

LTSC In-House COVID Guidelines

I was exposed to someone with COVID-19 (confirmed or suspected), what should I do?

1. Begin quarantine at home;
2. Get tested (PCR preferred) between 5-7 days after **last** exposure.
 - a. If negative and no symptoms– Quarantine can end after **Day 7** if a viral test is negative **AND** if no symptoms were reported during daily symptom monitoring. If symptoms develop – see **2b** below.
 - b. If negative and symptomatic – minimum of 10 days since symptoms first appeared **and** 24 hours with no fever *without fever-reducing medications* **and** other symptoms are improving. All three must be met before returning to play.
 - c. If positive and no symptoms – 10 days after positive test assuming no symptoms develop. If symptoms develop – see **2d** below.
 - d. If positive and symptomatic - minimum of 10 days since symptoms first appeared **and** 24 hours with no fever *without fever-reducing medications* **and** other symptoms are improving. All three must be met before returning to play.
3. If you elect to have no test performed:
 - a. If no symptoms – complete a 14-day quarantine. Return to play on day 15.
 - b. If symptomatic - minimum of 14 days since symptoms first appeared **and** 24 hours with no fever without fever-reducing medications **and** other symptoms are improving. All three must be met before returning to play.

My child is sick with a non-COVID illness and we've had no known exposure, what should I do?

1. If a COVID-19 test is negative and your doctor confirms a different illness (strep, flu, etc.) the player should stay away from soccer activities until all symptoms resolve without the use of fever-reducing medication.
2. If no test was performed to rule out COVID-19 – follow the positive/symptomatic protocol described in **2d** above.

What are my responsibilities?

1. **Parents/players** – if your child has been exposed or is sick – stay away from all soccer activities and **immediately** report your exposure/illness to your coach. You must also follow guidance from your coach that he/she was provided from the LTSC Executive Committee. NOTE: If you were provided a return to activity date by Maryland Department of Health or other authoritative body – it is important to share that information.
2. **Coaches** – Immediately report all known and suspected cases of illnesses to Walter Sampson and Joe Gillespie. Follow guidance provided the LTSC Executive Committee*.

* The LTSC Executive Committee will carefully handle each case by reviewing all provided information, requesting further clarification (if required), and providing guidance to coaches regarding COVID-19 protocols outlined above.

As a program, our obligation to strictly adhere by these guidelines will help ensure a healthy season of soccer. It will take each and every person's effort, diligence and commitment.