



1 November 2021

SMS COVID Guidance

St. Mary's Soccer (SMS) teams must minimally adhere to the below guidelines regardless of location for all training sessions, games, and team functions. External organizations/locations may require additional safety precautions as well.

St. Mary's Soccer Participation Guidelines:

- If you have tested positive for COVID-19, you must quarantine and avoid contact per the SMCHD guidelines.
- If a same household member is confirmed positive, you should quarantine/test per the SMCHD guidelines. However family members should not participate for at least 10 days from your households' initial exposure, unless the SMCHD provides additional guidance to test out with a negative result in a specified timeframe.
- If you or a same household member are experiencing any symptoms, do not attend.
- If you contacted by the SMCHD that you are a close contact, quarantine per the SMCHD guidelines.
- If you knowingly had INDOOR contact within 6 feet for at least 15 minutes out of a 24 hour period with someone confirmed to have COVID-19 (i.e. carpool buddy, sleepover friend, etc), do not attend for 10 days following the last contact with the confirmed individual, or until you receive other guidance from SMCHD regarding quarantine/testing.

SMS recognizes the St. Mary's County Health Department (SMCHD) as the local authority on quarantine and testing guidelines.

SMCHD performs contact tracing, which is a process to determine close contacts. You will be notified directly by the SMCHD if you are identified as a close contact. If you are notified that you are a close contact, please follow the guidance of the SMCHD in regards to isolation and follow-on testing.

If you have not been identified as a close contact, please monitor for symptoms of COVID-19 such as fever, cough, new loss of taste or smell, shortness of breath, difficulty breathing, fever, chills, fatigue, muscle aches, new onset of severe headache (especially with fever), sore throat, congestion or runny nose, nausea, vomiting, or diarrhea. If you develop symptoms, please stay home and avoid contact with others.

If you are confirmed positive and have been in contact with other SMS team members in the previous 5 days, contact your coach or manager. In cases where an infected individual was in contact with teammates or opponents in the previous 5 days, participating SMS members will be notified of a possible exposure. The infected person is asked to notify the SMCHD about the potential exposure for follow-up contact tracing. The infected player/coach must quarantine, however the remainder of the team does not need to quarantine unless contacted by the SMCHD. Any player/coach may choose not to participate for 10 days for their own safety following a possible exposure, but that is an individual decision. All others understand that there still remains some risk for contracting COVID-19, although the rate of outdoor transmission is believed to be lower risk.



If you have concerns regarding your health, please contact their primary healthcare provider or seek urgent medical care. In case of a medical emergency, call 911. For additional information about COVID-19, please refer to the following: [SMCHD website](#), [CDC COVID-19 website](#).

Team Participation Prohibitions:

- Due to safety concerns, SMS teams are not permitted to participate in any events where players are required to wear masks during active play.
- Teams may now offer indoor training or game options, however, families who opt not to participate shall incur no penalties. Teams must adhere to facility guidelines in terms of quarantine when in contact with a confirmed individual indoors.