



COVID-19 Positive Test Result Policy Exposure & Positive Results FAQ's

*Policy revised & Published October 1, 2020
Subject to change at any time as data, governmental policy, etc. dictate*

Additionally, it is not possible to cover every possible scenario as our understanding of the virus continues to evolve, therefore our strong recommendation is that one errs on the side of a conservative response to a scenario and to reach out for additional input and information on how to handle.

DEFINITION (10.01.20)

Exposure: Contact with someone who has COVID 19 up to 3 days before they test positive or become symptomatic.

- For example, if player A tests positive on Friday (day of test being submitted and not the day the result is received) or her first symptoms can be traced back to Friday regardless of when testing is done, those that came in to contact with this player on Tuesday, Wednesday, or Thursday are considered exposed. If she last had contact with the team on Monday, the team would not be considered exposed.

MASKS (10.01.20)

Masks are effective, but not 100%. Masks are part of an overall mitigation effort to slow down the spread of Covid-19 and our regular consultation with Dr. Klutts reinforces how we've incorporated them, and other protocols, into being involved in soccer this fall. Quarantining when one has been confirmed he/she was exposed to the virus is an essential part of managing the risk of spread. Despite recent changes in state government policy/quarantine, our policy regarding the circumstances under which one must quarantine has not changed.

REPORTING Policy

- All players and coaches that test positive for COVID-19 should be reported to Iowa Soccer
- Separate form submitted for each individual who tests positive should be submitted within 24 hours of confirmed positive test
- Do not report a person's name or other identifying information; need only to know the team(s) the individual is associated with and the date of confirmed positive test result
- Form should be submitted by club leadership (DOC, Board member, Risk management lead, etc.)
- [Online form](#)

POSITIVE TEST Policy

- Player tests positive
 - Player is not eligible to return to any activity until cleared by a doctor or meets the quarantine requirements and are symptom-free for at least 72 hours



- All teammates of the player who trained or competed with him/her should follow the medium risk exposure criteria as described below
- Coach tests positive
 - Coach is not eligible to return to any activity until cleared by a doctor or meets the quarantine requirements and is symptom-free for at least 72 hours.
 - If the coach did not properly distance themselves from players at all times, players should follow the medium risk exposure protocols as described below
 - To minimize possible spread, coaches must practice physical distancing from players at all times
 - No close contact coaching
 - No pre or post practice or game huddles with players nearer than 6 ft
 - Masks are recommended for coaches to help minimize risk of exposing players during training and required during matches involving clubs from different communities.
- Team on which a positive player participated
 - Teams with a player that tested positive must have individuals meet the medium risk exposure criteria before returning to any activity.
 - If any Iowa Soccer League (state, rec or academy) games are on the schedule within the 10-14-day period, efforts must be made to reschedule
 - If unable to be rescheduled, for the League where fines are applicable, fines will not be assessed
 - If a team is scheduled to compete in a tournament in that 10-14-day period, it must withdraw, thus ending its participation in the event
 - If it is an Iowa Soccer tournament or festival and it has not started yet, a full refund will be provided
 - If the withdrawal takes place after the start of an event, a prorated refund will be given with the attempt to refund all but the actual expenses incurred (referees and rentals)
- Opposing teams that played a team on which a positive player participated
 - Iowa Soccer will notify Board presidents, DOCs, or Executive/Technical Directors of the club of any team that has competed against an individual that tested positive within the last ~~14~~ **7 days (10.01.20)**
 - That notification is informational so the club may take extra precautions
 - They are not required to quarantine (but may choose to) unless a member of their team tests positive

FAQ's Around Exposure to and Testing Positive For

We have received several questions about our policy and have created this FAQ. We know unique situations will arise, or existing information may need clarification so we will keep this updated on our website. Please send any questions to Dan Cataldi at dcataldi@iowasoccer.org.

1. *If an individual cohabitates with someone that tests positive, when can they return to team activities?*
 - An individual must quarantine for 14 days after the last known contact with the individual who tested positive while that person was inside the infectious window which is defined as either 10 days after the positive test date or being symptom free and at least 10 days after the symptoms began. The 14 day quarantine clock restarts every time close contact occurs while the positive individual is within the infectious window. Testing negative will not clear an individual in this case regardless of the number of negative tests
 - Cohabitation is defined as any overnight stay in the same home, apartment, cabin, hotel room, etc. with the infected person.
2. *If an individual is exposed to someone who tests positive for COVID, but not someone with whom they cohabitate, when can they return to training?*
 - Low risk
 1. no quarantine or testing is required
 2. Low risk is one of the following situations:
 1. Both persons wearing masks correctly (over both nose and mouth) plus distance of at least 4 feet (indoors or outdoors).
 2. Infected person only was wearing a mask correctly plus distance of at least 6 feet (indoors or outdoors).
 3. Exposure was outdoors without close contact (greater than 4 feet) and less than 15 minutes (regardless of masks)
 4. Exposure was outdoors and always greater than 6 feet (regardless of masks or time)
 - Medium risk
 1. Individuals must either quarantine for 14 days post exposure or have a negative test at least 5 days post exposure before they can return to play. While awaiting test results, they should be in quarantine.
 2. Medium risk is defined as exposures outside the home that are not for an extended time, but do not meet any of the 4 low risk criteria listed above, including typical soccer activity like training or a match.
 - High risk
 1. Individuals must follow the protocols of cohabitation exposure listed above.



2. High risk is an extended/long exposure to a known positive case without masks such as a long car ride or other similar situation
3. *If an individual was exposed to someone with a positive case, but has not tested positive, are the other team members considered exposed at that point?*
 - They are not considered exposed unless the individual that was exposed develops symptoms or tests positive. We are not requiring action for indirect exposure.
4. *If a coach tests positive, does his/her team have to quarantine?*
 - If the coach is following the guidance and social distancing throughout training and competitions, then the team should not have been exposed and they do not need to quarantine. Therefore, we should stress that coaches should remain 6 feet from players at all times and wear face coverings whenever possible.
5. *If a player tests positive, does his/her coach have to quarantine?*
 - If the coach is following the guidance and social distancing throughout training and competitions, then the he/she should not have been exposed and does not need to quarantine. Therefore, we should stress that coaches should remain 6 feet from players at all times and wear face coverings whenever possible.
6. *When can a coach or player who tests positive return to activity?*
 - An individual that tests positive must quarantine for a minimum of 10 days from the onset of symptoms (or date of positive test if asymptomatic) and may return to activity after completing the quarantine and being symptom free for 72 hours (which could be the last 72 hours of the 10 day quarantine if symptom free during that period).
7. *If a player tests positive, but we are still implementing physical distancing with no contact at practice, does the entire team need to quarantine?*
 - If true physical distancing was adhered to, and other players did not come within 6 feet of the positive player, then the entire team does not need to be quarantined.
8. *If contact was limited at training to just a few minutes and a player tests positive, must the team quarantine?*
 - If any deliberate contact occurs, meaning drills that do not adhere to 6 feet of physical distance, at a training session then all players must quarantine as per the medium exposure risk requirements if any player tests positive.