

### COVID procedures/guidelines

If your player has been exposed to COVID, you must inform your Coach or a board member and you must follow the quarantine guidelines, again a negative (-) PCR is required, or 5 (10) days quarantined. If you knowingly bring an exposed player to practice, games, and/or events held by the VCA, you will be asked to leave and not return for the remainder of the season without a refund of any fees paid.

1. If any parent test positive, contact tracing will be applied for the last 48 hours.
2. If parent test positive and child cannot separate, 10-day quarantine required. The player can return to the team with a medical release/Negative PCR test after 10 Days.
3. If a parent test positive and child can separate, child must quarantine for 5 days. If the child has no symptoms on day 5, the child can be tested with PCR test. If PCR test is negative, the child may return to the team with a medical release/Proof of negative PCR test on day 7.
4. If any player tests positive, contact tracing will be applied for the last 48 hours.
5. A symptomatic player must be tested. If the player test positive, 5-day quarantine is required. If a child test Negative proof of PCR test is required to return. A child must bring a negative PCR test to return.
6. **Siblings:** For example: If a senior football player test positive, all siblings on another team within the club must immediately quarantine and get tested. Contact tracing /quarantine time would apply to initial child and any siblings.
7. **Coach:** The job of the coach is to keep the players separated. The players cannot be less than 6 feet apart for more than 15 minutes during a 2-hour practice. If the coach feels this requirement has not been met with a positive test on the team, the entire team must quarantine for 5 days. The coach and player may return to practice with a medical release/proof of a negative PCR test.
8. **Other Families:** When contact tracing is investigating/applied, any families and their child who have been within 6 feet for more than 15 minutes of a positive person must get tested. The parent/child cannot return to practice until they have received a negative PCR test which is completed on day 5. The family and their child can return to practice with a medical release/negative PCR test.
9. **Main symptoms:** Fever 100.4 or higher in the last 24 hours, a new cough, shortness of breath, changes in taste or smell, chills, sore throat, diarrhea, headache or new congestion.
10. **Cleaning:** All players must use hand sanitizer before each practice. The coaches will clean all blocking/tackling pads after each practice. All footballs will also be cleaned after each practice. All flags will also be cleaned after each practice.
  - **If any child test positive, we are required to notify the school that the player attends\***
  - **If the school gives you a return date to school after quarantine, the club will adopt the same day\***
  - **Information/requirements of quarantine are subject to change as updated by the local health department\***
  - **Every positive case is unique, the handling of each new case may differ from previous one\***

We will change and adopt what CDC and VDH says along with any Executive orders set forth from Governor Yonkin.

