



Covid-19 Health & Safety Guidelines

Walnut Creek Surf Soccer Club

Effective 5/28/2020

How to Protect Yourself and Others

Currently there is no vaccine to protect against coronavirus disease 2019 (COVID-19), so the best way to prevent illness is to avoid being exposed to the virus. You can reduce your risk of infection and transmitting it to others by doing the following:

- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay at least 6 feet apart from other people.
- Stay home if you are sick and avoid close contact with others.
- Cover your nose and mouth with a cloth face cover when around others (i.e. walking to and from the field). Face coverings are not required while engaging in outdoor recreation (i.e. training sessions).
- Cover your mouth and nose when you cough or sneeze with the inside of your elbow.
- Clean AND disinfect frequently touched surfaces daily. Remember cones are to only be touched/moved by coaches and players are to only touch their own personal equipment. Refer to link for [effective disinfectants](#).
- Monitor your health for symptoms of COVID-19 infection.
- Follow [CDC guidance](#) if you develop symptoms, you must notify the club's General Manager and/or Director of Coaching immediately.

WCSSC Club Contact Information

Steve Chappell - General Manager - steven.chappell@wcsc.org - 925.588.9758

Adam Cooper - Director of Coaching - adam@wcsc.org - 925.457.6384

Member Services - wcsurfadmin@wcsc.org



Symptom Screening Protocol

Prior to each training, it is the responsibility of the parent and player to screen themselves for symptoms consistent with COVID-19. If you feel sick and think you may have COVID-19, then **STAY HOME**. Do not bring your child to training. It's the best way to avoid spreading illness.

Per the CDC, people with COVID-19 have a wide range of symptoms that may include:

- Fever (100.0 degrees F or higher) 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

Refer to the [CDC's Self-checker](#) site to help you make decisions and seek appropriate care if you develop symptoms. Information on symptoms continues to evolve so we encourage you to call your doctor or the County's Public Health Department if you have any concerns. If you or your child develop any of the above mentioned symptoms or are told by your healthcare provider that you should self-quarantine, then **please STAY HOME**.

Notification Protocol

If a player or family member is develops symptoms consistent the COVID-19 infection or tests positive for COVID-19, then the following steps must be taken in order to ensure the health and safety of our club, players, and coaches:

- 1) Stay home. Take care of yourself. Get in touch with your doctor. See the CDC's [What to Do If You Are Sick](#).
- 2) Notify the club's General Manager and/or Director of Coaching of player's symptoms or positive COVID-19 test result immediately.
- 3) The club will inform the specific team that a close contact on their team has tested positive and to self-monitor for any symptoms.
- 4) Return to Play will be decided based on exposure. See section below.



Return To Play Protocol

Refer to the the County Health Department, California Department of Public Health and Centers for Disease & Infection Control guidelines for the latest protocols on infection prevention and management:

CDC: [When You Can be Around Others After You Had or Likely Had COVID-19](#)

CDC: [Quarantine and Isolation](#)

[Contra Costa Health Services Quarantine and Self-isolation instructions](#)

[California Department of Public Health COVID-19 Updates](#)

If a player is sick with a non-COVID-19 illness, then the player should:

- Refer to their healthcare provider's advice.
- Refrain from training until they are symptom and fever free for at least 24 hours following a non-COVID-19 related illness.
- Parent guidance and care

If a player has had close contact with someone with COVID-19, then the player should:

- Quarantine and refer to their healthcare provider's advice.
- Refrain from training for 14 days after the last exposure with that person.
- Monitor yourself for symptoms daily.
- Definition of close contact: Being within 6 feet of a person who has tested positive for COVID-19 for a time period of 15 or more minutes; or having unprotected direct contact with infectious secretions or excretions of the COVID-19 infected person (e.g. being coughed or sneezed on).

If a player lives with someone who is ill with COVID-19, then the player should:

- Quarantine and refer to their healthcare provider's advice.
- Refrain from attending training until 14 days after the positive household member no longer needs to be isolated.

If a player tests positive but does not develop symptoms, then the player should:

- Self-isolate and refer to their healthcare provider's advice.
- Refrain from training for at least 10 days since the test was performed and symptoms do not develop during that time.
- Alternatively, if the player will be tested, then they may return to play after receiving two negative test results in a row, at least 24 hours apart.
- If you develop symptoms after testing positive, follow the guidance below.

If a player thinks that they are positive or tests positive and develops symptoms, then the player should:

- Self-isolate and refer to their healthcare provider's advice.
- Refrain from training until at least 10 days have passed since your symptoms first appeared AND have had 3 days with no fever AND their symptoms have improved.
- Alternatively, if the player will be tested, then they may return when they have no fever (without using a fever-reducing medication), symptoms have improved, and they receive two negative test results in a row, at least 24 hours apart.

