



West-Mont United S.A.  
**Game and Training Protocols  
Winter/Spring 2022  
(Travel & Intramural)**

**Before Arrival to facility:**

- 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-19 exposure, Covid-19 testing pending (**player or a household family member**), COVID symptoms (headache, sore throat, etc) – The family **and** coach **MUST** report this immediately **to the head of Health & Safety Steve Small and your zonal director:**
  - Intramurals/adult league: Rick Evans – [revans@westmontunitedsoccer.org](mailto:revans@westmontunitedsoccer.org)
  - Academy (2015-2013): Jesse Martinez – [jmartinez@westmontunitedsoccer.org](mailto:jmartinez@westmontunitedsoccer.org)
  - Zone 1 Boys (2012-2008): Matt Rice – [mrice@westmontunitedsoccer.org](mailto:mrice@westmontunitedsoccer.org)
  - Zone 1 Girls (2012-2008): Stefanie May – [smay@westmontunitedsoccer.org](mailto:smay@westmontunitedsoccer.org)
  - College Prep (2007-2003): Steve Small – [ssmall@westmontunitedsoccer.org](mailto:ssmall@westmontunitedsoccer.org)
  - College Prep (2007-2003): Mark Chambers – [mchambers@westmontunitedsoccer.org](mailto:mchambers@westmontunitedsoccer.org)
  - **If you are showing any signs of COVID-19 or have been exposed to COVID-19 in the last 10 days, do not attend training/games.** 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 are to check their temperature before arriving on site. If over 100.4, **do not attend.**
- **MASKS are not required at this time** – 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.
- **IF you have a household member awaiting test results, you are not permitted to attend training/games.**

**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.
- Avoid handling of the soccer ball if it comes to you (as best you can).

## 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.
- Hand sanitizing stations will be strategically placed throughout the facility.

### **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 require all staff, players, coaches, managers, and match officials to submit a COVID-19 waiver in order to participate in the event.
- 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 – **for those who ARE NOT fully vaccinated (including booster)**

- The participant or staff member must self-isolate for minimum of 5 days. May return on Day 6 provided symptom free, but must wear a mask for 5 days.
- All persons who may have had close contact with confirmed individual will be notified.
- Confirmed case will be reported to proper government agencies

Approved by WMUSA BOD

- **Purpose:** To ensure the health and safety of all associated with WMUSA, its staff, participants, and spectators.

**CONFIRMED CASE:** When there is a confirmed case of COVID-19 – **for those who ARE fully vaccinated (including booster)**

- The participant or staff member does not have to quarantine, but should wear a mask for 10 days.
- All persons who may have had close contact with confirmed individual will be notified.
- Confirmed case will be reported to proper government agencies
- **Purpose:** To ensure the health and safety of all associated with WMUSA, its staff, participants, and spectators.

**For official guidelines/procedures we are following, please read the guidelines below direct from the CDC Department.**

### **Quarantine**

**Exposure:** Contact with someone infected with SARS-CoV-2, the virus that causes COVID-19, in a way that increases the likelihood of getting infected with the virus.

**Close Contact:** Someone who was less than [6 feet away from an infected person](#) (laboratory-confirmed or a [clinical diagnosis](#)) for a cumulative total of 15 minutes or more over a 24-hour period (for example, *three individual 5-minute exposures for a total of 15 minutes*). Learn more about [close contact](#), including exceptions to the definition for K-12 schools.

### **Who does not need to quarantine**

If you came into close contact with someone with COVID-19 and you are in one of the following groups, you **do not** need to quarantine.

- You are ages 18 or older and have received all [recommended vaccine doses](#), including [boosters](#) and [additional primary shots](#) for some immunocompromised people.
- You are ages 5-17 years and completed the [primary series](#) of COVID-19 vaccines.
- You had confirmed COVID-19 within the last 90 days (you tested positive using a [viral test](#)).

You should wear a [well-fitting mask](#) around others for 10 days from the date of your last close contact with someone with COVID-19 (the date of last close contact is considered day 0). [Get tested](#) at least 5 days after you last had close contact with someone with COVID-19. If you test positive or develop COVID-19 symptoms, isolate from other people and follow recommendations in the [Isolation](#) section below. If you tested positive for COVID-19 with a [viral test](#) within the previous 90 days and subsequently recovered and remain without COVID-19 symptoms, you do not need to quarantine or get tested after close contact. You should wear a [well-fitting mask](#) around others for 10 days from the date of your last close contact with someone with COVID-19 (the date of last close contact is considered day 0).

