

CCFA

Symptoms of Covid-19

Return to play following confirmed Covid-19 infection
Exposure to a Suspected or Diagnosed Case of COVID-19
Plans for Players, Parents and Coaches

SYMPTOMS OF COVID-19 INFECTION:

Individuals with COVID-19 can exhibit symptoms ranging from the following:

The most common symptoms associated with infection include:

- Fever (≥ 100.4 degrees F)
- Cough
- Shortness of breath

Less common symptoms that may still be evidence of COVID-19 infection include:

- Sore throat
- Congestion
- Nausea and vomiting
- Diarrhea
- Headache
- Muscle / joint pain
- Sudden loss of taste or smell
- Chills

Note: Some people do not have symptoms, or have very mild symptoms. Persons with COVID-19 may be infectious two days prior to symptom onset.

What to do if you are waiting for COVID-19 test results

<https://www.health.state.mn.us/diseases/coronavirus/waiting.pdf>

Return to Play Following Confirmed COVID19 Infection

These recommendations are intended to provide an outline for decision-making as it relates to protocols for navigating a confirmed case of COVID-19.

Persons with a lab-confirmed case of COVID-19 should quarantine immediately, and can leave isolation and return to normal activities 10 days after symptom onset so as long as:

- The individual has not had a fever in the past 24 hours.
- Symptoms are resolving.

Athletes may want to contact their health care provider prior to a return to football.

Exposure to a Suspected or Diagnosed Case of COVID-19:

These recommendations are intended to provide an outline for decision-making as it relates to protocols for navigating a possible exposure to a suspected or diagnosed case of COVID-19.

Any player or staff who has been exposed to a COVID-19 case shall self-quarantine for 14 days from the last contact with the case.

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

○ Caring for a sick person with a suspected or confirmed COVID-19 infection.

OR

○ Living in the same household as an individual with a suspected or confirmed COVID-19 infection.

OR

○ Individual who has had close contact (> 6 feet) for greater than or equal to 15 minutes with known or suspected COVID-19 or possible COVID-19 infection.*

In the cases of the first two bullets above, Associations should consider these quarantine criteria “automatic”. In the case of the third bullet above, this determination of close contact can either be made by the association/organization or by contact tracers at MDH.

*If you are absolutely sure an individual had 15+ minutes of close (< 6 feet) contact with a lab-confirmed case of COVID-19, please ensure that individual self isolates for 14 days from last contact with the aforementioned case.

If you have questions about whether an individual needs to self-isolate, follow the below steps:

1. Have that individual self-isolate (No on-site/in-person team activities)
2. Email health.Sports.Covid19@state.mn.us and explain your exposure story. It’s ok to reach out to your local health officials instead, if you prefer.
3. Don’t allow that individual return to team activities until you’ve received a recommendation from a state or local health official.
4. Follow their recommendation.

CDC Public Health Guidance for Community-Related Exposure (Definition Above):

<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>

- Stay home until 14 days after last exposure and maintain social distance (at least 6 feet) from others at all times
- Self-monitor for symptoms
- Check temperature twice a day
- Watch for fever*, cough, or shortness of breath, or other symptoms of COVID-19
- Avoid contact with people at higher risk for severe illness from COVID-19
- Follow CDC guidance if symptoms develop

Plans for Players, Parents and Coaches

Use exclusion guidance and isolate symptomatic players, coaches and all program participants.

Follow exclusions guidance and ensure all participants stay home when sick:
Decision Tree for People with COVID-19 Symptoms in Youth, Student, and Child Care Programs (www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf)

If you have a participant or staff who is diagnosed with COVID-19 reach out to MDH or your local public health agency for further direction.

Overall Reporting Plan

- Parents report incidences to coaches
- Coaches report all incidences to Player Safety Coordinator
- Team parents / players are notified
- Other teams and association notified as needed

Plan for Parents Prior to practice, game or any CCFA event:

Player Test Positive for Covid or Diagnosed without lab test or show Covid Symptoms

- Contact your coach and report
 - The situation (Covid-19 symptoms, possible exposure, etc)
 - Date symptoms started
 - Date player was tested or had medical evaluation
- Keep child home and isolate for at least 10 days:
 - Since symptoms first appeared
and
 - No fever for at least 24 hours without medication
and
 - Improvement of other symptoms

Player was exposed to Covid-19 person either confirmed or suspected

- Contact your coach and report:
 - Date of exposure
 - If player is symptomatic
 - If a medical evaluation is scheduled
- Keep child home and isolate for at least 14 days:
 - Of exposure date
and
 - No fever for at least 24 hours without medication
and
 - Improvement of any symptoms

Plan if Player becomes sick during practice/game or is showing Covid-19 Symptoms

- Coaches isolates the player
- Contact parents
- Assign monitor to stay with the player until parents arrive while social distancing
- Give parent this document to review
- Parent reports back to coach status and agree on the appropriate plan

Plan if Coach/Volunteer is showing Covid-19 Symptoms during practice/game

- Individual Isolates immediately
- Inform other coach or monitor while social distancing
- Discuss plan and return date based on symptoms, tests, etc.

Traceability Process:

- Name
- Pod# or Coach
- Date of possible exposure
- Review practice plan – Determine if the player/coach was with anyone for 15+ minutes
- ID possible exposed individuals if any – follow exposure protocols
- Report to Player Safety Coordinator
- Message Team the details
- Message CCFA, other Teams/associations as needed

Sources

[COVID-19 Prevention Guidance for Youth and Student Programs](#)

[USA Football Return to Youth Football 2020](#)

[Decision Tree](#)