

# RETURN TO PLAY PROTOCOLS FOR SOCCER IN ARKANSAS



April 12, 2021

## Return to Play Guidelines Following a Diagnosis of COVID-19

The following guidelines may be helpful for the Club when a diagnosis of COVID-19 is confirmed involving a player or a staff member/coach of the organization.

1. The club most directly connected to the COVID-19 individual should be notified that a COVID-19 case has been detected. The club should also be advised of the latest date for which the individual was present in or around the facility or the team. There should be no release of the name of the diagnosed player or staff member.

Notifications of the positive test (without identifying the individual) should be made to the following:

- a. Directly connected team of positive player or staff member.
- b. Recent opponent (within last 14 days) and outside club staff if previous competition took place prior to diagnosis (asymptomatic)
- c. Age group, which shares training fields, scrimmages, or drills with individual's team.
- d. Any party that is revealed through contact tracing- shared gatherings, matches, meetings, carpools, match/practice environment, etc.

2. Players/Staff diagnosed with COVID are prohibited from physical presence at the Club facility, from all youth soccer activities, and any Arkansas Soccer Association (ASA) function, activity or event during a mandatory quarantine period as described below, as set forth by the Centers for Disease Control and Prevention (CDC) Guidelines and Arkansas Department of Health regulations:

- a. **I think or know I had COVID-19 and I had symptoms**

You can be around others after:

- At least 10 days since symptoms first appeared, **AND**
- At least 24 hours have passed with no fever, without the use of fever-reducing medications; **AND**
- Other COVID-19 symptoms are improving (e.g. cough, shortness of breath). [Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.]

Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results. Note that these recommendations **do not** apply to persons with severe COVID-19 or with severely weakened immune systems (immunocompromised). These persons should follow the guidance below for "I was severely ill with COVID-19 or have a severely weakened immune system (immunocompromised) due to a health condition or medication. When can I be around others?"

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b. **I tested positive for COVID-19 but had no symptoms**

If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19. Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

If you develop symptoms after testing positive, follow the guidance above for “I think or know I had COVID-19, and I had symptoms.”

c. **I was severely ill with COVID-19 or have a severely weakened immune system (immunocompromised) due to a health condition or medication. When can I be around others?**

People who are severely ill with COVID-19 might need to stay home longer than 10 days and up to 20 days after symptoms first appeared. Persons who are severely immunocompromised may require testing to determine when they can be around others. Talk to your healthcare provider for more information. If testing is available in your community, it may be recommended by your healthcare provider. Your healthcare provider will let you know if you can resume being around other people based on the results of your testing.

Your doctor may work with an infectious disease expert or your local health department to determine whether testing will be necessary before you can be around others.

d. **For anyone that has been around a person with COVID-19**

- Anyone who has had close contact with someone with COVID-19 should stay home for 14 days after their last exposure to that person. The best way to protect yourself and others is to stay home for 14 days if you think you've been exposed to someone who has COVID-19.

However, anyone who has had close contact with someone with COVID-19 and who meets the following criteria does NOT need to stay home:

- Someone who has been fully vaccinated and shows no symptoms of COVID-19

**OR:**

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- Someone who has COVID-19 illness within the previous 3 months **and**
- has recovered **and**
- remains without COVID-19 symptoms (for example, cough, shortness of breath).

For COVID-19, **close contact** is defined as any individual who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes in one day). An infected person can spread COVID-19 starting from 2 days before symptom onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until they meet criteria for discontinuing home isolation.

3. Options to reduce quarantine: Local public health authorities make the final decisions about how long quarantine should last in the communities they serve, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine.

The CDC now recommends two additional options for how long quarantine should last. Based on local availability of viral testing, for people without symptoms quarantine can end:

- On Day 10 following exposure without testing, or
- On Day 7 following exposure after receiving a negative test result, that is taken on or after Day 5

After stopping quarantine, people should

- Watch for symptoms until 14 days after exposure.
- If they have symptoms, immediately self-isolate and contact their local public health authority or healthcare provider.
- Wear a mask, stay at least 6 feet from others, wash their hands, avoid crowds, and take other steps to prevent the spread of COVID-19.

The CDC continues to endorse quarantine for 14 days and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus. CDC will continue to evaluate new information and update recommendations as needed.

When can you be around others? CDC: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

See <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html> for guidance on options to reduce quarantine.

See also, <https://www.healthy.arkansas.gov/programs-services/topics/covid-19-guidance-for-self-home-quarantine>