



US QUIDDITCH



**MAJOR LEAGUE
QUIDDITCH**

Quidditch Return to Play Guidelines for COVID-19

Last Updated: March 26, 2021

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Introduction

First and foremost, we hope you and your families are continuing to stay healthy and safe during this time. US Quidditch and Major League Quidditch are committed to supporting teams and members in returning to practice and competition as soon as it is safe to do so. The health and safety of our quidditch community has been our top priority from the start and will continue to be our top priority as we make decisions going forward.

The below guidelines are requirements that apply to all of quidditch, in any state that a player, coach, staff, or volunteer resides or participates in. We acknowledge that stages for each state and local government may not coincide with this 'Return to Play' policy. If state, local, or school restrictions are more restrictive than our guidelines, the state, local, and school restrictions will take precedence.

Teams are not required to move up through the different stages outlined below. Teams can decide to stay in stage 1 or 2, for example, for the foreseeable future. However, should teams decide to move up in stages, they must follow these guidelines. Additional safety measures can be incorporated by teams as needed. A short list of other safety recommendations is available later in this document.

Given the fluid nature of this situation, MLQ and USQ staff, including USQ's risk management team, have decided to provide continual updates about the status of quidditch and what the return to play guidelines are. They will continually monitor the information from federal, state, and local health authorities, and will reference guidelines from the CDC, United State Olympic & Paralympic Committee, and other national governing bodies.

USQ's risk management team includes members of the medical community, and are vital in deciding quidditch's current guidelines and restrictions. The members include:

- Demetrius Collins, PT, DPT, LAT, ScD: Certified Athletic Trainer & Physical Therapist
- Rebecca Martin, MPH: Masters in Public Health
- Som Singh: MD Candidate
- Shawn Zink, MSS, ATC: Certified Athletic Trainer

Stages of Return to Play

At all stages, participants and other attendees will be required to abide by specific safety and sanitization standards. If state, local, or school restrictions are more restrictive than our guidelines, the state, local, and school restrictions will take precedence. If a team is located in a state that is relaxing safety requirements, they must still follow these return to play guidelines in their entirety.



USQ official and sanctioned events will not be taking place in the 2020-21 season. MLQ official events may begin at a later date in 2021.

Basic Requirements

- All USQ and MLQ teams are required to abide by these return to play guidelines.
- Any USQ team holding practices or games at a given stage must submit the [baseline conditions checklist form](#) checklist to USQ. This step only needs to be undertaken once. MLQ teams will have a similar requirement later in 2021. More information is in [Appendix A](#).
- All USQ and MLQ teams must report positive cases to their respective league within 7 days of a positive test result. See [this section](#) for more information.

Joint Team Events

Teams are permitted to have mixed in-person events featuring players from multiple teams located in the same state. However, teams must wait at least 14 days in between adding people to a joint team group, and players may only attend in-person events with people from their joint team group in that 14 day period. Those having joint team events must follow all the other return to play guidelines, including occupancy limits.

Teams organizing a new joint team group must submit the [team checklist form](#) prior to starting in-person activities.

Moving Up and Down Stages

To move up into stage 1 and higher, a team must meet the baseline conditions. Note that teams may need to move either down to stage 0 or remain at a stage for longer than 14 days, depending on if there is a positive case or possible exposure to players, and what is happening with the baseline conditions in that team's state and possibly where the team wishes to travel to. Teams can also apply for a vaccine waiver to enter stage 3 and progress into stage 4.

Team Vaccine Waiver

If an entire team or practice group is fully vaccinated, then they may apply for a waiver to go to stage 3, even if their state doesn't meet the other baseline conditions. Teams can then progress into stage 4, but no further than that yet with a vaccine waiver.

To apply for the waiver, a coach or manager must submit [this form](#) to USQ confirming that they have verified the vaccination status of everyone in that team or practice group. The form must be submitted at least 3 business days before the team's in-person activity under stage 3. USQ's member services department will review the form and email the team back stating if they have been approved or not for the vaccine waiver.



Please note that a person is considered fully vaccinated if it has been at least 2 weeks from the last dose of the Pfizer or Moderna vaccine, or at least 2 weeks from the first dose of a single dose vaccine like Johnson & Johnson.

