

# COVID REPORTING PROTOCOL

## Lee Mount Vernon Sports Club, INC **COVID REPORTING** Protocol and Guidelines



LMVSC's number one priority is to establish a safe environment for all players, parents/guardians, coaches, referees, and spectators under the Commonwealth of Virginia's Phase III, CDC, and County guidelines.

# PRE-SCREENING

Prior to attending any LMVSC facilitated activity:

Players, Coaches and Spectators (Basketball Spectators Only) must complete a COVID-19 Pre-Screening Form

*The LMVSC COVID-19 Pre-Screening questionnaire shall be updated on a consistent bases to reflect current restrictions and guidelines.*

- Travel Soccer Teams: Pre-Screening Forms: On Playmetrics  
(On Player Attendance)
- Recreational Soccer Teams: Pre-Screening Forms: Google Form Link  
(Link Sent via COVID Team Parent)
- Travel Basketball Teams: Pre-Screening Forms: Google Form Link  
(Link Sent via COVID Team Parent)
- Travel Recreational Teams: Pre-Screening Forms' Google Form Link  
(Link Sent via COVID Team Parent)



# LMVSC COVID REPORTING PROTOCOL

The LMVSC Reporting Protocol is **KEY** in preventing the spread of COVID

a) **Reports should ONLY be called into the LMVSC COVID POC.**

Lula Bauer, 703-869-6366 – NO E-MAIL – it slows down the process.

During the call, the exposure timeline will be constructed, and assigned a “protocol”.

Informing Team Managers and or Coaches prior to discussing exposure timeline with the COVID POC could create unnecessary concern and upset for those not knowing the specific timeline, level of contact or protocol.

b) The LMVSC COVID POC will contact the Head Coach immediately following the taking of the COVID report. The report will consist of the timeline, level of contact/exposure, name of the contacts and the assigned COVID protocol.

c) ALL LEVELS of CONFIRMED contact/exposure will be communicated to all families via e-mail irrespective of the “level of contact”.

This e-mail will NEVER be sent until the Head Coach has been made aware of the exposure timeline, level of contact, name of contacts and assigned COVID protocol.

NAMES OR THOSE REPORTING WILL ONLY BE KNOWN BY 1) LMVSC COVID POC AND 2) HEAD COACH and 3) PROGRAM DIRECTORS. THE NAME OF THE REPORTS ARE PERSONAL and will remain CONFIDENTIAL

# PROTOCOL for Attending Training or Scheduled Game

- Temperature Checks Required before answering the Pre-screening questionnaire.
- If player becomes ill for any reason, do not send your child to train and or game day.
- If anyone in your household has tested positive to COVID-19, do not send your child to training/games. Contact Lula Bauer, 703-869-6366
- If anyone in your household is planning to be tested due to symptoms or exposure, do not send your player to training or scheduled game.
- If your player is being tested for any reason, do not send to training or scheduled game until results have been received.



# PROTOCOL: SPECTATORS

Virginia Governor Ralph Northam Announced New COVID Restrictions for Youth Sports Spectators: Effective December 14, 2020

The “Spectator Restriction” does not apply to Players, Coaches, and game day official. i.e. Referee, Clock and Score Keepers etc.

Indoor Sports: 25 Spectators

Outdoor Sports: 2 guest per player



# PROTOCOL Training and Game day

- Players and spectators are required to follow “ENTRANCE AND EXIT” signs:
  - One way in – one way out
- Players must wear mask to and from games and training
- When training, Players are not required to wear Masks
- Spectators are required to wear mask to and from field and social distance.
- Wash hands thoroughly before and after training.
- Do not touch or share anyone else’s equipment, water, food, or bags.
- SOCCER: Do not share scrimmage vest.
- REC BASKETBALL: Must wear reversible uniforms to practice
- Practice social or physical distancing, place bags and equipment at least 6 feet apart.
- Do not touch Coaches equipment, i.e. cones, hurdles, ladders etc.
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all CDC guidelines as well those of your local health authorities.
- Players are not permitted to stay after practice to “kick around” and must exit the field of play immediately following a practice or a game.



