



LMYA SPORTS COVID-19 PROTOCOLS

Fall Soccer

Revised 9/6/21

PROTOCOLS MUST BE STRICTLY COMPLIED WITH. ANY FAILURE WILL RESULT IN LOSS OF ACCESS TO FIELDS AND LOSS OF ACCESS TO LMYA SPORTS EQUIPMENT. ADJUSTMENTS MAY BE MADE AS MANDATED BY THE CDC, CDPH OR CONTRA COSTA HEALTH DEPT.

1. All LMYA participants (players, coaches, and spectators) will have masks available while attending LMYA practices, games, and events.
2. All participants (other than players involved in active play) will wear a mask when unable to maintain physical distancing. This is required regardless of vaccination status.
3. [Mask wearing is strongly encouraged](#) for spectators, coaches, and players at all times. Players may choose to wear masks while on the field or involved in active play and in close contact with others as is [recommended by the CDC](#) and [the CCC Health Department](#).
4. If a coach or player has tested positive for COVID, has symptoms of COVID or has had close contact with anyone who has symptoms of COVID or who has tested positive for COVID, they must follow the [CDC guidance](#) listed below and inform LMYA. LMYA will alert other members of the team, without naming the individual.
5. If the [CDC guidance](#) is that they stay home and quarantine, LMYA must be informed when the player or coach is ready to return.

CDC Guidance for Quarantine and Isolation:

For Anyone Who Has Been Around a Person with COVID-19

Anyone who has had close contact with someone with COVID-19 should stay home for 14 days **after their last exposure** to that person.

However, anyone who has had close contact with someone with COVID-19 and who meets the following criteria does **NOT** need to stay home.

- Someone who has been fully vaccinated and shows no symptoms of COVID-19. However, fully vaccinated people should get tested 3-5 days after their exposure, even they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.

Or

- Someone who has COVID-19 illness within the previous 3 months **and**
- Has recovered **and**
- Remains without COVID-19 symptoms (for example, cough, shortness of breath)

I think or know I had COVID-19, and I had symptoms

You can be around others after:

- 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving*

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

Note that these recommendations **do not** apply to people with severe COVID-19 or with weakened immune systems (immunocompromised).

I tested positive for COVID-19 but had no symptoms

If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19.

If you develop symptoms after testing positive, follow the guidance above for “I think or know I had COVID-19, and I had symptoms.”

I was severely ill with COVID-19 or have a weakened immune system (immunocompromised) caused by a health condition or medication.

People who are severely ill with COVID-19 might need to stay home longer than 10 days and up to 20 days after symptoms first appeared. People with weakened immune systems may require testing to determine when they can be around others. Talk to your healthcare provider for more information. Your healthcare provider will let you know if you can resume being around other people based on the results of your testing.

People who are immunocompromised should be counseled about the potential for reduced immune responses to COVID-19 vaccines and the need to continue to follow current prevention measures (including wearing a mask, staying 6 feet apart from others they don't live with, and avoiding crowds and poorly ventilated indoor spaces) to protect themselves against COVID-19 until advised otherwise by their healthcare provider. Close contacts of immunocompromised people should also be encouraged to be vaccinated against COVID-19 to help protect these people.

I have read through the COVID-19 Safety Protocols carefully and agree to follow all procedures listed above. If found not to be following any one of the protocols listed, I can be removed from the program without refund. LMYA will continue to update procedures as necessary and will communicate any revisions in a timely manner.