

Horsham Soccer COVID guidelines
2021 Colleen Reilly Tournament
Updated August 10, 2021

Eastern Pennsylvania member leagues and sanctioned tournaments may operate in full and may accept out of state teams provided they are from an open state and meet that state's criteria to travel.

Masking Policy:

Masking will follow guidelines as published by the Montgomery County Health Department.

<https://www.montcopa.org/3524/COVID-19-Guidance>

Players should perform self-checks for COVID symptoms

Players should bring their own water bottles and hand sanitizer.

Coaches should supply a medical kit or bag with sanitizer and facial tissues.

No spitting, no sharing of water bottles.

Frequent hand hygiene should be encouraged at all water breaks. Avoid touching face.

Minimize physical interaction – no high fives, handshakes, hugs. No pregame/postgame line-ups, handshakes, or fist bumps.

Sanitize all equipment after training.

Parents must report any symptoms, exposures, and positive test results to coaching staff within 24 hours. Coaching staff should be in contact with Horsham Soccer for guidance.

Guidance if your player has an exposure, symptoms, or a positive test:

Exposure:

For athletes with COVID exposure in their household or who have had close contact with infected individuals (even if asymptomatic), Horsham Soccer will follow CDC guidelines as follows:

Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine. Options they will consider include stopping quarantine

- After day 10 without testing
- After day 7 after receiving a negative test result (test must occur on day 5 or later)

After stopping quarantine, you should

- Watch for symptoms until 14 days after exposure.
- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.

CDC continues to endorse quarantine for 14 days and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus

Symptoms:

For athletes with COVID symptoms as listed below, testing is recommended.

Symptoms of COVID

- 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 you do not get tested, you (they) should:

Stay home and away from others until:

- It has been 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**

- Other symptoms of COVID-19 are improving* (*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).