

Athlete has
COVID-19
Symptoms*

Do not go to practice
and/or game. Inform
your coach of your
symptoms and when
you started having
them.

***COVID-19 Symptoms:**

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If symptoms persist
or worsen for 24
hours. Get tested
at clinic and self-
isolate until results
are returned. **If
negative, but
symptoms persist,
self-isolate for 10
days.** If positive,
self-isolate see
next.

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Persons with COVID-19
can leave isolation and
return to normal
activities 10 days after
symptom onset, if they
have not had a fever in
the past 24 hrs and
symptoms are resolving.
**Athletes are strongly
recommended to contact
their health care provider
before they return to
sports.**

If a venue does not maintain an occupant capacity (e.g. outdoor field), the venue must establish an occupant capacity by doing the following:

- The calculation of the occupant capacity is only to be used if the venue does not maintain an occupant capacity, as established by applicable state or local authorities. Venues must always ensure that an occupant capacity is not required to be established by applicable state or local authorities. If an occupant capacity has not been established, and is not required to be established, the venue may proceed in accordance with the following.
- First, determine the total area of space within the venue (in square feet) that is accessible to, and may be occupied by, patrons during the venue.
- Second, ensure areas that are not accessible to patrons, such as worker only areas, restricted areas (e.g. performers only, athlete locker-rooms), kitchens and food-prep areas, janitorial areas, facilities areas, stairways, are not included when determining the area of space.
- Third, subsequently divide the area by 113, This is the occupant capacity for the venue.
(i.e. 113 square-feet per person; See US Fire Administration’s “Understanding the Impact of Social Distancing on Occupancy” (https://www.usfa.fema.gov/coronavirus/planning_response/occupancy_social_distancing.html)).
- Finally, the venue must reduce the calculated occupant capacity to 25%

Athlete discovers they were **exposed*** to a lab-confirmed COVID-19 Case (**within 48 hours of that case becoming symptomatic**)



Notify your coach that you were exposed and do not go to practice/game. Inform them of anyone else on team who may have also been exposed.



Athlete (and anyone else who meet exposure criteria must **self-isolate for 14 days** from last contact with lab-confirmed case



Athlete must stay in isolation for 14 days. **A negative test during isolation does not mean they can get out of isolation.**

*Exposure defined as 15 cumulative minutes of contact of > 6ft

- Kris Ehresmann, the health department's director of infectious disease epidemiology, said, "The point of the test is to identify positives quickly. But the incubation period for COVID is 14 days. If you test negative at two to three days, there are 11 to 12 days left in the incubation period in which you could develop illness. That is why a negative test doesn't release you from quarantine."
- Schultz added that "close contact" of 15 minutes within 6 feet also is standard for gauging COVID exposure. He added that "determining the amount of contact is difficult" in fast-moving sports situations where player interaction and activity level (including breathing) might vary.

A parent of an athlete was at a wedding this weekend and thinks she was exposed to a contagious individual there. She (the parent) was NOT at practice on Monday as a coach, but her daughter attended practice on Monday, driven by her mother. Her daughter was following mask policies each time I saw her.

The daughter lives with her mom will not be attending practice on Thursday if the mom is still awaiting test results.

What Should I do if the mom tests negative?

What should I do if the mom tests positive?

What should I do if the Mom tests positive and the daughter does not?

What should I do if the Mom and daughter test positive?

What do we know?

1. The mom was exposed on Saturday at a wedding
2. Daughter (who lives with mom) was last in contact with her team on Monday.
3. She has not shown any symptoms and has not taken a test yet (she will if the mom tests positive).

*Unless she becomes symptomatic today, I don't see a scenario where her "pod" will need to self-isolate (not exposed during "infectious period" – 48 hrs prior to positive test and/or symptom onset)

WHILE MOM AWAITING RESULTS - Daughter does not practice - **Yes**

IF MOM TESTS NEGATIVE - Daughter allowed back to practice – **Yes, but monitor both mom and daughter for symptoms**

IF MOM TESTS POSITIVE – **Daughter needs to self-isolate for 14 days, but entire pod does not need to self-isolate (not exposed by daughter/athlete during infectious period – 48 hours prior to symptom onset/positive test).**

WHILE DAUGHTER AWAITS RESULTS (only if mom is positive) - **Only daughter is out, pod can continue**

IF DAUGHTER TEST NEGATIVE –**Daughter must self-isolate for 14 days and follow exposure protocol**

IF DAUGHTER IS POSITIVE – **Daughter must self isolate for 10 days and follow positive case protocol**

I'm of the understanding the daughter hasn't experience symptoms yet so the pod won't need to self-isolate unless she gets a positive result returned from a test today (within 48 hours of last contact with pod) -- (Jayne from MDH) ->

RIGHT, SO FIRST THING IS TO FIGURE OUT IF DAUGHTER HAS BEEN AROUND THE POD WHILE INFECTIOUS, AND IF YES, THEN POD AND MAYBE COACHES ARE OUT FOR 14 DAYS.

- Do you have a direct line to officials to distribute your Covid plans and policies? Is this done by local affiliates?
- Have you communicated information to officials on what to do if they get Covid or are exposed to Covid?
- If you work through an assignor, can you confirm your Covid information is making it to all officials?
- Has your assignor communicated information to officials on what to do if they get Covid or are exposed to Covid?

- Are you aware of any organizations that are requiring officials to enforce Covid protocols?
- Have you changed or enhanced your independent contractor waivers to include Covid?

- Are you sensing a reduction in the number of available officials?
- Is there a state level person “in charge” of officials in your sport? Who is it, if there is?