

Hawaiian Island Twisters
COVID-19 Policy and Procedures
Updated **12.30.2022**

HITS COVID-19 POLICY Updated 12.30.22:

We are continuing to follow the [DOH Isolation and Exposure Guidelines](#). Please see below for details.

If COVID-19 positive regardless of vaccination status

- Isolate for at least 5 days and until symptoms are gone. Day 1 is first full day after symptoms developed or test specimen collected.
- Can return to the gym on day 6 if no fever and symptoms have improved.
- Wear a mask for five days after isolation period though day 10.

If exposed to COVID-19 regardless of vaccination status

- Take precautions for 10 days regardless of vaccination status.
- Wear a well-fitted mask for 10-days.
- Watch for symptoms.
- Test if you develop symptoms and follow ISOLATION guidance.
- Test at least 5 full days after your exposure even if you do not have symptoms.

Anyone with COVID-19 symptoms, even mild symptoms, should stay home. Those with symptoms who have not been tested should be tested as soon as possible.

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. 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.