Indoor Facilities

If your team is only able to do indoor activities in a space that does not have high ceilings and significant air flow, please note that small, non-contact indoor practices are only allowed in stages 5-7, provided your state meets the baseline conditions.

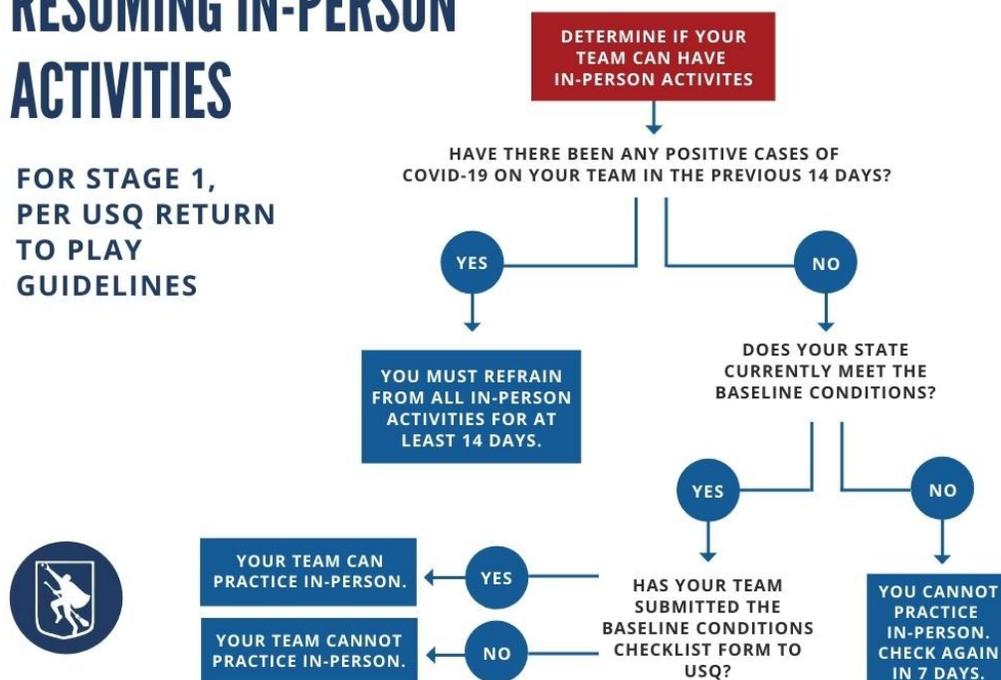
For those with access to an enhanced indoor facility with high ceilings and significant air circulation from the outside, they may hold in-person events starting with stage 1. However, teams can have no more than 10 or 25 people, depending on which stage they are in. Ceilings should be approximately 100 feet high. The facility should have at least one garage door open to the outside at all times, and that door needs to be at least 15 feet wide x 20 feet tall. An example of an indoor space that meets these requirements is the [Bill Koman Practice Complex](#) at the University of North Carolina - Chapel Hill.

For questions on if an indoor facility is suitable in-person events starting in stage 1, email membership@usquidditch.org.

Summary of Stages

RESUMING IN-PERSON ACTIVITIES

FOR STAGE 1,
PER USQ RETURN
TO PLAY
GUIDELINES



Additional flowcharts for moving through stages 1-7 are available in [Appendix D](#).

Stage	Summary
Stage 0	No in-person events or activities
<i>Baseline Conditions - Required to move up and through stages 1-2</i>	<ul style="list-style-type: none"> ● State/local/school guidelines that allow in-person events per the attendee restrictions in the relevant stage ● 14 days in the previous stage with no positive cases from players
Stage 1	<p>Non-contact, exclusively outdoor practices with 10 people or less. An indoor facility may be used with 10 people or less if it has high ceilings and significant air circulation from the outside.</p>
Stage 2	<p>Non-contact, exclusively outdoor practices with 25 people or less. An indoor facility may be used with 25 people or less if it has high ceilings and significant air circulation from the outside.</p> <p>Indoor meetings with 10 or less vaccinated people allowed without safety restrictions; indoor meetings with 10 or more unvaccinated people, or in a mixed group of vaccinated and unvaccinated allowed with safety restrictions and abiding by restrictions on seating capacity imposed by the facility.</p>
<i>Baseline Conditions - Required to move up into and through stages 3-4</i>	<ul style="list-style-type: none"> ● 50 in 100,000 positive cases over a 14 day period in the state/province where the team is located and where they are traveling to ● 7 days with a less than a 50% increase in positive cases in the state/province where the team is located and where they are traveling to ● State/local/school guidelines that allow in-person events per the attendee restrictions in the relevant stage ● 14 days in the previous stage with no positive cases from players
Stage 3	<p>Full-contact, exclusively outdoor practices with 25 people or less. An indoor facility may be used with 25 people or less if it has high ceilings and significant air circulation from the outside.</p> <p>Indoor meetings with 10 or less vaccinated people allowed without safety restrictions; indoor meetings with</p>



