



# Return to Play Protocols

---

As of March 29, 2022

# Spring 2022 COVID-19 Health and Safety Protocols



- 1) We are no longer requiring masks.
  - Players, coaches, referees and spectators may wear a mask based on personal preference, informed by your personal level of risk.
  - If any stricter guidelines/requirements imposed by a tournament, host club or league, those guidelines/requirements must be followed.
- 2) We will no longer require health questionnaires.
- 3) If you or your player are (or someone you live with is) immunocompromised or at high risk for severe illness, talk to your healthcare provider about additional precautions.
- 4) **If you or your player are sick (or exhibiting any symptoms consistent with COVID), err on the side of caution and stay home until you or your player test negative!**
- 5) In the event of a positive test or exposure, notify us immediately at [covidreporting@wssl.org](mailto:covidreporting@wssl.org) and follow the CDC guidelines regarding isolation/quarantine. If exiting isolation/quarantine before a full 10 days after a positive test or exposure, a well-fitting mask will be required until the complete 10-day isolation or quarantine period has passed.
- 6) Vaccinations and Boosters are strongly recommended for all players, coaches, referees and spectators.

# What happens in the event of a positive test or exposure?



Scenario	Vaccination Status	Actions
Covid +	All (vaxed, unvaxed, boosted)	Date of Positive Test is Day 0 ISOLATE for 5 days RETURN after Day 6 if asymptomatic at least 24 hours MASK (hospital or N95) required for additional 5 days after isolation ends
Exposure	Boosted OR covid within last 90 days OR 2-dose regimen of Pfizer or Moderna in last 6 months or single dose regimen of J&J within last 2 months  All others	Date of Exposure is Day 0 No quarantine required if asymptomatic Test Day 5 MASK (hospital or N95) required for 10 days (Day 0 + 10)  Date of Exposure is Day 0 QUARANTINE for 5 days Test Day 5 RETURN after Day 6 if negative test + asymptomatic MASK (hospital or N95) required for additional 5 days after quarantine ends
Symptoms	All (vax, unvaxed, boosted)	Date of Symptom Start is Day 0 Allowed to practice compete with negative test Test Day 5 Return after Day 6 if negative test

# In the event of illness:



**Stay Home and Notify WSSL  
at [covidreporting@wssl.org](mailto:covidreporting@wssl.org)**

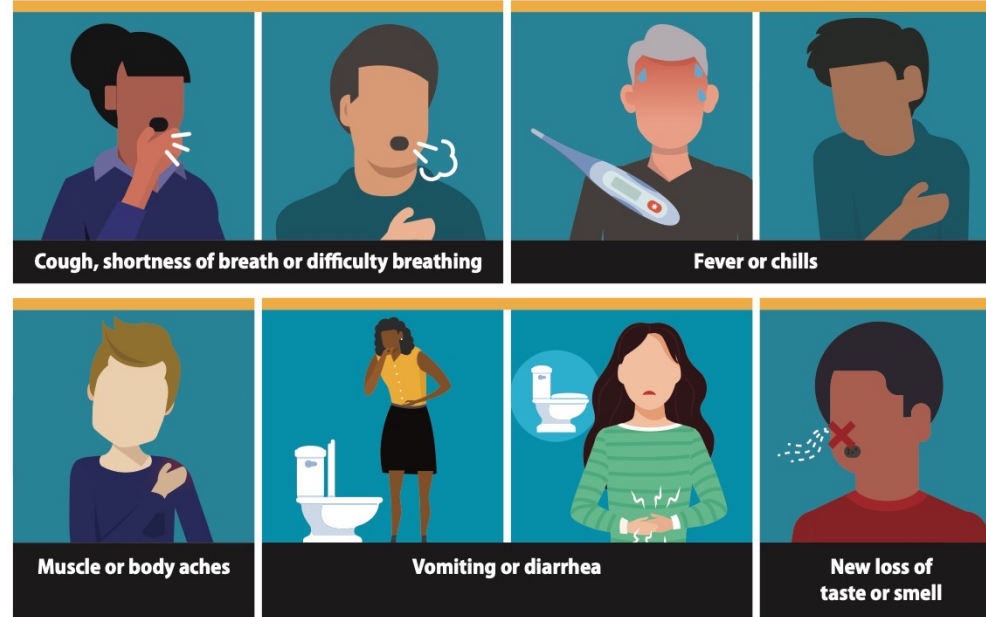
- Stay home regardless of what is causing your illness.
- If you are confirmed or suspected to have COVID-19 notify WSSL, practice self-quarantine measures and contact your physician.
- If you have been in close contact (within 6 feet) with someone who is suspected or confirmed to have COVID 19, notify WSSL, begin self-quarantine and contact your physician.
- Parents (and not the minor player) should communicate with the club or coach, in accordance with the Safe Soccer Framework (<https://www.safesoccer.com/>) and the U.S. Center for SafeSport (<https://safesport.org/>) policies and guidance.
- WSSL reserves the right to remove any parent, player, trainer, coach or referee who appears symptomatic, fevered, unwell, or is otherwise in violation of the guidelines presented in this document.

