



# Park Sharon Basketball COVID-19 Quarantine Policy

January 2021

Park Sharon Basketball Quarantine Policy follows the recommendation of both the CDC\* and the Mecklenburg County Health Department\*\*.

The recommended quarantine period is still **14 days**. Both the CDC and Mecklenburg County have guidelines to shorten this timeframe if you follow strict precautions at ALL times.

## PARK SHARON BASKETBALL POLICY IS AS FOLLOWS:

- **DIRECT** Exposure \*\*\* to a COVID-19 Positive Person requires a 10-Day Quarantine.
  - Once your 10 days have been completed **AND** you have **NO** symptoms you can then return to normal activities with the team.
- If a player tests **POSITIVE and had symptoms**, the player can return to normal activities 10 days after the onset of symptoms **AND** 24 hours with no fever without fever-reducing medication **AND** other COVID-19 symptoms are improving. \*\*\*\*
- If a player tests **POSITIVE and had NO symptoms**, the player can return to normal activities 10 days after the positive test was administered. \*\*\*\*

Failure to report **DIRECT** exposure of **ANY** player to their respective Coach will result in penalties up to and including being expelled from the league.

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

\*\* <https://www.mecknc.gov/COVID-19/Documents/Self-Quarantine-Instructions-English.pdf>

\*\*\* <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>

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