

MYS Travel/Visitors Updated COVID-19 Protocol

Players traveling out of state or within the DMV and staying overnight and/or families hosting guests from a state with a positive % test rate greater than OR equal to 10% (based on the state-by-state testing trends published by John Hopkins University - coronavirus.jhu.edu) will be asked to follow the below recommendation based on the most current Virginia Department of Health (DOH) Guidelines which can be found [HERE](#).

- MYS highly recommends that your player receive a viral test 3-5 days after travel AND reduce all non-essential activities for 7 days including not attending practices or games. Even if they test negative, they should stay home for the full 7 days. If the test is positive, they should isolate to protect others from getting infected. If they don't get tested, it's safest to stay home for 14 days after travel.

Players traveling within the DMV or to a state where the roundtrip can be made within the same day, can participate as normal with their team when they return as long as no overnight stay takes place.

Updated January 19, 2020