



Cherry Hill FC

COVID 19 Protocol/Guidelines

Updated 8/19/21

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Introduction

The purpose of this document is to provide guidance and protocol to Cherry Hill FC (“CHFC”) board members, coaches, trainers, parents, players, and additional volunteers in order to help navigate through the challenges of dealing with the COVID-19 pandemic. The guidance and protocols are based on the guidance received from the New Jersey Department of Health and the Centers For Disease Control and Prevention (CDC).

The following **links** are provided for further reading and information:

1. NJ Executive Orders:

<https://nj.gov/infobank/eo/056murphy/>

2. P.L. 2021, CHAPTER 103, approved June 4, 2021, Assembly, No. 5820:

<https://legiscan.com/NJ/text/A5820/2020>

3. NJ Department of Health Guidance for Sport Activities

https://nj.gov/health/cd/documents/topics/NCOV/COVID_GuidanceForSportsActivities.pdf

4. CDC: Quarantine If You Might Be Sick Guidelines

https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fif-you-are-sick%2Fquarantine-isolation.html

5. CDC “What to do if you are sick” Guidelines

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>

6. NJ DOH “Recommended Minimum Quarantine Timeframes”

https://www.nj.gov/health/cd/documents/topics/NCOV/COVID_updated_quarantine_timeframes.pdf

7. CDC Travel Guidelines

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

8. NJ COVID Weekly Activity Reports (CALI Score)

<https://www.nj.gov/health/cd/statistics/covid/>

Protocol for training and games

Symptom, Diagnosis, Exposure and Travel Questions

Players, coaches, trainers, officials and spectators shall screen themselves before each game and practice session using the COVID screening question below. Those answering “yes” shall follow the protocols listed below prior to attending the game or practice session.

COVID Screening Questions

- In the past 14 days, has the player/coach/trainer/official/spectator have any of the following symptoms: fever ($\geq 100.4^{\circ}\text{F}$), cough, shortness of breath, sore throat, chills, muscle aches, rigors, headache, new loss of taste or smell, abdominal pain, vomiting, nausea or diarrhea?
 - *For individuals with chronic illness, only new symptoms or symptoms worse than baseline should be used to fulfill symptom-based exclusion criteria)*
 - If yes, see protocol below with individuals with COVID-19 symptoms
- In the past 14 days, has the player/coach/trainer/official/spectator had close contact with someone who was experiencing the above symptoms and did not have a negative COVID-19 test?
 - If yes, see protocol for a player, coach or trainer that has had “close contact” with a person who has or is suspected of having COVID-19.
- In the past 14 days, has the player/coach/trainer had close contact with someone who was diagnosed with or tested positive for COVID-19?
 - If yes, see protocol for a player, coach or trainer that has had “close contact” with a person who has or is suspected of having COVID-19.
- In the past 21 days, has the player/coach/trainer been diagnosed with or tested positive for COVID-19?
 - If yes, see protocol for presumed/ confirmed COVID-19 cases in a player, coach or trainer
- Has the player/coach/trainer traveled in the past 10 days?
 - If yes, see protocol for returning from travel.

Social Distancing

- Social distancing (i.e., maintaining six feet between individuals) is encouraged for all athletes (when not actively participating in activity), coaches, referees, trainers, and spectators regardless of vaccination status
- There will be no postgame, beginning or ending of training session handshakes, high-fives, elbow or fist bumps, etc.
- Home games played at DeCou:

- Both teams (players and all coaches) shall occupy the same side of the field, and are restricted to the technical area. All spectators shall be on the opposite side of the field from the teams.
 - Only carded players and coaches are permitted on the team side.
- No one shall be allowed behind either end line.
- Social distancing is encouraged for players, coaches and spectators on the sidelines.
- Training at DeCou:
 - Parents/guardians/spectators should not be inside the fence during training. They should drop off players and wait outside of the fenced-in area until training ends.

Masks/Face Coverings

- Unvaccinated individuals are strongly encouraged to wear face masks, when not participating in vigorous activity, particularly where social distancing cannot be maintained.
- When COVID transmission is moderate, high or very high, all individuals are encouraged to wear a mask indoors in public areas.

Equipment

- Equipment sharing should be limited as much as possible. Equipment such as balls, cones and goals may be shared when needed for training exercises or games.
- Players are not permitted to share food, beverages, water bottles, towels, pinnies, gloves, or any other equipment or materials that are involved in direct bodily contact.
 - It is permitted for individual water bottles or cups to be refilled from a shared water dispenser.

Hand Washing

- Players, coaches, and trainers will be responsible for bringing their own hand sanitizer to training sessions and games.
- It is recommended that players, coaches and trainers use hand sanitizer between training exercises and before and after games.

