

RETURN TO PLAY PROTOCOLS FOR SOCCER IN ARKANSAS



September 16, 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:

- 10 days since symptoms first appeared, **AND**
- 24 hours have passed with no fever, without the use of fever-reducing medications; **AND**
- Other COVID-19 symptoms are improving. [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?"

RETURN TO PLAY PROTOCOLS FOR SOCCER IN ARKANSAS



September 16, 2021

Return to Play Guidelines Following a Diagnosis of COVID-19, Cont.

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. People with weakened immune systems may require testing to determine when they can be around others. Talk to your healthcare provider for more information. Your healthcare provider will let you know if you can resume being around other people based on the results of your testing.

People who are immunocompromised should be counseled about the potential for reduced immune responses to COVID-19 vaccines and the need to continue to follow current prevention measures (including wearing a mask, staying 6 feet apart from others they don't live with, and avoiding crowds and poorly ventilated indoor spaces) to protect themselves against COVID-19 until advised otherwise by their healthcare provider. Close contacts of immunocompromised people should also be encouraged to be vaccinated against COVID-19 to help protect these people.

d. **For anyone who 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. 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. However, fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative. **OR,**

RETURN TO PLAY PROTOCOLS FOR SOCCER IN ARKANSAS



September 16, 2021

Return to Play Guidelines Following a Diagnosis of COVID-19, Cont.

- 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 (laboratory-confirmed or a clinically compatible illness) 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 SARS-CoV-2 starting from 2 days before they have symptoms (or, for asymptomatic patients, 2 days before the positive specimen collection date) until they meet criteria for discontinuing home isolation.

Exception: In the **K-12 indoor classroom** setting, the close contact definition excludes students who were within 3 to 6 feet of an infected student (laboratory-confirmed or a clinically compatible illness) if both the infected student and the exposed student(s) correctly and consistently wore well-fitting masks the entire time.

This exception does not apply to teachers, staff, or other adults in the indoor classroom setting.

Public Health Recommendations:

Except in certain circumstances, people who have been in close contact with someone who has COVID-19 should quarantine. However, the following people with recent exposure may NOT need to quarantine:

- People who have been fully vaccinated
- People who were previously diagnosed with COVID-19 within the last three months

Additional Information:

- A number of factors can influence a person's risk of exposure to COVID-19, including the type, proximity, and duration of their exposure, environmental factors (such as crowding and ventilation), vaccination status, prior COVID-19 infection, and mask use.
- Correct and consistent mask use is a critical step that people can take to protect themselves and others from COVID-19. However, the type of masks used and whether they are used consistently and correctly varies throughout the general population. Except in K-12 indoor classroom settings as described above, mask use is not considered when defining a close contact during case investigation and contact tracing, regardless of whether the person diagnosed with COVID-19 or the person exposed to SARS-CoV-2 was wearing a mask. (Note: Exposure risk in the healthcare setting is determined separately and outlined in CDC guidance).

RETURN TO PLAY PROTOCOLS FOR SOCCER IN ARKANSAS



September 16, 2021

Return to Play Guidelines Following a Diagnosis of COVID-19

3. Options to reduce quarantine: Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine. Options they will consider include stopping quarantine:

- After Day 10 without testing
- After Day 7 after receiving a negative test result

After quarantine:

- Watch for symptoms until 14 days after exposure.
- If you have symptoms, immediately self-isolate and contact their local public health authority or healthcare provider.

4. **Isolation** is used to separate people infected with COVID-19 from those who are not infected.

People who are in isolation should stay home until it's safe for them to be around others. At home, anyone sick or infected should separate from others, stay in a specific "sick room" or area, and use a separate bathroom (if available).

What to do

- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.
- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Avoid contact with other members of the household and pets.
- Don't share personal household items, like cups, towels, and utensils.
- Wear a mask when around other people if able.

Learn more about what to do if you are sick (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>) and how to notify your contacts (<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/contact-tracing.html>)

When can you be around others? CDC: https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fif-you-are-sick%2Fquarantine.html

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