



2021-2022 COVID – 19 GUIDELINES

Safety will always be a priority at Armada Futbol Club. At the same time, we all recognize the need for kids to stay active and connected, finding ways to maintain physical and emotional stability and a sense of normalcy. Ensuring that our soccer club navigates this pandemic successfully will help us all to meet this need. We certainly would prefer not to be dealing with this virus any longer, but here we are. We will keep the lines of communication open with all of you, and we will continue to follow CDC recommendations in terms of isolation and quarantine protocols.

Currently, our club will follow these general guidelines:

1. Masks are not required at outdoor practices and games. Of course, wearing a mask is always an option at soccer events if you or your player prefers, and that will certainly be supported. But at this time they are not required outdoors. However, we do ask that you wear masks when carpooling with players from another household - a simple drive to a game or practice can result in multiple players missing out on a week or more of soccer activities and could result in forfeiture of games.
2. For the **UNVACCINATED**, we will follow same protocols as last season:
 - a. If you have symptoms, quarantine at home until you get a negative test result.
 - b. If you have been identified as a close contact (within 6 feet of a positive case for 15 min or more in a 24 hr period) but have no symptoms, quarantine at home and get tested on day 5 or later. You may return after 7 days with a negative test result. (If your test result is positive, self-isolate for 10 days from the day of your positive test result.) If you prefer not to undergo testing, then quarantine is required for 10 days from the day of exposure.
 - c. If you have been identified as a close contact and you DO develop symptoms, quarantine at home and get tested. You can return with a negative test result. If you test positive, then self-isolate for 10 days starting from the first day of symptoms.
3. For the **FULLY VACCINATED**, the delta variant has complicated our situation, as well as the high number of positive cases in our area.
 - a. If you have COVID symptoms, quarantine at home until you get a negative test result.
 - b. If you have been identified as a close contact but have NO symptoms, the CDC guidance is as follows, direct from the website:
 - i. *"...anyone who has had close contact with someone with COVID-19 and who meets the following criteria does NOT need to stay home.*
 - ii. *Someone who has been fully vaccinated and shows no symptoms of COVID-19. However, fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.*

OR

Someone who has COVID-19 illness within the previous 3 months and
 - *Has Recovered*

• *Remains without COVID-19 symptoms (for example, cough, shortness of breath)*”

4. Based on this guideline from the CDC, a player who has been fully vaccinated is not required to quarantine after a close contact exposure, and our practices are not indoors, so technically one would not have to wear a mask. However, **out of an abundance of caution**, if your player had a significant exposure (such as a close friend during a sleepover or a positive family member in the same household), we would ask that you keep your player at home until the test on day 3-5 comes back, to prevent additional contact tracing and a great deal of confusion.

Gabriella Crane AFC Risk Manager is the confidential contact for COVID issues and injuries, and once contacted, can guide you through the process and communicate with those in club leadership who need to be included. gabriella.crane@gmail.com 617-869-6346