# TERMS and DEFINITIONS

## **Contact Tracing:**

Direct (Positive COVID report): LMVSC Player or Family member who has tested positive for COVID-19 must contact Lula Bauer, LMVSC Executive Director 703-869-6366.

**Close Contact:** Someone who was within 6 feet of a player or family member testing COVID positive for a cumulative total of 15 minutes or more over a 24-hour period\* starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to testing date).

**Isolation:** Separates those that have tested COVID positive, from people who are not sick.

**Quarantine:** Separates and restricts the movement of people who were exposed to someone that tested positive to see if they become sick.

*Isolation and quarantine is a protection by preventing exposure to people who have or may have COVID-19*





# LEVELS of Contact and Exposure

## **DIRECT CONTACT:**

Example: If Mother in a household or a Teammate test COVID-19 positive, Mom and player are referred to as Direct Contact

## **CLOSE CONTACT/ Primary Exposure**

Example: A player that lives in a house or trained/played with someone that tested COVID-19 positive. Player is referred to as a close contact/ primary exposure

## **CONTACT WITH CLOSE CONTACT/Secondary Exposure**

Example: A player(s) that trained or played with a player that lives in a house with someone that has tested COVID-19 positive. Player(s) is referred to as a contact with a close contact/ secondary exposure.





# CDC Recommended Guidelines for LEVELS of CONTACT

*During these fluid times, guidelines are subject to change*

## DIRECT CONTACT:

- Player and or Coach Test COVID-19 Positive
- Player/Coach testing positive must “Isolate” for 14 days
- Out of an Abundance of Caution:

If a family member test positive AFTER Player/Coach test positive(during the 14 days of Isolation)

Player/Coach must “re-set” from the day the family member tested positive.

Like the Thunder and Lighting Policy: when you hear thunder and or see lighting, activities are suspended for 30 minutes. During that 30 minutes, if you hear thunder and or see lighting again, the 30 minutes re-sets. The 30 minutes suspension re-sets from the LAST sound of thunder or flash of lighting.

For example: If Player tested positive on December 7, player must isolate until December 22. If a family member test positive on December 12, player may not return to LMVSC activities until December 26

- Must contact Lula Bauer, LMVSC Executive Director 703-869-6366



# CDC Recommended Guidelines for LEVELS of CONTACT

*During these fluid times, guidelines are subject to change*

## **CLOSE CONTACT/ Primary Exposure**

- Teammate/Opposing Team must “Quarantine”
- Who needs to quarantine?
- People who have been in close contact with someone who has tested positive for COVID-19
- What counts as close contact?

Teammates that either trained and or played in a game with player/coach that tested positive for COVID

Team and opponents will be contacted immediately.

- How long should a player self-quarantine if you had contact with someone who had COVID-19?  
Self-quarantine and monitor your health for 14 days from when you last had contact with the person that tested COVID positive.
- LMVSC understands that the CDC has changed the quarantine time to 7-10 days. Based on the thorough reporting of the “timeline”, quarantine, 7, 10, 14 days, will be determined case by case.

# CDC Recommended Guidelines for LEVELS of CONTACT

*During these fluid times, guidelines are subject to change*

## CONTACT WITH CLOSE CONTACT/ Secondary Exposure

- CDC recommendation: If you have been around someone who was identified as a close contact to a person testing COVID-19 positive , closely monitor yourself for any symptoms of COVID-19.
- LMVSC out of an abundance of caution: if a player and or coach have been around someone who was identified as a close contact to a person testing COVID -19 positive, within 48 hours, LMVSC will notify team to quarantine until close contact/primary exposure player or coach tests for COVID. If the player or coach does not test, the team will remain in quarantine.
- LMVSC understands that the CDC has changed the quarantine time to 7-10 days. Based on the thorough reporting of the “timeline”, quarantine, 7,10, 14 days, will be determined case by case.

