

Arlington County Department of Parks and Recreation

Fall 2021 COVID-19 Flag Football Program Guidelines

This document is to outline the program guidelines for the Arlington County Department of Parks and Recreation Flag Football program.

This document has been edited and updated from the summer 2021 season based on the latest guidance from the Centers for Disease Control, the Arlington County Public Health Division and in consultation with Arlington Public Schools.

Health Screenings

- The Department of Parks and Recreation will not conduct health screenings for entry into programs or facilities in the fall 2021 season.
- Please check for the following symptoms prior to participating in Flag Football activities:
 - Fever of 100.4 F or greater
 - Chills
 - Fatigue (more tired than usual)
 - Nasal Congestions
 - Headache
 - New Sore Throat
 - New Muscle Pain
 - Loss of Taste or Smell
 - Abdominal pain, diarrhea, nausea, or vomiting

Temperature Screenings

- The Department of Parks and Recreation will not conduct temperature screenings for entry into programs or facilities in the fall 2021 season.

Face Coverings

- Face coverings are recommended for all activities when 6 ft. of distance can't be achieved.
- Face coverings may be removed for participation in Flag Football activities.
- Face coverings are encouraged while on the sideline, and for all coaches.

Physical Distancing

- DPR will implement distancing to the extent possible in all programs. Masking and other strategies will help protect program participants where distancing is not possible.

Exposure

- Participants determined to be in immediate proximity (within 6 feet) to a positive case for a cumulative total of 15 minutes or more over a 24-hour period will be considered a close contact.
- Per the guidance from the U.S. Centers for Disease Control and Prevention a participant who is within 3-6 ft of an infected participant is not considered a close contact if both participants are wearing masks, and there are other strategies in place like distancing.

Reporting Cases and Contact Tracing

- If your participant is sent home from school due to a positive COVID-19 case, please contact your league commissioner: Javonte Campbell at jscampbell@arlingtonva.us for grades 1-6 and Patrick Leonard at pmleonard@arlingtonva.us for grades 7-12
- Once your participant is cleared to return to school, they may return to Flag Football activities.

Quarantine

- The quarantine period for a positive case of COVID-19 is 14 days. Participants may return sooner if:
 - A negative PCR test is produced of days 5-7. Once a negative test is produced on day 5-7, the participant may return on day 8.
 - Fully vaccinated individuals are exempt from quarantine, unless they develop symptoms or test positive for COVID-19.
 - Please be advised that the quarantine period doesn't start until Exposure to COVID-19 has ended. If other members of your household have contracted COVID-19, the exposure period has not ended.

If you have further questions related to program participation, and COVID-19, please contact Greg Anselene at ganselene@arlingtonva.us.