



Dubuque Soccer Club Covid-19 Guidelines



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Contact: President@dubuquesoccer.org

Please stay home if exhibiting any symptoms of illness. Notify the coach that you will not be at practice or the matches. Players will not be penalized for illness.

Please note that requirements are always subject to change as conditions surrounding the pandemic change. As guidelines and restrictions vary by state, locality, and club, members representing DSC at events hosted by other organizations are expected to comply with the guidelines set by the hosting organization in addition to DSC guidelines.

Defintion of Exposure

Close contact with someone who has COVID-19 up to 3 days before they test positive or become symptomatic.

- For example, if player A tests positive on Friday (day of test being submitted and not the day the result is received) or her first symptoms can be traced back to Friday regardless of when testing is done, those that came in to contact with this player on Tuesday, Wednesday, or Thursday are considered exposed. If she last had contact with the team on Monday, the team would not be considered exposed.

What Counts as Close Contact?

Any of the following situations count as close contact:

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- 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

Masks

Masks are effective, but not 100%. Masks are part of an overall mitigation effort to slow down the spread of Covid-19 and ISA's regular consultation with Dr. Klutts reinforces how we've incorporated them, and other protocols, into soccer this season.

- Masks must be a minimum of 2 layers, cover both the nose and mouth, and be appropriately sized (not leaving large gaps around sides).
- Neck gaiters will be allowed if at least two layers thick (or folded to create multiple layers covering the nose and mouth).
- As masks will be worn during play at times, please avoid masks with metal or sharp plastic components for players which could cause injury.

More information can be found at these sources:

- CDC Mask Information: [Use Masks to Help Slow Spread | CDC](#)
- IDPH Mask Information: [WhenToQuarantine 12042020.pdf \(iowa.gov\)](#)
- ISA COVID Resource Page: [Covid-19 | Iowa Soccer \(http://www.iowasoccer.org/covid19/\)](http://www.iowasoccer.org/covid19/)
- State of Iowa Mask mandate: [Iowa COVID-19 Information - Proclamations](#) (in effect until February 6, 2021)

- Dubuque County Mask mandate: [Dubuque-County-Mask-Resolution-PDF \(dubuquecountyiowa.gov\)](#) (in effect until March 1, 2021)
- City of Dubuque Mask mandate: [Face Covering Mandate: What You Need To Know | Dubuque, IA - Official Website \(cityofdubuque.org\)](#) (no set expiration)

Covid-19 Reporting Procedures:

Any member of the Dubuque Soccer Club (player, parent, household member, coaching staff, support staff, etc.) who is required to quarantine or isolate according to the policy below must notify the President of the DSC Board of Directors (Mike Peat) as soon as possible. Reporting will remain confidential (limited to DSC COVID committee) and names will not be shared to protect the privacy of our membership. This is essential for the health of our membership along with tracing purposes.

Quarantine Policy (for individuals exposed to someone testing positive for COVID-19):

Quarantining when one has been confirmed he/she was exposed to the virus is an essential part of managing the risk of spread (moved from above). A member of the Dubuque Soccer Club (player, parent, household member, coaching staff, support staff, etc.) who has knowingly been exposed to a person who has tested positive for COVID-19 should follow the appropriate guidance below, based on the situation.

- If an individual cohabitates (any overnight stay in the same home, apartment, cabin, hotel room, etc.) with someone that has tested positive:
 - An individual must quarantine for 10 days after the last known contact with the individual who tested positive while that person was inside the infectious window. The infectious window is defined as either 10 days after the positive test date or beginning of symptoms and \neq being symptom free for at least 72 hours. The 10-day quarantine restarts every time close contact occurs while the positive individual is within the infectious window. Testing negative will not clear an individual in this case regardless of the number of negative tests
- If an individual is exposed to someone who tests positive for COVID, but not someone with whom they cohabitate:
 - Everyone wearing masks and contact occurs outside of game/practice (infected person and close contacts)
 - No quarantine required
 - Infected person masked, close contacts unmasked or everyone wearing masks and contact occurs during game/practice
 - Close contacts must quarantine for 10 days post exposure. Quarantine time can be reduced to 7 days if providing negative results of a PCR (not antigen) COVID-19 test taken a minimum of 5 days after latest exposure.
 - If the contact occurs during a soccer event and the team met for close contact activity (<6ft separation for any length of time, any games or scrimmages), then the team cannot meet for any activity (meeting, training, or competition) for at least 10 days from the most recent activity at which the individual who tested positive was present.
 - Infected individual unmasked (regardless of close contact mask usage)
 - Close contacts must quarantine for 10 days post exposure. Quarantine time can be reduced to 7 days if providing negative results of a PCR (not antigen) COVID-19 test taken a minimum of 5 days after latest exposure.

