

COVID-19 Positive Test Result – Follow Up Procedures – Updated November 21, 2020

If an individual on a team (player, coach, assistant coach, manager) tests positive for COVID-19, it must be reported to the team's coach, Director of Coaching and the Club Administrator (Nicole Wright at nicole@zysa.org) as soon as possible. Some revised points of information:

- An individual is to self-isolate and is not allowed to attend or participate in any club activities (training sessions, scrimmage, games, tournaments, etc.) until the following has been met:
 - An individual who has tested positive and has symptoms must self-isolate for 10 days from the date symptoms first appeared, **and**
 - The individual has been fever free for at least 24 hours without the use of fever reducing medication **and**
 - Other symptoms are improving and no new symptoms have appeared.*

*the loss of taste and/or smell may persist for weeks and even months after recovery and need not delay the end of isolation.
- Individuals who tested positive without symptoms must self-isolate for 10 days from the positive test date **and** remain symptom free during that time. If symptoms appear after the positive test date, the 10 days begins when the symptoms first appeared.
- Testing negative does not allow the individual to end self-isolation or cut the self-isolation short.

Any team that came into contact for 48 hours prior to the positive individual showing symptoms up until the time the club was informed of a positive test result, must also be informed of the positive test result.

Close Contact

“Close contact” or “exposed” has now been revised to mean having been less than 6 feet apart for a cumulative or total amount of 15 minutes or more, even if wearing PPE, to someone that has tested positive for COVID-19 are to self-isolate and are not allowed to attend any club activities until:

- 14 days of self-isolation has passed
- No COVID-19 related symptoms have appeared
- Even if an individual tests negative and/or has no symptoms and feels healthy, they still must self-isolate as symptoms may appear 2-14 days after being exposed to the virus.
- Negative tests do not allow an individual to end self-isolation or cut the self-isolation period short.

Prior to Indoor Training

- Temperatures will be taken of all players, coaches, etc. upon entering the indoor facility.
- Players should also make a conscious effort to social distance while waiting for training to begin. There shouldn't be any congregating in groups before or after practice.
- Masks are to be worn until training begins and as soon as it is over.