

## **Standard Operating Procedure COVID-19 Exposure and/or Positive Case -Barcroft Sports & Fitness Center**

This Standard Operating Procedure (SOP) is to address the necessary steps for athletes, parents, and coaches if someone in the gym is exposed to, or tests positive for, COVID-19. This SOP also addresses the communication that will take place in the event of an exposure in the gym, and the steps for returning to the gym following an exposure.

### Safety Procedures

The Barcroft Sports & Fitness Center has implemented the following procedures in accordance with the Governor's Forward Virginia Plan, Executive Order 72.

- All gymnasts, staff, coaches, and others entering the facility are subject to a temperature check prior to entering the facility. If a temperature is over 100.4 degrees Fahrenheit, that gymnast, staff member, or coach will not be allowed in the facility.
- All gymnasts, staff, coaches, and others entering the facility are subject to screening questions in accordance with the Governor's Forward Virginia Plan.
- Gymnasts must always wear masks, except when participating in gymnastics events that require a high level of skill, including beam, bars, rings or floor routines. Gymnasts who do not comply with mask guidelines will be asked to leave, and those who routinely do not follow the guidelines will not be permitted to remain in the program.
- Coaches and staff must always wear masks.
- All parents viewing practice from the mezzanine must always wear a mask.
- Occupancy in the Barcroft Sports and Fitness Center is limited to 75% of the lowest occupancy load on the Certificate of Occupancy.

### Determining an Exposure in the Gym

The Department of Parks and Recreation (DPR) follows the Centers for Disease Control (CDC) definition of "Close Contact" to determine if athletes and coaches were exposed to COVID-19 while in the Barcroft Sports & Fitness Center. Further information regarding Close Contact is listed below:

- A Close Contact is defined as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes. This may include an entire cohort, or level group.
- You provided care at home to someone who is sick with COVID-19.
- You had direct physical contact with the person. Direct physical contact is defined as hugging or kissing.
- You shared eating or drinking utensils or vessels.
- An infected person sneezed, coughed, or somehow got respiratory droplets on you.

### Confirmation of a COVID-19 Exposure

If an athlete or coach has been informed that they have been exposed to COVID-19, whether via contact tracing or through participation in another program (e.g., school ), they must contact Sonja-Hird Clark, Acting Manager of Gymnastics Teams at [shird-clark@arlingtonva.us](mailto:shird-clark@arlingtonva.us) immediately. Please provide the following information:

- The date the gymnast/coach was exposed to COVID-19.
- The date and time the gymnast/coach last attended practice.
- The date the athlete/coach began exhibiting symptoms (if exhibiting symptoms).

DPR will use this information, in consultation with the County's Public Health Division, to confirm an exposure in the gym. Personal information will not be shared with gymnastics participants.

### Communication Process

Upon receiving information that an athlete or coach was exposed to COVID-19, or tested positive for COVID-19, and after confirming that there was an exposure in the gym, DPR will initiate the following process:

- If the criteria for exposure are met, DPR will contact all gymnasts and coaches to inform that there has been an exposure to COVID-19 in the gym, and provide information on the date and time the exposure occurred.
- Additionally, if the criteria for exposure are met, DPR will contact parents, athletes, and coaches in the level/group that the exposure took place.

### Quarantine and Return to Practice

If a gymnast or coach meets the criteria of a Close Contact, per the CDC, the following steps should be taken:

- If a gymnast/coach has been exposed to COVID-19, and is experiencing symptoms, they should quarantine for 14 days, and immediately visit a physician.
- Be alert for a fever, cough, shortness of breath, fatigue, loss of taste or smell, sore throat, nausea, vomiting, or diarrhea.
- Athletes may return to practice after the recommended quarantine duration by their physician, or after seven days with a negative COVID-19 test (test must occur on or after day 5 of exposure).
- Athletes or staff who test positive after exposure should report this immediately to Sonja-Hird Clark, Acting Manager of Gymnastics Teams at [shird-clark@arlingtonva.us](mailto:shird-clark@arlingtonva.us).



DEPARTMENT OF PARKS AND RECREATION

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DPR will follow this SOP to continue to keep a safe environment at the Barcroft Sports & Fitness Center. It is imperative that athletes/coaches stay home if they are feeling sick. If parents and athletes choose not to participate in practice, they will not be penalized for absence. If you have further questions, please contact Anthony Morton, Specialty Programs Manager at [Amorton@arlingtonva.us](mailto:Amorton@arlingtonva.us).

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