### **Who should quarantine?**

If you come into close contact with someone with COVID-19, you should quarantine if you are in one of the following groups:

- You are ages 18 or older and completed the [primary series](#) of recommended vaccine, but have not received a [recommended](#) booster shot when eligible.
- You received the single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and have not received a [recommended](#) booster shot.
- You are not vaccinated or have not completed a [primary vaccine series](#).

### **What to do for quarantine**

- Stay home and away from other people for at least 5 days (day 0 through day 5) after your last contact with a person who has COVID-19. The date of your exposure is considered day 0. Wear a [well-fitting mask](#) when around others at home, if possible.
- For 10 days after your last close contact with someone with COVID-19, watch for fever (100.4°F or greater), cough, shortness of breath, or other [COVID-19 symptoms](#).
- If you develop symptoms, [get tested](#) immediately and isolate until you receive your test results. **If you test positive**, follow [isolation](#) recommendations.
- If you do not develop symptoms, [get tested](#) at least 5 days after you last had close contact with someone with COVID-19.
  - If you test negative, you can leave your home, but continue to wear a [well-fitting mask](#) when around others at home and in public until 10 days after your last close contact with someone with COVID-19.
  - If you test positive, you should isolate for at least 5 days from the date of your positive test (if you do not have symptoms). If you do develop [COVID-19 symptoms](#), isolate for at least 5 days from the date your symptoms began (the date the symptoms started is day 0). Follow recommendations in the [isolation](#) section below.
  - If you are unable to get a test 5 days after last close contact with someone with COVID-19, you can leave your home after day 5 if you have been without [COVID-19 symptoms](#) throughout the 5-day period. Wear a [well-fitting mask](#) for 10 days after your date of last close contact when around others at home and in public.
  - Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.
- If possible, stay away from people you live with, especially people who are at [higher risk](#) for getting very sick from COVID-19, as well as others outside your home throughout the full 10 days after your last close contact with someone with COVID-19.
- If you are unable to quarantine, you should wear a [well-fitting mask](#) for 10 days when around others at home and in public.
- If you are unable to wear a mask when around others, you should continue to quarantine for 10 days. Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.
- Do not travel during your 5-day quarantine period. Get tested at least 5 days after your last close contact and make sure your test result is negative and you remain without symptoms before traveling. If you don't get tested, delay travel until 10 days after your last close contact with a person with COVID-19. If you must travel before the 10 days

are completed, wear a [well-fitting mask](#) when you are around others for the entire duration of travel during the 10 days. If you are unable to wear a mask, you should not travel during the 10 days.

- Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until after 10 days after your last close contact with someone with COVID-19.

### **After quarantine**

- Watch for symptoms until 10 days after your last close contact with someone with COVID-19.
- If you have symptoms, isolate immediately and [get tested](#).

### **Isolation**

**Isolation** is used to separate people with confirmed or suspected COVID-19 from those without COVID-19. People who are in isolation should stay home until it's safe for them to be around others. At home, anyone sick or infected should separate from others, or wear a [well-fitting mask](#) when they need to be around others. People in isolation should stay in a specific "sick room" or area and use a separate bathroom if available. Everyone who has presumed or confirmed COVID-19 should stay home and isolate from other people for at least 5 full days (day 0 is the first day of symptoms or the date of the day of the positive viral test for asymptomatic persons). They should wear a mask when around others at home and in public for an additional 5 days. People who are confirmed to have COVID-19 or are showing symptoms of COVID-19 need to isolate regardless of their vaccination status. This includes:

- People who have a [positive viral test](#) for COVID-19, regardless of whether or not they have [symptoms](#).
- People with [symptoms](#) of COVID-19, including people who are awaiting test results or have not been tested. People with symptoms should isolate even if they do not know if they have been in close contact with someone with COVID-19.

### **What to do for isolation**

- Monitor your [symptoms](#). If you have an [emergency warning sign](#) (including trouble breathing), seek emergency medical care immediately.
- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Take steps to [improve ventilation at home](#), if possible.
- Avoid contact with other members of the household and pets.
- Don't share personal household items, like cups, towels, and utensils.
- Wear a [well-fitting mask](#) when you need to be around other people.

Learn more about [what to do if you are sick](#) and [how to notify your contacts](#).

### **Ending isolation for people who had COVID-19 and had symptoms**

If you had COVID-19 and had [symptoms](#), isolate for at least 5 days. To calculate your 5-day isolation period, day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed. You can leave isolation after 5 full days.

