

Vaccinated Individuals Sports Guidelines

The COVID vaccines currently authorized for use in the United States are effective at reducing the risk of severe disease from COVID and reducing the risk of contracting COVID (the SARS-CoV-2 virus). Vaccinated persons may be less likely to transmit COVID through asymptomatic infection when compared to non-vaccinated persons. As new variants of the virus emerge, scientific research will help assess how well the vaccines provide coverage, but at this time vaccines are felt to be helpful. We encourage all athletes and staff to get vaccinated.

The Centers for Disease Control and Prevention (CDC) created guidelines for people who have been fully vaccinated. You are considered full vaccinated when:

- It is at least 2 weeks after the second dose of the Pfizer or Moderna vaccines
- It is at least 2 weeks after receiving the single-dose Johnson & Johnson vaccine

The CDC recommends that fully vaccinated persons may resume activities that were done prior to the pandemic. Fully vaccinated persons can remain unmasked unless regulated by local health authorities or business/workplace/school guidance.

Finally, the CDC quarantine process for fully vaccinated persons differs from the quarantine process for persons not vaccinated:

- Fully vaccinated people that develop COVID symptoms should isolate themselves from others and contact their primary care provider to discuss evaluation and testing.
 - These individuals will need medical clearance with negative testing in order to return to activity, or they will need to follow the previously established 14 day quarantine protocol.
- Fully vaccinated people with no COVID-like symptoms following an exposure to someone with suspected or confirmed COVID do not need to quarantine or test.
 - They should monitor themselves for symptoms for 14 days after exposure, and if symptoms begin, they should isolate and contact their primary care provider.

The comprehensive prevention measures remain critical to reducing the risk and burden of COVID. These measures should be continued:

- Follow local guidelines for guidance on masking.
- Continue with appropriate hygiene – do not share water or food with others, avoid spitting, and use hand sanitizer before, after, and potentially during participation.
 - Continue with established, regular cleaning and disinfecting of equipment, especially things that athletes will touch with their hands.
- Minimize crowds & follow local health authority guidelines for spectator limits.

Further reading (accessed April 13, 2021):

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

<https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/fully-vaccinated-people.html>

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