

ROFC Covid-19 Protocols (Updated October 2021)

Notification requirements. Any player (parent of player) must notify his or her coach *and* the ROFC Director of Operations (clubadmin@royaloakfc.com) by email immediately if any of the following occur: (1) the player tests positive for Covid-19, (2) the player is notified by his or her school that the player is a close contact with someone who has tested positive for Covid-19, *or* (3) the player is otherwise a close contact with someone who has tested positive for Covid-19. In the notification email, the player should specify whether he or she is vaccinated, whether the player is displaying any Covid-19 symptoms, the date the symptoms began (if experiencing), the date of the positive test (if player is positive) or the date of the exposure and whether anyone else on the player's team or otherwise within ROFC might be considered a close contact. Dates are key to include with this information so that accurate contact tracing can take place.

Player who tests positive for Covid-19. If a player tests positive for Covid-19, the player must isolate and refrain from participating in any ROFC activities until 10 days have passed since symptoms first appeared or (for an asymptomatic case) 10 days have passed since the player first tested positive. Also, before rejoining any ROFC activities, the player must have shown no symptoms for at least 24 hours.

Player who shows possible symptoms from Covid-19. Any player who displays Covid-19 symptoms—regardless of vaccination status—must isolate, refrain from participating in any ROFC activities, and be tested for Covid-19. If the player obtains a negative PCR test (not a rapid test), the player may resume participating in ROFC activities. If the player opts not to obtain a PCR test, the player must isolate and refrain from participating in any ROFC activities until 10 days have passed since symptoms began *and* the player has shown no symptoms for at least 24 hours.

Partially vaccinated or unvaccinated player who is a close contact but displays no symptoms. A partially vaccinated or unvaccinated player who is considered a close contact with someone who has tested positive from Covid-19 must quarantine and refrain from participating in any ROFC activities. The player may resume participating in ROFC activities after 10 days if he or she has not experienced any symptoms during those 10 days. The player may opt to shorten that 10-day period by obtaining a PCR test (not a rapid test) at least 5 days after exposure (ideally on day 6 or 7). If the player obtains a negative PCR test at that time, and the player remains free from Covid-19 symptoms, the player may resume participating in ROFC activities on day 8, 7 days after exposure. In either situation, the player must continue to monitor for symptoms for 14 days after exposure.

Fully vaccinated player who is a close contact but displays no symptoms. A fully vaccinated player who is considered a close contact with someone who has tested positive from Covid-19 may continue to participate in ROFC activities if the player remains free from Covid-19 symptoms. The player must continue to monitor for symptoms for 14 days after exposure. Testing is recommended.

Definition of “close contact.” Per the CDC, a “close contact” is a person who was less than 6 feet away from an infected person for a cumulative total of 15 minutes or more over a 24-hour period, indoors or outdoors, within 3 days of when the infected person first began displaying symptoms or tested positive for Covid-19. *If your school considers you a close contact, you are considered a close contact for ROFC purposes too and cannot participate in ROFC activities (i.e., games, practices, team social activities, etc.).*

NOTE: Guidelines are subject to change as updates are received from the MDHHS, MSYSA, and/or the CDC.

Sources:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>

https://www.michigan.gov/coronavirus/0,9753,7-406-99891_99912---,00.html

https://www.michigan.gov/documents/coronavirus/MI_Safer_Schools_Guidance_for_Managing_Students_Exposed_to_COVID-19_734750_7.pdf

https://www.michigan.gov/documents/coronavirus/School_Quarantine_Guidance_v15_734797_7.pdf