



ROAD TO RECOVERY

Rainbow Gymnastics COVID-19 Return Policy

1. ILLNESS/SYMPTOMS:

Your child can return after:

- A negative COVID-19 test and at least 24 hours since symptoms have improved without medication.
- A positive COVID-19 test and 10 day isolation period (based on inability to wear a well fitted mask during gymnastics).
- No test - 10 days since symptoms first appeared and at least 24 hours since symptoms have improved without medication.

2. CLOSE CONTACT OR EXPOSURE:

Your child can return after:

- A negative COVID-19 test conducted at least 5 days post exposure and no symptoms - immediate return.
- A positive COVID-19 test and 10 day isolation period.
- No test - 10 day quarantine (based on inability to wear a well fitted mask during gymnastics).

3. A POSITIVE COVID-19 TEST IN YOUR HOUSEHOLD:

Your child can return after:

- A negative COVID-19 test conducted at least 5 days post last exposure the positive case and no symptoms - immediate return.
- A positive COVID-19 test and 10 day isolation.
- No test - 20 day quarantine (based on inability to wear a well fitted mask during gymnastics).

* 20 days is based on a 10 day isolation period for the positive individual, followed by a 10 day quarantine for the student.*

[CDC Isolation and Quarantine Guidelines - as of 1/4/22](#)

[CDC Isolation and Quarantine Calculator](#)

ALL testing scenarios require documentation; test results. Results can be emailed to mclrainbowgym@verizon.net.