



Damascus Sports Association

COVID-19 Return to Play – Exposure Guidance

Effective July 27, 2020 @ 5PM

The following are screening procedures and DSA response to potential illness for returning to play. Every player and coach/volunteer is required to be screened prior to organized activity, practice, or game.

1. The screening should include the following questions:
 - a. Today or in the past 24 hours have you had any of the following symptoms:
 - i. Fever (temperature greater than 100.4 for children and greater than 100 for adults)
 - ii. New or worsening cough
 - iii. Shortness of breath or trouble breathing
 - iv. Do you have a household or close contact who has been diagnosed with COVID-19 in the past 2 weeks?
 - b. Coach/volunteer check with a thermometer is required prior to participation (temperature greater than 100.4 for children and greater than 100 for adults is considered a fever).
 - c. If a player or volunteer does not complete the above health check, or becomes symptomatic during practice, the player or coach/volunteer will be quarantined until a parent or guardian can safely take them home.
2. If a player/coach/volunteer/official has positive finding on their COVID-19 screening they will be sent home immediately. The player will not be allowed back until they have documentation demonstrating the SARS-CoV-2 test was negative or a note from their healthcare provider indicating they do not need to be tested and their symptoms are not due to COVID-19.
3. Positive COVID-19 Player or Coach/Volunteer
 - a. The parent/guardian/coach/volunteer will follow state, federal, and local guidelines reporting a positive COVID-19 diagnosis.
 - b. The coach/volunteer should email the team, commissioner, and DSA Board Officers that there is a positive COVID-19 diagnosis. **THE NAME OF THE PERSON WILL NOT BE TRANSMITTED.**
 - c. Follow CDC guidelines for disinfecting equipment and/or facilities.
4. If a player or coach/volunteer not wearing a mask is confirmed to have COVID-19, the following should occur:
 - a. All participants that have practiced or competed with this individual up to 48 hours prior to symptom onset should be excluded from practice for 14 days.



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- b. Recommend teams keep documentation of names and contact information of opposing teams/coaches/volunteers/officials for contact tracing purposes.
 - c. Exception could be made if all activities were done practicing appropriate social distancing.
 - d. If a coach/volunteer is positive and was wearing a mask/face covering potentially none of her/his contacts will have to be excluded. In some cases, a mask/face covering may not be considered protective depending on the type of exposure.
5. Returning to sports post COVID-19 diagnosis
- a. Players/coaches/volunteers must meet all the following criteria to return to sports:
 - i. No fever (>100.4) for 72 hours without fever reducing medications
 - ii. Improvement in respiratory symptoms (cough, shortness of breath,)
 - iii. At least 14 days have passed since symptoms first appeared
 - iv. Note for clearance from a medical provider (MD, DO, NP, PA) individuals without a medical provider can contact their local public health agency.

This document was created based on the following resources, guidelines, materials with input from various authorities and other sources. This document was created by DSA Board Of Directors. Please note that any information contained herein is for informational purposes only and may not be construed as a directive, edict, or in place of medical or legal advice. This document may only be used in the spirit for which it was intended.

CDC Guidelines:

o <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Maryland State Guidelines:

o <https://governor.maryland.gov/recovery/>

o <https://governor.maryland.gov/2020/04/24/governor-hogan-introduces-safe-gradualand-effective-maryland-strong-roadmap-to-recovery/>

o https://governor.maryland.gov/wp-content/uploads/2020/04/MD_Strong.pdf



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INFECTION PREVENTION RECOMMENDATIONS



Stay more than 6 feet away from people who appear sick

Avoid touching your face



Frequently wash your hands for 20 seconds with soap and water or using alcohol-based hand sanitizer with a minimum of 60% alcohol if your hands aren't soiled



Cover your mouth and nose with tissue when coughing or sneezing, dispose of tissue in the trash, and wash your hands or use hand sanitizer after coughing or sneezing



Frequently clean commonly touched surfaces (ie: doorknobs, keyboards) with antiseptic cleanser



Wear a facemask when you are outside of your home or if you have symptoms of a respiratory illness such as a cough, runny nose, or shortness of breath



Stay home if you are sick and call your healthcare provider for further recommendations



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Signs and Symptoms of COVID-19

Most Common Symptoms



Fever
(> 100.4)



Cough



Shortness
of breath

Less Common Symptoms



Sore throat
Congestion



Headache
Chills



Muscle and
Joint Pain



Nausea or
Vomiting



Loss of sense
of Smell



Diarrhea



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SELF-MONITORING INSTRUCTIONS

Twice daily, check for the following signs or symptoms of respiratory infection:



Fever
(> 100.4)



Cough



Shortness of
breath

Other symptoms to pay attention to include:

Sore throat

Congestion

Headache

Muscle and Joint Pain

Chills

Nausea or Vomiting

Diarrhea

Loss of Sense of Smell



If you develop any of these symptoms, please contact your healthcare provider to discuss how to proceed.