

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). There is early evidence that the vaccines offer some protection (but are not as effective) against the new variants, including B.1.1.7 strain (the “United Kingdom/UK” variant) and B.1.351 strain (the “South Africa” variant). Growing evidence also shows that vaccinated persons may be less likely to transmit COVID through asymptomatic infection when compared to non-vaccinated persons.

The Centers for Disease Control and Prevention (CDC) have recently released new 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

There may be some new strategies for fully vaccinated individuals based on these guidelines:

1. The CDC states that fully vaccinated individuals can gather indoors with other fully vaccinated individuals without a mask.
2. CDC also states that a vaccinated person can gather indoors and mask-free with unvaccinated people from one other household (example: going to visit relatives), but cautions that they should not have any risk factors for severe illness from COVID (if they do, then maintain strict precautions).
3. Finally, the CDC states that if a fully vaccinated person is exposed to COVID, they do not need to quarantine or get tested unless they develop symptoms.

The comprehensive prevention measures remain critical to reducing the risk and burden of COVID.

These measures should be continued:

- Wearing a mask in public – even when vaccinated. We do not know who has/has not been vaccinated and who is high-risk for severe disease.
 - Athletes should be allowed to wear masks with participation
 - Indoors, athletes should mask at all times
 - Outdoors, athletes may consider removing their mask for athletic participation and training, but are encouraged to wear their mask on the sideline where social distancing is not feasible (example: gathering in a circle/huddle as a team – masks are encouraged)
 - Coaches, officials, and other personnel should be encouraged to wear masks at all times
 - Outdoors, they may consider temporarily removing their mask only when able to remain socially distant
 - Spectators should be encouraged to mask when unable to maintain social distance for others outside of their household when outdoors, and at all times indoors
- 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
- Maintain social distancing.
- Minimize crowds & follow local health authority guidelines for spectator limits.

People who have been in [close contact](#) with someone who has COVID-19 must quarantine —excluding people who have had COVID-19 within the past 3 months or [who are fully vaccinated](#).

Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine. Options they will consider include stopping quarantine earlier than 14 days:

- After day 10 without testing
- After day 7 after receiving a negative test result (test must occur on day 5 or later)

These guidelines change the quarantine process for people that are fully 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.

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>