More information can be found at these sources:

- CDC guidelines: [COVID-19: When to Quarantine](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html) (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>)
- IDPH guideline: [WhenToQuarantine 12042020.pdf](https://idph.iowa.gov/Portals/1/userfiles/61/covid19/resources/WhenToQuarantine%2012042020.pdf) (<https://idph.iowa.gov/Portals/1/userfiles/61/covid19/resources/WhenToQuarantine%2012042020.pdf>)
- ISA policy: [Iowa Soccer COVID-19 Protocols and FAQ](https://usys-assets.ae-admin.com/assets/923/15/COVID-19%20positive%20test%20protocols%207.1.20.pdf) (<https://usys-assets.ae-admin.com/assets/923/15/COVID-19%20positive%20test%20protocols%207.1.20.pdf>)

Isolation Policy (For individuals testing positive for COVID-19 or are/were symptomatic and were never tested)

Any member that tests positive (or is/was symptomatic but was never tested) must quarantine for a minimum of 10 days from the onset of symptoms (or date of positive test if asymptomatic). The member may return to activity after completing the quarantine and being symptom free for 72 hours (which could be the last 72 hours of the minimum 10 day isolation if symptom free during that period).

More information can be found at these sources:

- CDC guidelines: [Isolate If You Are Sick | CDC](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html) (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>)
- IDPH guideline: [WhenToQuarantine 12042020.pdf](https://idph.iowa.gov/Portals/1/userfiles/61/covid19/resources/WhenToQuarantine%2012042020.pdf) (<https://idph.iowa.gov/Portals/1/userfiles/61/covid19/resources/WhenToQuarantine%2012042020.pdf>)
- ISA policy: [COVID-19 positive test protocols 7.1.20.pdf](https://usys-assets.ae-admin.com/assets/923/15/COVID-19%20positive%20test%20protocols%207.1.20.pdf) (<https://usys-assets.ae-admin.com/assets/923/15/COVID-19%20positive%20test%20protocols%207.1.20.pdf>)

Preventative Measures

- To minimize possible spread, coaches must always practice physical distancing from players.
 - No close contact coaching
 - No pre or post practice or game huddles with players nearer than 6 ft
 - Masks are required for coaches to help minimize risk of exposing players
- DSC will follow ISA Return to Play Protocols as recommended by ISA and posted on their COVID resources site: [Covid-19 | Iowa Soccer](http://www.iowasoccer.org/covid19/) (<http://www.iowasoccer.org/covid19/>)

DSC Refund Policy

- If a quarantine is required per this policy, there will not be a refund given to the positive player or any affected member.
- If there is a state mandated shutdown to the entire club, the refund will be prorated based on the date of mandate.

FAQs

- **If an individual was exposed to someone with a positive case, but has not tested positive, are the other team members considered exposed at that point?**
 - They are not considered exposed unless the individual that was exposed develops symptoms or tests positive.
- **If a coach tests positive, does his/her team have to quarantine?**
 - If the coach is following the guidance and social distancing throughout training and competitions, then the team should not have been exposed and they do not need to quarantine. Therefore, we should stress that coaches should always remain 6 feet from players and wear face coverings whenever possible.
- **If a player tests positive, does his/her coach have to quarantine?**
 - If the coach is following the guidance and social distancing throughout training and competitions, then the coach should not have been exposed and he/she does not need to quarantine. Therefore, we should stress that coaches should always remain 6 feet from players and wear face coverings whenever possible.
- **When can a coach or player who tests positive return to activity?**
 - An individual that tests positive must quarantine for a minimum of 10 days from the onset of symptoms (or date of positive test if asymptomatic) and may return to activity after completing the quarantine and being symptom free for 72 hours (which could be the last 72 hours of the 10 day quarantine if symptom free during that period). It is recommended to consult your doctor before returning to physical activity after severe cases of illness.
- **What happens if someone on a team we played tests positive?**
 - If the event is an Iowa Soccer event, Iowa Soccer will notify Board presidents, DOCs, and Executive/Technical Directors of the club of any team that has competed against an individual that tested positive within the last **7 days**.
 - That notification is informational so the club may take extra precautions
 - They are not required to quarantine (but may choose to) unless a member of their team tests positive.
- **What happens if an entire team needs to quarantine and is scheduled to play in an event?**
 - If any Iowa Soccer League (state, rec or academy) games are on the schedule within the quarantine period, efforts must be made to reschedule.
 - If a team is scheduled to compete in a tournament during the quarantine period, it must withdraw, thus ending its participation in the event.
 - If it is an Iowa Soccer tournament or festival and it has not started yet, a full refund will be provided