*), and, if you develop any, you should isolate immediately and retest.

#### IF YOU TEST POSITIVE:

- You should isolate immediately. *See below for return to IEGA guidelines.*

#### IF YOU ELECT NOT TO TEST:

- Please do not return to the gym until **DAY 10**

### COVID-19 POSITIVE TEST AFTER EXPOSURE

Regardless of your vaccination status or infection history:

- You must remain out of IEGA for at least 5 days

Your may return to IEGA on DAY 6, wearing a mask during practice for 5 additional days, if:

- You test negative (antigen preferred), AND
- You have not had a fever for 24 hours without taking fever-reducing medication, AND
- Your other symptoms are gone or going

You may NOT return to IEGA if:

- You tested positive on Day 5 or choose not to test at all

If you still have a fever, even after 10 days, you cannot return to gym until it's been gone for 24 hours without taking fever-reducing medication.