



COVID-19 PROTOCOLS FOR SAFE PLAY

Colorado Ice Soccer Club

1.0 INTRODUCTION

The protocols described herein present the recommended safety measures being implemented by Colorado Ice Soccer Club to minimize the risk of contracting or spreading the SARS-CoV-2 virus, the virus causing COVID-19, during the Club's youth soccer activities. **These protocols are consistent with Jefferson County, Colorado's current position on the COVID-19 Dial of Level Clear – New Normal. While Level Clear prescribes limited restrictions within the County, local jurisdictions and organizations can specify additional guidelines and Colorado Ice Soccer Club will continue to endorse the measures presented below.** The most current version of these protocols is maintained on the [Colorado Ice website](#) so that members can routinely check for updates.

2.0 VIRUS PREVENTION MEASURES

The virus prevention measures that are recommended and/or remain in effect are listed below.

- While it is a personal choice, those eligible to receive a COVID-19 vaccine are encouraged to get vaccinated. Currently, anyone age 12 and older can get vaccinated.
- No one should participate in a practice, game, or other team activity if NOT feeling well, have a fever at or higher than 100.4°F, or are currently under a quarantine.
- **Access to the playing field, including the sidelines, remains restricted.** Only players, coaches, referees, team personnel, and match officials are allowed on the playing field and sidelines.
- Spectators are only allowed in designated areas outside the playing field and its sidelines.
 - **Rooney Road Soccer Complex.** Spectators must continue to remain outside the fencing that surrounds the playing field. If teams are on opposite sidelines, then spectators must be outside the fencing AND at least 6 feet away from the team area on that sideline.
 - **Applewood Park, Golden Heights Park, and Southridge Park.** Spectators must stay at least 6 feet back from the sidelines and 6 feet away from the bench area.
 - **Other Parks or Areas.** For teams that use other parks or areas for practices and scrimmages, spectators should remain at least 6 feet away from the playing area.
- For outdoor soccer, no one is required to wear a mask but may wear one as a personal choice. For indoor soccer, masks may be required by the venue, particularly for settings where unvaccinated individuals or individuals of unknown vaccination status are present.
- Players and coaches should continue to respect social distancing if participants are not vaccinated and should refrain from unnecessary physical contact with others such as high fives, handshakes, or hugs. Post-game handshakes between teams and with referees are discouraged.
- Players should not share water bottles, sunscreen, or anything else that involves handling. The use of large multi-gallon beverage coolers is discouraged. For snacks, players should bring their

own, or the snacks should be individually packaged to prevent multiple people from touching them. Everyone should use hand sanitizer before and after each practice or game.

- Everyone must respect and follow instructions provided by the referee, coach, or match official. Failure to comply is cause for dismissal.
- For **away games and tournaments**, Colorado Ice players, coaches, and spectators must follow the COVID-19 requirements in effect for those fields. The Colorado Soccer Association maintains a list of each field's requirements [here](#). The opposing club or coach may also forward the requirements to the Ice coach, who will then distribute these to the team.
- Players (or their parents or guardians) and coaches should monitor their own health after each practice or game to detect any signs or symptoms of COVID-19.

3.0 MEASURES TO BE TAKEN IF A PARTICIPANT TESTS POSITIVE, IS PRESUMED POSITIVE, OR HAS POSSIBLY BEEN EXPOSED TO SOMEONE WITH COVID-19

The following measures should be taken if a player/coach tests positive, is presumed positive, or has possibly been exposed to someone with COVID-19.

- The player/coach should stay at home and contact their physician as needed.
- The player/coach **must notify** Colorado Ice of the possible exposure, positive test result, or presumed positive condition. Notification should be provided to the coach and the General Manager (Laura Albrecht, phone: 303-279-3686, email: laura@tablemountainsoccer.org). The player's/coach's name will be kept confidential to the extent possible.
- For a **possible exposure to someone with COVID-19**:
 - 1) Evaluate the exposure. "Possible exposure" requires contact with someone who has COVID-19; contact with someone who does not have COVID-19 but who may have been exposed to a third person with COVID-19 does not constitute "possible exposure."
 - 2) Many of the COVID-19 issues impacting Colorado Ice soccer participation have been possible exposures that occurred at school. For a possible school-based exposure, soccer clubs have been directed to follow the same requirements being required by the school or county for that person (i.e., a student or staff member); for example, if a school or county identifies a possible exposure and requires a person to quarantine, that person also cannot participate in soccer. Most schools, including Jefferson County Public Schools, are aligned with [Colorado's guidance for schools](#), including the quarantine requirements listed below.
 - 3) For people who need to quarantine because they have been possibly exposed and are not fully vaccinated, [Colorado's quarantine guidance](#) dictates the length required:

