



Great Falls Reston Soccer Club

PROTOCOLS FOR COVID-19 EXPOSURE AND CONFIRMED CASES

- Staff members, including coaches, assistant coaches, and team managers, are required to report if they test positive for COVID-19, are suspected of being positive, have symptoms associated with COVID-19, or have been directly exposed to someone who has tested positive for COVID-19.
- Any player who has tested positive for COVID-19, is suspected of being positive for COVID-19, or who has been directly exposed to someone who has tested positive for COVID-19 is required to report this to their team coach who must immediately send a message to the Health and Safety **confidential** Club email at healthandsafety@gfrsoccerclub.org.
- When a case of COVID-19 is reported, all staff and players who came into contact with that person will, to the best of our ability, be notified. Due to privacy issues, the identity of that person will remain anonymous.
- Once notified that an individual(s) who has tested positive with COVID-19 has attended a game, scrimmage, or practice, or has been in close proximity to any staff member or player, those staff members and players must adhere to the following protocol:
 - Notify their primary physician.
 - Begin in-home isolation for a 14-day period or been cleared by the Fairfax County Health Department.

Before a staff member or player who has tested positive for COVID-19 can return to training or games, the following conditions must be met:

- A minimum of 14 fourteen days must pass since the initial onset of symptoms.
- They must be cleared by the Fairfax County Health Department.

RETURN TO PLAY FOLLOWING CONFIRMED OR SUSPECTED COVID-19 INFECTION

These recommendations are intended to guide decision-making regarding players or staff with a suspected or documented COVID-19 infection in order to reduce the risk of disease transmission.

Symptomatic player/staff with suspected or laboratory-confirmed COVID-19 infection:

- Cannot attend club events until:

- At least 3 days (72 hours) have passed since the resolution of fever (defined as ≥ 100.4 degrees F) without the use of fever-reducing medications and respiratory symptoms (e.g., cough, shortness of breath), AND...
- At least 14 days have passed since symptoms first appeared. OR
- Resolution of fever without the use of fever-reducing medications, AND
- Improvement in respiratory symptoms (e.g., cough, shortness of breath),
- Negative results of an FDA authorized polymerase chain reaction (PCR) test for detection of SARS-CoV-2
- RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (two negative specimens).

Player/staff with laboratory-confirmed COVID-19 who have not had any symptoms:

- Cannot attend club events until:
 - Fourteen (14) days after the date of their first positive COVID-19 diagnostic test assuming no symptoms since that time. If symptoms develop, then management should be guided as above for symptomatic individuals.

RETURN TO PLAY FOLLOWING EXPOSURE TO A SUSPECTED OR DIAGNOSED CASE OF COVID-19

These recommendations are intended to guide decision-making regarding players or staff following exposure to a suspected or diagnosed case of COVID-19 infection in order to reduce the risk of disease transmission.

Any asymptomatic player or staff member who has been exposed to an individual with a suspected or diagnosed case of COVID-19 should be restricted from participation for at least 14 days from last known exposure and monitor for any symptoms consistent with infection.

If asymptomatic after 14 days since last exposure, they can return to participation. In general, you need to be in close contact with an individual to contract the disease. In this case, exposure means any one of the following:

- Caring for a sick person with a suspected or confirmed COVID-19 infection.
- Living in the same household as an individual with a suspected or confirmed COVID-19 infection.
- Being within 6 feet of an individual with a suspected or confirmed COVID-19 infection for 10 minutes or more.

OR:

- Coming in direct contact with secretions from an individual with a suspected or confirmed COVID-19 infection (being coughed or sneezed on, sharing water bottle or utensils, for example).

Questions? Please contact healthandsafety@gfrsoccerclub.org.