All Commissioners,

Please note that as discussed in our last Board meeting, we are providing you with directions from the CDC and VA State guidance on what to do when someone is sick.

* Per SYA Return to Play Guidelines, and as a reminder, players who have a fever or are ill should not attend any in-person session
* If a player or coach has known exposure to a person who has been tested positive for COVID-19 or a known exposure to a person who has been otherwise diagnosed with COVID-19, has **symptoms consistent with COVID-19 or has been diagnosed with COVID-19**(by a health professional or through a positive test), they are to notify the Executive Board of Directors– immediately, by email to [RETURNTOPLAY@SYASPORTS.ORG](mailto:RETURNTOPLAY@SYASPORTS.ORG). Those individuals should not attend any further sessions and should self-isolate for 14 days. They should also seek advice from their medical professional.
* **COMMUNICATION:**If a player/coach has been diagnosed with COVID-19 (by a health professional or through a positive test), has attended a team in-person session, and has notified the club as directed, the club will notify the entire team of the exposure while protecting the confidentiality of the individual's identity.
* **Based on the guidance from both the State and CDC, those identified as having known exposure or have tested positive may return to play after 14 days OR after ALL the following criteria has been met (whichever is longer)**:
  + Fever-free for at least 72 hours following symptoms
  + AND: other respiratory symptoms (cough, shortness of breath) improving
  + AND: at least 10 days since symptoms first began
  + AND: a negative test result is completed by a medical professional
* Per the CDC, "exposure" is currently defined as close contact (<6 feet) for 15 minutes or more.

Reference: <https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>