



COVID Return to Play

Updated Feb 1st, 2022

Background: This document is intended a reference and is not a substitute for professional guidance, diagnosis, or treatment. Language below is adapted from [CDC guidelines](#), as of January 16th, 2022 and is subject to change. We encourage our families to visit [www.CDC.gov](#) for the most updated terminology and guidelines. If a player or a member of a player's household tests positive for COVID19, please seek professional medical advice. If a player, coach, or spectator displays ANY [COVID19 symptoms](#), they should NOT attend club events. Protocols detailed below are applicable for indoor or outdoor, due to the close contact nature of soccer.

If you test POSITIVE for COVID19:

- ISOLATE for at least 5 full days after "Day 0." Day 0 is defined as the onset of symptoms or the day a positive test was taken. If asymptomatic/no symptoms or if symptoms are resolved isolation can end AFTER Day 5. **Isolate until symptoms resolve and individual is fever free for 24 hours without the aid of fever reducing medication.**
- RETURN to play masked at all times, including on the field, for an additional 5 days (Day 6 - Day 10) OR return to play on Day 11 without a mask.

If you are EXPOSED to a confirmed positive COVID19 individual AND are not fully up to date with your vaccinations:

- QUARANTINE from Day 0 through the end of Day 5, with "Day 0" being the date of exposure. Monitor for symptoms and test on Day 5 if possible. If symptoms develop, or if you test positive, begin ISOLATION protocol (see above).
- RETURN to play masked at all times for an additional 5 days (Day 6-Day 10) OR return to play on Day 11 without a mask

If you are EXPOSED to a confirmed positive COVID19 individual, and are EITHER fully up to date with your vaccines or have had COVID19 within the past 90 days,

- No quarantine is necessary. Monitor for symptoms and test on Day 5, if possible. ISOLATE if symptoms develop and/or there is a positive test result.
- RETURN to play masked at all times through the end of Day 10.

If a "[close contact](#)" EXPOSURE to a positive individual occurs at a club event (48 hours prior to onset of symptoms OR 48 hours prior to date of positive test if no symptoms), all participants deemed to be in close contact and NOT fully up to date with vaccinations are to QUARANTINE through the end of Day 5. If free of symptoms, they can RETURN to play masked at all times through the end of Day 10. **As an additional measure, all club coaches and trainers must wear a mask during all indoor club trainings/practices/games. All players should wear masks for event arrival and departure, including pre- and post- game huddles. This policy will be reviewed for Feb 28th.**

[Vaccine status as currently defined by the CDC:](#) "**Fully vaccinated**": having had both initial vaccine shots (Pfizer or Moderna) or single shot (JnJ), with AT LEAST 14 days having passed since the second shot, but without a booster shot. "**Up to date**": having had both initial vaccine shots (Pfizer or Moderna) or single shot (JnJ), with appropriately timed booster shot (depending on eligibility and the type of initial shot(s) received). One is considered fully "boosted" IMMEDIATELY after receiving the booster shot.

COVID Point of Contact: Coaches must notify the club (president@fcmontco.org) via e-mail if a team member reports a possible COVID exposure. Please send all FC Montco COVID related policy questions and concerns to president@fcmontco.org and use the subject "COVID-19 Question".