



Plan of Action

The following plan of action shall be followed in the event any player or staff falls ill with COVID-19 or has an exposure to a person with COVID19.

Possible Scenarios

Athlete, coach or official exhibit COVID-19 symptoms at home:

- Athlete, coach or official must not be participating in any events and must be kept home if they exhibit a fever or any COVID-19 symptoms.
- Athlete, coach or official shall notify the COVID-19 team rep, who in turn shall notify the Organization/League Reps
- Athlete, coach or official should not be allowed to return to activity until they have met the CDC criteria to discontinue home isolation. (see below)

Athlete, coach or official exhibit COVID-19 symptoms during event (game, practice, etc.):

- If an athlete, coach or official exhibits symptoms during an event, they should immediately be separated and sent home or to a health care facility depending on the severity of the symptoms.
- The event must be ended immediately.
- The COVID-19 team rep shall notify the Organization/League Reps
- Any areas, surfaces, or shared objects used by a sick person should be closed off and not used until after cleaning and disinfecting. If possible, it is recommended to wait at least 24 hours before cleaning and disinfecting.
- If during pre-activity temperature checks, a player with a fever is identified, that player will be sent home immediately and the activity can continue.
- Athlete, coach or official should not be allowed to return to activity until they have met the CDC criteria to discontinue home isolation. (see below)

Athlete, coach or official has close contact to a person with COVID-19:

- Anyone with close contact (someone who was within 6' of an infected person for a cumulative total of 15 minutes or more over a 24-hour period) to an infected person 48 hours before a positive test or symptoms first appearing (whichever occurred first).
- Person must be kept home and should follow CDC guidelines for self-monitoring and procedures for community related exposures.
- People who have had COVID-19 in the last 3 months or have been fully vaccinated (> 2 weeks from final vaccine) do not have to quarantine after exposure to another person with COVID-19 assuming they have remained asymptomatic since the exposure.
- Athlete, coach or official shall notify the COVID-19 team rep, who in turn shall notify the Organization/League Reps

When to return

Athlete, coach or official who think or know they had COVID-19 and had symptoms: Athlete, coach or official can be with others after: It has been at least 24 hours with no fever (without using fever-reducing medications) and your respiratory symptoms are improving, and 10 days since symptoms first appeared.

Athlete, coach or official who tested positive for COVID-19 but had no symptoms:

Athlete, coach or official can be with others if they continue to have no symptoms after 10 days have passed since test. Depending on healthcare provider's advice and availability of testing, they may get tested to see if they still have COVID-19.

Athlete, coach or official who had a close contact exposure to someone with COVID19: You will need to quarantine for 10 days after your last exposure to an infected person or a seven-day quarantine with a negative test taken on or after Day 5 of quarantine. Test result must be provided to organization's COVID rep if parents decide to get their child tested.

Miscellaneous Provisions

- **Multiple Infections:** If 2 or more team members (player or coach) from different households, concurrently test positive for COVID-19, the team shall discontinue all operations for at least 10 days after the most recent positive test.
- **Canceling Games (out of concern):** There shall be no penalty for teams that choose to NOT play a team with a confirmed case of COVID-19 or exposure OR have a case of COVID-19 or exposure on their own team, provided the game is cancelled at least 24 hours in advance.