



UPDATED COVID RETURN TO PLAY GUIDELINES

Updated: September 2, 2021

SC Surf Soccer Club Families, Players, Teams, and Coaches,

With the increased number of positive Covid-19 tests, we wanted to take the time to update everyone on our SC Surf Covid-19 Protocols and Safety Guidelines regarding Covid-19 infections and direct exposure cases.

We've received a lot of inquiries over the last couple days dealing with direct exposure and infection cases from either school related situations and/or training sessions. The CDC and local County School Boards, have posted their protocols for these occurrences. We try to mirror the actions and utilize the research done by these organizations to create the safest environment for all our members.

We ask and trust you all, that if a player is showing symptoms to please not send them to practice or games, as this can affect your entire team, club, and many others. We know there will be cases and certain situations that we cannot control but let's do our best and our part to keep the kids, coaches and the Surf family safe.

Please read the updated section below this message for Return to Play Protocols and Safety Guidelines.

Thank you for your continued support.

Matt Parmer

SC Surf Director of Coaching

Signs and Symptoms of COVID-19: 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. Anyone can have mild to severe symptoms. 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

Return to Play Following Confirmed COVID-19 Infection or Direct Exposure:

These guidelines are intended to help decision-making regarding players or staff with a suspected or documented COVID-19 infections or direct exposure in order to reduce the risk of disease transmission.

Direct Exposure Defined:

Direct exposure is defined as being within 6 feet of someone who has COVID-19 for a cumulative total of 15 minutes or more in a 24 hour period. If a player plays/trains with a team and tests positive **48 hours after** the game/session there is not a direct exposure to the team. If a player tests positive **within 48 hours** of the game/session then the players on the team have been directly exposed and must follow the protocols below:

1. Exposed to a Covid 19 Positive case:

Asymptomatic - Allowed to Return to Play only after:

- Receiving a **negative test 4 days** after exposure **OR**
- Remains **asymptomatic** and on the **7th day** after exposure can return without testing

If Covid Positive or Symptomatic - Allowed to Return to Play only after:

- a **negative test** result and is asymptomatic **OR**
- **10 days** have passed since onset of symptoms or with positive test results. In addition, has to be **fever free for 24 hours** with no fever reducing medication and have overall symptom improvement. **OR**
- Receives written permission from a healthcare provider to return to play.

2. Exposed to a Covid 19 Positive case but had prior Covid 19 Infection (*within 90 days*) OR is Fully Vaccinated (*2 weeks following 2nd dose Covid 19 Vaccination*).

Asymptomatic - Allowed to Return to Play only after:

- Receiving a **negative test 4 days** after exposure **OR**
- Remains **asymptomatic** and on the **7th day** after exposure can return without testing

Symptomatic - Allowed to Return to Play only after:

- a negative test result and is asymptomatic **OR**
- **10 days** have passed since onset of symptoms or with positive test results. In addition, has to be **fever free for 24 hours** with no fever reducing medication and have overall symptom improvement **OR**
- Receives written permission from a healthcare provider to return to play

Same protocols are to be followed if a player gets sent home from school from direct exposure.

Travel Policy:

- All Players will travel to and from away games with their parents or a designated family approved carpool. Buses will be not be allowed for the Fall Season. The club will reevaluate for the Spring.

- All players must stay with their family at the designated hotel. If players travel with another family, up to two players maximum can stay in a hotel room together. This must be approved by both sets of parents and coaching staff.
- No congregating by players, parents, and coaches will be allowed in the hotel.
- Players must arrive to the fields an hour prior before kickoff unless stated otherwise by the coaching staff.

Parent and Player Responsibilities:

- Ensure the child is healthy, check your child's temperature prior to any training session.
- Limited or no carpooling.
- Encouraged to stay in the car or adhere to social distance requirements, based on state and local health requirements, when wearing a mask outside of your car.
- Only players and coaches will be allowed to enter indoor training facilities.
- Ensure child's clothing is washed after every training session.
- Ensure all equipment, cleats, ball, shin guards, etc. are sanitized before and after every training.
- Notify the club immediately if your child becomes ill for any reason.
- Be sure your child has necessary sanitizer with them at every training.
- Wash hands thoroughly before and after training.
- Bring and use hand sanitizer at every training.
- Encouraged to wear a mask before and immediately after all training.
- Do not touch or share anyone else's equipment, water, snack, or bag.
- Practice social distancing, place bags and equipment at least 6 feet apart.
- Wash and sanitize all equipment before and after every training.
- **No group celebrations, no high 5's, hugs, handshake, etc.**

Coach Responsibilities:

- Ensure the health and safety of the athletes.
- Inquire how the athletes are feeling, send them home should you believe they act or look ill.

- Follow all state and local health protocols.
- To minimize risk of injury and illness when returning to play, coaches are encouraged to gradually reintroducing players to play in a safe and progressive manner.

Our Club Responsibilities:

- Create and distribute protocols to its members.
- Have an effective communication plan in place; identify strategies for working with public health to notify adult leaders, youth, and their families if the organization learns a participant or adult leader has developed COVID-19 and may have been infectious to others while at a youth activity, while maintaining confidentiality.
- Be sensitive and accommodating to parents who may be uncomfortable with a return to play, too quickly.
- Have an action plan in place, in case of a positive test.
- Train and educate all staff on protocols and requirements, including state and local regulations, CDC recommendations, and other necessary information.
- Be prepared to shut down and stop operations. Develop plans for temporary closure of indoor facilities or outdoor activities or camps to properly disinfect and ensure other adult leaders or youth are not infected.
- Develop a relationship and a dialog with local health officials (identify Risk Tolerance).