

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/your-health/quarantine-isolation.html)

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

Isolate and transport those who are sick

Sick individuals should not attend any TMART activity. Please notify Gina LaFrazza (lafrazza@gmail.com) or 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 with a person who is symptomatic should be separated and sent home as well. 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/if-you-are-sick/index.html>)

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.

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).

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).

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 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.

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.
