



Kitsap Alliance FC

POLICIES & PROCEDURES

COVID-19 Isolation & Quarantine Policy – Updated 09/15/2021

A. Purpose

The purpose of this policy is to help players, parents and coaches navigate when it is appropriate for a person to isolate and/or quarantine to ensure that a safe and uninterrupted soccer environment occurs. An ongoing outbreak of COVID-19 within a team or multiple teams may jeopardize the playing capability multiple teams/clubs, therefore adherence to the policy should be followed.

Isolation *is* when someone is sick and needs to be separated from others.

Quarantine *is* when someone has been exposed to a sick person and they are separated/restricted to ensure that they do not infect others if they become sick.

B. Policy Statement

Soccer is considered a “moderate contact sport”. The following guidance should be adhered to when determining the need for a player, coach, or parent to quarantine or isolate away from the soccer environment.

C. Implementing Procedures

1. What should we do when we have sick players, coaches, or parents within the soccer environment?

If a player, coach, or parent feels sick they need to stay home and away from the soccer environment. If someone is held out from the soccer environment due to illness, and they have not been diagnosed with COVID-19, the following are things to watch for:

- i. Closely monitor their temperature and have a low threshold for professional evaluation by their primary care provider.
- ii. Common symptoms of COVID-19 are:
 - a. fever,
 - b. cough, and
 - c. shortness of breath.
- iii. Other symptoms of COVID-19 may include:
 - a. chills,
 - b. muscle pain,
 - c. headache,
 - d. sore throat,
 - e. fatigue,
 - f. congestion,
 - g. runny nose,
 - h. nausea,
 - i. vomiting,
 - j. diarrhea or
 - k. new loss of taste or smell.
- ii. A player, coach, or parent presenting symptoms as described should be considered a suspected case of COVID-19 and should stay away from the soccer environment until either the player, coach or parent has had a negative COVID-19 test, or by following the isolation procedures of section 2.i below.

2. What do I do if I have COVID?

- i. If a player, coach, or parent has confirmed COVID-19, with symptoms, they should isolate at home. Home isolation may end when the player, coach, or parent:
 - a. Has been fever-free for at least 24 hours without the use of fever-reducing medication, AND
 - b. Symptoms have gotten better, AND

- c. At least 10 days have gone by since symptoms first appeared.
 - ii. If a player, coach, or parent has tested positive for COVID-19, but has not had any symptoms, home isolation may stop when:
 - a. At least 10 days have gone by since the date of the first positive COVID-19 test, AND
 - b. The player, coach, or parent has not gotten sick with COVID-19 (People who have gotten sick after testing positive should follow section 2.i of this policy).

3. What is and is not considered a close contact for COVID-19?

- i. A close contact is someone who was within six feet for > 15 minutes during a 24h period.
- ii. Examples of probable close contacts:
 - a. Riding in a car / van together for >15 min,
 - b. sitting in a movie theater or airplane side-by-side,
 - c. living together,
 - d. sitting within 6 feet for > 15 minutes in the bleachers or stadium watching the OL Reign / Sounders win.
- iii. Examples of what is probably NOT a close contact:
 - a. Playing on the same field,
 - b. watching a game while not sitting near others,
 - c. passing by someone on the street.

4. Close contacts. This can be tricky as there are many variables, but here are some guidelines:

- i. For all the following guidelines, if quarantine is required, it does not start until after the last day of exposure to an infected person. For example, if a family member is positive for COVID-19, quarantine for the player or coach does not start until either the sick person has been completely separated from the player or coach, or the sick persons isolation period has come to an end.
- ii. If you are considered a close contact of a positive COVID-19 person, and you are:
 - a. A fully vaccinated player or coach:
 - i. Feeling ill or has a fever:
 - a) Should be immediately be removed from the event,
 - b) isolate at home,
 - c) and be tested for COVID-19.
 - d) Isolation should be followed per section 2 above.
 - e) If the athlete has tested positive and symptoms have resolved, they should consider consulting with a medical professional and follow a gradual return to play.
 - ii. Has NO symptoms and feels fine:
 - a) Not required to quarantine
 - b) Should be tested 3-5 days after the close contact AND wear a mask when within close contact with others for 14 days if not tested OR until after receiving a NEGATIVE test.
 - b. Not a vaccinated or not fully vaccinated player or coach:

- i. Feels ill or has a fever:
 - a) Should immediately be removed from the event,
 - b) isolate at home, and
 - c) be tested for COVID-19.
 - d) Isolation should be followed per section 2 above.
 - e) If the athlete has tested positive and symptoms have resolved, they should consider consulting with a medical professional and follow a gradual return to play.

- ii. Feels fine:
 - a) Should quarantine at home and away from others (self-quarantine).
 - b) A close contact can end quarantine after 10 days if they **do not** have symptoms. ([CDC](#), [WA DOH](#)).
 - c) A close contact can end quarantine after 7 days if they **do not** have symptoms **and** they test ([PCR test](#) required) negative for COVID-19. ([CDC](#), [WA DOH](#)).
 - d) A mask must be worn until 14 days has passed from the last day of exposure.

5. What do I do if my teammate, parent, or coach has been around a close contact?

- i. If someone that a player or coach knows is identified as a close contact, it does not impact the player or coaches' ability to participate in the soccer environment. Being a close contact of a close contact does not mean that a player, parent, or coach would need to quarantine.

References:

- (1) <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>
- (2) <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDExposed.pdf>
- (3) <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDcasepositive.pdf>
- (4) <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>
- (5) <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/820-105-K12Schools2021-2022.pdf>