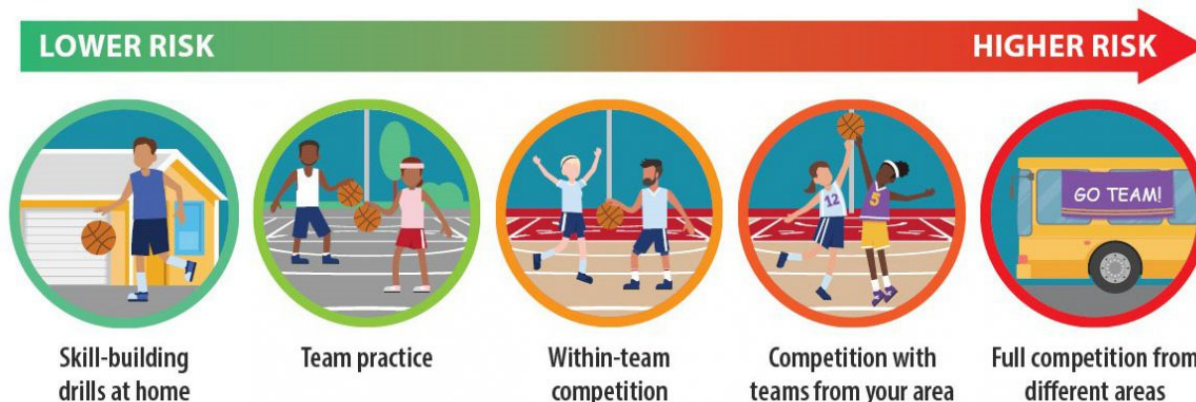


SPORTS AND ACTIVITIES: SHORTENED QUARANTINE OPTIONS



The DHSS/DESE guidance and the CDC recommend abstaining from participation in high risk activities inside or outside of school where masks cannot be worn effectively, and social distancing is not possible, during the **ENTIRE 14 DAYS EVEN WHEN ADHERING TO THE 7 or 10 day shortened quarantine options**. High risk activities include sports or activities where social distancing is not possible

Activity	Quarantine Through Day 7 IF Negative test AND No symptoms: Remains Symptom-free through day 14	Quarantine Through Day 10 IF NO Symptoms: Remains Symptom-free through day 14
Dance	<ul style="list-style-type: none"> Participate in practice Not compete in competitions until day 15 Remains social distanced (6 feet) and masked No huddling in groups Must have negative diagnostic test Remain completely symptom free (cannot have any one symptom) 	<ul style="list-style-type: none"> Participate in practice Not compete in competitions until day 15 Remains social distanced (6 feet) and masked No huddling in groups Remain completely symptom free (cannot have any one symptom)
Cheer/Poms	<ul style="list-style-type: none"> Participate in practice Not compete in competitions until day 15 Remains social distanced (6 feet) and masked No huddling in groups Must have negative diagnostic test Remain completely symptom free (cannot have any one symptom) 	<ul style="list-style-type: none"> Participate in practice Not compete in competitions until day 15 Remains social distanced (6 feet) and masked No huddling in groups Remain completely symptom free (cannot have any one symptom)

<p>Track/Field</p>	<ul style="list-style-type: none"> ● Participate in practice ● Not compete in competitions unless able to remain social distanced (6 feet) and masked until day 15 ● Remains social distanced (6 feet) and masked ● No huddling in groups ● Must have negative diagnostic test ● Remain completely symptom free (cannot have any one symptom) 	<ul style="list-style-type: none"> ● Participate in practice ● Not compete in competitions unless able to remain social distanced (6 feet) and masked until day 15 ● Remains social distanced (6 feet) and masked ● No huddling in groups ● Remain completely symptom free (cannot have any one symptom)
<p>Soccer</p>	<ul style="list-style-type: none"> ● Participate in practice ● Not participate in games until day 15 ● Remains social distanced (6 feet) and masked ● No huddling in groups ● Must have negative diagnostic test ● Remain completely symptom free (cannot have any one symptom) 	<ul style="list-style-type: none"> ● Participate in practice ● Not participate in games until day 15 ● Remains social distanced (6 feet) and masked ● No huddling in groups ● Remain completely symptom free (cannot have any one symptom)
<p>Baseball</p>	<ul style="list-style-type: none"> ● Participate in practice ● Not participate in games until day 15 ● Remains social distanced (6 feet) and masked ● No huddling in groups ● Must have negative diagnostic test ● Remain completely symptom free (cannot have any one symptom) 	<ul style="list-style-type: none"> ● Participate in practice ● Not participate in games until day 15 ● Remains social distanced (6 feet) and masked ● No huddling in groups ● Remain completely symptom free (cannot have any one symptom)
<p>Lacrosse</p>	<ul style="list-style-type: none"> ● Participate in practice ● Not compete in competitions unless able to remain social distanced and masked until day 15 ● Remains social distanced (6 feet) and masked ● No huddling in groups ● Must have negative diagnostic test ● Remain completely symptom free (cannot have any one symptom) 	<ul style="list-style-type: none"> ● Participate in practice ● Not compete in competitions unless able to remain social distanced (6 feet) and masked until day 15 ● Remains social distanced (6 feet) and masked ● No huddling in group ● Remain completely symptom free (cannot have any one symptom)

