

# GUIDELINES FOR A SAFE “RETURN TO PLAY”

## February 2021 update

As we begin our Spring 2021 seasons, there have been several changes to our “Return to Play” Guidelines posted last summer. In addition, as FCPS works toward children returning to school for in person learning and our players begin to participate in outside sports (high school and other club sports), **it is imperative COVID guidelines are understood and adhered to.**

**Return to Play following COVID 19 Infection** - This guideline includes symptomatic and asymptomatic player or staff member with a confirmed case of COVID 19):

- Player/staff member cannot attend any BAC events (training or game) until 10 days have passed since positive COVID test result **AND** at least 48 hours have passed since symptoms (fever, cough, etc) have resolved without medication

**Exposure to COVID 19** - This guideline is for asymptomatic player or staff member who has been exposed to an individual with suspected or diagnosed case of COVID 19):

- Any player or staff member who has been exposed to COVID 19 should quarantine and are not allowed to attend any BAC events (training or game) for 10 days **OR** for 7 days if the player/staff receives a negative COVID 19 PCR (nasal swab) test result on day 5 or later
- Exposure to COVID 19 as defined by the CDC:
  - Individual who has had close contact (within 6 feet for a total of 15 minutes or more) to person infected with COVID 19 including the two days before symptoms onset or positive test result.

**Spectator Policy for all Home BAC fields:**

- Per the Governor’s guidance in December 2020, 2 guests per player are allowed on a BAC field. Social distancing and masks are required with all in attendance.

**PLAYER/PARENT Responsibilities:**

- Masks on all players as they enter and exit field locations, while not participating in play (sitting on the bench) on the sidelines.
- Social distancing of person and belongings on sidelines
- Exit/Enter field quickly and in proper direction. No lingering on grassy areas or in the parking lots.
- Complete Daily Health screening in Teamsnap app
- Communicate immediately with Coach or BAC administrators regarding COVID 19 questions

**Vaccinated Adult Coaching Staff or Volunteers:**

- Per CDC guidelines on **February 10, 2021** - vaccinated persons (Moderna or Pfizer vaccines) with an exposure to someone with suspected or confirmed COVID-19 are **NOT** required to quarantine, if they meet all of the following criteria:
  - Are fully vaccinated (i.e., ≥2 weeks following receipt of the second dose in a 2-dose series, or ≥2 weeks following receipt of one dose of a single-dose vaccine)
  - Are **within 3 months** following receipt of the last dose in the series
  - Have remained asymptomatic since the current COVID-19 exposure



# BURKE ATHLETIC CLUB TRAVEL SOCCER

## Game Day Guidelines

These guidelines are in place to minimize risk to your players and your families. We thank you for your cooperation. Referees and BAC staff may delay the start of games, perform game stoppages, or end games early if spectators, coaches and players do not abide by protocols and respond positively to reminders and warnings. Offending teams are subject to match forfeiture.

### GENERAL GUIDELINES:

All players, coaches and staff members must perform a temperature check and conduct a health screening prior to attending any BAC hosted games, related events, or activities. The temperature check and health screening can be performed by parents of minors and may be reinforced by a coach or staff member to look for signs of infection.

1. **Temperature Check** – all players, staff or family members with a temperature of 100.4 or greater are prohibited from attending any event.
2. **Health Screening** – The following are to be asked by a parent of a minor prior to attending any Burke Athletic Club activity or events:
  - a. Is your current temperature 100.4F or greater?
  - b. Have you been diagnosed with COVID-19 within the last fourteen (14) days?
  - c. Have you exhibited any signs or symptoms of COVID-19 in the last fourteen (14) days?
  - d. Have you been in close contact (within 6 feet for at least 15 minutes) of anyone that has been diagnosed with or has symptoms of COVID-19 in the last fourteen (14) days?

**\*\*\*If the answer to any of the above questions is “yes,” you are not allowed to attend any BAC event.**

### FACEMASKS:

- **Players** are required to wear masks to the fields and to wear masks on the substitutes bench. Players are not required to wear masks while warming-up or preparing to enter the field
- **Coaches** are required to wear masks to the fields and in the bench area, but can remove masks to give instruction while following social distance guidelines with players on the bench.
- **Spectators (limit to two per player)** are required to wear facemasks and must follow social distancing guidelines.

- **Referees and Team Officials** are required to wear facemasks when not actually refereeing games.

**SOCIAL DISTANCING:**

- Parents, Players and Team Officials are asked to social distance themselves on the sidelines and entering/exiting the field locations. Players will refrain from handshakes, hugging or any other celebratory contact.
- No congregating in the parking lot. Spectators are asked not to gather on the fields until 10 minutes prior to game time.
- Teams can congregate at designated warm-up areas and must not enter the field until previous teams have left. Exiting teams must leave the field area promptly at the conclusion of the game.

**EQUIPMENT:**

- Game Balls should be cleaned appropriately before each game and at halftime of each game by either the referees or home team.
- Hand sanitizer should be used by all players, coaches when appropriate during game play
- Player bags must be spaced out six feet on the sidelines