



GHSC Fall Soccer COVID-19 Policy

GHSC takes the health and well-being of our members very seriously. As we begin our Fall Soccer Program, we have consulted with Sacramento County Public Health to create this policy.

- 1. Please do NOT attend Fall Soccer if:**
 - a) you are experiencing any symptoms of any illness.
 - b) If you are awaiting a result of a COVID-19 test.
 - c) If you test positive for COVID-19. Please also notify GHSC at theghsc@gmail.com
- 2. If you test positive for COVID-19, we will follow the [CDPH Guidelines for Quarantine and Isolation](#) and recommend that our members do the same.**
 - a) The infected person must stay away from Fall Soccer for five days
 - b) Isolation can end after day 5 if symptoms are not present or are resolving **and** a diagnostic specimen* collected on day 5 or later tests negative.
 - c) If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10.
 - d) If fever is present, isolation should be continued until fever resolves.
 - e) If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10.
 - f) Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.

*Antigen test preferred.

- 3. With regard to notifying potential exposures**, per Sacramento County Public Health recommendations, GHSC will follow the [CDPH Group Tracing Approach](#) utilized in school settings. **Those who were potentially exposed do NOT need to quarantine.** A letter will be sent to anyone who was potentially exposed, but your privacy will be protected.
- 4.** We respect the privacy of our members and will not reveal the name of the individual who tested positive. Moreover, GHSC does not notify any outside entity or organization. We ask that our members only notify outside entities of their own child's positive test or potential exposure.
- 5.** Mask wearing and other mitigation efforts are at the discretion of each member.
- 6.** We will follow any state or county public health orders upon their release.

The GHSC Board of Directors