



COVID-19 Health & Safety Guidelines

IMPACT Soccer Club

Effective June 1, 2020 / Revised August 23, 2021

How to Protect Yourself and Others

Your health and safety are our highest priority. Whether you are participating in outdoor activities or sheltering in place, with COVID-19, the best way to prevent illness is to avoid being exposed to the virus. You can reduce your risk of infection and transmitting COVID-19 to others by doing the following:

- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand-sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay at least 6 feet apart from other people.
- Stay home if you are sick and avoid close contact with others.
- Cover your nose and mouth with a cloth face cover when around others (i.e. walking to and from the field). As required by the Contra Costa County Health Order, use face coverings while engaging in outdoor recreation (i.e. training camp sessions).
- Cover your mouth and nose when you cough or sneeze with the inside of your elbow.
- Clean AND disinfect frequently touched surfaces daily. Remember cones are to only be touched/moved by coaches and players are to only touch their own personal equipment. Refer to link for [effective disinfectants](#).
- Monitor your health for symptoms of COVID-19infection.
- Follow [CDC guidance](#) If you develop symptoms, you must notify the club's Office, President and Director of Coaching immediately – email: Covid19reporting@impactsoccer.org

IMPACT Club Contact Information

- IMPACT Soccer Club Office: 925-516-8260 or covid19reporting@impactsoccer.org
- IMPACT Soccer Club President, Lindsay Purvey: president@impactsoccer.org
- Director of Coaching, Tom Ginocchio: doc@impactsoccer.org



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Symptom Screening Protocol

Prior to each training, it is the responsibility of the parent and player to screen themselves for symptoms consistent with COVID-19. If you feel sick and think you may have COVID-19, then **STAY HOME**. Do not bring your child to training. It's the best way to avoid spreading illness. IF someone that the player lives with has been tested for potentially having COVID-19, please keep player(s) home until results have been received.

Per the CDC, people with COVID-19 have a wide range of symptoms that may include:

- Fever (100.0 degrees F or higher) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Refer to the [CDC's Self-checker](#) site to help you make decisions and seek appropriate care if you develop symptoms. Information on symptoms continues to evolve so we encourage you to call your doctor or the County's Public Health Department if you have any concerns. **If you or your child develop any of the above mentioned symptoms or are told by your healthcare provider that you should self-quarantine, then please STAY HOME.**

Notification Protocol

If a player or family member develops symptoms consistent the COVID-19 infection or tests positive for COVID-19, then the following steps must be taken in order to ensure the health and safety of our club, players, and coaches:

1. **Stay home.** Take care of yourself. Get in touch with your doctor. See the CDC's [What to Do If You Are Sick](#).
2. Notify the Club (covid19reporting@impactsoccer.org) of player's symptoms or positive COVID-19 test result immediately.
3. The club will inform the specific activity group that a participant has tested positive and to self-monitor for any symptoms.
4. Return to Play will be decided based on exposure. See section below.



Return to Play Protocol (revised 8/23/21)

Please refer to the following for the latest protocols on infection prevention and management:

[Contra Costa Health Services Quarantine and Self-isolation instructions](#)
[California Department of Public Health COVID-19 Updates](#)

- If a player is unable to attend school or participate in extra-curricular activities such as youth soccer per the school guidelines, then they cannot attend training/games. This will be in effect until they have been cleared to return to school.
- **Definition of Close Contact:** A close contact is someone who has been within six feet of an infected person for more than 15 minutes in a 24-hour period.
- **If a fully vaccinated player has had close contact with someone with COVID-19:** Under CDPH's recommendations, the exposed person [does not have to quarantine](#) if they were [fully vaccinated](#) before the exposure AND they have not developed any symptoms since their exposure to someone with COVID-19.
- Ultimately use your best judgement in attending training/games to ensure the health and safety of your teammates, the opponent, coaches and referees.
- **If an un-vaccinated player has had close contact with someone with COVID-19, or a vaccinated player is showing COVID 19 symptoms:**
 - Quarantine can end after Day 10 from the date of last exposure without testing; OR
 - Quarantine can end after Day 7 if a diagnostic specimen is collected after Day 5 from the date of last exposure and tests negative.



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