Length of quarantine	Testing required?	Who should use this option
14 days	No	Regular close contact with high-risk individuals
10 days	No	No regular contact with high risk individuals
7 days	Yes	No regular contact with high risk individuals and have a negative test collected 48 hours before quarantine discontinued (on day 5 or later)

For anyone who has regular close contact with a high-risk individual, such as a family member who lives with someone who has COVID-19, a 14-day quarantine is required regardless of any testing that is performed. For those who do not have close contact—meaning the possible exposure was a one-time or otherwise limited event—a 10-day quarantine is required. This can be shortened to 7-days if the possibly exposed person gets tested, where the testing is performed no earlier than day 5. To illustrate: the date of possible exposure is day 1, testing is performed on day 5, and if negative, quarantine can end after day 7, meaning the person can resume soccer participation on day 8.

For **anyone who has been vaccinated**, if a full two weeks has passed since the last required dose of the vaccine, the vaccinated person does not need to quarantine. However, Colorado recommends a COVID-19 test 3-to-5 days after exposure and wear a mask in public for 14 days after exposure or until receiving negative test result.

- 4) The rest of the team can continue to play while the possibly exposed player/coach is out for quarantine and testing. There is no need for the rest of the team to quarantine or be tested unless the possibly exposed player/coach develops symptoms or tests positive for COVID-19.
- If a player/coach **tests positive for COVID-19 or is presumed to be positive** based on sustained symptoms, the following steps should be taken:
 - 1) The player/coach must notify Colorado Ice of the positive test result or presumed positive condition. The player/coach must isolate and cannot return to in-person team activities until 10 days have passed since the positive test result or onset of symptoms, and the player/coach no longer exhibits symptoms including no fever within 24 hours without use of fever-reducing medication. A negative test at the end of the isolation period is not required, and a negative test cannot be used to shorten the isolation period. At the end of isolation, a player with a confirmed or presumed COVID-19 infection who experienced significant cardio-pulmonary symptoms **should obtain documented medical clearance** from a physician to return to play. This is to ensure that the player has fully recovered and is medically capable of resuming sports participation.
 - 2) Colorado Ice will notify the other members of the affected Ice team regarding a positive test result or presumed positive case within the team so that they can make personal/family decisions regarding quarantine and testing. The Club will also assess the situation in determining the path forward. A person can be contagious 2 days before they start having symptoms. Therefore, if the person who has tested positive or is presumed positive has had no contact with the team for more than 48 hours preceding symptom onset and/or the positive test result, then the rest of the team does not have to quarantine and can continue to play. If there has been contact within the 48-hour period, a possible exposure has occurred, and the team will be instructed to quarantine and get tested (see section on what to do for a possible exposure). All practices and games for that team will be cancelled or rescheduled until quarantine and testing are completed.
 - While COVID-19 is a serious disease, it is difficult to immediately diagnose through symptoms, given the similarity of its symptoms with those for other viruses and conditions. For example, a fever, cough, runny nose, etc. does not necessarily mean a person has COVID-19. As with any illness, the person should not participate in soccer and should monitor their health. If the symptoms have resolved themselves in 24-48 hours and stay resolved without the aid of medication, then it is unlikely that the person has COVID-19 and they can return to play.

4.0 RESOURCES

Colorado Ice Soccer Club consulted the following resources in preparing the Club's recommended COVID-19 protocols:

