



We will update our guidance as CDC guidance changes - as of 1/7/22

- If the student, or staff member is not feeling well, they should stay home and get tested
- If the student or staff member begins feeling ill at the gym, they should go home immediately and get tested

If student tests positive:

- Stay home for 5 days • Return to class Day 6 if asymptomatic or symptoms are resolving and continue to mask for 5 days in class (if unable to mask properly at all times, must remain isolated at home for full 10 days)
 - Fever-free for 24 hours without medication and other symptoms improving

If student is exposed to someone with COVID-19 in class but is wearing a mask:

- As long as continue to be asymptomatic, may remain in class and continue to wear a mask properly at all times, test on Day 5 if possible • If symptoms develop, get a test and stay home and if positive, follow isolation guidance. If test is negative, return to class when symptoms have resolved.

If student is exposed to someone with COVID-19 in or outside the class, including home contacts NOT wearing a mask:

- If unvaccinated or partially vaccinated: - Stay home for 5 days after the last day of exposure to the positive case; test on Day 5 if possible - Return to class on Day 6 if asymptomatic, wear a mask at all times in class for at least 5 days (quarantine ends 10 days after the last day of exposure to the positive case) May resume Day 6 only if able to wear a mask at all times - If symptoms develop, get a test and stay home. If positive, follow isolation guidance. If test is negative, return to class when symptoms have resolved.

If student is exposed to someone with COVID-19 in or outside the class, including home contacts:

- If fully vaccinated (have received all doses of vaccines, including booster, if eligible): - May remain in class as long as continue to be asymptomatic - Wear a mask at all times in class for at least 10 days (quarantine ends 10 days after the last day of exposure to the positive case), test on Day 5 if possible - If symptoms develop, get a test and stay home. If positive, follow isolation guidance. If test is negative, return to class when symptoms have resolved.