DeCou Facility Space

- Players, coaches, trainers and spectators must follow posted signage.

Quarantine, Isolation and Return to Play Guidelines

Definition of Fully Vaccinated

- An individual is considered fully vaccinated once it has been:
 - ≥2 weeks following receipt of the second dose in a 2-dose series, including the Pfizer-BioNTech COVID-19 Vaccine or Moderna COVID-19 Vaccine, or
 - ≥2 weeks following receipt of one dose of a single-dose vaccine, including the Johnson & Johnson (Janssen) COVID-19 vaccine

Protocol for a player, coach or trainer that has had “close contact” with a person who has or is suspected of having COVID-19 - Quarantine and Return to Play

- Close contact definition: Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated. Household contacts are considered close contacts.
- Anyone who is a close contact of someone with COVID-19 must remove themselves from all in-person CHFC activities and follow the quarantine timeframes in the table below unless they meet the criteria for “persons who do not need to quarantine” as stated below..
- Notify CHFC VP Marc Plevinsky - marcplev@gmail.com regarding contact

Minimum Quarantine Timeframes by COVID-19 Regional Transmission Risk Level (CALI score) See Weekly Report at https://www.nj.gov/health/cd/statistics/covid/			
Low Risk	Moderate Risk	High Risk	Very High Risk
<i>14 days is always preferred as the best way to prevent COVID-19 transmission.</i>			
10 days without testing OR 7 days with negative test results (antigen or NAAT/PCR) collected at 5-7 days AND	10 days without testing OR 7 days with negative test results (antigen or NAAT/PCR) collected at 5-7 days AND	14 days	14 days

No symptoms have been reported during daily monitoring - must continue daily monitoring for 14 days after exposure	No symptoms have been reported during daily monitoring - must continue daily monitoring for 14 days after exposure		
<p><i>Use the CALI score for the "Southwest" region for CHFC players/coaches/trainers. The CALI score for the team's home location should be used for away teams. The CALI score at the time of exposure determines the quarantine period, even if the CALI score changes before the quarantine period ends.</i></p>			

- For household contacts, the individual must quarantine while the covid-positive person is under isolation and then for an additional 7-14 days after the covid-positive person's isolation ends based on the table above.
- Persons who do not need to quarantine:
 - COVID-19 positive (viral test) within 3 months:
 - Persons who tested positive for COVID-19 (viral test), clinically recovered from COVID-19 and then have close contact with someone with COVID-19 *within 3 months* do not need to be quarantined or retested.
 - Persons who have close contact with someone with COVID-19 more than 3 months after the initial infection should quarantine.
 - Fully Vaccinated Persons:
 - Fully vaccinated persons who have close contact with someone with COVID-19 do NOT need to quarantine if they meet all of the following criteria:
 1. Are fully vaccinated as defined above), AND
 2. Have remained asymptomatic since the current COVID-19 exposure
 - Persons who do not meet both of the above criteria should follow the minimum quarantine timeframe guidelines in the table above.
 - Fully vaccinated persons should be tested 3-5 days after exposure
 - Fully vaccinated persons should wear a mask when around others and watch for symptoms of COVID-19 for 14 days following an exposure. If they experience symptoms, they should follow the Protocol For A Player, Coach Or Trainer Who Is Experiencing Symptoms (Suspected Covid-19) below.

Protocol For A Player, Coach Or Trainer Who Is Experiencing Symptoms (Suspected Covid-19) - Isolate and Return to Play

- COVID-19 symptoms are defined as follows:

- At least two of the following symptoms: fever (measure or subjective), chills, rigors(shivers), myalgia (muscle aches), headache, sore throat, nausea or vomiting,diarrhea, fatigue, congestion or runny nose; OR
- Any one of the following symptoms: cough, shortness of breath, difficulty breathing, new olfactory disorder (loss of smell), new taste disorder.
- *(For individuals with chronic illness, only new symptoms or symptoms worse than baseline should be used to fulfill symptom-based exclusion criteria)*
- Persons with covid-19 symptoms should remove themselves from all in-person CHFC activities
- Notify CHFC VP Marc Plevinsky - marcplev@gmail.com regarding COVID-19 symptoms
- Ill individuals should follow the exclusion criteria in the table below:

