



FC Berna – Legacy Potential Exposure to COVID-19 Guidelines

For Parents/Players

We have spent a huge amount of time devising the return to play guidelines for our players, based on a strict adherence to NJ Department of Health & NJ Youth Soccer guidance. The safety of our staff and families is of the utmost importance to this, but if at any point you don't feel comfortable with your son/daughter attending our return-to-play sessions, please stay home. We will be here for you when you are ready to return.

All Players and Coaches must have signed the FC Berna – Legacy COVID-19 Waiver, using the link in your respective TeamSnap team's page, within the Sunday June 21 "Waiver Submission" event. This needs to be completed just once, but before attending your first on-field team practice in June.

Prior to Each Practice Session:

- Indicate player availability within TeamSnap for each session.
- Complete a pre-session health assessment at home using the [FC Berna COVID-19 Health Screening Questionnaire](#) before each practice session.
- If any temperature above 100.4, or if your son/daughter is feeling unwell, do not send them to practice.

Potential Exposure to COVID-19

Individuals (staff members or players) who have [symptoms](#) upon arrival to program events or who become sick during an event will be immediately separated from others by a designated staff member equipped with personal protection face mask and non-latex gloves. Pick-up arrangements should be made based upon the emergency contact/s of the staff member or player. This aims to ensure that the staff member or player receives safe transportation to his or her home or to a healthcare provider.

We leverage public facilities, we will contact the respective government officials if a potential positive COVID-19 case has been identified for proper cleaning and disinfection of the facility.

Determinations should be made relating to any staff members or players that may have been exposed to the virus and may need to take additional precautions. Notification relating to this potential exposure should be made to the parent or guardian of each player and each staff member. Confidentiality must be maintained. These potentially exposed individuals should quarantine for 14 days and self-monitor for [symptoms](#).

APPENDIX A: PROTOCOL FOR NOTIFICATION OF A POSITIVE DIAGNOSIS OF COVID-19 AND CONTACT TRACING

In the event a player or coach/trainer notifies the FC Berna Soccer Club that he/she is positive or suspected of being positive for Covid-19, FC Berna will invoke the following protocol:

1. FC Bern will advise the individual to remain at home and isolated per CDC guidelines.
 - a. FC Berna will NOT retaliate against an individual who identifies him/herself as positive for COVID-19. This includes, but is not limited to, dismissing the individual as a coach/trainer or player from a team.
2. FC Berna will request the individual provide a list of FC Berna activities (date, time, location) to which he/she has been a participant. Leveraging the team's TeamSnap Schedule module.
3. FC Berna will notify the Trainer/Coach/Staff for the team on which the individual is a participant and confirm which other players were present during the identified FC Berna activities via the team's TeamSnap Availability module.
4. FC Berna will notify all players and staff members designated as attending the identified by TeamSnap Availability module as attending the event that a positive COVID-19 situation exists but will not provide the name of the individual.
5. In the event the team has played against another team, FC Berna will notify the competition authority. If at an unsanctioned league event (ex. Scrimmage game), then contacting the respective team / club representative of a possible COVID-19 diagnosis.
6. The individual will only be permitted to return to play when the conditions of the Protocol for Return to Soccer Following a Confirmed or Suspected COVID-19 Infection are met as denoted in Appendix B & C below.

APPENDIX B: PROTOCOL FOR RETURN TO SOCCER FOLLOWING A CONFIRMED OR SUSPECTED COVID-19 INFECTION

Symptomatic player / staff with suspected or confirmed COVID-19 infection cannot attend club events until:

a) At least 3 days (72 hours) have passed since resolution of fever (defined as > 100.3 degrees F) without the use of fever-reducing medications and respiratory symptoms (e.g., cough, shortness of breath), **AND**

b) At least 14 days have passed since symptoms first appeared.

OR:

c) Resolution of fever without the use of fever-reducing medications, **AND**

d) Improvement in respiratory symptoms (e.g., cough, shortness of breath), **AND**

e) Negative results of an FDA authorized molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected \geq 24 hours apart (two negative specimens).

OR:

f) Written medical clearance is provided from a healthcare practitioner that the individual is safe to return to soccer.

Player / staff with laboratory confirmed COVID-19 who have not had any symptoms cannot attend club events until:

a) 14 days after date of their first positive COVID-19 diagnostic test assuming no symptoms since that time. If symptoms develop, then management should be guided as above for symptomatic individuals.

OR:

b) Negative results of an FDA authorized SARS-CoV-2 RNA test from at least two consecutive respiratory specimens collected \geq 24 hours apart (two negative specimens).

OR:

c) Written medical clearance is provided from a healthcare practitioner that the individual is safe to return to soccer.

APPENDIX C: PROTOCOL FOR RETURN TO SOCCER FOLLOWING EXPOSURE TO A SUSPECTED OR DIAGNOSED CASE OF COVID-19:

Any asymptomatic player or staff member who has been exposed to an individual with a suspected or diagnosed case of COVID-19 should be restricted from participation for at least 14 days and monitor for any symptoms consistent with infection.

- If asymptomatic after 14 days since last exposure, the player/staff member can return to participation.
- In General, you need to be in close contact with an individual to contract the disease.

In this case, exposure means any one of the following:

- Caring for a sick person with a suspected or confirmed COVID-19 infection.
- Living in the same household as an individual with a suspected or confirmed COVID-19 infection.
- Being within 6 feet of an individual with a suspected or confirmed COVID-19 infection for around 10 minutes or more.
- Coming in direct contact with secretions from an individual with a suspected or confirmed COVID-19 infection (Ex: being coughed or sneezed on, sharing water bottle or utensils.)

SAMPLE MESSAGE – POSSIBLE POSIVITE COVID-19 PARTICIPANT:

The following is a sample message that FC Berna will leverage when notifying all players and staff members designated as attending an event that a positive COVID-19 situation exists. *(The name of the individual will not be disclosed.)*

“Please be advised that we have learned that one of our participants has been diagnosed with COVID-19. Your child participated within a FC Berna club activity while this same individual was present within 14 days prior to the individual’s diagnosis. Families of all the involved participants are being notified in accordance with state and local privacy and confidentiality laws and regulations. The Centers of Disease Control (CDC) advises for *“those who have had close contact with a person diagnosed with COVID-19 to stay home, self-monitor for symptoms, and to follow CDC guidance if symptoms develop.”*

Links to the CDC pages that can bring greater clarity to the purpose of this notification can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html> and <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html> and <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>.

For additional information regarding return to play procedures and protocols, please reference the [“FC Berna Potential Exposure to COVID-19 Guidelines”](#).

Additional message context if needed:

All FC Berna <TEAM NAME> activities are suspended for the next 14 days.

If no additional positive COVID-19 cases come forward, the team will be able to resume normally scheduled activities. For additional information regarding return to play procedures and protocols, please reference the [“FC Berna Potential Exposure to COVID-19 Guidelines”](#).