



### Cape Express Soccer Club COVID Operating Guidelines

#### CESC Responsibilities:

- 1) Educate coaches and guardians on all NJ youth sports health guidance.
- 2) Instruct guardian/players/coaches DO NOT come to practice/game if exhibiting any signs/symptoms of being sick or having signs/symptoms COVID -19. Recommend guardian/players use the COVID 19 Pre-Screening Questionnaire on our website if they are unsure if their player should attend practice/game.
- 3) Recommend guardian/players/coaches/spectators to follow current guidance for social distancing and masking as recommended by the CMC Department of Health, NJ Department Health, and/or CDC for unvaccinated and vaccinated individuals in outdoor settings.
- 4) Immediately separate coaches, staff, officials, and athletes with COVID- 19 symptoms at any sports activity. If any individual develops symptoms of COVID-19 during the activity, they should promptly inform organizers and must be removed from the activity and instructed to return home. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well.
- 5) Positive COVID -19 player/coach
  - a) Follow CMCDOH/health care provider isolation guidance for the COVID positive individual
  - b) Collaborate with players/guardians/coaches of the COVID positive individuals' team and notify all guardians of that team and other opposing team coaches, if applicable, if they could be considered a close contact by current CDC definition. If so, instruct them to contact their local Department of Health or health care provider for quarantine guidance.
  - c) The Director of Coaching, in collaboration with boys/girls directors and/or trainers/coaches, will make a determination of subsequent soccer operations for that team.
- 6) If player/coach is notified they are considered a close contact of a COVID 19 person (less than 6 ft for > 15 cumulative mins), CESC will:
  - a) Fully Vaccinated or Recovered from COVID 19 within 3 months player/coach can either:
    - i) Follow recommended guidance they were told by the CMCDOH/health care provider or per the current CDC/NJDOH guidance states - Do not need to quarantine as long as they remain symptom free. The CDC does recommend COVID 19 testing 3-5 days after your exposure, even if you do not have symptoms.
  - b) Unvaccinated Player/Coach can either:
    - ii) Follow recommended quarantine guidance they were told by the CMCDOH/health care provider.
    - iii) Trainers/parent coaches will clarify with the guardian what quarantine guidance the player was given or will direct the guardian to call the CMC Dept of Health at 609-465-1200 for quarantine guidance if they have not done so already.