

Salto Policy for Quarantining:

These guidelines come from the Waukesha Health Department, following the CDC Guidelines.

If the **child** who attends Salto **tests positive** for COVID-19, quarantine from gymnastics until all of these 3 conditions are met:

- 1. They have been fever-free for at least 24 hours without using medicine that reduces fevers AND**
- 2. The other symptoms have improved for at least 24 hours AND**
- 3. At least 10 days have passed since you first had symptoms**

If they have no symptoms, they can return to Salto 10 days after receiving the positive test result (on day 11, with the above conditions met).

If any **family member** (in the same household) received a **positive test** result, the child who attends Salto should remain at home from gymnastics for 14 days following the date of the test result.

If a child has been notified of a **close contact** (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with a person who tested positive for COVID-19 she/he should stay home from Salto until either

1. 7 days have passed symptom free (no fever without medication), **or**
2. the child has a negative COVID test 5 days after exposure

If you have received a letter from your school stating that your child has had an exposure to COVID-19:

If your child wears a mask to Salto, they may attend class. After receiving a letter notifying of exposure, monitor your child for symptoms for 7 days. If there are no symptoms, they may return to class without a mask.

Why the mask?

Some schools are not tracing close contacts and are sending a general letter to families of children who were in the same area. There is no way to know if your child was a close contact; wearing a mask is another layer of protection for those in the building.

FYI:

From CDC: "People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have symptoms. However, fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative."