



# FAIRMOUNT SOCCER ASSOCIATION

[www.fairmountsoccer.org](http://www.fairmountsoccer.org)

**THIS DOCUMENT DOES NOT TAKE THE PLACE OF MEDICAL OR LEGAL ADVICE.**

## Fairmount Soccer Association COVID Safety and Action Plan

In accordance with the guidelines set by the [Centers for Disease Control and Prevention](#) and [Eastern Pennsylvania Youth Soccer](#), all Fairmount Soccer Association (FSA) players, coaches, staff, and spectators will follow the safety and action plan outlined below.

### A. FSA COVID-19 Policy

For all outdoor club events, including in-house sessions, travel team trainings, and games, masking is optional.

All players, coaches, family members, and other spectators must wear a well-fitted mask for all indoor club activities.

Any ill player, coach, family member, or other spectator should not attend any FSA Soccer games, trainings, or other events.

If a player or coach has tested positive for COVID-19 or has COVID-19 symptoms, that player/coach must remain out of activity for at least five (5) days.

If a player or coach has come in close contact with an individual who has tested positive for COVID-19, that player/coach must remain out of activity for at least five (5) days if they are not fully vaccinated.

### ISOLATION OR QUARANTINE

- **What should a player or coach do if they test positive for COVID-19 or has COVID-19 symptoms?**
  - If a player or coach tests positive for COVID-19 or has COVID-19 symptoms, they should notify FSA immediately, [fsaintramural@gmail.com](mailto:fsaintramural@gmail.com), and the Director of Coaching, Mario Bono, [mb1276@yahoo.com](mailto:mb1276@yahoo.com).
  - The player/coach must isolate, or remain out of activity, for five (5) days.

- **How are the five days calculated?** To calculate the five-day isolation period, day 0 is the first day of symptoms or the day of the positive COVID-19 test. Day 1 is the first full day after symptoms developed or the day following the positive COVID-19 test.
- The player or coach can return to regular activities if they have no symptoms on Day 6 of isolation. This includes being 24-hour free of fever without the use of medications.
  - When the player or coach returns to club activities, they must wear a well-fitted mask for five (5) days following the end of isolation.
- **What should a player or coach do if they have come in close contact with an individual who tested positive for COVID-19?**
  - If the player or coach is fully vaccinated, they can continue with club activities but must wear a well-fitted mask for ten (10) days following the exposure.
    - Day 1 is the first full day following the day they came in contact with the individual with COVID.
  - If the player or coach is partially vaccinated or is not vaccinated, the player/coach must isolate or remain out of activity for five (5) days.
    - Day 1 is the first full day following the day they came in contact with the individual with COVID.
    - When the player or coach returns to club activities, they must wear a well-fitted mask for five (5) days following the end of quarantine.
  - If player or coach develops COVID symptoms, they must isolate for at least five (5) days from when the symptoms began. They can only return to activities, following the five days if they have no symptoms. This includes being 24-hour free of fever without the use of medications.
    - When the player or coach returns to club activities, they must wear a well-fitted mask for five (5) days following the end of isolation.
- If a player or coach is part of a high-risk group (i.e., has pre-existing medical conditions including chronic lung disease, moderate to severe asthma, serious heart conditions, immunodeficiency, diabetes, chronic kidney disease, or liver disease), they should consult with their healthcare provider before participating in any FSA activity.

**B. Identification of COVID Exposure**

All players and coaches who test positive for COVID-19 must notify FSA immediately.

Fairmount Soccer Association will then notify all participants that may have come in contact with the individual (who tested positive for COVID-19) during an FSA activity, following CDC guidelines and HIPAA regulations on confidentiality.

**C. COVID Point of Contact**

For all Fairmount Soccer Association COVID-related policy questions and concerns, the individual name below will serve as the point of contact.

