

CDC - When to Quarantine

People who have been in [close contact](#) with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months.

People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. 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

Stay home and monitor your health

- Stay home 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

Options to Reduce Quarantine Time

CDC and other scientists have explored changing the current recommendation to quarantine for 14 days after last exposure. Reducing the length of quarantine may make it easier for people to quarantine by reducing economic hardship if they cannot work during this time. In addition, a shorter quarantine period can lessen stress on the public health system, especially when new infections are rapidly rising.

Local public health authorities make the final decisions about how long quarantine should last in the communities they serve, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine.

CDC now recommends two additional options for how long quarantine should last. Based on local availability of viral testing, for people without symptoms quarantine can end:

- On day 10 without testing
- On day 7 after receiving a negative test result

After stopping quarantine, people should

- Watch for symptoms until 14 days after exposure.
- If they have symptoms, immediately self-isolate and contact their local public health authority or healthcare provider.
- Wear a mask, stay at least 6 feet from others, wash their hands, avoid crowds, and take other steps to [prevent the spread of COVID-19](#).

CDC continues to endorse quarantine for 14 days and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus. CDC will continue to evaluate new information and update recommendations as needed. See [Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing](#) for guidance on options to reduce quarantine.

MSC HEALTH PROCEDURES

- No spectators allowed inside the MSC. Parents can drop off and pick up only.
 - Parents who have financial or administrative questions may come into the building.
 - 24-32 person capacity limit in the concession area.
- Mask Up ... Masks are to be worn at all times when inside the MSC per state and county guidelines.
- Facility Entry – please enter the MSC through the front RIGHT door.
- Do not arrive for your activity more than 10 minutes early.
- Players should move down the hallway directly to the bathrooms to wash their hands for at least 20 seconds.
- Then enter the concession area through the check in door. If there is a line, please stand in the marked areas 6ft apart.
- Players will stop at the check in station to self temp scan and fill out the attendance / contact tracing form.
- Players are then assigned a designated player zone where they can keep their gear.
 - Players can only bring their gear and a water bottle with them into the gym.
- The gym is divided into four zones. Players and coaches are assigned a court within a zone. Players should walk directly to that court upon entering the gym.
- Players should stay in their zone unless they need to use the restroom.
- Players should provide and use their own hand sanitizer.
- At the end of activity, players are to wipe down the volleyballs on the court and then use hand sanitizer. Grab their water bottle and then walk directly back to their player zone for their gear.
- Players will leave out the designated exit door to leave the MSC and find their ride home.
- If you must wait for a ride, you can wait outside (if the weather is nice) or inside but away from the door to increase social distancing.

WHEN ON THE COURT

- No high fives or hugs. Do not touch your face or head during activity. Have a small towel handy to help wipe the sweat. Having face wipes handy is also a good idea.
- Maintain a 6ft or more distance from the coach and players when appropriate.
- Masks are to be worn by players and coaches at all times: (as of Aug 1, 2020 and until further notice)
 - Masks can be removed for drinking water, eating a snack or needing to take a breath.
- Track and shag the volleyballs on your court so they do not enter another zone in the gym.
- Walkways to adjacent courts should be blocked off with court barriers or boxes.

FACILITY UPKEEP

- Clean volleyballs are brought out for the start of each new session.
- Volleyballs are disinfected at the end of each day.
- Court surface is mopped with disinfectant at the end of each day.
- Courts are cleaned 1-2x per week with a Zamboni scrubber.
- Gym & concession area is disinfected once a week.
- Chairs and tables are wiped down with disinfectant after each group leaves the MSC.
- Bathrooms are professionally cleaned daily during the week.

