

# ARIS FC - Fall 2021 COVID guidelines

The following guidelines have been adopted as the Aris Covid Policy. It is a combination of guidelines from CDC, TDH, WHO, and Williamson County Schools. Please contact an admin with any questions. If a player is ill or you have questions about whether a player should stay home due to illness or exposure, please contact your team manager. Please avoid posting on team chats until you are advised by your manager or a club admin. **Any questions or documents can be forwarded to [admin@arisfc-tn.org](mailto:admin@arisfc-tn.org).**

Symptom/ Illness	Should NOT attend Aris Activities	May attend Aris Activities
<p><b>COVID-19 POSITIVE</b> <b>(vaccinated or unvaccinated)</b></p>	<ul style="list-style-type: none"> <li>• With a positive test for COVID-19 or symptoms consistent with CDC guidelines for COVID-19.</li> <li>• New cough and/or difficulty breathing</li> <li>• Loss of taste or smell</li> <li>• Fever (&gt;100°F)</li> <li>• Chills</li> <li>• Congestion/runny nose and/or sore throat</li> <li>• Nausea/vomiting and/or diarrhea</li> <li>• Headache, muscle/body aches and/or fatigue</li> </ul>	<ul style="list-style-type: none"> <li>• Your child will need to remain out of Aris activities for 10 days from symptom onset.</li> <li>• If your child has no symptoms and had an asymptomatic positive test, your child must remain out of activities from 10 days from test date.</li> </ul>
<p><b>COVID-19 Exposure in <u>an unvaccinated</u> player</b></p> <p>A close contact is defined as at a exposure (within 6ft) to someone with confirmed COVID-19 for 15 minutes over a 24 hour period (at once or in combined increments)</p> <p>(Living in the same house, riding in the car, team huddle, ate a meal together, etc)</p>	<ul style="list-style-type: none"> <li>• <b>Non-household:</b> remain out of activities for a minimum of 10 days, monitor for symptoms, and wear a mask when returning to activities through day 14</li> <li>• <b>Household:</b> Those living in the same household with a COVID-19 positive person are considered close contacts and could require longer quarantine (see below)</li> </ul>	<p><b>Player may return</b></p> <ul style="list-style-type: none"> <li>• <i>Either</i> following 10 day quarantine and wear a mask through 14 days from last contact with positive case. If unwilling to wear a mask, this option is not available.</li> <li>• <i>Or</i> following a 14 day quarantine.</li> </ul> <p>There is not an option to present a negative covid test instead of quarantining if you are not fully vaccinated. We cannot accept less than 10 day quarantine periods (see below) regardless of return to school time.</p> <p>Household close contacts can begin their 10 days minimum at home and 14-day monitoring once they are completely separated from the positive case.</p>

Symptom/ Illness	Should NOT attend Aris Activities	May attend Aris Activities
<p><b>COVID-19 Exposure in a <u>vaccinated player</u></b></p> <p>A close contact is defined as at a exposure (within 6ft) to someone with confirmed COVID-19 for 15 minutes over a 24 hour period (at once or in combined increments)</p> <p>(Living in the same house, riding in the car, etc)</p>	<p>o If close contact is <b>asymptomatic and fully vaccinated</b> (2 weeks from last dose of vaccine) Player may return to activities if asymptomatic, but must either test at 5 days and be negative, or continue to mask for 14 days from exposure.</p> <p>o If the fully vaccinated player develops symptoms concerning for COVID-19 or tests positive for COVID-19, he or she must follow same guidelines for COVID-19 infection.</p>	<p><b>You do not need to quarantine and may participate in Aris activities if:</b></p> <ul style="list-style-type: none"> <li>● You had COVID-19 illness within the previous 3 months and recovered OR</li> <li>● You are <b>fully vaccinated</b> and show no symptoms of COVID-19. <ul style="list-style-type: none"> <li>○ Player may return to activities if asymptomatic, but must either test at 5 days and be negative, or continue to mask for 14 days from exposure.</li> </ul> </li> </ul>

- More on household contacts:
  - If a player cannot fully isolate from a COVID-positive household contact (meaning separate bathroom, living spaces, kitchen, etc), then the player cannot start their quarantine of 10-14 days until after the COVID-positive patient's 10 day isolation period has ended.
- If your player tests positive for COVID-19, please notify your team manager via text or email, or you may notify an admin at [admin@arisfc-tn.org](mailto:admin@arisfc-tn.org).
- Quarantine periods for unvaccinated players. We understand that some school systems are accepting shorter quarantine durations following exposure to COVID-19 and some are not requiring quarantine at all following exposure. As a club we must consider what poses the least risk for all players and families, therefore **Aris FC cannot accept quarantine periods shorter than 10-day duration.**
  - Explanation: the preferred quarantine period according to CDC and WHO is 14 days. In attempt to lessen the community, economic, & social burdens associated with 14-day quarantine periods, alternate recommendations were proposed by many health organizations **in exchange for increased risk of COVID-19 transmission.**
  - Following a 7-day quarantine, there are significantly higher transmission rates compared to 10 -and 14-day periods.
  - As we consider this risk to the health of all players, families, club, shorter quarantine periods potentially jeopardize our ability to continue play if case numbers rise.

- Additionally, returning after 7 days would mean players to wear masks from days 8 - 14 and this is not compatible with the nature of team play on the field.
- Thankfully we have formed relationships with many of the clubs in the area and rescheduling is often possible if absences pose a hardship to the team. Additionally we have a year under our belt of resiliency and are committed to our players and families. While we never want any player to miss any activity, it is important to balance risks to our entire soccer family as we move forward.

Thank you for your continued support.