1. Centers for Disease Control and Prevention. Considerations for Youth Sports Administrators. Updated December 31, 2020. www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html.
2. Centers for Disease Control and Prevention. Guidance for COVID-19 Prevention in K-12 Schools. Updated August 5, 2021. www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html.
3. Centers for Disease Control and Prevention. What to Do If You Are Sick. Updated March 17, 2021. www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html#discontinue-isolation.
4. Colorado Department of Public Health and Environment. Fifth Amended Public Health Order 20-38. Limited COVID-19 Restrictions. July 30, 2021. <https://covid19.colorado.gov/public-health-executive-orders>. (Supersedes Public Health Order 20-36 COVID-19 Dial.)
5. Colorado Department of Public Health and Environment. COVID-19 Guidance: Organized Sports. Updated March 23, 2021. <https://drive.google.com/file/d/1h0RxaptK3K-4tMaNGnyJkXAAhE9ZzNfQ/view>.
6. Colorado Department of Public Health and Environment. Practical Guide for Operationalizing CDC's School Guidance. Updated August 20, 2021. <https://covid19.colorado.gov/practical-guide-for-operationalizing-cdc-school-guidance>.
7. Colorado Department of Public Health and Environment. How to quarantine. Last updated August 10, 2021. <https://covid19.colorado.gov/how-to-quarantine>.
8. Colorado Department of Public Health and Environment. Protecting others after getting the vaccine. Last updated August 18, 2021. <https://covid19.colorado.gov/vaccine-faq#Protecting>.
9. Colorado Department of Public Health and Environment. Guidance for outdoor events. Updated May 28, 2021. <https://covid19.colorado.gov/safer-at-home/outdoor-events>.
10. Colorado Soccer Association. Colorado Field Restrictions. Letter from Nate Shotts, Chief Executive Officer, to all CSA Clubs, Coaches, Players, Parents & Referees. August 27, 2020. <https://static1.squarespace.com/static/5c547615b2cf79cd8fe3363f/t/5f483d155b4e2969d5b43828/1598569750231/Colorado+Field+Restrictions+Letter.pdf>
11. Colorado Soccer Association. Quarantine Protocol for Schools & Soccer. Letter from Nate Shotts, Chief Executive Officer, to Colorado Soccer Association Member Clubs. September 18, 2020. Sent by e-mail.
12. Colorado Soccer Association. Best Practices for Returning to Soccer. Letter from Nate Shotts, Chief Executive Officer, to Colorado Soccer Association Member Clubs. May 20, 2020. <https://static1.squarespace.com/static/5c547615b2cf79cd8fe3363f/t/5ec7f9bcc6e2155915d036d5/1590163900869/Return+to+Soccer+-+Colorado+Soccer+Association.pdf>
13. Jefferson County Public Health. Second Amended Jefferson County Public Health Order 21-001 COVID-19 Dial. August 13, 2021. <https://www.jeffco.us/DocumentCenter/View/26594/Jefferson-County-Public-Health-Order-21-001---COVID-19-Dial-PDF>

14. Jefferson County Public Health. Mask Guidance. www.jeffco.us/4056/Mask-Guidance.
15. Jefferson County Public Health. Coronavirus/COVID-19 Updates and Resources. www.jeffco.us/3999/Coronavirus-Disease-2019-COVID-19.
16. Jeffco Public Schools. Fall 2021 Health Protocols. https://www.jeffcopublicschools.org/about/communications/jeffco_news/fall_2021_health_protocols
17. U.S. Soccer Federation. PLAY ON. Recommendation Guides and Frequently Asked Questions. www.ussoccer.com/playon.

REVISION LOG

Revision No.	Revision Date	Revision Summary
0	07/17/2020	Original issue of document
1	07/27/2020	Incorporation of Jefferson County Public Health Order 20-008 and Frequently Asked Questions.
2	09/08/2020	Updates to spectator spacing requirements and the requirements in place for other fields based on Colorado Soccer Association guidance.
3	09/22/2020	Updates to comply with State of Colorado Public Health Order 20-35 Safer at Home Dial, and Colorado Department of Public Health and Environment Guidance for Organized Sports including case and outbreak guidance for schools.
4	10/15/2020	Incorporation of updated Jefferson County Public Health/Jefferson County Public Schools guidelines regarding the Quarantine Process.
5	02/01/2021	Updates to reflect most recent (December/January) health orders and guidance.
6	03/08/2021	Incorporation of Seventh Amendment to Colorado Public Health Order 20-36, COVID-19 Dial, and expiration of Jefferson County Public Health Order 20-009 Limiting Gatherings (Fourth Amendment) on 03/01/21.
7	03/15/2021	Incorporation of Jefferson County Public Health News Flash dated March 11, 2021 regarding mask use during all indoor and outdoor sports, and Eight Amendment to Colorado Public Health Order 20-36, COVID-19 Dial.
8	03/28/2021	Incorporation of Ninth Amendment to Colorado Public Health Order 20-36, COVID-19 Dial.
9	04/06/2021	Incorporation of First Amended Jefferson County Public Health Order 20-008 dated April 5, 2021, which removes the requirement to wear masks or face coverings when outdoors. Incorporation of Tenth Amendment to Colorado Public Health Order 20-36, COVID-19 Dial, dated April 4, 2021. Incorporation of latest guidance for fully vaccinated people.
10	05/17/2021	Incorporation of Jefferson County Public Health Order 21-001, COVID-19 Dial, dated April 13, 2021 (replaces Colorado COVID-19 Dial in recently superseded Colorado Public Health Order 20-36). Updates to reflect Jefferson County Public Health's withdrawal of Order 20-008 that required face coverings in public indoor spaces. Incorporation of Colorado Public Health Order 20-38, Limited COVID-19 Restrictions, dated May 2, 2021 (supersedes Colorado Public Health Order 20-36, COVID-19 Dial). Incorporation of most recent updates to federal, state, and county guidance.
11	08/27/2021	Incorporation of most recent updates to guidance and public health orders in effect.