

## Student Athletes & Parents/Guardians:

We have been running into issues with athletes visiting “travel restricted” states and not notifying their coaches and the athletic training staff. These parties need to be notified if an athlete will be out of the state so they can be informed if the state is on the restricted list. Though it is only a recommendation by the state, it is mandatory for us within the school system to quarantine a student athlete that has visited a restricted state for 14 days when they return.

We are not discouraging anyone from taking a vacation and spending time with their family and/or friends. We are only doing what is required of us to take reasonable precautions to take part in reducing the spread of covid-19.

Below is a list of travel restricted states. If a student athlete would visit one of these states, they must quarantine for 14 days when returning home.

If you would have any questions or concerns, please contact the athletic office at 570-621-2977.

- Alabama
- Arizona
- Arkansas
- California
- Florida
- Georgia
- Idaho
- Iowa
- Kansas
- Louisiana
- Mississippi
- Missouri
- Nevada
- North Carolina
- Oklahoma
- South Carolina
- Tennessee
- Texas
- Utah
- Wyoming