

## COVID POSITIVE GUIDELINES

Those who test positive must quarantine for 5 days after which they either must test negative and provide documentation to the league or if that's not available or the positive person chooses not to test the quarantine period is extended to 10 days or a negative test whichever comes first.

An exposed person, including immediate family members, must test on days 3,5, and 7 and be negative to participate but do not have to quarantine during this period unless of course they test positive at some point.