



COVID-19 Response

Updated 3/5/21

Important Concepts to Emphasize

- If **anyone** in a household is feeling sick, the entire household should stay home. For example: If Mom is feeling sick, the child should not attend practice.
- Stress the importance of **social distancing** and following good hygiene protocols when you are around anyone (especially in a team setting like a practice or a game)

Other Examples:

- Players are at least 6 feet apart, with masks on while on the sideline
- Limit congregate settings (half-time talks, huddles, locker rooms, no carpooling to/from games or practice, etc.)
- No sharing of drinks or snacks
- Limit sharing of equipment; Hand washing/sanitizing as much as possible
- Coaches should take attendance at all practices and games to better help contact trace Limit number of guests accompanying each player at practices / games to decongest the crowds.
- Adding highly visible signage at fields can help promote COVID-19 precaution measures.
- Each organization has an identified COVID coordinator responsible for surveillance, notification, and monitoring.
- Consider an on-site symptom screening process
- **Contact tracing once an individual has been determined to be COVID-19+ (or presumed COVID-19+) begins 2 days before the onset of symptoms up to the date of an administered COVID-19 test**
- What are they looking for when they begin contact tracing? Individuals with **CLOSE CONTACT to the COVID-19+ individual. What counts as CLOSE CONTACT with someone who is COVID-19+?**
- You were within 6 feet of someone who has COVID-19 for at least 15 minutes
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you



What to do if you get sick with COVID-19?

Steps to help prevent the spread of COVID-19 if you are sick:

- If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community.
- Stay home. Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- Separate yourself from other people



What to do if a player gets sick with COVID-19 (as it relates to soccer)

- 1) Contact your team coach
- 2) Coach needs to contact COVID-19 Club Contact, Club Leadership
- 3) Club needs to communicate to club membership as applicable;
 - Coach notifies team, need to determine players, coaches, any person who has been in close contact with COVID-19+ individual within 2 days of their onset of symptoms. **Those who have been in close contact, need to quarantine**
 - Did individual come into close contact with any other club member within 2 days of the onset of symptoms? **Those who have been in close contact, need to quarantine**
- 4) Club needs to communicate to league as applicable
 - Did team with COVID-19+ player participate in game within 2 days of the onset of COVID-19 symptoms?



I've had **CLOSE CONTACT** with a **COVID-19+** individual, now what?

Who needs to quarantine?

- Anyone who has been in **close contact with someone who has COVID-19**.
- This includes people who previously had COVID-19 and people who have taken a serologic (antibody) test and have antibodies to the virus.

What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes (cumulative over a 24-hour period)
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Steps to take: Stay home and monitor your health

- Contact your primary care physician for more information and guidance regarding your health
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19
- Those who were deemed to have close contact with the suspected COVID-19+ player, should they get tested? Maybe; not everyone needs to be tested for COVID-19
- If you have symptoms of COVID-19 and want to get tested, call your healthcare provider first. Most people will have mild illness and can recover at home without medical care and may not need to be tested
- CDC has guidance for who should be tested, but decisions about testing are made by state and local health departments and healthcare providers
- You can also visit your state or local health department's website to look for the latest local information on testing



What to do during Quarantine?

- Quarantine should ideally be for 14 days from the last time they had contact with you; however, **for individuals who do not develop symptoms, quarantine can end after Day 10 without testing or after Day 7 if a specimen collected after Day 5 tests negative on a diagnostic test (i.e., PCR, antigen)**. Maintain social distance (at least 6 feet) from others at all times. Symptoms should be monitored for a full 14 days.
- Self-monitor for **symptoms**
 - People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

*This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.
- Check temperature twice a day
- Watch for fever*, cough, or shortness of breath, or other symptoms of COVID-19
- Avoid contact with people at higher risk for severe illness from COVID-19
- **Follow CDC guidance if symptoms develop**



Options to Reduce Quarantine Duration

CDC continues to endorse quarantine for 14 days and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus. CDC will continue to evaluate new information and update recommendations as needed. See [Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing](#) for guidance on options to reduce quarantine.

Options to reduce quarantine

Reducing the length of quarantine may make it easier for people to quarantine by reducing the time they cannot work. A shorter quarantine period also can lessen stress on the public health system, especially when new infections are rapidly rising.

Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine.

Options they will consider include stopping quarantine:

- **After day 10 without testing**
- **After day 7 after receiving a negative test result (test must occur on day 5 or later)**

After stopping quarantine, you should watch for symptoms until 14 days after exposure.

