



### **Updated Covid Policy:**

In order to protect the health and safety of all FLYRS coaches and riders, we ask that you stay home if your rider feels ill, and/or show signs and symptoms of Covid-19.

If you have been at practice and shortly after tested positive for Covid-19, please inform us as soon as possible. We will notify every person who has been identified as a “close contact” with the positive individual. We request that you follow up with getting tested to help prevent further covid exposures at practice. Then please refer to the [CDC Guidelines](#) for what your next steps are based on your vaccination/past positive covid history is.

Following a positive Covid-19 test, we ask that you return to practice following the [CDC Guidelines](#): 5 days have passed from your positive test & have had no fever for 24 hours.

When in doubt, please refer to the [CDC Guidelines](#) for the steps you should take based on your vaccination/past positive covid history.

### **Updated Precautions:**

- masks are not required
- encourage each rider to have their own hand sanitizer
- it is up to the coaches discretion on teaching skills, drills and games that involve touching or sharing of equipment.
- for minor cuts and scrapes, riders might be encouraged to administer their own first aid. More involved injuries, coaches will take the proper precautions.
- no sharing of food or drink