

Gaylord Sports Association COVID-19 Policy

Updated November 2025

The Gaylord Sports Association is committed to providing a safe and healthy environment for all participants, volunteers, and guests. We continue to follow infection control practices and public health guidance to help keep everyone safe.

Before You Participate

Please stay home if you are:

- Experiencing **any cold, flu, or COVID-19 symptoms** (fever, cough, sore throat, shortness of breath, loss of taste/smell, nausea, vomiting, or diarrhea)
 - **Positive for COVID-19** or awaiting test results
 - **Under quarantine** directed by a healthcare provider, school, or organization
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Return to Participation

- **After a positive test:** Return **after 5 days** from onset of symptoms or positive test if symptom free. If symptoms are present, may return when fever-free for at least 24 hours and symptoms are improving.
 - **After exposure:** May return after **2 day quarantine** if symptom-free.
 - Those with **severe illness** should consult their doctor before returning.
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Program Safety Practices

- **Face coverings are optional** at all programs.
 - **Practice regular hand hygiene** by washing hands and using hand sanitizer
 - Shared equipment will be cleaned and disinfected regularly.
 - **Pre-registration is required** for all programs; space is limited based on location and equipment.
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Questions?

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