Together we will continue to keep our  
community safe.



Thank you *#lmvscfamily*

# **Return to Play Protocol**

**Edison High School Lower  
And  
Lee District Park**

## Entering and Exiting EDISON LOWER

Masks should be worn entering and exiting facilities

It is recommended that Players be dressed and ready to train when entering facility. **DURING this PHASE SHIN GUARDS NOT REQUIRED**





## Entering and Exiting: Lee District Park

Masks should be worn entering and exiting facilities

It is recommended that Players be dressed and ready to train when entering facility. **DURING this PHASE SHIN GUARDS NOT REQUIRED**



EXIT ONLY

ENTER ONLY



Checking in:

Once player has entered the facility, they must check in: There will be a table with a printout of every players Pre Screening Form. Physical distancing marking will be placed leading up to the check in table



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Once player has entered the facility, they must check in: There will be a table with a printout of every players Pre Screening Form. Physical distancing marking will be placed leading up to the check in table





Hand Sanitizing Station:  
To be used throughout training session as needed.



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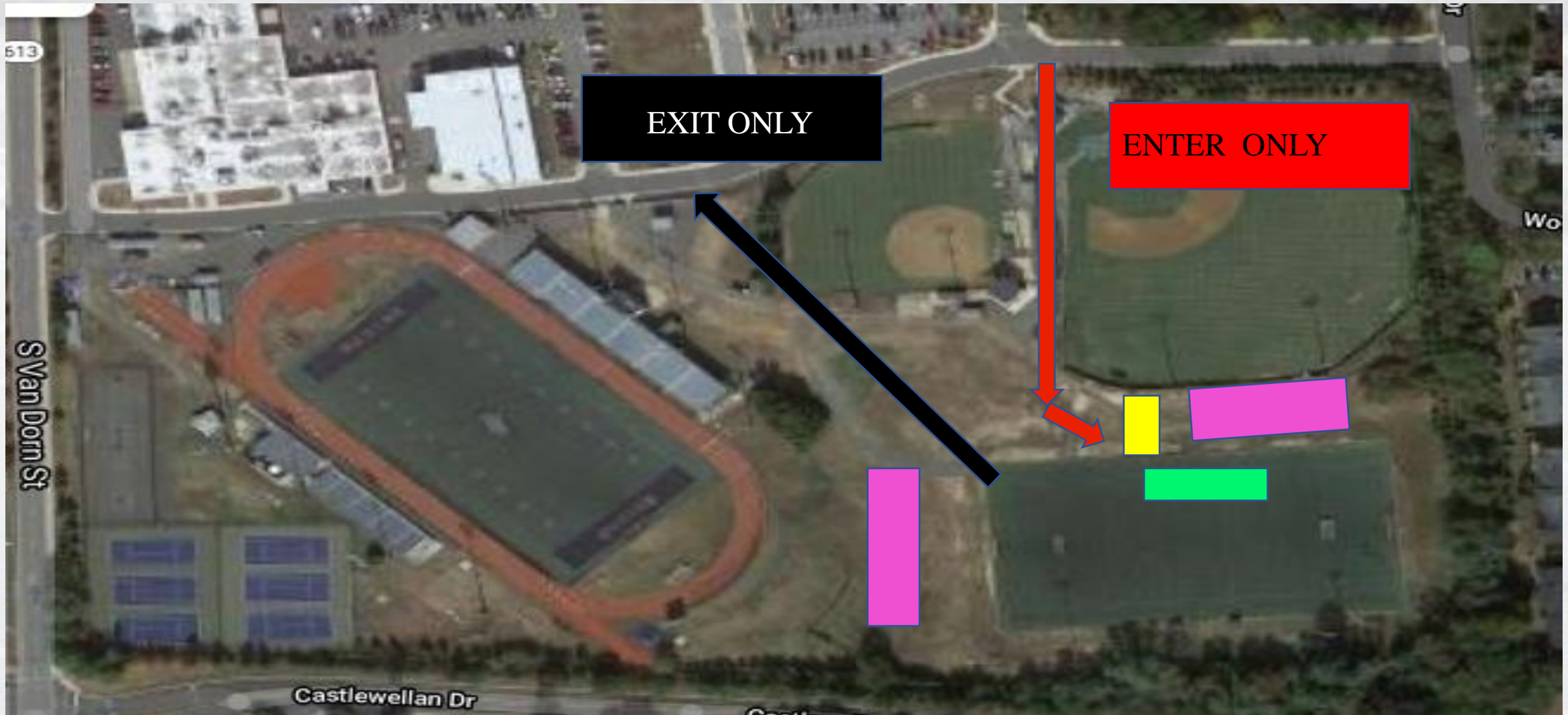
After Hand Sanitizing: Player must enter and exit on the outside of the field  
Player will be directed to their Group's Section  
There will be "Social Distance" color rings "Player Stations" placed at the corner of each section.  
Player will place their Backpack and Water Bottle in their assigned ring ensuring Social Distancing during  
WATER BREAKS





