



**WESCO United**

## **COVID-19 Health and Safety Action Plan**

*Guidelines and Protocols for Coaches, Families, and Players*

Last Updated August 18, 2021

**WESCO will prevent and reduce transmission of COVID-19 by implementing the following safety protocols. By participating, you are agreeing to follow these protocols.**

**WESCO United abides by all national, state, and local regulations pertaining to the COVID-19 pandemic.**

### **Touchless Registration and Payment**

Please use TeamSnap to register and pay online. If this is not possible contact the Office Manager to make alternative arrangements.

### **Office Closed**

All non-essential visits by vendors, subcontractors, clients, etc. to the office are suspended. WESCO office staff is working remotely.

### **Cleaning and Disinfecting Protocols**

Any shared equipment will be cleaned between sessions. Coaches are to set aside extra time before and after practice to make sure this is done, per California Department of Public Health guidelines. Use hand sanitizer when entering and exiting the field, and as necessary.

### **Mask Recommendation**

WESCO United's recommendation is to wear masks to the greatest extent possible when tolerable even during play. We believe it is important for coaches to wear masks when in close proximity to the players.

### **Social Distancing**

Stay 6 feet away from others at all times when off the field, especially when masks are off. Contact is allowed during practices and games.

### **Limits on Gear**

No sharing of drink bottles or other personal equipment. Come dressed to play!

## Limited Spectators

Observers must maintain at least 6 feet from non-household members.

## First Aid

In case of emergency, please be near, with your cell phone on. In order to maintain social distancing coaches will be able to provide limited help in the case of an injury. Parents/Guardians are asked to remain close and keep their cell phone handy.

## Bathroom Breaks

Whenever possible please have your child use the bathroom before they arrive. As with first aid, coaches are to have limited close contact. Please be available by cell phone if young children need to be taken to the restrooms. Restrooms may not be available in some locations.

## If Someone is Sick or Contracts COVID-19

Do not attend practices or games if you or your child are sick. If your child contracts COVID-19, please inform your coach and the WESCO office. Local health officials will be notified. Families will be notified while keeping the identity of the individual private. Practice plans will be re-evaluated, and new plans communicated.

## WESCO United Response to Positive COVID-19 Cases and Close Contacts

WESCO United requires that a COVID-19 case with one or more COVID-19 symptoms not participate in any WESCO United sanctioned events including practice until they satisfy each of the following conditions:

- At least 24 hours have passed since a fever of 100.4 degrees Fahrenheit or higher has resolved without the use of fever-reducing medications;
- COVID-19 symptoms have improved; and
- At least 10 days have passed since COVID-19 symptoms first appeared.

WESCO United requires that COVID-19 cases who tested positive but never developed COVID-19 symptoms not participate in any WESCO United sanctioned events including practice until a minimum of 10 days have passed since the date of specimen collection of their first positive COVID-19 test.

Any WESCO United coach, player, or individual associated with the league who had a close contact COVID-19 exposure, but never developed COVID-19 symptoms, may return to WESCO United sanctioned events including practice 14 days following the last known close contact COVID-19 exposure. If you get a negative COVID-19 test 8 days or more from your close contact with a confirmed case, you can end your quarantine 10 days after the last contact provided you don't develop symptoms associated with COVID-19.

“Close contact COVID-19 exposure” means being within six (6) feet of a COVID-19 case for a cumulative total of 15 minutes or greater in any 24-hour period within or overlapping with the “high-risk exposure period” as defined here. This definition applies regardless of the use of face coverings.

“High-risk exposure period” means the following: (1) For COVID-19 cases who develop COVID-19 symptoms: from two (2) days before they first develop symptoms until each of the following are true: (1) it has been ten (10) days since symptoms first appeared; (2) 24 hours have passed with no fever, without the use of fever-reducing medications; and (3) symptoms have improved; or for COVID-19 cases who never develop COVID-19

symptoms: from two (2) days before until ten (10) days after the specimen for their first positive test for COVID-19 was collected.

Anyone fully vaccinated who has been exposed to Covid-19 does not need to quarantine as long as they are asymptomatic. You are considered fully vaccinated:

2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines.

2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

In the event of a close contact, you may be asked to self-attest to your vaccination status to avoid quarantining.

## **Stay Informed**

This guidance is based on what is currently known about the coronavirus disease (COVID-19) as provided by the Centers for Disease Control and Prevention (CDC). The CDC will update their guidance as additional information becomes available, on their webpage, <https://www.cdc.gov/>. Current local information can also be found at the Sonoma County Emergency and Preparedness webpage, <https://socoemergency.org/>.

**Guidelines are subject to change as new information emerges. Knowingly failing to or falsifying the report of a close contact or exposure is subject to league action which could include removal from the team.**

**Thank you for your help in preventing the spread of COVID-19  
and for your understanding and cooperation!**