

Appendix A

Symptoms of COVID-19 infection

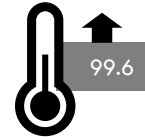
Individuals with COVID-19 can exhibit symptoms ranging from mild to life-threatening. most symptoms associated with infections include:



SHORTNESS
OF BREATH



COUGH



FEVER
= /> 99.6 DEGREES F

Less common symptoms that may still evidence of COVID-19 include:

SORE
THROAT

CONGESTION

NAUSEA &
VOMITING

DIARRHEA

HEADACHE

MUSCLE /
JOINT PAIN

SUDDEN LOSS
OF TASTE &
SMELL

CHILLS

Appendix B

Return to play following confirmed or suspected COVID-19 infection

These recommendations are intended to guide decision-making regarding players or staff with a suspected or documented COVID-19 infection in order to reduce the risk of disease transmission:

Symptomatic player / staff with suspected or laboratory-confirmed COVID-19 infections:

Cannot attend club events until:

- At least 3 days (72 hours) have passed since resolution of fever (defined as ≥ 99.6 degrees f) without the use of fever-reducing medications and respiratory symptoms (e.g. cough, shortness of breath), and
 - At least 10 days have passed since symptoms first appeared
- or:**
- Resolution of fever without the use of fever-reducing medications, and
 - Improvement in respiratory symptoms (e.g. cough, shortness of breath), and
 - Negative results of an fda authorized molecular assay for detection of sars-cov-2 rna from at least two consecutive respiratory specimens collected ≥ 24 hours apart (two negative specimens)

Player / staff with laboratory-confirmed COVID-19 who have not had any symptoms:

Cannot attend club events until:

- 10 days after date of their first positive COVID-19 diagnostic test assuming no symptoms since that time. if symptoms develop, then management should be guided as above for symptomatic individuals.
- or:**
- Negative results of an fda authorized sars-cov-2 rna test at least two consecutive respiratory specimens collected ≥ 24 hours apart (two negative specimens)

Appendix C

Return to play following exposure to a suspected or diagnosed COVID-19 infection

These recommendation are intended to guide decision-making regarding players or staff with a suspected or documented COVID-19 infection in order to reduce the risk of disease transmission:

Any asymptomatic player or staff member who has been exposed to an individual with a suspected or diagnosed case of COVID-19 should be restricted from participation for at least 14 days and monitor for any symptom consistent with infection.

If asymptomatic after 14 days since last exposure, they can return to participation. in general, you need to be in close contact with an individual to contract the disease. in this case, exposure means any one of the following:

- Caring for a sick person with a suspected or confirmed COVID-19 infection.
 - Living in the same household as an individual with a suspected or confirmed COVID-19 infection.
 - Being within 6 feet of an individual with a suspected or confirmed COVID-19 infection for around 10 minutes or more
- or:**
- Coming in direct contact with secretions from an individual with a suspected or confirmed COVID-19 infection (being coughed or sneezed on, sharing water bottle or utensils, for example)

Thank You

Rugby Virginia thanks **Blaze Byrd** (Richmond Strikers) for creating return to play guidelines which we **heavily** leveraged to produce this resource (~99% generated by Blaze!)