<p>Golf</p>	<ul style="list-style-type: none"> ● Participate in practice ● Not compete in competitions unless able to remain social distanced and masked until day 15 ● Remains social distanced (6 feet) and masked ● No huddling in groups ● Must have negative diagnostic test ● Remain completely symptom free (cannot have any one symptom) 	<ul style="list-style-type: none"> ● Participate in practice ● Not compete in competitions unless able to remain social distanced (6 feet) and masked until day 15 ● Remains social distanced (6 feet) and masked ● No huddling in groups ● Remain completely symptom free (cannot have any one symptom)
<p>Tennis</p>	<ul style="list-style-type: none"> ● Participate in practice ● Not compete in competitions unless able to remain social distanced and masked until day 15 ● Remains social distanced (6 feet) and masked ● No huddling in groups ● Must have negative diagnostic test ● Remain completely symptom free (cannot have any one symptom) 	<ul style="list-style-type: none"> ● Participate in practice ● Not compete in competitions unless able to remain social distanced and masked until day 15 ● Remains social distanced (6 feet) and masked ● No huddling in groups ● Remain completely symptom free (cannot have any one symptom)
<p>Wrestling</p>	<ul style="list-style-type: none"> ● Not participate in practice or competitions until day 15 ● Can attend individual workout where social distance (6 feet) can be maintained and masked ● Must have negative diagnostic test ● Remain completely symptom free (cannot have any one symptom) 	<ul style="list-style-type: none"> ● Not participate in practice or competitions until day 15 ● Can attend individual workout where social distance (6 feet) can be maintained and masked ● Remain completely symptom free (cannot have any one symptom)
<p>Football</p>	<ul style="list-style-type: none"> ● Participate in practice ● Not participate in games until day 15 ● Remains social distanced (6 feet) and masked ● No huddling in groups ● Must have negative diagnostic test ● Remain completely symptom free (cannot have any one symptom) 	<ul style="list-style-type: none"> ● Participate in practice ● Not participate in games until day 15 ● Remains social distanced (6 feet) and masked ● No huddling in groups ● Remain completely symptom free (cannot have any one symptom)

Volleyball	<ul style="list-style-type: none"> ● Participate in practice ● Not participate in games until day 15 ● Remains social distanced (6 feet) and masked ● No huddling in groups ● Must have negative diagnostic test ● Remain completely symptom free (cannot have any one symptom) 	<ul style="list-style-type: none"> ● Participate in practice ● Not participate in games until day 15 ● Remains social distanced (6 feet) and masked ● No huddling in groups ● Remain completely symptom free (cannot have any one symptom)
Swimming	<ul style="list-style-type: none"> ● Not participate in practice or competitions until day 15 ● Can attend individual workout where social distance (6 feet) can be maintained and masked ● Must have negative diagnostic test ● Remain completely symptom free (cannot have any one symptom) 	<ul style="list-style-type: none"> ● Not participate in practice or competitions until day 15 ● Can attend individual workout where social distance (6 feet) can be maintained and masked ● Remain completely symptom free (cannot have any one symptom)
Basketball	<ul style="list-style-type: none"> ● Participate in practice ● Not participate in games until day 15 ● Remains social distanced (6 feet) and masked ● No huddling in groups ● Must have negative diagnostic test ● Remain completely symptom free (cannot have any one symptom) 	<ul style="list-style-type: none"> ● Participate in practice ● Not participate in games until day 15 ● Remains social distanced (6 feet) and masked ● No huddling in groups ● Remain completely symptom free (cannot have any one symptom)
Hockey	<ul style="list-style-type: none"> ● Participate in practice ● Not participate in games until day 15 ● Remains social distanced (6 feet) and masked ● No huddling in groups ● Must have negative diagnostic test ● Remain completely symptom free (cannot have any one symptom) 	<ul style="list-style-type: none"> ● Participate in practice ● Not participate in games until day 15 ● Remains social distanced (6 feet) and masked ● No huddling in groups ● Remain completely symptom free (cannot have any one symptom)

<p>Band</p>	<ul style="list-style-type: none"> ● Can continue participation in classroom during school day ● If playing wind or brass instrument, should not participate in competitions or after school activities until day 15 ● Remains social distanced (6 feet) and masked ● Must have negative diagnostic test ● Remain completely symptom free (cannot have any one symptom) 	<ul style="list-style-type: none"> ● Can continue participation in classroom during school day ● If playing wind or brass instrument, should not participate in competitions or after school activities until day 15 ● Remains social distanced (6 feet) and masked ● Remain completely symptom free (cannot have any one symptom)
<p>Choir</p>	<ul style="list-style-type: none"> ● Can continue participation in classroom and during school day ● Not participate in competitions or after school activities until day 15 ● Must have negative diagnostic test ● Remain completely symptom free (cannot have any one symptom) 	<ul style="list-style-type: none"> ● Can continue participation in classroom and during school day ● Not participate in competitions or after school activities until day 15 ● Remain completely symptom free (cannot have any one symptom)
<p>Theater</p>	<ul style="list-style-type: none"> ● Can continue participation in classroom during school day ● If musical, should not participate in singing during after school practices or performances until day 15 ● Remains social distanced (6 feet) and masked ● Must have negative diagnostic test ● Remain completely symptom free (cannot have any one symptom) 	<ul style="list-style-type: none"> ● Can continue participation in classroom during school day ● If musical, should not participate in singing during after school practices or performances until day 15 ● Remains social distanced (6 feet) and masked ● Remain completely symptom free (cannot have any one symptom)
<p>After/before school care</p>	<ul style="list-style-type: none"> ● Can attend before and after care ● Remain social distanced (6 feet) ● Wear mask appropriately ● Remain completely symptom free (cannot have any one symptom) ● Must have negative diagnostic test 	<ul style="list-style-type: none"> ● Can attend before and after care ● Remain social distanced (6 feet) ● Wear mask appropriately ● Remain completely symptom free (cannot have any one symptom)