

CESA Fall 2021 COVID Guidelines

CESA is committed to taking the necessary precautions to make our complex as safe as possible for our players, coaches, and parents. Please read this information closely and let's all work together to keep everyone safe. CESA has taken into account the guidelines set forth by the CDC and SCDHEC in order to make decisions we feel are *feasible* for our environment. Please understand that even with these precautions in place there is still an inherent risk associated with participation.

Given there are lots of possible scenarios and situations, please reach out to the coach of your child's team so they can communicate with the Bon Secours St. Francis Sports Medicine Staff and recommend the best practices moving forward.

- **General Guidelines:**

- Coaches are asked to help players avoid huddles, handshakes, and high fives.
- Parents do not let your children wander around the complex unsupervised during games or practices.
- Players are asked to bring their own water and water bottle.
- All CESA complexes are tobacco and alcohol free.

- **Quarantine Guidelines:**

- Quarantine for a full 14 days if you have been in close contact (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, unless you have been fully vaccinated.
- People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have symptoms.
- However, fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.
- With soccer being an open air sport, team quarantine is not likely following a positive case due to minimal risk of spreading COVID-19. The team should be

notified (no name will be released due to HIPPA compliance) and all parents should monitor their kids for any symptom development related to COVID 19 for at least 14 days. Anyone deemed a close contact, within 6ft for 15 minutes for more (examples include, but are not limited to carpools, school related exposures, and living in the same household as a positive individual), should be notified and required to meet the quarantine guidelines.

- Quarantine guidance for household scenarios will be based on the individual's ability to remain separate from the positive COVID-19 household member.

- **Protocols if a player or coach is COVID Positive:**

- Individual(s) should stay home for 10 days after a positive test.
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19.
- If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19.

- **Protocols for shortening your quarantine if unvaccinated and exposed to someone who is COVID positive or if an individual is COVID positive without symptoms:**

- After day 10 without testing. Must continue symptom monitoring and wear a mask through the full 14-day quarantine period.
- After day 7 after receiving a negative viral test result (test must occur on day 5 or later). Must continue symptom monitoring and wear a mask through the full 14-day quarantine period.