If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider. Wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to prevent the spread of COVID-19.

[PA Department of Health adopted the CDC Guidelines for a shortened Quarantine on December 4th, 2020](#)



When can I be around others after COVID-19?

I think or know I had COVID-19, and I had symptoms:

You can be around others after:

- 10 days since symptoms first appeared **and**
 - 24 hours with no fever without the use of fever-reducing medications **and**
 - COVID-19 symptoms have improved (for example, cough, shortness of breath) **and**
 - Consulting with your primary care physician if it is safe to be around others once received from COVID-19
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- 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
 - It is not recommended that test-based criteria is warranted to end home isolation (2 negative test results, 24 hours apart). It is encouraged time-based criteria or symptom-based criteria to resume normal activities
 - For more information when you can reintegrate, please refer to the [CDC Guidelines](#) for ending home isolation



Scenario #1

- Player or Coach goes to training on Tuesday, 9/1 @ 5:30 PM
- Player or Coach starts to feel ill on Thursday, 9/3 @ 12:00 PM (with COVID-19 symptoms)

Important information taken from Scenario #1:

- 1) Player or Coach started feeling ill within a 2 day/48 hour period after their last training session
- 2) Clock starts for contact tracing for anyone with close contact with the suspected COVID-19+ Player or Coach

Read through the CDC Recommendations for Scenario #1;

- Player or Coach must immediately quarantine, with their family, for 10 days without testing or 7 days and having received a negative COVID-19 test result (test must occur on day 5 or later)
- Anyone who has had close contact with the suspected COVID-19+ player should quarantine for 10 days without testing or 7 days and having received a negative COVID-19 test result (test must occur on day 5 or later) since their **last exposure** (in Scenario #1, that would mean the clock starts from training on Tuesday), and monitor symptoms

Does the whole team need to quarantine?

- Yes. Consult with local health officials if you determine your team or coaches have been exposed to COVID-19. Individuals who recently had close contact with a person with COVID-19 should follow CDC's guidance for when you can be around others.

Those who were deemed to have close contact with the suspected COVID-19+ player, should they get tested?

- Maybe; not everyone needs to be tested for COVID-19
- If you have symptoms of COVID-19 and want to get tested, call your healthcare provider first. Most people will have mild illness and can recover at home without medical care and may not need to be tested
- CDC has guidance for who should be tested, but decisions about testing are made by state and local health departments and healthcare providers
- You can also visit your state or local health department's website to look for the latest local information on testing



Scenario #2

- Player or Coach goes to training on Monday, 9/7 @ 5:00 PM
- Player or Coach starts to feel ill on Friday, 9/11 @ 8:00 PM (with COVID-19 symptoms)

Important information taken from Scenario #2:

1) Player or Coach started feeling ill **NOT WITHIN** a 2 day/48 hour period after their last training session

2) Contact tracing does not involve the team

3) The Player or Coach should immediately quarantine when they start to feel ill with COVID-19+, **and not return to any team activities until they are safe to do so**

4) **Player or Coach should follow the CDC guidelines on next steps** if they are sick and experience COVID-19 symptoms

5) Notification to the team/club is applicable, not that anyone beyond the ill player/coach (and their family) have to quarantine, but to make people aware that a member of the team/club is COVID-19+ and no further action needs to take place within the club. Reemphasize reminders of social distancing, good hygiene, etc.



Scenario #3

- Player or Coach played in a game on Saturday, 9/12@ 10:00 AM
- Player or Coach starts to feel ill on Monday, 9/14 @ 8:00 AM (with COVID-19 symptoms)

Important information taken from Scenario #3:

- 1) Player or Coach started feeling ill within a 2 day/48 hour period after their last game
- 2) Clock starts for contact tracing for anyone with close contact with the suspected COVID-19+ Player or Coach

Read through the CDC Recommendations for Scenario #3

- Player or Coach with suspected COVID-19+ must immediately quarantine for 10 days without testing or 7 days and having received a negative COVID-19 test result (test must occur on day 5 or later)
- Anyone who has had close contact with the suspected COVID-19+ player should quarantine for 10 days without testing or 7 days and having received a negative COVID-19 test result (test must occur on day 5 or later) after their **last exposure** (in Scenario #3, that would mean the clock starts from the game on Saturday @ 10:00 AM), and monitor symptoms

Does the whole team need to quarantine?

