

COVID-19 SPORTS ACTION PLAN

In preparation:

1. **Develop communication plan within your team.** Include contact information for participant or parent/guardian (if applicable) and preferred method of communication.
2. **Develop communication plan with opposing teams.** Include contact information, preferred method of communication, and point of contact for opposing teams.
3. **Stay home if sick.** Clearly state that any player, coach, or other individual that has a fever or COVID symptoms is not allowed to attend the sporting event.

If a player tests positive:

4. **Develop communication protocol for all positive COVID tests.** Request all individuals and participants to contact coach or COVID point of contact upon receipt of positive COVID test. Request information on date of positive test and/or date of onset of any symptoms.
5. **Public Health case investigator.** For all individuals who tested positive, a case investigator may contact the coach within one to two days of receiving the report of a positive test. If you do not hear from the case investigator within two business days of receiving notice of the case from the player or family, you may call Public Health's Communicable Disease Nurse on-call at (608) 266-4821. Note: PHMDC might not be able to contact all teams when Public Health is in crisis contact tracing due to a high burden of cases in Dane County.
6. **Gather information related to the case.**
 - a. Determine whether the individual participated in the sport during their infectious period (see below for definition of infectious period).
 - b. Identify individuals who had close contact (see below for definition of close contact) with the person who tested positive, both during the sporting activity and on sports-related transportation. Record this information on a close contact form and share with the Public Health Madison & Dane County case investigator (see close contact definition on page two). A [sample close contact form](#) is available on our website.
7. **Communicate with members of your team, coaches, or other staff** who meet the criteria of a close contact. These individuals need to quarantine immediately according to the guidance below. For confidentiality purposes, the individual who tested positive must not be identified in communications to the families, athletes, and employees.
8. **Communicate with opposing team's coach or COVID point of contact** that a player tested positive and participated in a sporting activity during their infectious period. Provide the name of the opposing team's coach or point of contact to the PHMDC case

investigator. If possible, provide name or other identification of players on the opposing team who meet the criteria of a close contact to the PHMDC case investigator. The individuals identified as close contacts on the opposing team need to quarantine immediately according to the guidance below. For confidentiality purposes, the individual who tested positive must not be identified in communications to the families, athletes, and employees.

9. Notify families, as appropriate.

You may wish to notify all participants, coaches, or families (if applicable) that someone on the team or opposing team tested positive and that close contacts are being notified.

Information to Assist with Implementing Action Plan

[When is someone infectious?](#)

Someone who tested positive is considered to be infectious from two days before symptom onset until they meet all of the following criteria: 24 hours fever free without fever-reducing medication, other symptoms are improving (but may still be present), and at least 10 days after symptom onset. If the individual who tested positive does not have symptoms, they are considered to be infectious from two days before the test date until ten days after the test was collected. Individuals who test positive should isolate while they are infectious and not participate in sports-related activities. Teams should not require a negative test for these individuals to return.

[How do I determine who is a close contact?](#)

An individual is considered a close contact if any of the following is true:

- Were within 6 feet of a positive person for more than 15 minutes total in a day
- Had direct contact with the respiratory secretions of the person who tested positive (i.e., from coughing, sneezing, contact with dirty tissue, shared drinking glass, food, or other personal items)

This definition applies even if any or all parties were wearing face coverings or if physical barriers were used. These measures reduce the risk of spread but do not eliminate it.

[I'm having trouble identifying close contacts? What are other approaches or options?](#)

- The team could use video footage of the game to identify who had close contact with the infected player.
- Confirm that the infected player played in the game for 15 minutes or more. If the infected player did not play for at least 15 minutes, the members of the opposing team do not need to be quarantined. The opposing team should be informed of the potential exposure and watch for symptoms.
- If it's not possible to determine which individuals had close contact and the infected player played 15 minutes or more, anyone who played in the game for 15 minutes or more would be considered a close contact and should quarantine. Players who played

less than 15 minutes should be informed of the potential exposure and watch for symptoms.

How long do close contacts need to quarantine?

Close contacts now have options for how long they need to quarantine. Please see our webpage, [What to Do if You are Sick or Possibly Exposed](#), for details and options. The CDC provides three quarantine options (outlined in link above as 7, 10, or 14 days). It is safest if the individual quarantines for 14 days after their last exposure. The individual is allowed to determine which quarantine option they choose. A team may impose a longer quarantine option for return to play.

When does a close contact not need to quarantine?

If an individual who is a close contact had a positive viral test (PCR) for COVID in the 90 days before the exposure, they do not need to quarantine (the 90 days should be calculated using their first positive test). If someone had a positive test more than 90 days before the exposure, they do need to quarantine.