**We cannot stress enough the importance of staying home when experiencing symptoms of COVID-19 or residing with someone experiencing symptoms of COVID-19!**



# Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



**Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.**

**Seek medical care immediately if someone has emergency warning signs of COVID-19.**

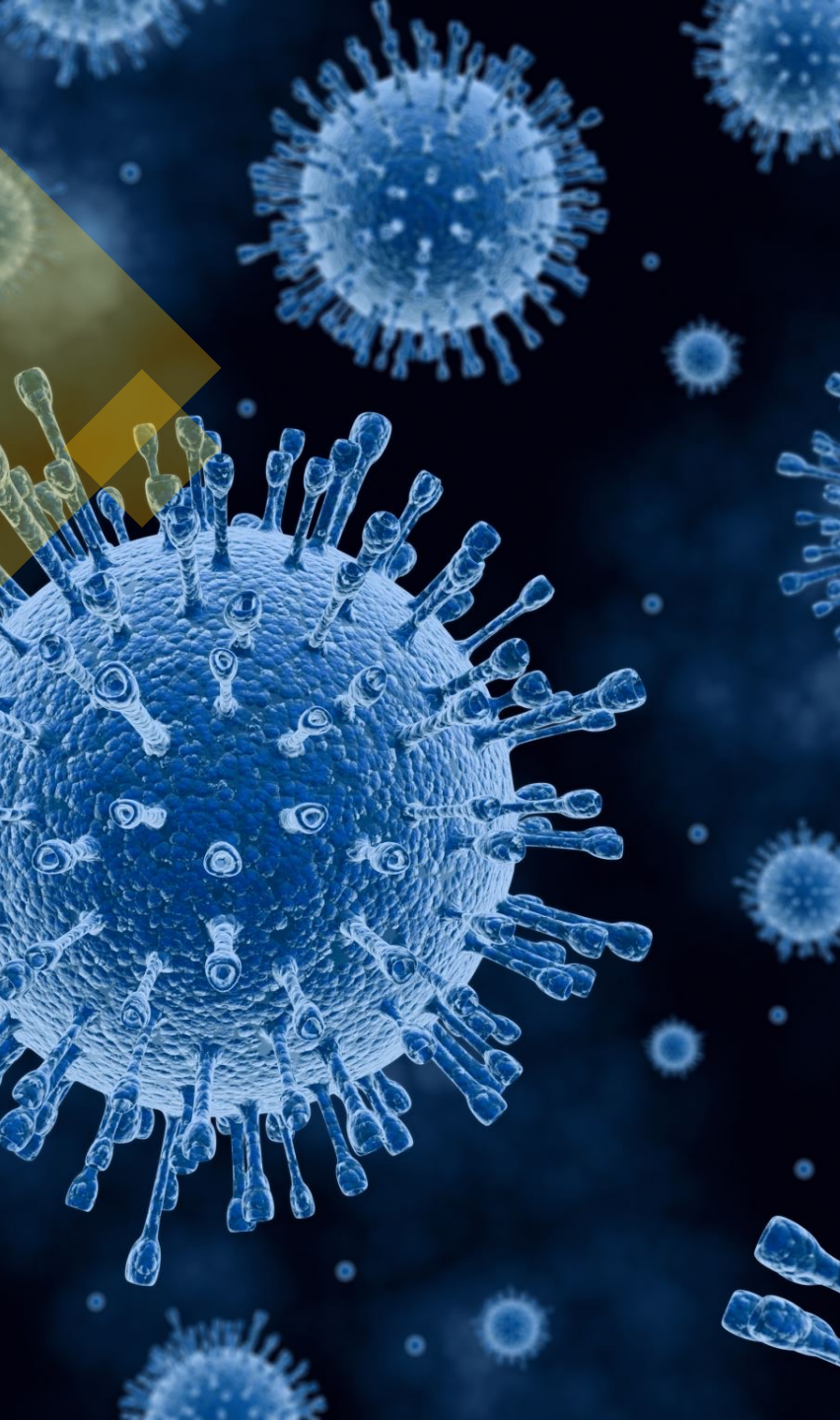
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

316475-A 07/21/2020



# General Hygiene:

- Avoid touching your eyes/mouth/nose as much as possible.
- Wash or sanitize your hands often.
  - Use soap and water for a minimum of 20 seconds.
  - When soap and water is not available, use hand sanitizer.
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.
- Follow with washing or sanitizing your hands.
- Dispose of tissues in a sealed trash bag.
- Avoid spitting and coughing.







**Thank you!**

**For more information or to report a  
positive test for COVID-19 or an  
exposure:**

**[covidreporting@wssl.org](mailto:covidreporting@wssl.org)**

---