

APPENDIX C

Return to Play Following Exposure to a Suspected or Diagnosed Case of COVID-19

These recommendations are intended to guide decision-making regarding players or staff following exposure to a suspected or diagnosed case of COVID-19 infection in order to reduce the risk of disease transmission. For more information, visit the [Virginia Department of Health website](#).

Any **asymptomatic** player or staff member who has been exposed to an individual with a suspected or diagnosed case of COVID-19 should plan to quarantine and not participate for 14 days, monitor for any symptoms consistent with infection, and get tested with a PCR or antigen test 5-7 days **after** the exposure. Even if the test comes back negative, you should still **monitor your symptoms for the full 14 days and** quarantine for at least 7 days. **It is safest to quarantine for 14 days.**

Any **symptomatic** player or staff member should get tested with a PCR or antigen test immediately. If the test is positive, they should quarantine and follow the [RTP Following Case of COVID-19](#). 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 COVID-19.
- Living in the same household as an individual with COVID-19.
- Being within 6 feet of an individual with a suspected or confirmed COVID-19 infection for 15 minutes or more over a 24-hour period.
- 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).

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