	10 or more unvaccinated people, or in a mixed group of vaccinated and unvaccinated allowed with safety restrictions and abiding by restrictions on seating capacity imposed by the facility.
Stage 4	<p>Full-contact, exclusively outdoor inter-state play with no more than 2 teams or 50 people; no spectators. An indoor facility may be used with 25 people or less if it has high ceilings and significant air circulation from the outside.</p> <p>Indoor meetings with 10 or less vaccinated people allowed without safety restrictions; indoor meetings with 10 or more unvaccinated people, or in a mixed group of vaccinated and unvaccinated allowed with safety restrictions and abiding by restrictions on seating capacity imposed by the facility.</p>
<i>Baseline Conditions - Required to move up into and through stages 5-7</i>	<ul style="list-style-type: none"> • 20 in 100,000 positive cases over a 14 day period in the state/province where the team is located and where they are traveling to • 7 days with a less than a 50% increase in positive cases in the state/province where the team is located and where they are traveling to • State/local/school guidelines that allow in-person events per the attendee restrictions in the relevant stage • 14 days in the previous stage with no positive cases from players and other attendees
Stage 5	<p>Full-contact, outdoor inter-state play; non-contact, indoor practices with 10 people or less; and spectators allowed for outdoor activities only. An indoor facility may be used with 25 people or less for full-contact inter-state play if it has high ceilings and significant air circulation from the outside.</p> <p>Indoor meetings with 10 or less vaccinated people allowed without safety restrictions; indoor meetings with 10 or more unvaccinated people, or in a mixed group of vaccinated and unvaccinated allowed with safety restrictions and abiding by restrictions on seating capacity imposed by the facility.</p>
Stage 6	Full-contact, outdoor inter-region play; full-contact, indoor practices with 25 people or less; and spectators allowed for outdoor activities only.



	Indoor meetings with 10 or less vaccinated people allowed without safety restrictions; indoor meetings with 10 or more unvaccinated people, or in a mixed group of vaccinated and unvaccinated allowed with safety restrictions and abiding by restrictions on seating capacity imposed by the facility.
Stage 7	<p>Full contact, outdoor nationwide play; full-contact, indoor practices with 25 people or less; and spectators allowed for outdoor activities only.</p> <p>Indoor meetings with 10 or less vaccinated people allowed without safety restrictions; indoor meetings with 10 or more unvaccinated people, or in a mixed group of vaccinated and unvaccinated allowed with safety restrictions and abiding by restrictions on seating capacity imposed by the facility.</p>

Definition of Fully Vaccinated

Per [CDC guidelines](#), a person is considered fully vaccinated if it has been at least 2 weeks from the last dose of the Pfizer or Moderna vaccine, or at least 2 weeks from the first dose of a single dose vaccine like Johnson & Johnson.

Positive Case Ratio

For a team to be in stages 3 or 4, there must be 50 in 100,000 positive cases over a 14 day period in the state/province where the team is located. USQ and MLQ are using this metric as a marker for ideal downward trends of new active COVID cases.

For a team to be in stages 5-7, there must be 20 in 100,000 positive cases over a 14 day period in the state/province where the team is located and also where they are traveling to (stages 6 and 7). This metric is being used as a marker for more sporadic transmission of COVID-19, which would indicate even less community spread than the first positive case metric and more control over the effects of the pandemic.