Approved by WMUSA BOD

- You can end isolation after 5 full days if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).
- You should continue to wear a [well-fitting mask](#) around others at home and in public for 5 additional days (day 6 through day 10) after the end of your 5-day isolation period. If you are unable to wear a mask when around others, you should continue to isolate for a full 10 days. Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.
- If you continue to have fever or your other symptoms have not improved after 5 days of isolation, you should wait to end your isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved. Continue to wear a [well-fitting mask](#). Contact your healthcare provider if you have questions.
- Do not travel during your 5-day isolation period. After you end isolation, avoid travel until a full 10 days after your first day of symptoms. If you must travel on days 6-10, wear a [well-fitting mask](#) when you are around others for the entire duration of travel. If you are unable to wear a mask, you should not travel during the 10 days.
- Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until a full 10 days after your first day of symptoms.

If an individual has access to a test and wants to test, the best approach is to use an [antigen test](#)<sup>1</sup> towards the end of the 5-day isolation period. Collect the test sample only if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved (loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation). If your test result is positive, you should continue to isolate until day 10. If your test result is negative, you can end isolation, but continue to wear a [well-fitting mask](#) around others at home and in public until day 10. Follow additional recommendations for masking and restricting travel as described above.

<sup>1</sup>As noted in the [labeling for authorized over-the counter antigen testsexternal icon](#): Negative results should be treated as presumptive. Negative 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. To improve results, antigen tests should be used twice over a three-day period with at least 24 hours and no more than 48 hours between tests.

Note that these recommendations on ending isolation **do not** apply to people with severe COVID-19 or with weakened immune systems (immunocompromised). See section below for recommendations for when to end isolation for these groups.

### **Ending isolation for people who tested positive for COVID-19 but had no symptoms**

If you test positive for COVID-19 and never develop [symptoms](#), isolate for at least 5 days. Day 0 is the day of your positive viral test (based on the date you were tested) and day 1 is the first full day after the specimen was collected for your positive test. You can leave isolation after 5 full days.

- If you continue to have no symptoms, you can end isolation after at least 5 days.
- You should continue to wear a [well-fitting mask](#) around others at home and in public until day 10 (day 6 through day 10). If you are unable to wear a mask when around others, you should continue to isolate for 10 days. Avoid people who

are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.

- If you develop [symptoms](#) after testing positive, your 5-day isolation period should start over. Day 0 is your first day of symptoms. Follow the recommendations above for [ending isolation for people who had COVID-19 and had symptoms](#).
- Do not travel during your 5-day isolation period. After you end isolation, avoid travel until 10 days after the day of your positive test. If you must travel on days 6-10, wear a [well-fitting mask](#) when you are around others for the entire duration of travel. If you are unable to wear a mask, you should not travel during the 10 days after your positive test.
- Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until 10 days after the day of your positive test.

If an individual has access to a test and wants to test, the best approach is to use an [antigen test](#)<sup>1</sup> towards the end of the 5-day isolation period. If your test result is positive, you should continue to isolate until day 10. If your test result is negative, you can end isolation, but continue to wear a [well-fitting mask](#) around others at home and in public until day 10. Follow additional recommendations for masking and restricting travel described above.

<sup>1</sup>As noted in the [labeling for authorized over-the counter antigen test](#)[external icon](#): Negative results should be treated as presumptive. Negative 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. To improve results, antigen tests should be used twice over a three-day period with at least 24 hours and no more than 48 hours between tests.

### **Ending isolation for people who were severely ill with COVID-19 or have a weakened immune system (immunocompromised)**

People who are severely ill with COVID-19 (including those who were hospitalized or required intensive care or ventilation support) and people with [compromised immune systems](#) might need to isolate at home longer. They may also require testing with a [viral test](#) to determine when they can be around others. CDC recommends an isolation period of at least 10 and up to 20 days for people who were severely ill with COVID-19 and for [people with weakened immune systems](#). Consult with your healthcare provider about when you can resume being around other people.

People who are immunocompromised should talk to their healthcare provider about the potential for reduced immune responses to COVID-19 vaccines and the need to continue to follow [current prevention measures](#) (including wearing a [well-fitting mask](#), [staying 6 feet apart from others](#) they don't live with, and avoiding crowds and poorly ventilated indoor spaces) to protect themselves against COVID-19 until advised otherwise by their healthcare provider. Close contacts of immunocompromised people – including household members – should also be encouraged to receive all [recommended COVID-19 vaccine doses](#) to help protect these people.

### **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>