



## **TMART Plan of Action if a Club Member Gets Sick**

### **Advice for sick individuals of home isolation criteria.**

Sick coaches, parents, or athletes should not return to practice or play until they have met the CDC's [criteria to discontinue home isolation](https://www.cdc.gov/coronavirus/2019-ncov/index.html) (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>).

### **Isolate and transport those who are sick**

Sick individuals should not attend any TMART activity. Please notify Eric Updegrave if the athlete or any immediate family member becomes sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.

Sick individuals will be separated from other athletes, coaches or any official if identified with symptoms (fever, cough, shortness of breath) during any training session. Sick individuals should go home or to a healthcare facility.

Please follow CDC guidance for caring for oneself and others who are sick.

Individuals who have had close contact (shared equipment, close interactions without a mask) with a person who is symptomatic should be separated and sent home for a quarantine period of 2 weeks. They should follow CDC guidance for community related exposure. If

symptoms develop, individuals and families should follow CDC guidance for caring for oneself and others who are sick. (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>)

Ensure transport for anyone who is sick to their home or to a healthcare facility. For most cases a parent or guardian will be called to pick their athlete up from practice if they become symptomatic.

### **Clean and disinfect**

Areas or items used by a sick person will be closed off and not used until after cleaning / disinfection has been completed.

### **Notify health officials and close contacts**

In accordance with state and local privacy and confidentiality laws and regulations, TMART will notify local health official, program staff/ officials, and families immediately of any COVID-19 case, while maintaining confidentiality.

To the extent possible, TMART will advise those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms and follow CDC guidelines if symptoms develop (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>).

