

MYS Travel/Visitors Updated COVID-19 Protocol

Players traveling out of state or within the DMV (DC, MD and VA) and staying overnight and/or families hosting guests from a state or locale 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](#) in the *After Travel* section.

- Get tested with a viral test 3-5 days after travel **AND stay home and self-quarantine 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/locale 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 in an area that has a positivity rate above 10%.****

Players traveling internationally should follow the [CDC guidelines](#) for returning after travel.

- Get tested with a viral test 3-5 days after travel **AND stay home and self-quarantine for 7 days including not attending practices or games.**
 - Even if they test negative, stay home and self-quarantine 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, stay home and self-quarantine for 10 days after travel.
 - Avoid being around people who are at increased risk for severe illness for 14 days, whether you get tested or not.

Updated March 18, 2021