

HCRC COVID-19 Guidelines for Travel (not travel sports related)

1. This includes travel out of the country (international) and out of the Commonwealth of Pennsylvania. Individuals traveling and returning to the state from any location must produce evidence of a negative COVID-19 test or place themselves in travel quarantine for 10 days after entering the Commonwealth of Pennsylvania. **The test must be collected within 72 hours prior to entering the state or collected during the 10-day travel quarantine.**
2. A copy of the COVID-19 results may be emailed to Mrs. Theresa Healy or Mrs. Nancy Lynn RN. A hard copy of the negative results may be brought to the school nurse before 8:00 am on the day the students return.
3. HCRC School is requesting those being tested have a **PCR COVID-19 test** and not a rapid COVID-19 test. The PCR test is the "Gold Standard" for COVID testing and will give the most accurate results.
4. Students who are under the age of 11 years old may choose not to be tested. However, we are requesting that those students remain home until everyone else in the household has received their results and have tested negative.

HCRC COVID-19 Guidelines for Indoor Club Sports

1. According to the most recent information from the MCDOH, the Commonwealth of Pennsylvania is currently experiencing higher COVID-19 rates at this time. **Both the CDC and PA DOH state that there is a higher risk in the transmission of COVID-19 when you leave your local community.** They continue to advise limiting travel to outside of your local community when playing sports. This has been our policy since the state has allowed indoor sports back in the fall.
2. For those families who wish to participate in club volleyball we will continue to insist on 14 days of quarantine after the tournament. The first day of quarantine will begin the first day after the tournament has finished. This is the policy that we have been using since the start of indoor sports. The virtual option for learning has been in place for this type of occurrence.

Thank you for following our COVID-19 policies. Our goal for HCRC is to make the best decisions for our entire school during this pandemic.

Theresa Healy and Nancy Lynn RN