

Eagle High Mountain Bike Team COVID 19 Reporting Policy

If a player or coach on our team tests positive for coronavirus, the following measures must be taken:

1. Immediately remove player/coach from all team activities
2. Inform the team that someone has tested positive (do not disclose names) and encourage everyone to monitor symptoms
3. Player/coach/team with close contact as defined by the CDC goes into quarantine.
<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>
4. Inform IICL Director per IICL policy

Return to Participation guidelines

Document source: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

I think or I know I had COVID-19, and I had symptoms:

You can be around others after:

- 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving*

I tested positive for COVID – 19 but had no symptoms:

If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19. Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

If you develop symptoms after testing positive, follow the guidance above for “I think or know I had COVID-19, and I had symptoms.”

Who Needs to Quarantine

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

People who have been in close contact with someone who has COVID-19 need to quarantine—excluding people who have had COVID-19 within the past 3 months or who are fully vaccinated (2 weeks after their second dose in a 2-dose series, such as Moderna or Pfizer vaccines, or 2 weeks after a single-dose vaccine such as Johnson & Johnson Janssen vaccine)

People who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with 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

Steps to take

- Stay home and monitor your health for 14 days after your last contact with a person who has COVID-19.
- Watch for fever (100.4°F), cough, shortness of breath, or [other symptoms](#) of COVID-19
- If possible, stay away from others, especially people who are at [higher risk](#) for getting very sick from COVID-19