

# RETURN TO PLAY PROTOCOLS FOR SOCCER IN ARKANSAS



August 18, 2020

## 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 with others after:

- At least 2 days (48 hours) have passed with no fever, without the use of fever-reducing medications,
- Other COVID-19 symptoms are improving (e.g. cough, shortness of breath), **AND**
- At least 10 days have passed since symptoms first appeared.

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. This may require two negative test results in a row, at least 24 hours apart.

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. This may require two negative test results in a row, at least 24 hours apart.

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. However, anyone who has had close contact with someone with COVID-19 and who:

- developed COVID-19 illness within the previous 3 months **and**
- has recovered **and**
- remains without COVID-19 symptoms (for example, cough, shortness of breath) **does NOT** need to stay home.

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For COVID-19, **close contact** is defined as any individual who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated.

3. In the event that four (4) or more non-immediate family players/coaches on a team test positive for COVID-19, ASA considers this to be an outbreak and the team should cease all activities and quarantine for 14 days. Clubs may choose to extend any individual/team quarantine at their discretion and deny the player(s)/staff return to play at their discretion.

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