



Micro Soccer and Academy COVID-19 Policy



Our Micro Soccer and Academy COVID-19 policy is not intended to alarm you. We believe that playing soccer outdoors is a low-risk activity as it relates to the COVID virus. The physical, emotional, and social benefits of participating in outdoor sports has been widely researched and proven. We firmly believe that the benefits of participating in Micro Soccer and Academy outweigh the risks of contracting COVID from playing soccer.

The following policy conveys the fact that we recognize that the COVID pandemic remains an issue for our community, and we have a plan set forth to minimize the virus's spread should one of our members becomes infected.

Definitions:

- "close contact exposure" is defined as an individual who was within six feet of the infected person for 15 or more minutes cumulative over a 24-hour period.
- "period of infectivity" is defined as 48-hours prior to the onset of symptoms until 10 days after the onset of symptoms. If no symptoms exist, the Period of Infectivity is defined as 48-hours prior to the sampling of the first positive COVID test until 10 days after the test.

Program Structure:

- Our Micro Soccer and Academy teams have one practice per week with their coach and team for 60-75 minutes.
- The teams scrimmage a "Practice Partner" team for the last 20-30 minutes of practice.
- Our Micro Soccer teams play a 20-minute game against two different teams each Sunday.
- Our Academy teams play a 50-minute game against one opponent each Sunday.

Implications:

- Realistically, a team may huddle, sit on the bench, and conduct practices to meet the definition of a close contact exposure.
- Realistically, a Practice Partner team does not meet the definition of a close contact exposure.
- Realistically, an opposing team on Sunday does not meet the definition of a close contact exposure.

Policy:

If a player or coach tests positive for COVID, they must isolate for the 10 days following onset of symptoms or, if no symptoms, 10 days from their first positive COVID test.

If a player or coach tests positive for COVID, any unvaccinated member of the team who participated in games or practices during the period of infectivity must enter quarantine.

If the unvaccinated player or coach develops no symptoms and has a negative COVID PCR or antigen test on (or beyond) Day 6 of exposure, the team member can return to normal activities on Day 8 of exposure.

If the unvaccinated player or coach develops no symptoms but does not get tested for COVID, the team member can return to normal activities on Day 11 of exposure.

If a player or coach is vaccinated, they do not have to enter quarantine. They are recommended to get a COVID test between 3-5 days post-exposure. If they develop symptoms, they must have a negative COVID PCR or antigen test to return to normal activities. In the absence of a negative COVID test, they can return to normal activities 10 days after the onset of their symptoms.

If a player or coach tests positive for COVID, we will instruct all players and coaches that participated as a "Practice Partner" team or who competed in a game with the COVID-positive individual during the period of infectivity to monitor for symptoms of COVID.

If you have any questions regarding this policy, please contact the Micro Soccer and Academy Director at academymicro@flagstaffsoccerclub.com.