



Mustang Soccer COVID-19 Safety Plan

2023-2024

Mustang Soccer is dedicated to the safety and well-being of all our members. To be able to provide a safe and successful soccer season, we have aligned the Mustang Soccer COVID-19 Safety Plan to match the guidance provided by Contra Costa Health Services, the California Department of Public Health, the Center for Disease Control and Prevention, US Soccer, and the Elite Clubs National League. We believe our plan and the best practices that we have adopted will drastically reduce, not guarantee, member exposure to COVID-19.

Recommended Best Practices

New **COVID protocols** have been released by Contra Costa Health Services as of March 14, 2023, in light of Governor Newsom ending the state of emergency order. Therefore our COVID-19 Safety Plan has been adjusted. Here are the recommended best practices:

- If a player, coach, or staff member is experiencing symptoms with or without a positive test, they should stay home until feeling better.
- When a player, coach, or staff member tests positive for COVID-19, they should isolate at home for 5 days (day 0 is the first day of symptoms or the date of the positive test).
- Communicate the absence:
 - Players/parents of players should let their coach know
 - Coaches should let their Age Group Coordinator and their Director of Coaching know and attempt to find coverage for their team
 - Staff members should let their co-workers know
- A negative test after day 5 is ***no longer required to return to training/games as long as symptoms are improving and there has been no fever without the use of fever-reducing medicine for 24 hours.***
- Everyone who is returning to work/play should wear a mask on days 6-10.