Spectators .

Spectators are welcome to SOCIAL DISTANCE high up on the open areas of Edison Lower



Spectators .

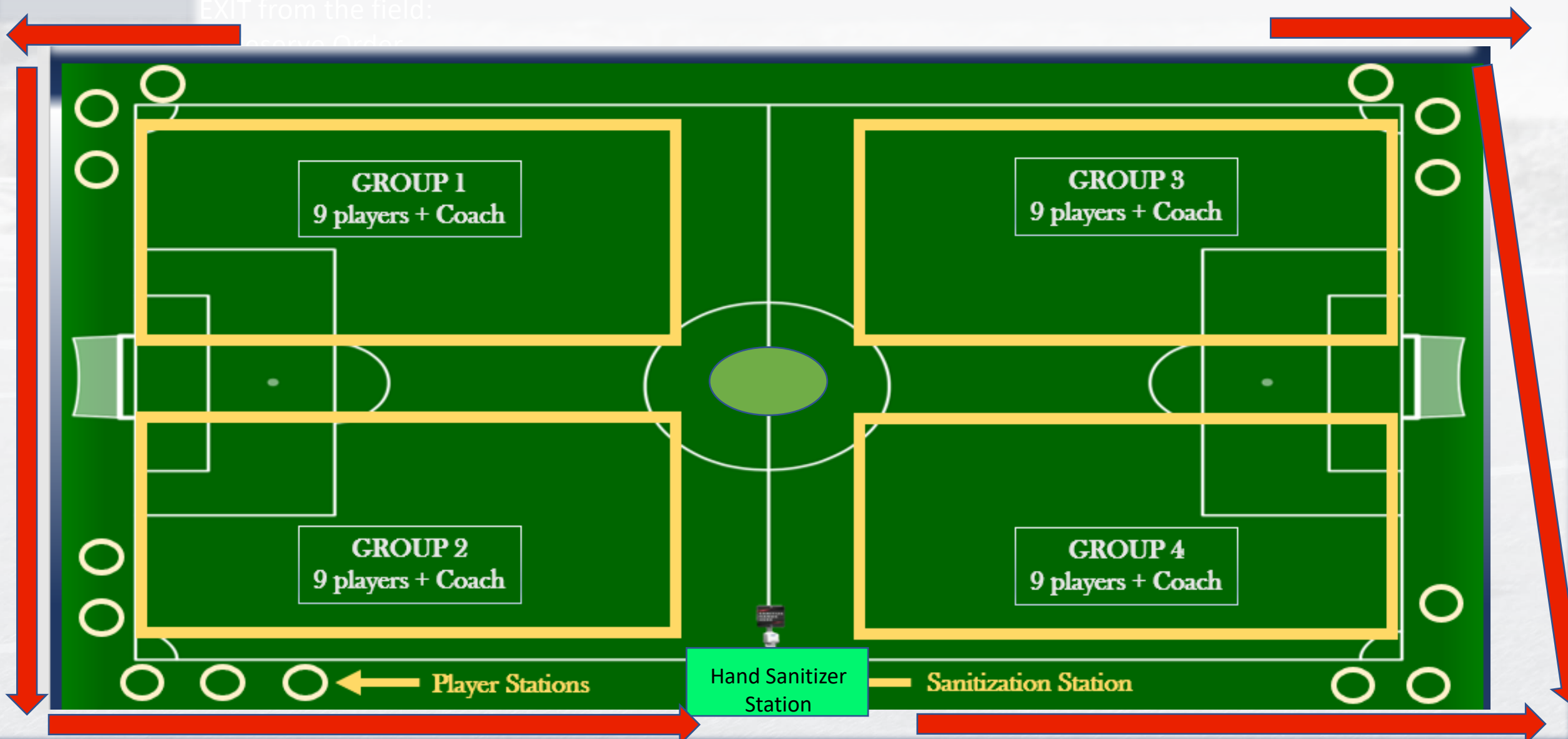
Spectators are welcome to SOCIAL DISTANCE high up on the open area to the right or Behind any of the fencing area.





