

US CLUB RECOMMENDATIONS FOR RETURN TO COMPETITION

CONTEXT:

Soccer presents its own inherent risks of disease transmission with respect to SARSCoV-2, the novel coronavirus responsible for the COVID-19 pandemic, as well as other communicable diseases. Nonetheless, particularly with respect to COVID-19, member organizations will experience widely disparate levels of local infection and disease spread, local public health guidelines, available resources for testing and preventive measures, and training / competition environments, such that it is unrealistic to implement uniform guidelines applicable to all organizations.

These recommendations are intended to provide a return to competition that will be implemented at different times by organizations throughout the country based on local disease burden, local restrictions and gating criteria, local resources and club environmental characteristics.

GENERAL RECOMMENDATIONS:

General hygiene practices to reduce the risk of spread of infection: As previously outlined in our “Recommendations on Return to Play in a Training Environment,” the following practices are recommended to mitigate transmission of communicable disease, including COVID-19.

- ☒ Avoid touching your face.
- ☒ Frequently wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- ☒ Cover mouth and nose (with arm or elbow, not hands) when coughing or sneezing and wash hands afterward.
- ☒ Wear a face mask or covering at any time you are in public and unable to maintain social distancing.
- ☒ Frequently clean commonly used surfaces (doorknobs, for example) with an antiseptic cleanser.
- ☒ Avoid contact with other individuals (shaking hands, for example).
- ☒ Maintain a distance of 6 feet between you and others.
- ☒ Stay home if you feel sick and contact your health care provider.

Return to Play Following Confirmed or Suspected COVID-19 Infection

These recommendations are intended to guide decision-making regarding players or staff with a suspected or documented COVID-19 infection in order to reduce the risk of disease transmission.

Symptomatic player / staff with suspected or laboratory-confirmed COVID-19 infection:

⌵ Cannot attend club events until: a) At least 3 days (72 hours) have passed since resolution of fever (defined as ≥ 100.4 degrees F) without the use of fever-reducing medications and respiratory symptoms (e.g., cough, shortness of breath), AND b) At least 10 days have passed since symptoms first appeared OR: c) Resolution of fever without the use of fever-reducing medications, AND d) Improvement in respiratory symptoms (e.g., cough, shortness of breath), AND e) Negative results of an FDA authorized molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (two negative specimens)

Player / staff with laboratory-confirmed COVID-19 who have not had any symptoms:

⌵ Cannot attend club events until: a) 10 days after date of their first positive COVID-19 diagnostic test assuming no symptoms since that time. If symptoms develop, then management should be guided as above for symptomatic individuals. OR: b) Negative results of an FDA authorized SARS-CoV-2 RNA test from at least two consecutive respiratory specimens collected ≥ 24 hours apart (two negative specimens).

Return to Play Following Exposure to a Suspected or Diagnosed Case of COVID-19

These recommendations are intended to guide decision-making regarding players or staff following exposure to a suspected or diagnosed case of COVID-19 infection in order to reduce the risk of disease transmission.

Any asymptomatic player or staff member who has been exposed to an individual with a suspected or diagnosed case of COVID-19 should be restricted from participation for at least 14 days and monitor for any symptoms consistent with infection.

If asymptomatic after 14 days since last exposure, they can return to participation. In general, you need to be in close contact with an individual to contract the disease. In this case, exposure means any one of the following:

⌵ Caring for a sick person with a suspected or confirmed COVID-19 infection.

⌵ Living in the same household as an individual with a suspected or confirmed COVID-19 infection.

⌵ Being within 6 feet of an individual with a suspected or confirmed COVID-19 infection for around 10 minutes or more OR: ⌵ Coming in direct contact with secretions from an individual with a suspected or confirmed COVID-19 infection (being coughed or sneezed on, sharing water bottle or utensils, for example)