

# ESA COVID-19 POLICIES

UPDATED JANUARY 2022 PER UPDATED CDC SUGGESTIONS

## COVID-19 DAILY MEMBER & STAFF AGREEMENT

If you answer yes to any of these questions for yourself or your child, we ask that you do not return to the gym at this time.

- Have you experienced a fever, chills, sore throat, cough, or body aches in the last 48 hours?
- Has anyone in your household experienced any of the above symptoms in the last 48 hours?
- Have you, or anyone in your household, traveled internationally or through a high risk area in the last 2 weeks?
- Have you been told by a healthcare provider that you should self-quarantine due to potential Covid-19 exposure or concerns that you may have Covid-19?

## POSITIVE TEST GUIDELINES

If you or someone in your household tests positive you may not return to the gym for 10 days from the start date of symptoms or from the positive test if asymptomatic.

## CLOSE CONTACT GUIDELINES (OUTSIDE YOUR HOUSEHOLD)

If you have been notified that you have been a close contact to someone who has tested positive please refer to the guidelines below.

- If you were in close contact **without masks** with someone outside your household who tests positive you may not return to class for 5 days from your last contact. After day 5 you may return to the gym wearing a mask until day 10.
- If you were in close contact **with masks** with someone outside your household who tests positive you may return to the gym wearing a mask while watching for symptoms. If symptoms appear please quarantine for 10 days or test for a negative result to come back into the gym.
- If you are **fully vaccinated** and were in close contact with someone outside your household who tests positive you may return to the gym wearing a mask while watching for symptoms. If symptoms appear please quarantine for 10 days or test for a negative result to come back into the gym.

## ILLNESS AND SYMPTOMS

Please be very cautious when sending your child to ESA for everyone's safety. Students and guardians will not be allowed into ESA if they are showing signs of possible illness. If a student shows up to ESA that is showing symptoms or if symptoms present themselves during class time, we will kindly ask you to take your child home until they are symptom free. We will allow makeup tokens for these required absences. If your child has a reoccurring or preexisting symptom please provide ESA a doctor's note to have on file.

All ESA members (students, staff, and spectators) are required to be 24 hours fever-free without medication in order to return to class if a fever is caused by something other than Covid-19.

If your child has tested positive for Covid-19 or has had contact with anyone who has tested positive for Covid-19 please notify ESA so we can take the necessary actions. We will notify families, if you or your student, have been exposed to a guardian, student, or staff member who has tested positive for Covid-19.

We will follow all of these guidelines for our staff as well.

**THANK YOU FOR YOUR  
CONTINUED SUPPORT  
& HELPING US SLOW THE  
SPREAD OF COVID-19**