



## **West Schuylkill Football Club, LLC COVID-19 Safety and Action Plan**

In accordance with guidelines set by the Centers for Disease Control (CDC) and Eastern Pennsylvania Youth Soccer Association (EPYSA), West Schuylkill Football Club, LLC (WSFC) will use the following guidelines for return to play.

- a. Communication and Education
  - i. All participating Board Members, coaches, team managers, and players will receive communication on the COVID-19 Safety and Action Plan for the club.
  - ii. CDC guidance will be shared with all Board Members, coaches, team managers, and players on behaviors that reduce the spread of COVID-19 to include but not limited to: hand hygiene, staying home when appropriate, social distancing, appropriate wearing of masks, and reporting cases of COVID-19.
- b. Symptoms
  - i. People with COVID-19 have had a wide range of symptoms reported ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have COVID-19.
    1. Fever or chills
    2. Cough
    3. Shortness of breath or difficulty breathing
    4. Fatigue
    5. Muscle or body aches
    6. Headache
    7. New loss of taste or smell
    8. Sore throat
    9. Congestion or runny nose
    10. Nausea or vomiting
    11. Diarrhea
  - ii. This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.



- c. Identification of COVID-19 exposure
  - i. A close contact is defined as being within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period with someone who has tested positive for COVID-19.
  - ii. Close contacts who are up-to-date with vaccination or who had confirmed COVID-19 within the past 90 days are not required to quarantine (however, it is recommended that the close contact watch for symptoms and wear a mask for 10 days while around others).
  - iii. Close contacts who are unvaccinated should quarantine for 5 days (after the 5-day quarantine period, it is recommended that the close contact watch for symptoms and wear a mask for 5 days while around others).
- d. COVID Points of Contact
  - i. A Board Member or coach will notify the WSFC President if he/she is presumptive positive or tests positive for COVID-19.
  - ii. A team manager or player will notify his/her Head Coach if he/she is presumptive positive or tests positive for COVID-19.
  - iii. WSFC will notify all Board Members, coaches, team managers, and players who came in contact with the individual of potential exposure following CDC guidelines.
  - iv. For all general policy questions and concerns, the individual named below will serve as the point of contact.

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