**Horsham Soccer COVID guidelines**

**Updated August 31, 2021**

Eastern Pennsylvania member leagues and sanctioned tournaments may operate in full and may accept out of state teams provided they are from an open state and meet that state’s criteria to travel.

Masking Policy:

Masking will follow guidelines as published by the Montgomery County Health Department.

[https://www.montcopa.org/3524/COVID-19-Guidance](about:blank)

Masking is optional for players and coaches.

Players should perform self-checks for COVID symptoms

Players should bring their own water bottles and hand sanitizer.

Coaches should supply a medical kit or bag with sanitizer and facial tissues.

No spitting, no sharing of water bottles.

Frequent hand hygiene should be encouraged at all water breaks. Avoid touching face.

Minimize physical interaction – no high fives, handshakes, hugs. No pregame/postgame line-ups, handshakes, or fist bumps.

Sanitize all equipment after training.

Parents must report any symptoms, exposures, and positive test results to coaching staff within 24 hours. Coaching staff should be in contact with Horsham Soccer for guidance.

Horsham Soccer reserves the right to limit the number of spectators at practices\games at any time.  Notifications will be provided a minimum of 12 hours prior to events.

Guidance if your player has an exposure, symptoms, or a positive test:

***Exposure:***

For athletes with COVID exposure in their household or who have had close contact with infected individuals (even if asymptomatic), Horsham Soccer will follow CDC guidelines as follows:

Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine. Options they will consider include stopping quarantine

* After day 10 without testing
* After day 7 after receiving a negative test result (test must occur on day 5 or later)
* Quarantine if you have been in [close contact](https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#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](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html). People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have [symptoms](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html). 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.

**Players, regardless of vaccination status, will not be able to practice or play with their team until thy have a negative test as outlined above.**

After stopping quarantine, you should

* Watch for symptoms until 14 days after exposure.
* If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.

CDC continues to endorse quarantine for 14 days and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus

We will follow guidelines similar to the school policy as outlined below:

https://www.montcopa.org/DocumentCenter/View/29760/COVID-19-School-Exclusion-Chart?bidId=

All positive cases should be reported to your coach who will contact the club at [president@horshamsoccer.com](mailto:president@horshamsoccer.com)

***Symptoms:***

For athletes with COVID symptoms as listed below, testing is recommended.

**Symptoms of COVID**

* Fever or chills
* Cough
* Shortness of breath or difficulty breathing
* Fatigue
* Muscle or body aches
* Headache
* New loss of taste or smell
* Sore throat
* Congestion or runny nose
* Nausea or vomiting
* Diarrhea

**If you do not get tested, you (they) should:**

Stay home and away from others until:

* It has been 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).
* Additionally, all players 12 and older will need medical clearance from their physician prior to return due to rare cases of heart damage following COVID-19 infection.