



**West-Mont United S.A.
COVID Protocols 2022/23 Season
(Travel & Intramural)**

Before Arrival to facilities:

- Comply with **ALL** CDC, Commonwealth of Pennsylvania, Eastern Pennsylvania Youth Soccer and any additional WMUSA directives/requirements.
- **If a player, coach, or spectator have any of the following:** COVID symptoms (headache, sore throat, etc.), Positive COVID test – The family **and** coach **MUST** report this immediately **to the head of Health & Safety Steve Small and your zonal director:**
 - Head of Health and Safety: Steve Small – ssmall@westmontunitedsoccer.org
 - Intramurals/Adult League: Rick Evans – revans@westmontunitedsoccer.org
 - Academy (2016-2014): Jesse Martinez – jmartinez@westmontunitedsoccer.org
 - Zone 1 Boys (2012-2009): Matt Rice – mrice@westmontunitedsoccer.org
 - Zone 1 Girls (2012-2009): Stef May – smay@westmontunitedsoccer.org
 - College Prep (2008-2004): Steve Small – ssmall@westmontunitedsoccer.org
 - **If you are showing any signs of COVID-19.** Sick persons must stay at home and follow appropriate CDC health guidelines. Signs include: Persistent cough (dry or wet), shortness of breath, sore throat, runny nose. Additional symptoms include muscle pain, headache, and new loss of taste or smell.
- All players, coaches, spectators, referees should check their temperature before arriving on site. If over 100.4, **do not attend.**
- **MASKS are not required** – if you wish to wear one, you can.

Games/Training

Players and Coaches

- Anyone displaying symptoms of COVID-19 is prohibited from attending.
- Players and coaches are encouraged to bring their own sanitizer.
- **MASKS are not required for players & coaches** (if you wish to wear one, you can)
- Do not share water bottles, food, etc.
- Sanitize hands after leaving the field and between each game.
- Do not come onto the field/bench area **until** the other teams have vacated the field.

Spectators

- Anyone displaying symptoms of COVID-19 is prohibited from attending.
- Masks are not required – if you wish to wear one, you can
- Spectators are encouraged to bring their own sanitizer.

COVID-19 Rules/Policy

West-Mont United S.A. is committed to supporting all of our participants and their safety with thorough safety precautions and crowd mitigation. Following these Rules/Policy, WMUSA's goal is to provide a safe and enjoyable experience for all players, coaches, officials, and families while eliminating any unnecessary risk.

Scheduling and Operational Adjusted Practices

- Create game schedules that allow proper spacing to reduce number of participants on-site.
- Create spacing in schedule to allow teams to completely leave bench area and field prior to next teams arriving.

Enhanced Sanitizing and Safety Protocols

- Increased cleaning and sanitizing of rest rooms, porta johns, common areas, etc.
- Enhanced pre-event training for staff to maintain safety.

Game Adjusted Practices

- No spitting will be allowed on field, sidelines, etc.
- Teams **MUST** wait until field and bench area is vacated prior to entering the field for next scheduled match.

General Health and Safety Protocols

- WMUSA will provide specific and detailed pre-event communication through email or other form of electronic communication.
- WMUSA will have a planned response and plan in place of a reported COVID-19 infection.
- All participants, spectators, etc. are encouraged to bring their own sanitizer, PPE, etc.

Confirmed Case Policy

COVID-19 Policy: Confirmed Case – **We will follow current CDC Guidelines**

CONFIRMED CASE: When there is a confirmed case of COVID-19 – **REGARDLESS OF VACCINATION STATUS**

- The participant or staff member must self-isolate for minimum of 5 days. May return on Day 6 provided symptom free/symptoms improve.
- **Purpose:** To ensure the health and safety of all associated with WMUSA, its staff, participants, and spectators.

DIRECT FROM CDC WEBSITE:

When to Isolate

Regardless of vaccination status, **you should isolate from others when you have COVID-19. You should also isolate if you are sick and suspect that you have COVID-19 but do not yet have [test](#) results.** If your results are positive, follow the full isolation recommendations below. If your results are negative, you can end your isolation.

IF YOU TEST

Negative - You can end your isolation

IF YOU TEST

Positive - Follow the full isolation recommendations below

When you have COVID-19, isolation is counted in days, as follows:

If you had no [symptoms](#)

- **Day 0 is the day you were tested** (not the day you received your positive test result)
- **Day 1 is the first full day** following the day you were tested
- If you develop symptoms within 10 days of when you were tested, the **clock restarts at day 0 on the day of symptom onset**

If you had [symptoms](#)

- **Day 0 of isolation is the day of symptom onset**, regardless of when you tested positive
- **Day 1 is the first full day** after the day your symptoms started

Isolation

If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home. You are likely most infectious during these first 5 days.

- [Wear a high-quality mask](#) if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask.
- Do not travel.
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to [improve ventilation](#) at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your [symptoms](#). If you have an [emergency warning sign](#) (like trouble breathing), seek emergency medical care immediately.
- Learn more about [what to do if you have COVID-19](#).

Ending Isolation

End isolation based on how serious your COVID-19 symptoms were.

If you had no symptoms

You may end isolation after day 5.

If you had symptoms

You may end isolation after day 5 if:

- You are fever-free for 24 hours (without the use of fever-reducing medication)
- Your symptoms are improving

If you still have fever or your other symptoms have not improved, continue to isolate until they improve.

If you had [moderate illness](#) (if you experienced shortness of breath or had difficulty breathing), or [severe illness](#) (you were hospitalized) due to COVID-19, or you have a weakened immune system, you need to isolate through day 10.

If you had [severe illness](#) or have a weakened immune system, consult your doctor before ending isolation. Ending isolation without a viral test may not be an option for you.

If you are unsure if your symptoms are moderate or severe or if you have a weakened immune system, talk to a healthcare provider for further guidance.

Regardless of when you end isolation, avoid being around people who are more likely to get very sick from COVID-19 until at least day 11. Remember to wear a high-quality mask when indoors around others at home and in public and not go places where you are unable to wear a mask until you are able to discontinue masking (see below), including public transportation and travel settings.

Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

Removing Your Mask

After you have ended isolation, when you are feeling better (no fever without the use of fever-reducing medications and symptoms improving),

- Wear your mask through day 10.

OR

- If you have access to antigen tests, you should consider using them. With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.

Note: If your antigen test results¹ are positive, you may still be infectious. You should continue wearing a mask and wait at least 48 hours before taking another test. Continue taking antigen tests at least 48 hours apart until you have two sequential negative results. This may mean you need to continue wearing a mask and testing beyond day 10.

After you have ended isolation, if your COVID-19 symptoms recur or worsen, restart your isolation at day 0. Talk to a healthcare provider if you have questions about your symptoms or when to end isolation.

⁽¹⁾ As noted in the Food and Drug Administration labeling for authorized over-the-counter antigen tests, negative test results do not rule out SARS-CoV-2 infection and should not be used as the sole basis for treatment or patient management decisions, including infection control decisions.

Helpful Resources

1. Centers for Disease Control and Prevention (CDC) website
 - a. <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
2. Occupational Safety and Health Administration (OSHA) website
 - a. <https://www.osha.gov/SLTC/covid-19/>
3. World Health Organization (WHO) website
 - a. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
4. Pennsylvania Department of Health website
 - a. <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>
5. Commonwealth of Pennsylvania website
 - a. <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>