

## Smyrna Parks & Recreation Covid-19 League Protocol

### Definition of a contact

- A “close contact” is anyone who was within six feet of an infected person for a total of fifteen minutes or more over a twenty-four-hour period (for example, three 5-minute exposures for a total of 15 minutes. An infected person can spread COVID-19 starting from 2 days before they have any symptoms (or, if they are asymptomatic, 2 days before their specimen that tested positive was collected), until they meet the criteria for discontinuing home isolation.

### When should an athlete or coach be asked to stay home?

- Tests positive for Covid-19
- Exhibits two or more symptoms from the Covid-19 symptom list
- Runs a fever over 100.4
- Identifies a loss of taste or smell as a symptom
- Identified as a close contact with someone testing positive or of probable case as defined by local or state departments of health

### If an athlete or coach becomes ill while at practice/game (with two or more Covid-19 symptoms) or answers yes to loss of taste or smell or has a fever of 100.4 or higher:

- Notify individuals emergency contact to pick them up
- Thoroughly clean the area where the individual has been

### When can an athlete/coach who tests positive for Covid-19 or is deemed a probable case return to practice/games?

- Cases ***with symptoms*** must isolate for a minimum of 10 days after illness onset. They may be released from isolation when they have been without fever for 24 hours (without fever-reducing medication) and are showing improvement in symptoms
- Cases ***without symptoms*** must isolate through 10 days after their test date

**Note: See attached document from the Tennessee Department of Health regarding details on specific quarantine guidelines. We expect all participants to follow these guidelines.**