- **Yes.** Consult with local health officials if you determine your team or coaches have been exposed to COVID-19. Individuals who recently had close contact with a person with COVID-19 should follow CDC's guidance for when you can be around others.
- Should the opposing team quarantine? **Yes.** Consult with local health officials if you determine your team or coaches have been exposed to COVID-19 for further guidance. Individuals who recently had close contact with a person with COVID-19 should follow CDC's guidance for when you can be around others.

Those who were deemed to have close contact with the suspected COVID-19+ player, should they get tested?

- Maybe; not everyone needs to be tested for COVID-19
- If you have symptoms of COVID-19 and want to get tested, call your healthcare provider first. Most people will have mild illness and can recover at home without medical care and may not need to be tested
- CDC has guidance for who should be tested, but decisions about testing are made by state and local health departments and healthcare providers
- You can also visit your state or local health department's website for the latest local information



Scenario #4

- Player or Coach plays/coaches in a game on Saturday, 9/12 @ 10:00 AM
- Player or Coach starts to feel ill on following Wednesday, 9/16 @ 8:00 PM (with COVID-19 symptoms)
- There were no practices since the game on Saturday, 9/12 @ 10:00 AM

Important information taken from Scenario #4:

- 1) Player/Coach started feeling ill **NOT WITHIN** a 2 day/48-hour period after their last game
- 2) Contact tracing does not involve any of the teams
- 3) Player/Coach should immediately quarantine when they start to feel ill with COVID-19+ symptoms, and not return to any team activities until they are safe to do so. Player or Coach should follow the CDC guidelines on next steps if they are sick and experience COVID-19 symptoms
- 4) Notification to the team/club is applicable, not that anyone beyond the ill player/coach (and their family) have to quarantine, but to make people aware that a member of the team/club is COVID-19+ and no further action is needed to take place within the club. Reemphasize reminders of social distancing, good hygiene, and other COVID-19 preventative measures to reduce the spread
- 5) Does not impact the opposing team, no action required



Scenario #5

A parent of a child on your team is experiencing COVID-19 symptoms

Important questions to ask:

- 1) Is the child experiencing symptoms?
- 2) When did the parent start experiencing symptoms?
- 3) Did the parent attend any soccer activities (practice or games) within the 2 day/48 hour window prior to the onset of COVID-19 symptoms?
- 4) If yes, has anyone had **close contact** with the suspected COVID-19+ parent?

What should happen next?

- **The player whose parent is experiencing COVID-19 symptoms should not attend any team activities**, and begin their quarantine for 10 days without testing or 7 days and having received a negative COVID-19 test result (test must occur on day 5 or later) (defined as **close contact** with parent, starting when the onset of symptoms occurred)
- Does the team have to quarantine?
 - No, if they have **no had close contact** with the **parent** who is experiencing COVID-19 symptoms.
 - Even if the player attended practice, and the parent started experiencing symptoms the day before, the player is NOT experiencing symptoms thus there is no close contact for the team **directly** with the suspected COVID-19+ parent
 - The specific player should quarantine whose parent is experience COVID-19 symptoms, and monitor themselves. If no symptoms occur within the 2 day/48 window of their last team activity, the team does NOT need to quarantine
 - If the player starts to develop symptoms within the 2 day/48 window of their last team activity, then the team must quarantine.



Preparing for When Someone Gets Sick

- Advise Sick Individuals of Home Isolation Criteria
- Sick coaches, staff members, umpires/officials, or players should not return until they have met CDC's criteria to discontinue home isolation.
- Make sure that coaches, staff, officials, players, and families know that sick individuals should not attend the youth sports activity, and that they should notify youth sports officials (e.g., the COVID-19 point of contact) if they (staff) or their child (families) become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.
- Clean and Disinfect. Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).
- Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure safe and correct use and storage of cleaning external icon and disinfection products, including storing them securely away from children.
- Notify Health Officials and Close Contacts
- In accordance with state and local privacy and confidentiality laws and regulations, youth sports organizations should notify local health officials, youth sports program staff, umpires/officials, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA)external icon and other applicable laws and regulations.
- Work with local health officials to develop a reporting system (e.g., letter) youth sports organizations can use to notify health officials and close contacts of cases of COVID-19.
- Advise those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms, and to follow CDC guidance if symptoms develop.



Important Resources

- [CDC Considerations for Youth Sports](#)
- [CDC What to do if you're sick?](#)
- [CDC If you've been in close contact with someone sick?](#)
- [PA Sports Guidance](#)
- [CDC Youth Sports FAQ](#)
- [PA Responding to COVID-19](#)
- [CDC Self Checker Tool](#)
- [Options to Reduce Quarantine Duration](#)
- Your County Health Department