Exclusion criteria for persons who have COVID-19 symptoms by COVID-19 Regional Transmission Risk Level (CALI score) See Weekly Report at https://www.nj.gov/health/cd/statistics/covid/				
	Low Risk	Moderate Risk	High Risk	Very High Risk
COVID-19 - compatible symptoms but not tested for COVID-19	If no potential exposure to COVID-19 in the past 14 days, individuals may return 24 hours after their fever has ended without the use of fever reducing medications and other symptoms have improved. If potential exposure to COVID-19 in the past 14 days, follow Protocol for Presumed/ Confirmed COVID-19 Cases.	Follow Protocol for Presumed/ Confirmed COVID-19 Cases.	Follow Protocol for Presumed/ Confirmed COVID-19 Cases.	Follow Protocol for Presumed/ Confirmed COVID-19 Cases.
COVID-19 - compatible symptoms and negative COVID-19 test (rapid antigen or NAAT/PCR)	Individuals may return 24 hours after their fever has ended without the use of fever reducing medications and other symptoms have improved.	Individuals may return 24 hours after their fever has ended without the use of fever reducing medications and other symptoms have improved.	Individuals may return 24 hours after their fever has ended without the use of fever reducing medications and other symptoms have improved.	Individuals may return 24 hours after their fever has ended without the use of fever reducing medications and other symptoms have improved.

<p><i>Use the CALI score for the “Southwest” region for CHFC players/coaches/trainers. The CALI score for the team's home location should be used for away teams. The CALI score at the time of symptom onset determines the exclusion criteria. period, even if the CALI score changes before the exclusion period ends.</i></p>

- Individuals who test positive should follow the Protocol for Presumed/Confirmed COVID-19 Cases below.

Protocol For Presumed/ Confirmed Covid-19 Cases In A Player, Coach Or Trainer - Isolate and Return to Play

- Anyone with a positive viral test for COVID-19 symptoms should remove themselves from all in-person CHFC activities.
- Notify CHFC VP Marc Plevinsky - marcplev@gmail.com regarding diagnosis or positive test.
- Ill individuals with COVID-19 who tested positive for COVID-19 should stay home until at least 10 days have passed since symptom onset and at least 24 hours have passed after resolution of fever without fever reducing medications and improvement in symptoms.
- Individuals who test positive for COVID-19 and who are asymptomatic should stay home for at least 10 days from the positive test result.
- Written clearance from a healthcare provider is needed prior to returning, but in no case shall an individual be permitted sooner than the time frames stated above.
- All players who are diagnosed with COVID-19 must be seen by a healthcare provider for a clearance exam prior to returning to play. It is also recommended that players should be symptom-free for a minimum of seven days before returning to play, in addition to the above criteria.

Protocol For Returning From Travel

Players, coaches and trainers should follow the CDC recommendations for domestic and international travel as follows:

Domestic Travel

- Individuals do NOT need to get tested or self-quarantine if they are fully vaccinated or have recovered from COVID-19 in the past 3 months. After travel, individuals should self-monitor for COVID-19 symptoms and should isolate and get tested if symptoms develop.

- Individuals who are not fully vaccinated should:
 - Avoid travel, if possible, until fully vaccinated.
 - Get tested with a viral test 1-3 days before travelling.
 - Get tested with a viral test 3-5 days after travel AND stay home and self-quarantine for a full 7 days after travel. If not tested, individuals should stay home and self-quarantine for 10 days after travel.
 - If COVID-19 test is positive before or after travel, follow the protocol for presumed/ confirmed COVID-19 cases.

International Travel

- Individuals who are fully vaccinated should:
 - Get tested with a viral test 3-5 days after travel
 - Self-monitor for COVID-19 symptoms; isolate and get tested if symptoms develop
- Individuals who are not fully vaccinated should:
 - Avoid travel, if possible, until fully vaccinated.
 - Get tested with a viral test 1-3 days before travelling.
 - Get tested with a viral test 3-5 days after travel AND stay home and self-quarantine for a full 7 days after travel. If not tested, individuals should stay home and self-quarantine for 10 days after travel.
- If COVID-19 test is positive before or after travel, follow the protocol for presumed/ confirmed COVID-19 cases.

Protocol for Notification of a Suspected or Positive COVID-19 Diagnosis - Communications from the Club (CHFC)

Upon notification from a player, coach, or trainer,

- All Communication will be generated by the CHFC COVID-19 task force and will not identify the individual who has been diagnosed by name.
- CHFC will advise the individual to remain home and isolate or quarantine per NJ DOH and remind the parents/guardians of the protocols for returning to play.
- CHFC will request that the individual provide a list of CHFC activities (date, time, location) to which he/she has been a participant.
- CHFC will communicate with team members from a specific team (or teams) if there has been contact between a COVID-19 positive player, coach, or trainer and other members of CHFC.

- CHFC will also communicate with any coaches or trainers of other teams (including non CHFC teams) who might have had contact with the COVID-19 positive player, coach, or trainer. This communication will also come from the CHFC COVID-19 task force.
- CHFC will cooperate with local health departments on contact tracing and will provide information to local health departments as required.
- CHFC will not take any adverse action against any individual who has identified him/herself as positive.

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