



# For Coaches

In an effort to mitigate risk and comply with the Commonwealth of Virginia's Phase 3 Guidelines for Recreation Sports, the following is asked of all coaches at a Roanoke County sponsored athletic event.

## Before Your Activity

- ✓ Develop a practice plan that encourages physical distancing whenever practical
- ✓ Disinfect any equipment that is planned for use during the day's activity
- ✓ Conduct your pre-event screening and remind your assistant coaches and players to do so as well
- ✓ Communicate with parents electronically any information that you would normally do so at drop off
- ✓ Ask parents and players to arrive no more than 15 minutes prior to activity start time

## During Your Activity

- ✓ Focus on skill development drills that can done with limited interaction
- ✓ Recommend frequent use of hand sanitizer between activity transitions
- ✓ Monitor players for physical distancing including those who are not engaged in an activity or game
- ✓ Limit shared equipment to only what is necessary
- ✓ Discourage unnecessary physical contact such as high fives, handshakes, fist bumps etc
- ✓ Limit your team to your respective practice area and time slot to allow for planned activity transitions
- ✓ Do not allow players to share personal equipment such as water bottles, towels or other personal belongings
- ✓ Wear a mask, as required by State Code, when you are unable to maintain appropriate physical distancing

## After Youth Activity

- ✓ Encourage players, parents and spectators to leave as soon as the activity is concluded to allow the next activity to begin
- ✓ Consider sending a group text or email in lieu of holding a post-game meeting with your team
- ✓ Do not allow post-game drinks or snack from team parents

## Required Pre-Event Screening

Any person which answers **YES** to a question below is **NOT** permitted to participate in or attend a Roanoke County sponsored athletic event **UNTIL AFTER** symptoms disappear, without medication, for 72 hours.

- ✓ Do you have a fever (100.4F or higher) or a sense of having a fever?
- ✓ Do you have a cough that cannot be attributed to another health condition?
- ✓ Do you have shortness of breath that cannot be attributed to another health condition?
- ✓ Do you have chills that cannot be attributed to another health condition?
- ✓ Do you have a sore throat that cannot be attributed to another health condition?
- ✓ Do you have any muscle aches that cannot be attributed to another health condition or specific activity?

Persons confirmed or suspected to have COVID-19 OR have been in close direct contact with a person who has COVID-19 must follow the below VDH Guidelines for isolation and/or be determined to be no longer contagious prior to returning to activity.

**VDH VIRGINIA DEPARTMENT OF HEALTH**

**WHEN IT IS SAFE TO BE AROUND OTHERS: ENDING ISOLATION IN NON-HEALTHCARE SETTINGS**

For persons with confirmed or suspected COVID-19 to know when they are likely no longer contagious:

<p><b>Symptom-based strategy</b></p>	<p><b>If you had COVID-19 symptoms</b> and were directed to care for yourself at home, you can leave your "sick room" and home after these 3 things have happened:</p> <ul style="list-style-type: none"> <li>✓ At least 10 days have passed since symptoms first appeared, <b>and</b></li> <li>✓ At least 24 hours with no fever without fever-reducing medication, <b>and</b></li> <li>✓ Other symptoms have improved.</li> </ul>
<p><b>Time-based strategy</b></p>	<p><b>If you tested positive for COVID-19 and never had any symptoms</b> and were directed to care for yourself at home, you can leave your "sick room" and home if:</p> <ul style="list-style-type: none"> <li>✓ At least 10 days have passed since the date of your first positive COVID-19 diagnostic test, <b>and</b></li> <li>✓ You continue to have no symptoms since the test.</li> </ul>
	<p>Persons with COVID-19 who have <a href="#">severe to critical illness</a> or who are <a href="#">severely immunocompromised</a> might need to stay home longer than 10 days. These persons can consider using a test-based strategy to discontinue isolation, in consultation with an infectious disease expert.</p>

\* A longer time frame after recovery may be desired to minimize the chance of prolonged shedding of active virus for 11 healthcare personnel in close contact with vulnerable persons at high-risk for severe COVID-19 and 21 persons who have conditions that might weaken their immune system. Such persons should consult with their healthcare provider.  
 † Healthcare personnel should be excluded from work during isolation and then follow [Return to Work Practices and Work Restrictions](#) of universal source control and self-monitoring for symptoms.  
 ‡ Based on CDC guidance for [Discontinuation of Isolation in Non-Healthcare Settings](#) aimed to prevent most instances of further spread.

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**VDH VIRGINIA DEPARTMENT OF HEALTH**

**WHEN IT IS SAFE TO BE AROUND OTHERS: ENDING QUARANTINE AND RETURN TO WORK FOR EXPOSED PERSONS**

People who have been in close contact with a person who has COVID-19 while they are contagious\* need to quarantine.

**Close contact includes:**

- Living with a person who has COVID-19, or
- Providing care for a person who has COVID-19, or
- Being within 6 feet of a person who has COVID-19 for at least 15 minutes, or
- Having exposure to respiratory secretions (e.g., being coughed or sneezed on; sharing a drinking glass or utensils; kissing) from a person who has COVID-19.

\*A person with COVID-19 is considered to be contagious starting from 2 days before they became sick (or 2 days before they tested positive if they never had symptoms) until they meet the criteria to discontinue isolation.

**HOUSEHOLD CONTACTS**

**Self-quarantine (stay home) and monitor for symptoms** while the person is home and for 14 days after the person has been released from isolation (because exposure is considered ongoing within the house)\*\*.

**14 Days**

Person's onset date → Person released from isolation → Household contact is released from quarantine if not sick.

\*\*If you are able to have complete separation from the person in your house with COVID-19 (this means no contact, no time together in the same room, no sharing of any spaces, such as same bathroom or bedroom), then follow timeframe for non-household contact

**NON-HOUSEHOLD CONTACTS**

**Self-quarantine (stay home) and monitor for symptoms** until 14 days after the date of last close contact with the person infected with COVID-19.

**14 Days**

Date of last close contact with person → Non-household contact is released from quarantine if not sick.

**HEALTHCARE PERSONNEL**

Asymptomatic healthcare personnel (HCP) with potential exposure to patients, visitors, or other HCP with COVID-19 may be [assessed for exposures and advised on work restrictions](#) for 14 days after their last exposure. Exposures include close contact when appropriate PPE is not used, especially for aerosol-generating procedures. If staffing shortages occur, it might not be possible to exclude exposed HCP from work; see [CDC strategies to mitigate HCP staffing shortages](#).

**CRITICAL INFRASTRUCTURE WORKERS**

Personnel filling essential critical infrastructure roles (as defined in [USA Framework](#)) should self-quarantine for 14 days after their last exposure, but may continue to work if they do not have any symptoms and additional precautions are taken to protect them and the community. Follow VDH recommendations for [critical infrastructure workers \(non-healthcare\) potentially exposed to COVID-19](#).

Based on CDC guidance for [Community-Related Exposures: Quarantine if you Meet the Self-Risk Assessment and Work Restrictions for HCP, and Critical Workers Exposed to COVID-19](#)

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