

West Raleigh COVID Protocols - Fall 2021 - Page 1 of 2

Masking - currently required by the City only INDOORS (restrooms, clubhouse) for all individuals 2 years of age and older regardless of vaccination status

- *From the AAP: "Most transmission associated with outdoor sports has been related to off-field activities, such as sharing meals and during transportation in private vehicles"

Isolation (stay home and away from others) - confirmed or suspected COVID infection

- If any COVID test is positive, even if another is negative, isolation should be followed
- Duration: Minimum of 10 days from symptom onset
- Return to West Raleigh only once ALL of the following are met:
 - At least 10 days from symptom onset AND
 - No fever for at least 24 hours (off of medication) AND
 - Improvement of symptoms (excluding loss of taste/smell)

Quarantine (stay home) - exposure to someone with COVID infection

- Exposure is considered to have occurred regardless of masking
- Duration: 10 days from last exposure to positive individual
 - If positive individual is a household member, duration is 10 days beyond the 10 day isolation period for the positive individual (minimum of 20 days)
 - If symptoms develop or you test positive during quarantine, then follow **isolation** guidelines above
- Return to West Raleigh:
 - 10 days after last exposure WITHOUT development of symptoms
 - *see above for household contact exposure (20 days)

OR

- 7 days after last exposure (if exposure was not a household contact) if:
 - NO symptoms AND
 - Negative PCR test obtained at least 5 days after last exposure

Testing - any negative Rapid or Over-the-Counter COVID test should be followed up by a PCR test for confirmation

Symptoms - include (but are not limited to): fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea

Fully Vaccinated Individuals - those at least 14 days beyond final dose of the COVID vaccine

- Do not need to quarantine after exposure
 - Should wear a mask indoors for 14 days after exposure or until a negative COVID test result obtained at least 5 days after exposure
- If symptoms develop, or a positive COVID test is received, then **isolation** guidelines should be immediately followed and exposed individuals notified

*This is also the case for those who've had laboratory confirmed COVID (via PCR swab, not antibody testing) within the past 90 days

Scenarios:

1. **NEW onset SYMPTOMS of ILLNESS** (see **symptoms** list above)
 - Individual with symptoms should follow **isolation** guidelines as above unless cleared to return sooner by a healthcare provider because an illness other than COVID is confirmed
 - Household contacts should **quarantine** as per protocol above unless illness other than COVID is confirmed
2. **CONFIRMED COVID** - positive Rapid or PCR test
 - Positive individual should follow **isolation** guidelines above
 - *It is recommended that all players testing positive for COVID be cleared by their physician to return to sports safely according to the American Academy of Pediatric Return to Sport After COVID-19 guidelines
 - *This will be considered the responsibility of the players parent/guardian
 - Household contacts should follow **quarantine** guidelines above
 - The Team (players and coaches present) should follow **quarantine** guidelines above ONLY if the positive individual was at a practice or game within the 48 hour prior to or after symptom onset
3. **EXPOSURE to CONFIRMED or SUSPECTED COVID**
 - Exposed individual(s) should follow **quarantine** guidelines as above
 - Household contacts who were not exposed do not need to quarantine UNLESS exposed individual develops symptoms or has a positive test result
4. **PLAYER OR COACH TESTS POSITIVE**
 - Positive Individual must follow **isolation** guidelines as above
 - The Team only needs to follow **quarantine** guidelines as above IF the individual testing positive was present at a practice or game within the 48 hours prior to or after onset of symptoms
 - Siblings/Parents should follow **quarantine** guidelines for household contacts as above