



Oklahoma Energy FC Return to Play Protocol

Fall 2021

OEFC takes the safety and welfare of our Players, Coaches, Families, and Staff very seriously. Based on current directives, we have compiled the following recommended guidelines for the 2021 Fall season. By following these guidelines together, we will best protect our players and their families while bringing the enjoyment of soccer back to the community.

We ask that everyone follow CDC Guidelines regarding prevention of the spread of Covid-19.

We recognize circumstances are fluid at this time, and as they change our requirements and recommendations will be adjusted accordingly. If we work together to minimize exposure to the COVID-19 virus, then we can all stay safe and healthy and continue to enjoy sport activities.

Potential or Known Exposure to COVID-19 Protocol

If any player, coach, family member, or spectator (“individual”) has direct contact with or contracts COVID-19, they will follow the below requirements before attending any OEFC events.

Direct contact is defined as:

- 1) Around someone positive for 15 minutes or longer within 6 feet, unprotected.
- 2) You provided care at home to someone who is sick with COVID-19.
- 3) You had direct physical contact with the person (hugged or kissed them).
- 4) You shared eating or drinking utensils.
- 5) They sneezed, coughed, or somehow got respiratory droplets on you.

POSITIVE W/ SYMPTOMS - If an individual has COVID-19 (has symptoms and test was done which was positive), they can return to OEFC activities after: 1) it has been 10 days or longer since symptoms first appeared; and 2) at least 24 hours with no fever without fever-reducing medication; and 3) symptoms have improved.

POSITIVE W/OUT SYMPTOMS - If an individual is without symptoms but has had a COVID-19 test done which was positive, they can return to OEFC activities 10 days after test was done if they remain without symptoms.

DIRECT CONTACT (NON-VACCINATED) - If a non-vaccinated individual has direct contact with someone who is COVID-19 positive, it is recommended that they quarantine, take temperature twice/day, and monitor for symptoms.

DIRECT CONTACT (PREVIOUSLY POSITIVE) – If an individual was previously positive (past 3 months only) and has direct contact with someone who is COVID-19 positive, they do not need to



quarantine if they remain COVID-19 symptom free.

DIRECT CONTACT (FULLY VACCINATED) - Vaccinated persons with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet all the following criteria:

- 1) Are fully vaccinated (i.e., ≥ 2 weeks following receipt of the second dose in a 2-dose series, or ≥ 2 weeks following receipt of one dose of a single-dose vaccine)
- 2) Have remained asymptomatic since the current COVID-19 exposure.

It is recommended that you get a COVID test 3-5 days after the exposure, even if you do not have symptoms.