**Stephen Moosbrugger: [fsaintramural@gmail.com](mailto:fsaintramural@gmail.com)**

**D. Parent Responsibility**

- 1) Sign the EPYSA Communicable Disease Release of Liability and Assumption of Risk Agreement, which can be completed via the club's player registration system. Participation will not be allowed without a completed registration, which includes these signed forms.
- 2) Monitor how their player is feeling and keep a player home if they are sick.
- 3) Immediately communicate to the club and Director of Coaching if their player tests positive for COVID-19 or exhibits any symptoms.
- 4) Discuss player responsibilities outlined in this guide with their player.
- 5) Be sure their player has the necessary sanitizing products with them at every session.
- 6) Ensure that their player wears a well-fitted mask for all indoor club activities.

**E. Player Responsibility**

- 1) Have an adult complete the player registration with FSA. Participation will not be allowed without a completed registration.
- 2) Must be honest about how they are feeling, and if they are feeling sick, must stay home.
- 3) Must immediately alert their coach if they test positive for COVID-19.
- 4) Listen to all directions given by coaches and staff.
- 5) Bring and use their OWN WATER and BAG to all activities.
- 6) Wash hands thoroughly before and after training.
- 7) Bring and use hand sanitizer after every session.
- 8) Wear a well-fitted mask for all indoor club activities.

**F. Coach/Staff Responsibility**

- 1) Sign the EPYSA Communicable Disease Release of Liability and Assumption of Risk Agreement. Participation will not be allowed without these signed forms.
- 2) Ensure the health and safety of the participants.
- 3) Inquire how players are feeling and send home anyone they believe acts or looks ill.
- 4) Follow all state and local health protocols and guidelines.
- 5) Alert the club and Director of Coaching immediately if they fall ill or tests positive for COVID-19.
- 6) Ensure all players have their own individual equipment (water, bag etc.) and ensure that equipment is not shared.
- 7) Use hand sanitizer before and after training.
- 8) Wash hands thoroughly before and after training.
- 9) Wear a well-fitted mask for all indoor club activities.

**A player or coach has tested positive for COVID-19 or has COVID-19 symptoms. \***

**WHAT SHOULD THEY DO?**

- 1) Notify Fairmount Soccer Association: [fsaintramural@gmail.com](mailto:fsaintramural@gmail.com)
- 2) Regardless of vaccination status: ISOLATE  
Stay home for five (5) days. \*\*

After five (5) days of isolation, do they have worsening or persistent symptoms?

**NO**

If there are no symptoms or if the symptoms are resolving, including no fever for at least 24 hours without medication, and they have isolated for five days, they can resume club activities

**YES**

They should stay home and isolate until they have no symptoms, or their symptoms are resolving, AND until 24 hours after their fever resolves without the use of medication(s) THEN they can resume club activities.

Once they resume club activities, they **MUST** wear a well-fitted mask for all club activities that take place during the five (5) days following the end of isolation.

\* For questions about symptoms, please contact your healthcare provider.

\*\* To calculate the five-day isolation period, day 0 is the first day of symptoms or the day of the positive COVID-19 test. Day 1 is the first full day after symptoms developed or the day following the positive COVID-19 test.

**A player or coach has come in close contact\* with an individual who has COVID-19.**

**WHAT SHOULD THEY DO?**

Notify Fairmount Soccer Association: [fsaintramural@gmail.com](mailto:fsaintramural@gmail.com)

Is the player or coach fully vaccinated?

YES

If they are fully vaccinated, they can continue with club activities but **MUST** wear a well-fitted mask for all club activities that take place during the (10) days following the day the close contact took place.

NO

They must quarantine and stay home for five (days). \*\*  
After five (days), if they have no COVID symptoms, they can resume club activities.

Once they resume club activities, they **MUST** wear a well-fitted mask for all club activities that take place during the five (5) days following the end of the quarantine.

\* Close contact is defined by the CDC as being less than six (6) feet away from a person who has COVID-19 for a total of 15 minutes (or more) during a 24-hour period.

\*\* To calculate the five-day quarantine period, day 0 is the day the player or coach came in close contact with the person who has COVID-19. Day 1 is the first full day after the close contact took place.