

Waxhaw Soccer Return to Play COVID/Quarantine Rules

Our highest priority remains providing soccer opportunities in a safe environment. The policies below are developed by our soccer board with support and input from various government agencies, cooperating soccer clubs, healthcare providers, and governing bodies for soccer.

The policies below give parents, coaches, and players an idea of what to expect at the fields as well as the increased responsibilities we all will need to undertake to ensure all our participants can continue to play and develop safely. And, while we are confident that the steps below are in line with all directives we've received, parents ultimately are given the responsibility of making the best decisions for their player as it relates to participating in soccer at this time.

As we adapt and progress through North Carolina's phased re-opening approach, we expect to provide additional updates to these policies. The policies are subject to change to accommodate additional directives from the State of North Carolina, the NC Department of Health and Human Services, Centers for Disease Control and Prevention, Union County Health Department, and soccer's state and national governing bodies.

PLAYER POLICIES

- All players are expected to follow NCDHHS and UCHD guidelines while at Waxhaw Soccer activities.
- Currently, there is no requirement to wear a mask while outdoors. Players are always permitted to wear masks if they choose to do so.
- Players are expected to bring their own ball, game jerseys, pinnie/bib, hand sanitizer, and water to trainings and games and are encouraged to store their belongings 6 feet apart from other players' belongings.
- Should players be experiencing any COVID-19 symptoms, they will not be permitted to train.
- Players should refrain from handshakes, fist bumps, and contact within goal celebrations at any time during training sessions and games.
- Players should complete our "Symptoms Screener" (bottom of this document) before attending any Waxhaw soccer function: practice, game, social outing, player meeting, etc.

PARENT/SPECTATOR POLICIES

- Parents are to monitor their children for symptoms of COVID-19 prior to attending each soccer event, including checking temperatures on the day of training sessions and games.

Players who exhibit COVID-19 symptoms should not be allowed to participate in any Waxhaw Soccer activities.

- Parents are required to notify the Waxhaw Soccer COVID manager and complete the COVID-19 Incident Report Form of any symptomatic players to allow Waxhaw Soccer to properly manage groups and players that may have been at risk for spreading the virus.
- Parents are expected to either remain in their vehicle or take advantage of walking trails and/or sidewalks available at each site for the duration of training sessions. During games, parents may either spectate from a designated spectator area or open area near the field of play. Where fences surround a field, spectators are not permitted inside fenced areas unless bleachers exist inside the fence or otherwise noted at the field.
- All parents and spectators are expected to follow NCDHHS guidelines while at Waxhaw Soccer activities. Currently, there is no requirement to wear a mask while outdoors. Spectators are always permitted to wear masks if they choose to do so.
- When travelling to away games and events, parents are expected to uphold all policies adopted by the host club and state in which the events occur.

TRAVEL POLICIES

- Teams travelling together should avoid carpool and cooperative overnight arrangements where possible.
- Where possible, it is recommended that team functions, including meals and team bonding events, be held outdoors. Where team functions occur indoors, individuals are required to wear masks unless actively eating.
- When travelling to away games and events, teams are expected to know and uphold our policies and any additional adopted by the host club and State in which the events occur.

PLAYERS WHO TEST POSITIVE FOR COVID-19

- Immediately contact Waxhaw COVID case manager and complete [the protocol form](#).
- Minimum 10-day quarantine from the day symptoms first appeared OR 10-days from the day of positive test if asymptomatic only.
- If a positive test is received, but symptoms develop later, the 10-day timeline begins the day the symptoms begin.
- Trace the timeline of participation with team, potential contact scenarios (carpool, team dinner, sleep-overs), etc., to determine actions involving teams and coaches.
- Can return to play only after 10-day quarantine under above guidelines is complete.
- A negative test is NOT required for return, but the player cannot return if the parents have not contacted the COVID manager at any point.

PLAYERS IN QUARANTINE

- Immediately contact Waxhaw COVID manager and complete [the protocol form](#).

- COVID manager will contact coach/team when necessary.
- The standard quarantine for close contact by the Union County Health Department is fourteen days.
- The individual can return if her or she has tested (PCR test, not a rapid test*) negative (with test performed on/after 5 days after last exposure) **and** if a minimum of 7 days have passed since the last known date of direct exposure and no symptoms have presented. A copy of your NEGATIVE PCR test results must be sent to both your game coach and to Aaron Hester, COVID case manager (aaronhester7@gmail.com) prior to the match with ample time to review the document.
- Unless the player is completing the full 14-day quarantine, those players who have completed this protocol, and return earlier than fourteen days, must still be monitored through the fourteenth day for symptoms.

PLAYERS IN CLOSE OR DIRECT CONTACT WITH POSITIVE PERSON

- Immediately contact Waxhaw COVID manager and complete [the protocol form](#).
- The individual has tested negative (with PCR test performed on/after 5 days post exposure) and 7 days have passed since the last known date of Direct Exposure -OR-
- The individual has not experienced symptoms since being exposed and 10 days have passed since the last known date of Direct Exposure. -OR-
- The individual has received all doses of a vaccine established to protect against COVID-19.

If the individual develops symptoms or has a positive test during this time, the individual's Return to Play status will follow the Positive Test or Symptom pathway as applicable.

PLAYERS WHO HAVE EXPERIENCED SYMPTOMS of COVID-19 may return to play if:

- Immediately contact Waxhaw COVID manager and complete [the protocol form](#) if you will self-quarantine or seek PCR test results.
- The individual has tested negative for COVID-19, and has experienced improvement of symptoms, including no fever for the last 24 hours -OR-
- The individual has experienced improvement of symptoms and 10 days have passed since the symptoms began.
- If the individual later tests positive during this time, the individual's Return to Play status will follow the Positive Test pathway.

[Waxhaw Protocol Form](#)

COVID Manager: Aaron Hester aaronhester7@gmail.com

Symptoms Screener

An answer of “no” is required to attend or play in any practice, game, or soccer function of any kind.

1. Within the past 14 days, have you been in contact with anyone that you know who has COVID-19 or COVID-19 symptoms?
2. Within the past 14 days, has a public health or medical professional advised you to self-monitor, self-isolate, or self-quarantine?
3. Since you last played, have you had any of these symptoms?
 - a. Fever or Chills
 - b. Shortness of breath or difficulty breathing
 - c. New cough
 - d. New loss of taste or smell
 - e. Congestion or Runny Nose
 - f. Headache
 - g. Muscle Pain
 - h. Sore Throat
 - i. Fatigue
 - j. Nausea or Vomiting
 - k. Diarrhea

If the answer is “Yes” to any of these questions, the player should go home, stay away from other people, and have a guardian call their health care provider.

- PCR Tests vs. Rapid Tests

PCR: These tests provide more accurate results than rapid tests, and that’s because they use a polymerase chain reaction (PCR) to identify the viral genetic material of COVID-19. This genetic material can be detected while a person is actively infected and also after the acute illness.

Rapid antigen test: These can be administered for individuals with or without COVID-19 symptoms. This test involves collecting nose and throat secretions via nasopharyngeal swab and then examining them for protein fragments specific to the COVID-19 virus. While these tests provide quick results—within 15 minutes—they are generally considered to be less accurate than PCR tests.

For more information about PCR Tests and Rapid Tests, [click here](#).

