

Parents and Coaches,

Thank you so much for being a part of this season! We want to let you know we ALL must work together to make sure that everyone stays healthy, is aware of surroundings, and has a lot of fun. The health and safety of our athletes, staff, and volunteers remains our highest priority. The success of our season depends on EVERYONE. Below are some updated guidelines that we believe will help everyone achieve this goal.

- If you or someone in your household has a possible or confirmed case of COVID-19, **DO NOT** come to practices or games. Please follow guidelines below to on when it is safe to return to play/attend.
 - Please report a possible or confirmed case to Eddie Sally at 615-896-7309 IMMEDIATELY.
- If you or someone in your household is feeling ill or showing symptoms of COVID-19, **DO NOT** come to practices or games. Please follow guidelines below to on when it is safe to return to play/attend. Symptoms include but not limited to fever, chills, cough, shortness of breath, fatigue, headache, loss of smell or taste, sore throat, congestion or runny nose, nausea or vomiting, diarrhea. Please check your temperature and your child's temperature prior to coming to practices or games. If someone in your household has temperature of 100.4 or above, **DO NOT** come to practices or games.
- If you or someone in your household has come in contact with someone with a possible or confirmed case of COVID-19, **DO NOT** come to practices of games. Please follow guidelines below to on when it is safe to return to play/attend.
- Practice social distancing from others not of your household while at the fields. Encouraged to wear a mask when outside the car. Signs will be posted throughout the fields as a reminder.
- Please wash hands before & after practices and games. Use hand sanitizer as needed.
- Once your practice or game is over, please leave the field promptly. Avoid congregating on the fields.

Again, we believe these guidelines will help everyone have a safe, healthy, and fun season. It is up to everyone to work together. If you have any questions, please reach out to us at 615-896-7309.

Sincerely,
One Goal Sports

Guidelines adopted from Murfreesboro City Schools

SITUATION	RETURN TO SCHOOL
Positive COVID-19 Test	After 10-day isolation AND 24 hours without fever (without fever reducing medication) AND improvement of symptoms
COVID-19 symptoms with confirmed alternate diagnosis (non-respiratory)	Per medical provider guidance AND 24 hours without fever (without fever reducing medication) AND improvement of symptoms
COVID-19 symptoms with confirmed alternate diagnosis (respiratory)	Per medical provider guidance AND 24 hours without fever (without fever reducing medication) AND improvement of symptoms AND a negative Covid-19 Test
COVID-19 symptoms AND a negative COVID-19 test	After 24 hours without fever (without fever reducing medication) AND improvement of symptoms AND a negative Covid-19 Test *You do not need an alternate diagnosis with a negative COVID test*
COVID-19 Symptoms AND NO testing	After 10-day isolation AND 24 hours without fever (without fever reducing medication) AND improvement of symptoms
Close contact (closer than 6ft for >10minutes) with an individual with suspected or confirmed COVID -19	After 10-day quarantine AND no symptoms have developed AND no contact with positive individual
Close contact (closer than 6ft for >10minutes) with an individual with suspected or confirmed COVID -19 that can not be isolated	After 10-day quarantine that starts after positive contact has finished home isolation of 10 days AND no symptoms have developed AND no contact with positive individual AND no positive COVID-19 test. *A negative test does not override the 10 day quarantine*
Close contact (closer than 6ft for >10minutes) with an individual with suspected OR confirmed COVID -19 or with an individual with suspected OR confirmed COVID -19 that can not be isolated AND has documentation of a positive COVID-19 test within 90 days of the last contact with the case	Does not need to quarantine