



COVID-19 PRACTICE GUIDELINES

- stay home if you do not feel well (player, parent, coach)
- stay home if someone in your household is exposed to COVID-19 or tests positive for COVID-19 (player, parent, coach)
- use water bottles instead of drinking fountain(s)

COVID-19 TRAVEL GUIDELINES

- stay home if you do not feel well
- stay home if someone in your household tests positive for COVID-19
- if venue requires a mask, spectators be prepared to wear a mask and players should expect to wear a mask into the venue and on the way out.
- wash hands regularly
- use water bottles instead of drinking fountain(s)

EXPOSED to COVID-19 or CONFIRMED COVID-19 POSITIVE

- If an immediate family member has been directly exposed to COVID-19 or has tested positive for COVID-19 please contact a Metro Warriors board member as soon as possible. Metro Warriors will then notify TVA accordingly.
- If you have been exposed, you need to stay home and quarantine for 14 days.
- If you have been confirmed COVID-19 positive you need to stay home until fever free for 3 days, symptom free for 3 days, or 10 days from first symptoms (whichever is longer).