

**Club Guidelines for  
Check-in and Return to Play  
Amherst Soccer Club/  
Hampshire United SC**

**Prior to practices or games, players must do a self-health check at home and should not attend a practice or game if they are not feeling well or answer yes to any of the questions in #3.**

**The following check-in procedure and return to play guidelines will be followed:**

1. Players will be given hand sanitizer
2. Players temperature will be taken at the beginning of practice or game. Any temperature of 100.4 degrees F or higher, player will not be allowed to participate.
3. Player will be asked the following 5 questions. Any yes answers, will result in the player not being able to participate and see the below for quarantine requirements.
  - a. Have any symptoms of COVID-19 or fever of 100.4 degrees F or higher in the last 72 hours?
  - b. Have had any close contact with someone who is suspected or confirmed to have had COVID-19 in the past 10 days?
  - c. Are you experiencing any respiratory symptoms including new muscle aches or chills, a runny nose, sore throat, cough, or shortness of breath?
  - d. Have you experienced any new change in your sense of taste or smell?
  - e. Have you traveled in the past 10 days either: Internationally (outside the U.S.) or by cruise ship?

NOTE: Player does NOT need to quarantine for 10 days or get tested for COVID-19 if either of the following apply: 1. Player is fully vaccinated against COVID-19 and more than 14 days have passed since they received the second dose of their COVID-19 vaccine. 2. Player has previously tested positive for active COVID-19 infection (by PCR or antigen testing) in the last 90 days (if player had a previous infection that was more than 90 days ago, player must still follow all quarantine requirements)

4. Players with any COVID-19 symptoms, those who report that in the past 10 days they have had close contact with someone suspected or confirmed with COVID-19, or report travel risk factors will not be allowed into the sporting event, competition, game, and/or practice, and:
  - a. Symptomatic persons should contact their healthcare providers to be tested for COVID-19 and self-isolate at home.
  - b. Asymptomatic persons reporting that in the past 10 days they have had close contact with someone suspected or confirmed with COVID-19, or who report one of the traveled-related risk factors will not be able to return to practice/game for 10 days from their last exposure or return from travel.

5. Person(s) with a suspected or confirmed diagnosis of COVID-19 must stay home until symptom based criteria are met for discontinuation of isolation which are:

- a. At least 10 days have passed since symptoms first started, **AND**
- b. At least 24 hours have passed since last fever (off any fever-reducing medications), **AND**
- c. Symptoms have improved; **or**
- d. Approved COVID-19 testing is negative, at least 24 hours have passed since their last fever (off any fever reducing medications) and symptoms have improved.

You must follow the school and CDC recommendations of quarantine for 10 days if you are informed of an exposure.

5. If person has any of the above symptoms and/or answers yes to any of the questions, but tests negative on a COVID-19 test, they can return to play after 72 hours has passed since recovery (last symptom) and a second negative COVID-19 test (at least 48 hours after first test).

See State of NH guidelines for amateur & youth sports [SAFER AT HOME \(nh.gov\)](https://www.nh.gov/sports)