



TRUSSVILLE UNITED SOCCER



The goal of providing the information below is to keep our players playing for the entire year by fostering a safe environment to the best of our ability both on and off the field.

What we know now about COVID-19:

1. Changes in SARS-CoV-2, the virus that causes COVID-19, is a continuing problem and so guidance on how individuals can best protect themselves is rapidly changing.
 - a. This means that how we behave today may need to change tomorrow as we learn more about the changes to SARS-CoV-2 and the creation of variants.
2. The delta variant of SARS-CoV-2 is VERY contagious and is now thought to more easily spread (be more infectious) than other respiratory viruses, such as influenza or those that cause common colds.
 - a. Being able to spread more easily does not mean that the virus will cause more severe cases of COVID-19, it just means (for now) that more people will more easily become infected by the delta variant.
3. Vaccinated individuals are largely protected from serious COVID-19 complications. This is also still currently true even for the delta variant.
 - a. **98% of individuals that are hospitalized due to COVID-19 are not vaccinated.**
4. While the immunity induced by vaccines was also very effective at limiting the spread of SARS-CoV-2, changes in the delta variant make it harder for the immune system to prevent the virus from making copies of itself.
 - a. Vaccinated individuals that are infected by the delta variant are likely to have mild symptoms, but unfortunately will have higher viral loads and can spread the virus just like unvaccinated individuals.

Best practices:

1. Get vaccinated if you can. Information on how to get vaccinated is available through UAB: <https://www.uab.edu/uabunited/covid-19-vaccine>
2. If you have a known exposure, get tested, but do NOT get tested immediately. Make sure you are tested 3-5 days after the exposure.
3. Continue to be vigilant monitoring for symptoms and do not come to practice if you have a cough, feel fatigued, have a headache or fever. Other symptoms of COVID-19 can be found here: <https://www.uab.edu/uabunited/additional-resources/symptoms>
4. Wear a mask when indoor settings, and/or limit as best you can indoor activities with groups of people. Limit carpooling, team dinners, etc.
5. Do not share food and drink – this includes teammates – do not share water bottles.

Required actions:

ACTION	Vaccinated Individuals	Unvaccinated Individuals
<i>Face covering indoor</i>	Optional	Required
<i>Face covering outdoor</i>	Optional	Required when within 6 feet of others
<i>6 ft social distancing</i>	Optional	Required
<i>Has had close contact (or notified of exposure) to an individual with COVID-19</i>	Monitor for symptoms (continue normal activities). Mask if in an indoor setting or if having close contact with others. Get tested 3-5 days after exposure. If positive, or if symptoms appear, following instructions below.	Report the exposure via email to COVID@trussvilleunitedsoccer.com . Return to play after 10 days if free of symptoms OR has a negative test 5 or more days after exposure.
<i>Has a cough, fever, fatigue, or other possible symptoms of COVID-19</i>	Report the exposure via email to Covid@trussvilleunitedsoccer.com . Isolate for 10 days. Can return to play after 10 days if free of symptoms.	Report the exposure via email to COVID@trussvilleunitedsoccer.com . Isolate for 10 days. Can return to play after 10 days if free of symptoms.