



**9 March 2021**

## **SMS COVID Policies**

SMS teams must minimally adhere to the below protocols regardless of location for all training sessions and games. External organizations/locations may require additional safety precautions as well. SMS teams/families are expected to adhere to all guidelines, minus the one exception noted below regarding face coverings.

- Participation Requirements
  - All individuals should follow local health department guidance if more strict than the club guidance below.
  - Players or coaches who have experienced COVID symptoms or had documented case in the last 14 days should not participate. Players who have had close contact with a sick or confirmed individual in the last 10 days should not participate, unless they meet criteria not requiring quarantine (see below).
    - If tested on day 5 or later of last contact with a negative test result, the player/coach may return after 7 days of contact with the confirmed individual. In this instance, if your primary care physician sends a sample away for a follow-on PCR test, you must wait for that test result, and any initial rapid test results are not acceptable and both tests must return a negative result.
  - Any confirmed cases amongst players or team officials should be communicated to the organization.
  - SMS teams are not permitted to play or train indoors. All training and games should be conducted outdoors.
  - Families are expected to adhere to MD state guidance regarding out of state travel.
    - March 9 Gov. Hogan update removed quarantine/test requirements for out of state travel, but still encouraged testing upon return.
      - In the abundance of caution, teams may elect to consistently enforce a policy requiring a test upon return from out of state. In that instance, assuming there is no known contact with an infected individual, a rapid test is acceptable.
- Face Coverings
  - Coaches are required to wear face coverings all of the time.
  - Players are required to wear face coverings to and from the field, but may remove their mask once at the fields. Masks are not required when players are actively participating.
    - **Due to safety concerns, SMS teams are not permitted to participate in any events where players are required to wear masks during active play.**
  - Spectators are required to wear face coverings whenever outside of their car.
- Physical Contact
  - No physical contact should occur outside of what is necessary for training/games.
  - No high fives, handshakes, embracing. This includes limiting close group discussions where players are not masked.
- Field Preparation
  - Participants are to remain 6' apart off the field. Designated areas for each attendee's gear should be clearly marked and utilized off the field.
  - Players should remain 6' distancing whenever not actively involved in play (i.e. no lines, etc).



- No sharing of water or equipment (excluding soccer balls).
- Only the coach may handle equipment and cones.
- Soccer balls and gear should be sanitized before and after sessions, at halftime during games, and whenever convenient during training.
- Indoor training is not permitted at this time.
- Facility/ Field Turnover
  - Players/families should remain in their car until the previous group has completely cleared the field.
  - Groups should exit the fields and return to their cars immediately after their session to allow the next group to come on. Save post-game discussions for your next training session.

### **Participation Guidelines / When to Quarantine:**

- CDC Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
- Players or coaches who have experienced COVID symptoms or had documented case in the last 14 days should not participate.
- Players/coaches who have had close contact with a sick or confirmed individual in the last 10 days should not participate, unless they meet criteria not requiring quarantine (already fully vaccinated or had a confirmed case in the last 3 months, or tested negative by PCR test as outlined above in Participation Requirements).
  - Close contact is defined as any of the following:
    - You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
    - You provided care at home to someone who is sick with COVID-19
    - You had direct physical contact with the person (hugged or kissed them)
    - You shared eating or drinking utensils
    - They sneezed, coughed, or somehow got respiratory droplets on you
- If a player/coaches' immediate family member is potentially exposed to someone with COVID outside of the household (regardless of symptoms), they should also not participate until that family member OR the player is tested with a negative result, as an extra precaution. If that or any other family member subsequently develops any symptoms, the player/team official should quarantine.
- Teams who have a player or coach who tests positive for COVID should quarantine from training/game play for 10 days from the last date of contact with that player/coach provided no one exhibits symptoms during that time. If additional players/coaches exhibit symptoms in that 10 day window the team cannot resume training/game play until 14 days of the last date of contact.
- Any player/coach who comes in contact with a secondary contact who has not yet been tested for COVID does not require immediate quarantine. However in an abundance of caution, teams and players may choose to not train/play at their discretion.
- In alignment with CDC guidance, quarantine is not required for individuals who have been fully vaccinated (received their final vaccine dose at least 2 weeks prior) or individuals that have been confirmed positive with COVID-19 in the last 3 months, unless they develop symptoms.