



For Parents of Players

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 parents and players participating in or attending a Roanoke County sponsored athletic event.

Before Your Activity

- ✓ Conduct a pre-event screening on your player and any other household member who will be attending the day's activity
- ✓ Have an age appropriate conversation with your child about physical distancing
- ✓ Have an age appropriate conversation with your child about washing their hands and not touching their face during activities
- ✓ Send your child will all necessary equipment including a water bottle. Coaches will not provide community equipment
- ✓ Pack a bag chair for attendees as bleachers have been removed from fields to encourage physical distancing by spectators
- ✓ Communicate with your coach electronically any information that you would normally do so at drop off
- ✓ Plan to arrive no more than 15 minutes prior to your activity to allow for activity transitions

During Your Activity

- ✓ Use appropriate physical distancing while spectating including sitting with only members of the same household
- ✓ Help your coach monitor your player for physical distancing when they are not engaged in an activity or game
- ✓ Discourage unnecessary physical contact such as high fives, handshakes, fist bumps by all in attendance

After Your Activity

- ✓ Please depart the game area as soon as possible to help with the overcrowding that can occur during activity transitions
- ✓ Do not offer post game drinks and snacks to teammates and coaches
- ✓ Clean and sanitize all players equipment as soon as possible

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:			
	Symptom-based strategy	<p>If you had COVID-19 symptoms 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"> ✓ At least 10 days have passed since symptoms first appeared, and ✓ At least 24 hours with no fever without fever-reducing medication, and ✓ Other symptoms have improved. 	
	Time-based strategy	<p>If you tested positive for COVID-19 and never had <u>any</u> symptoms 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"> ✓ At least 10 days have passed since the date of your first positive COVID-19 diagnostic test, and ✓ You continue to have no symptoms since the test. 	
		Persons with COVID-19 who have <u>severe to critical illness</u> or who are <u>severely immunocompromised</u> 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.	
<small>• A longer time frame after recovery may be desired to minimize the chance of prolonged shedding of active virus for 19 healthcare personnel in close contact with vulnerable persons at high-risk for severe COVID-19 and 2) 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 Guidance to Work Practices and Risk Assessment of universal source control and self-monitoring for symptoms. • Based on CDC guidance for Healthcare Personnel in Facilities with COVID-19 Patients, aimed to prevent most instances of further spread.</small>			
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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:			
<ul style="list-style-type: none"> • Living with a person who has COVID-19, or • Providing care for a person who has COVID-19, or 		<ul style="list-style-type: none"> • 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. 	
<small>*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.</small>			
	HOUSEHOLD CONTACTS	<p>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)**.</p>	
<small>**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</small>			
	NON-HOUSEHOLD CONTACTS	<p>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.</p>	
	HEALTHCARE PERSONNEL	Asymptomatic healthcare personnel (HCP) with potential exposure to patients, visitors, or other HCP with COVID-19 may be <u>assessed for exposures and advised on work restrictions</u> 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 CSA 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.	
<small>Based on CDC guidance for Community-Based Exposures: Quarantine if you don't get sick, Risk Assessment and Work Restrictions for HCP, and critical Workers exposed to COVID-19</small>			
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