

Wyoming Soccer Association (WSA) COVID-19 Reporting Policy

If a player or coach in your club tests positive for coronavirus, the following measures must be taken:

1. Immediately remove player/coach from all team activities
2. Inform the team that someone has tested positive (do not disclose names) and encourage everyone to monitor symptoms
3. Submit a COVID-19 tracking sheet to WSA ([here](#))
4. Player/coach/team with close contact as defined by the CDC goes into quarantine. <https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>
5. League or Tournament game cancelled/postponed for 14 days from confirmation of positive test.

Return to Participation Guidelines

Document source: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

I had COVID-19 and I had symptoms:

You can be around others after:

- 10 days since symptoms first appeared and
- 24 hours with no fever without the use of fever-reducing medications and
- Other symptoms of COVID-19 are improving*

I tested positive for COVID – 19 but had no symptoms:

If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19. Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

If you develop symptoms after testing positive, follow the guidance above for “I think or know I had COVID-19, and I had symptoms.”

Who Needs to Self-Quarantine?

Document source: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

- People who have been in close contact with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months.
- People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again.
- People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Steps to take: Stay home and monitor your health

- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19