

**Hawaiian Island Twisters**  
**COVID-19 Policy and Procedures**  
Updated **1.11.2022**

**HITS COVID-19 POLICY Updated 1.11.22:**

We have adopted the [HDOH's COVID-19 Isolation and Quarantine policies](#) effective 1.11.22. Please see below for details. We are continuing our current check-in process per the Safe Access Oahu requirements. Please view the [One Oahu Safe Access Oahu website](#) for establishment entry requirement details.

HONOLULU – The Hawai'i Department of Health (DOH) is revising the state's COVID-19 isolation and quarantine policies to closely align with recommendations made by the Centers for Disease Control and Prevention (CDC).

**If COVID-19 positive regardless of vaccination status**

- Isolate for at least 5 days and until symptoms are gone.
- Continue to wear a mask for five days after isolation.

**If exposed to COVID-19**

Boosted, or fully vaccinated within past six months (or within past 2 months if J&J)

- No need to quarantine
- Wear a mask for ten days
- Get tested on day five

Neither boosted nor fully vaccinated

- Quarantine for five days
- Wear a mask for five days after quarantine
- Get tested on day five

Anyone with COVID-19 symptoms, even mild symptoms, should stay home from work, school and other activities. Those with symptoms who have not been tested should be tested as soon as possible.

## **Per the Hawaii DOH:**

“We are adopting the CDC recommendations as one part of our effort to blunt the current very rapid spread of the Omicron variant. These guidelines are practical to implement, making it easier for people to do the right thing. The guidance also acknowledges the waning immunity we are seeing with time after initial vaccination,” said State Epidemiologist Dr. Sarah Kemble. “There is still much we do not know about transmission dynamics of the Omicron variant. We will continue to follow the science. We should all anticipate that guidance may continue to evolve in the coming weeks as we learn more.”

“The new policies underscore the benefits of booster shots. People who are boosted and do not have symptoms will not need to quarantine after exposure to someone who is COVID positive,” said Health Director Dr. Elizabeth Char, FACEP. “Mask wearing is a key part of the updated guidance. We know how important masks are in reducing the spread of COVID-19.”

Vaccination and testing options are available at [hawaiiicovid19.com](https://hawaiiicovid19.com).

## **REPORTING**

If your child is identified as a close contact and is required to self-quarantine, please let us know via email: [Info@hawaiianislandtwisters.com](mailto:Info@hawaiianislandtwisters.com). We are unable to prorate or refund any classes missed due to a mandatory quarantine or self-isolation.

We are monitoring updates from the Center for Disease Control and Department of Health regarding the spread of COVID-19. Our focus is to ensure we meet our members' needs while doing our part to keep our athletes, our employees, and our community safe.

HITS would like to remind you that discrimination or harrassment against individuals that are suspected to have tested positive for, or been exposed to, COVID-19, is strictly prohibited. Due to the sensitivity of this matter, we request that you not engage in conversation or speculation about who may have tested positive. Employees who engage in this behavior may be subject to disciplinary action up to and including termination.