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Updated September 10, 2021

ONE OF OUR PLAYERS, COACHES OR REFEREES TESTS POSITIVE FOR COVID-19 WITHOUT SYMPTOMS

- Begin self-quarantine for 10 days.
- This participant should stay at home and contact their physician.
- If the individual in question is a player, the parents (not the minor player) must advise the SAY Coach.
- The SAY Area/District President must be notified if any possible exposures have occurred in your team, training, or other environments.
- All communications must be done in accordance with the U.S. Soccer Play On, Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance.
- The name of the positive individual must not be publicly communicated.
- Prohibit participation in team or SAY Area/District soccer activities during quarantine.
- The participant must be cleared by a medical professional to return to play.

ONE OF OUR PLAYERS, COACHES OR REFEREES TESTS POSITIVE FOR COVID-19 WITH SYMPTOMS

- Begin self-quarantine for 10 days.
- This participant should stay at home and contact their physician.
- If the individual in question is a player, the parents (not the minor player) must advise the SAY Coach.
- The SAY Area/District President must be notified if any possible exposures have occurred in your team, training, or other environments.
- All communications must be done in accordance with the U.S. Soccer Play On, Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance.
- The name of the positive individual must not be publicly communicated.
- Prohibit participation in team or SAY Area/District soccer activities during quarantine.
- The participant must be cleared by a medical professional to return to play.
- Negative VIRAL COVID-19 test required to return to play.

ONE OF OUR PLAYERS, COACHES OR REFEREES WAS IN CLOSE CONTACT TO SOMEONE THAT TESTED POSITIVE

- Begin self-quarantine for 10 days.
- The last day of close contact is considered day 0.
- This participant should stay at home and contact their physician.
- If the individual in question is a player, the parents (not the minor player) must advise the SAY Coach.
- The SAY Area/District President must be notified if any possible exposures have occurred in your team, training, or other environments.
- All communications must be done in accordance with the U.S. Soccer Play On, Safe Soccer Framework and the U.S. Center for SafeSport policies and guidance.
- The name of the positive individual must not be publicly communicated.
- Prohibit participation in team or SAY Area/District soccer activities during quarantine.
- Self-Quarantine can be reduced to 7 days if the person in questions takes a VIRAL COVID-19 test and produces a negative result. Test must be taken on day 5 or later.

RECOGNIZE THE SYMPTOMS:

- Signs and symptoms of COVID 19 include: cough, sinus congestion, headache, shortness of breath or difficulty breathing, fever of >100.4, chills, muscle pain, sore throat, new loss of taste or smell, rash, nausea or vomiting.

WHAT IS A CLOSE CONTACT IN THE CONTEXT OF COVID-19?

- **What is the CDC definition of close contact for the coronavirus disease?**

Close contact is defined by CDC as someone who was within 6 feet of an infected person for at least 15 minutes or more in a 24-hour period starting from 2 days before illness onset (or, for asymptomatic clients, 2 days prior to positive specimen collection) until the time the patient is isolated.

The World Health Organization (WHO) additionally includes persons with direct physical contact with a probable or confirmed case, direct care for a patient with probable or confirmed COVID-19 disease without using proper personal, and other situations as indicated by local risk assessments.

Oct 23, 2020

CONTACT TRACING:

- Maintain a list of all facility users, participants at trainings, and attendees, etc.
- For privacy purposes, the list should be securely stored and not shared publicly.
- In the event that someone participating in your activities becomes ill, refer to this list for “tracking or tracing” to determine who in your SAY Area/District may have been directly exposed to illness, and advise them accordingly.
- Refer to U.S. Soccer’s Play On recommendations to ensure all participants follow medical clearance to return to play.

SAY Soccer strongly encourages community leaders to continuously check with all available resources for updates and changes to current guidelines as they are subject to change.

[CDC Quarantine and Isolation](#)

[US Soccer Play On FAQ Page](#)

[Play On Grassroots Soccer Recommendation Guide](#)

www.cdc.gov

[CDC - Health Department Directories - Public Health Gateway](#)