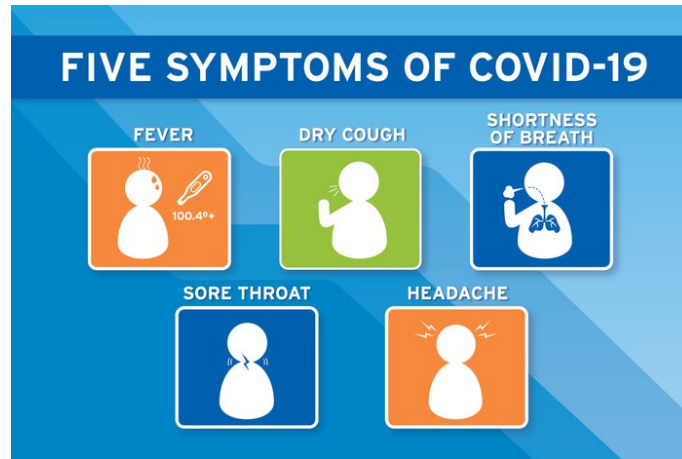# Return to Play Guidelines following a diagnosis of Covid virus
As of August 27, 2020 SUBJECT TO CHANGE AT ANY TIME

After gathering information from the CDC, state health officials, and our partner, Texas Health Resources, the following recommendations should be applied by the Team, Club, or Association when a diagnosis of Covid virus is confirmed involving a player or a staff member of the organization. Be aware that these general statewide recommendations may be made more restrictive by local Associations, Clubs, Teams, and city or county health officials. **Know and follow the guidelines of your local organization, and county/city health departments.**

In this document, player also includes members of the players immediate household.

1. The Team, and Club, and Association administrators directly connected to the positive Covid individual should be notified immediately that a positive Covid case has been detected. Give the latest date for which the positive individual was present in or around the facility or the team. There should be no release of the name of the diagnosed player or staff member.

   Notifications should go to:
   a. Directly connected team of the player or staff member.
   b. Recent opponent (within last 10-14 days) and Team, Club, Association staff, if previous competition took place prior to diagnosis (asymptomatic).
   c. Teams which share training field, scrimmages, or drills with individual's team.
   d. Any party that is revealed through contact tracing - shared gatherings, matches, meetings, car pools, match/practice environment etc.

2. Players or staff diagnosed, are prohibited from physical presence at the Team, Club, Association practice and game facilities for any soccer activities or events during a mandatory quarantine period as described below.

   In accordance with CDC guidelines:

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

You can be with others after:

o   3 days with no fever **and**
o   Respiratory symptoms have improved (e.g. cough, shortness of breath) **and**
o   10 days since symptoms first appeared

Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you have been tested, then you can be around others when you have no fever, respiratory symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart. You should get a letter from your healthcare provider stating that you are cleared to discontinue quarantine and begin to play.

I tested positive for COVID-19 but had no symptoms

If you continue to have no symptoms, you can be with others after:

o   10 days have passed since test.

Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you have been tested then you can be around others after you receive <u>two negative test results in a row, at least 24 hours apart.</u> You should get a letter from your healthcare provider stating that you are cleared to discontinue quarantine and begin to play. If you develop symptoms after testing positive, follow the guidance above for "I think or know I had COVID, and I had symptoms."

3. Quarantine period begins immediately upon diagnosis or suspected contagion (fever over 100 degrees or other Covid symptoms). Minimum quarantine is 10 days with no physical activity (see Item #2).
4. Return to play after two negative tests for Covid virus, or positive antigen test for Covid virus, <u>and</u> medical clearance by a healthcare provider to resume sports competition is provided to the Team, Club, Association Leadership after the 10-day quarantine with no physical activity has been completed.
5. Teams, Clubs, Associations may choose to extend the individual quarantine at their discretion.
6. If three (3) or more players from the same team are positive for Covid, the entire team should be in quarantine until 14 days after the last person tested positive. No practices or games should be scheduled for the team, until after the quarantine period has ended.