



**ARKANSAS RISING SOCCER**

**COVID-19  
ACTION PLAN**

**\*Revised 10-Mar-2021**



# ARKANSAS RISING SOCCER

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# ARKANSAS RISING SOCCER

## Introduction

In response to the COVID-19 pandemic, Arkansas Rising Soccer Club maintains an action plan for safe play. The Board of Directors, in consultation with local medical experts, developed and adjusts this action plan to promote safe and responsible activity. These policies follow [Arkansas Department of Health](#) and [Centers for Disease Control](#) guidelines.

We know that everyone is excited to come together to play and train; however, it is imperative that all coaches, players, and families adhere to these guidelines. This action plan addresses many critical details that must be followed by all players, parents, coaches and staff, etc., to ensure the health and safety of everyone involved with our club and community.

These policies may be amended periodically in response to changes in guidance or the pandemic situation. Revision of this action plan will be determined by Club Leadership through evaluation of all current data available and based on guidelines from the Arkansas Department of Health, the State of Arkansas, Arkansas Premier Clubs, Arkansas Soccer Association, local government officials, and in consultation with health professionals.

ARSC will communicate any significant official changes in policies at the appropriate time. We are all in this together and need everyone's commitment to follow these club mandates. As a ARSC member, it is your responsibility to adhere to these policies and to report any positive COVID-19 test results immediately to the club to ensure the safety of our membership and limit further transmission.



# ARKANSAS RISING SOCCER

## General Guidelines

- All players, staff, and family members have the responsibility to immediately inform AR Rising of any positive COVID-19 test, or contact with individuals with COVID-19 infection, to protect all of our membership from possible transmission.
- All players, staff, and family members visiting an AR Rising facility are asked to clean hands frequently and to check their temperature before any ARSC activity. Please stay home if you feel unwell, have loss of taste or smell, have temperature above 100.4 F, or are showing any other signs of illness.
- AR Rising discourages carpooling to training. Please limit where possible.
- All AR Rising members are required to adhere to the guidelines set forth by local and/or state governing bodies regarding the wearing of face coverings at AR Rising events. AR Rising encourages all members to wear face coverings at all times while visiting AR Rising facilities.
- AR Rising strongly encourages family members / guardians to adhere to all social distancing guidelines. Please avoid congregating of any sort.
- Training sessions consist of contact exercises, addressing the technical, tactical, physical, and mental demands of the game, with players maintaining social distancing while not in active training or competition.
- No exchanging of training pinnies.
- No team huddles.



# ARKANSAS RISING SOCCER

## Following Confirmed Or Suspected COVID-19 Infection

Symptomatic players and coaches with suspected or confirmed COVID-19 infection cannot attend any AR Rising practices or games until ALL of the following criteria are met:

- At least one day (24 hours) has passed with temperature less than 100.4 (without the use of fever reducing medications)
- AND, at least one day (24 hours) has passed since resolution of all symptoms including respiratory symptoms (e.g., cough, congestion, chest pain, shortness of breath or difficulty breathing), GI symptoms (e.g. vomiting, diarrhea, abdominal pain), or other general symptoms (malaise, fatigue).
- AND, at least 10 days have passed since symptoms first appeared, or 10 days since the positive test if no symptoms developed.
- Athletes who have tested positive must be cleared by their physician before returning to play.



# ARKANSAS RISING SOCCER

## Following Direct Exposure To A Suspected Or Diagnosed Case Of COVID-19

Any asymptomatic player or staff member who has been directly exposed to an individual with suspected or confirmed COVID-19, where that exposure occurred within 48 hours from onset of symptoms or positive testing, will be restricted from participation for at least 10 days (from the time of contact) in order to monitor for any symptoms consistent with infection. Although outdoor activities appear generally safe, we still consider exposure during training or games as a trigger for quarantine from club and other activities.

If asymptomatic after 10 days since exposure, they can return to participation. In general, you need to be in close contact with an individual to contract the disease. In this case, direct exposure means any one of the following:

- Living in the same household or being cared for by as an individual with suspected or confirmed COVID-19 infection
- Being within 6 feet of an individual with a suspected or confirmed COVID-19 infection for more than 15 minutes (e.g. carpooling)

### Exceptions:

- 1) Individuals do not require quarantine if they have fully completed their COVID-19 vaccination series within 3 months of the exposure (or those with previously documented COVID-19 infection within this same timeframe). This timeframe is based on current CDC data and recommendations, and is likely to change (lengthen) as more data are collected. Individuals who meet this criteria must still report the exposure to ARSC and provide supporting documentation.
- 2) In limited circumstances, ARSC may permit the return to play using alternative CDC guidelines of 7 days with a negative high-sensitivity test on Day 5-6 after exposure. There are very specific requirements for test type and timing; under no circumstances will this be permitted without prior approval and direction from the Club.

Below is a hypothetical scenario along with the required AR Rising protocols that will hopefully assist in better understanding important parameters like 'direct contact' and 'window of exposure. These are for informational purposes, but please remember that we request you notify ARSC through your coach for any question of exposure; we can then collect details to make the appropriate determination.

*On Tuesday afternoon, Billy was sent home from school due to a new cough. He did not go to team practice on Tuesday night, but had recently played in a game on Saturday. He was tested for COVID-19 on Wednesday and found positive. Billy's best friend and AUSC teammate, Jonny, attended a birthday party with Billy on Monday and practiced with the team on Tuesday.*

*Our guidelines say:*

*Billy: Isolated for COVID-19 infection with return on the second Saturday (in quarantine for 10 full days from Tuesday), if he has been symptom-free for >24 hours and is medically cleared by his doctor.*

*Jonny: Quarantined for COVID-19 exposure until the following Friday (10 full days from his last contact with Billy on Monday).*

*Rest of team: No quarantine required—no direct contact with Billy (there were more than 48 hours between game Saturday and Billy's onset of symptoms on Tuesday). However, if Jonny were to subsequently develop symptoms before Thursday evening (<48 hours from contact with him), the team would also need to quarantine due to the Monday training contact.*



# ARKANSAS RISING SOCCER

## Reporting Exposure To Or Infection With COVID-19 To ARSC

If your player has been exposed to an infected person or has tested positive for COVID-19, we ask that you please report this directly to AR Rising as soon as reasonably possible. If you are currently quarantining due to exposure or confirmed diagnosis and will miss team training, please let us know. We assure you that your privacy will be protected and your medical information will remain confidential.

## Process For Returning To Play After Quarantine Or Infection

All players who are required to quarantine due to exposure to or infection with COVID-19 MUST receive approval from AR Rising before returning to in-person team activities. Upon receiving a player's report, Rising will immediately contact the family to confirm receipt. AR Rising will contact each family, as well as the player's coach, as their return date approaches to provide approval for returning to the fields.