If your team cannot meet the baseline conditions, they must wait a week before attempting to move up a stage again.

These two positive case ratios were developed by the FISA Sports Medicine Commission, which supervises all medical and anti-doping aspects related to the sport of rowing. Members of this commission are certified medical physicians with specific expertise in sports medicine. The Women’s Flat Track Roller Derby Association is also using similar



baseline conditions, including the 14 day waiting period in between stages. More information is linked in [Appendix B](#).

To track your team's baseline conditions, go to [Appendix A](#) or visit [this page](#) on the USQ website. Appendix A has a checklist that goes over all the requirements, and a link to a spreadsheet that will help you calculate the positive case numbers over the previous 14 days and the increase in cases over the previous 7 days. The resource on the [USQ website](#) autocalculates this information for teams. As of March 26, it is now using current data from the [CDC](#).

Waiting Period: Remaining in Each Stage for 14 days

Transmission time of COVID-19 appears to be 14 days. That is why teams must stay in each stage beginning with stage 3 for at least 14 days before moving up.

Monitoring Cases: 7 days with less than a 50% increase in new cases

This baseline condition is meant to account for potential rises in new infections in team's state/province. A rise in cases would signal increased risk of transmission for attendees of in-person events and activities. It is important that teams refrain from practicing when new cases are on the rise.

Reporting Positive Cases of COVID-19

If a player on a USQ or MLQ team contracts COVID-19, the team must inform their respective league within 7 days of the positive test result. Besides team contact information, no other personal information is collected when reporting a positive case. League staff will then guide the team through the quarantine and isolation process detailed below, making sure that all participants in team activities who might have been exposed are informed of the situation and taking the necessary precautions. Per the CDC, we use the term quarantine for those who may have been exposed to COVID-19, and the term isolate for those who have been tested positive for COVID-19.

If a player on a USQ or MLQ team is exposed to someone who may have COVID-19, they must inform their team leadership immediately. The team leadership must then determine if any other players on the team may have been exposed through the original player. If there has been potential team transmission, then team leadership must report this to USQ, and everyone must follow the quarantine and isolation procedures detailed below.

For USQ, teams must use [this form](#) to report positive cases or possible exposure.

For MLQ, teams are not in season until next spring. In March 2021, managers will be provided with ways they can track cases. Managers will be required to report to the league at least once a week during the MLQ season.



If a team has a positive case(s), then all participants in team activities who might have been exposed must quarantine for 14 days, and the individual(s) with the positive test result must isolate for 14 days. The team will move down to Stage 0. During this time, the team is prohibited from holding any in-person activities. This includes activities with players who may not have been exposed.

If after the 14 day period there are no new positive cases, the team may resume activities in Stage 2. After an additional 14 days, if the other baseline conditions are met, the team may go back to the stage they were in before the positive case.

If after the 14 day period there are more positive cases, then those potentially exposed must quarantine, those infected must isolate, and the team is prohibited from holding in-person activities again until there has been a 14 day period with no new positive cases.

College teams must follow their school procedures regarding positive cases.

Please note that these policies apply all stages of return to play, including ones where multiple teams may be present. If there is a positive case from a participant who attended an in-person event with more than one team, then all participants must follow these policies and quarantine for 14 days.

Stage 0

- Activity restrictions
 - No in-person indoor or outdoor activities
- Safety and sanitization requirements
 - Follow CDC guidelines for quarantine and isolation ([listed below](#)).

Stage 1

- Baseline conditions
 - 14 days in Stage 0 with no positive cases from players
- Activity restrictions
 - Only outdoor practices with 10 people or less
 - No indoor practices or meetings
 - An indoor facility may be used with 10 people or less if it has high ceilings and significant air circulation from the outside.
 - No activities that require direct contact between athletes. All drills must be non-contact.
 - No scrimmages between other teams
- Safety and sanitization requirements
 - Track attendance for all in-person activities. (see [Appendix C](#))
 - All athletes must use their own broom
 - No sharing of water bottles, towels, mouth guards, or other personal items
 - Wear a mask at all times
 - Follow CDC sanitization guidelines. ([listed below](#))

Filming Sessions for MLQ Tryout Requirements

Players are permitted to attend in-person, cross-state filming sessions this spring to meet MLQ tryout requirements. These filming sessions are being conducted in a safe manner, taking place under stage 1 of the USQ return to play guidelines in regards to occupancy limits, mask requirements, social distancing, and other safety requirements. For questions about MLQ tryouts and the COVID safety standards, please contact covid19@mlquidditch.com.

