

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. For more information, visit the [Virginia Department of Health website](#).

A. Symptomatic player/staff with suspected or lab confirmed positive COVID-19 infection:

Should quarantine and cannot attend club events until:

1. At least 3 days (72 hours) have passed since resolution of fever (defined as ≥ 100.4 degrees F) without the use of fever-reducing medications and respiratory symptoms (e.g., cough, shortness of breath), **AND**...
2. At least 10 days have passed since symptoms first appeared.

OR:

3. Resolution of fever without the use of fever-reducing medications, **AND**
4. Improvement in respiratory symptoms (e.g., cough, shortness of breath)

B. Asymptomatic player/staff with lab confirmed positive COVID-19 test who have not had any symptoms:

Should quarantine and cannot attend club events until:

1. 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.

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Update