



HG COVID-19 Policies

Winter 2022 Season

We, at Higher Goals, are remaining vigilant in the fight against COVID-19. We know that there's a current spike and the new variant seems to spread quicker; however, the strength is a bit weaker than previous strands. We have adjusted our policies in light to these new trends.

POSITIVE CASES

Isolation- Players are required to isolate when they test positive for COVID-19, even if they don't have symptoms.

- Isolation should last for 5 days, in your home, away from others
 - Please extend to 10 days if you have a severe case
- Wear a well fitted mask if you must be around others in your home
- Players may return to play after their 5 days is completed
 - Must be symptom free
- Players may also return to play (after the 3rd day) with a negative test

EXPOSURE/CLOSE CONTACT

Exposure- Contact with someone infected with COVID-19, in a way that increases the likelihood of getting infected with the virus.

Close Contact- Someone who was less than 6 feet away from an infected person for a total of 15 minutes or more over a 24 hour period.

QUARANTINE

Quarantine- Quarantine is a strategy used to prevent transmission of COVID-19 by keeping "close contacts" apart from others.

- Players do NOT need to quarantine if they are up to date with COVID-19 Vaccinations OR if they had COVID-19 in the last 90 days.
 - The CDC does recommend that you wear a mask for 10 days
- Players do NOT need to quarantine if they were exposed & not in close contact.
- Players are required to quarantine if they are not up to date on COVID-19 vaccinations and they came in "close contact" with a positive case.
 - Quarantine for 5 days in your home
 - Get tested if you develop symptoms
- Players may return to play after their 5 days is completed