

Gaylord Sports Association COVID-19 Policy

Updated December 2022

The safety of our participants, volunteers and guests is our first priority and we remain focused on our health and infection control requirements to keep everyone as safe as possible. This policy applies to anyone who attends Gaylord Sports Association programs including participants, volunteers and guests, regardless of vaccination or immunity status. We continue to evaluate the situation and will comply with the most recent local or state health department recommendations or requirements. Thank you for following our guidelines and helping us to keep as safe an environment as possible.

What to expect:

All participants are expected to follow our criteria for participation guidelines and refrain from participating if under a COVID-19 quarantine protocol or experiencing any cold, flu or covid-19 symptoms. Face coverings are required for all indoor programs at Gaylord.

Criteria for participation in Gaylord Sports Association Programs:

- **No signs or symptoms of COVID-19** including (fever, cough, shortness of breath, loss sense of smell or taste, sore throat, nausea/vomiting/diarrhea)
- **Not currently positive for COVID-19** or waiting on COVID-19 test results.
- **Not currently under quarantine** as directed by a health professional, school or other organization.
- All attendees must meet minimum **masking requirements** when required for program participation.
- If you have been **exposed** to COVID, you may participate if you have no symptoms and adhere to strict masking throughout the program.
- **Practice healthy habits** to help slow the spread of COVID-19 such as hand sanitization, social distancing of 6 feet between yourself and others, staying home when feeling sick and getting tested when appropriate.
- Follow **return to participation** requirements (see below) after positive COVID-19 test or symptoms.

Face Coverings:

Programs located at Gaylord Hospital

- **Face coverings are required for all programs located indoors at Gaylord Hospital** per State of Connecticut Department of Public Health requirements.
- Face coverings are **optional** for programs located **outside** on Gaylord grounds.
- For areas where masks are required, a surgical mask that covers your mouth and nose must be worn. Cloth masks and buffs are not permitted as a sole layer of protection and require a disposable/surgical mask be worn underneath.

Programs located OFF Gaylord Grounds:

- Face coverings are optional for outdoor community programs.
- Off-site indoor programs will follow guidelines of the community facility.
- Face coverings are required during transportation provided by the Gaylord Sports Association.

Return to Participation after positive COVID Test or Symptoms AND exposures to COVID-19:

Sports Association Participants:

- If positive test but no symptoms, may return after 5 days if no symptoms develop.
- If symptoms are present or positive test, may return to participation when:
 - Fever free for at least 24 hours
 - Symptoms are improving
 - It has been at least 10 days from onset of symptoms or positive test
- No testing required to return
- If you had severe illness due to COVID, contact your doctor for approval for return to sports.
- If you have been exposed to COVID, you may participate if you have no symptoms and adhere to strict masking throughout the program.

Sports Association Coaches:

- Follow above guidelines for return after positive test or symptoms.
- For COVID-19 exposures, no work restrictions, self-monitor for symptoms, report exposure to supervisor and any testing will be at their discretion based on the exposure.

Sports Association Volunteers:

- Follow Gaylord Hospital volunteer policy:
- Asymptomatic- Quarantine for 10 days from positive test if asymptomatic
- Symptomatic- Quarantine for 14 days from onset of symptoms/positive test. To return, must be fever free for at least 24 hours and symptoms improving.
- For exposures to COVID-19: 10 days of quarantine, no testing required.

Vaccine Requirements:

Per State of Connecticut Department of Public Health requirements, all healthcare staff and volunteers must be vaccinated for COVID-19 and received a booster when eligible. There is currently no vaccine requirement for participants, with the exception of our indoor kayak class.

Equipment:

We will minimize the use of shared equipment and will practice infection control policies for cleaning and disinfecting any shared equipment.

Program Registration:

All programs require pre-registration. We continue to have a maximum number of persons registered for each program based on location of program, equipment and space available.

For questions on this policy, please contact the Gaylord Sports Association at 203-284-2772 or sports@gaylord.org. For more information on our programs, visit www.gaylord.org/sports.