EXIT EDISON LOWER:  
In Reserve Order

EXIT from the field:  
In Reserve Order



# EXIT Lee District Park: In Reserve Order

EXIT from the field:  
In Reserve Order



### Additional Guidelines:

- 1) Passing one soccer ball to two or more players while social distancing:

There will be disinfectant and wipes at the field. All balls will be wiped down before exiting field

- 2) Players need to use the restroom: Player will inform the lead trainer. Player will retrieve their mask. After using the restroom will stop by the Hand Sanitizer Station and return to their section using the outside of the field – never returning through the field of play



Additional Guidelines:  
After every session –  
Player Station Rings will be disinfected  
Cones will be disinfected



Together, players, coaches, staff and parents, will provide a safe and fun Phase I Return to Play environment. If you should have any questions, please do not hesitate to contact Lula Bauer, LMVSC Executive Director [director@lmvsc.org](mailto:director@lmvsc.org) 703-869-6366



# RETURN TO PLAY (RTP) PROTOCOLS:

- Check your child's attendance on Playmetric –  
Marking your child's attendance will give you access to the required "Pre-Screening Take your temperature.  
If your child becomes ill for any reason, please do not send your child to train.  
If anyone in your household has tested positive to COVID-19, planning to be tested due to going back to work, school or having symptoms, and or returning from domestic travel please notify [director@lmvsc.org](mailto:director@lmvsc.org) immediately.
- Players and spectators are required to follow "ENTRANCE AND EXIT" signs:
- Players must wear mask to and from games and training
- When training, Masks are not required.
- Spectators are required to wear mask and social distance.
- Wash hands thoroughly before and after training.
- Do not touch or share anyone else's equipment, water, food, or bags.
- Practice social or physical distancing, place bags and equipment at least 10 feet apart.
- Do not touch Coaches equipment
- No group celebrations, high-5s, hugs, handshakes, fist-bumps, etc.
- Follow all CDC guidelines as well those of your local health authorities.
- Players must exit the field of play immediately following a practice or a game.

## [CDC Recommended Guidelines](#)

Who needs to quarantine?

**People who have been in [close contact](#) with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months.**

People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months if they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

**What counts 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

Steps to take

**Stay home and monitor your health**

- Stay home for 14 days after your last contact with a person who has COVID-19

- Watch for fever (100.4°F), cough, shortness of breath, or [other symptoms](#) of COVID-19
- If possible, stay away from others, especially people who are at [higher risk](#) for getting very sick from COVID-19