Stage 2

- Baseline conditions
 - 14 days in Stage 1 with no positive cases from players
- Activity restrictions
 - Outdoor practices with 25 people or less
 - No indoor practices.
 - An indoor facility may be used with 25 people or less if it has high ceilings and significant air circulation from the outside.
 - Indoor meetings are allowed. Attendees of an indoor meeting are required to wear masks and practice social distancing. The meeting must abide by any restrictions on seating capacity imposed by the facility in question. However, we strongly recommend that people continue to hold virtual meetings and refrain from indoor, in-person meetings.
 - Indoor meetings with 10 or less vaccinated people allowed without safety restrictions.
 - No activities that require direct contact between athletes. All drills must be non-contact.
 - No scrimmages or official games between other teams are allowed.
- Safety and sanitization requirements:
 - Track attendance for all in-person activities. (see [Appendix C](#))
 - All athletes must use their own broom.
 - No sharing of water bottles, towels, mouth guards, or other personal items.
 - Wear a mask at all times.
 - Follow CDC sanitization guidelines. ([listed below](#))

Stage 3

- Baseline conditions
 - 50 in 100,000 positive cases over a 14 day period in the state/province where the team is located
 - 7 days with a less than a 50% increase in positive cases in the state/province where the team is located
 - 14 days in Stage 2 with no positive cases from players

- Activity restrictions
 - Outdoor practices with 25 people or less from a single team
 - No indoor practices.
 - An indoor facility may be used with 25 people or less if it has high ceilings and significant air circulation from the outside.
 - Indoor meetings are allowed. Attendees of an indoor meeting are required to wear masks and practice social distancing. The meeting must abide by any restrictions on seating capacity imposed by the facility in question. However, we strongly recommend that people continue to hold virtual meetings and refrain from indoor, in-person meetings.
 - Indoor meetings with 10 or less vaccinated people allowed without safety restrictions.
 - Activities that require direct contact between athletes are allowed.
 - No scrimmages or games between other teams are allowed.
- Safety and sanitization requirements
 - Track attendance for all in-person activities. (see [Appendix C](#))
 - All athletes must use their own broom.
 - No sharing of water bottles, towels, mouth guards, or other personal items.
 - Wear a mask at all times.
 - Follow CDC sanitization guidelines. ([listed below](#))

Stage 4

- Baseline conditions
 - 50 in 100,000 positive cases over a 14 day period in the state/province where the team is located
 - 7 days with a less than a 50% increase in positive cases in the state/province where the team is located
 - 14 days in Stage 3 with no positive cases from players
- Activity restrictions
 - Inter-state or inter-province outdoor practices or events with 2 teams or 50 people or less
 - No spectators.
 - No indoor practices.
 - An indoor facility may be used with 25 people or less if it has high ceilings and significant air circulation from the outside.
 - Indoor meetings are allowed. Attendees of an indoor meeting are required to wear masks and practice social distancing. The meeting must abide by any restrictions on seating capacity imposed by the facility in question. However, we strongly recommend that people continue to hold virtual meetings and refrain from indoor, in-person meetings.
 - Indoor meetings with 10 or less vaccinated people allowed without safety restrictions.



- Activities that require direct contact between athletes are allowed.
- Scrimmages or games between other teams are allowed.
- Safety and sanitization requirements
 - Track attendance for all in-person activities. (see [Appendix C](#))
 - All athletes must use their own broom.
 - No sharing of water bottles, towels, mouth guards, or other personal items.
 - Wear a mask at all times.
 - Follow CDC sanitization guidelines. ([listed below](#))

Stage 5

- Baseline conditions
 - 20 in 100,000 positive cases over a 14 day period in the state/province where the team is located and where they are traveling to
 - 7 days with a less than a 50% increase in positive cases in the state/province where the team is located and where they are traveling to
 - 14 days in Stage 4 with no positive cases from players and other attendees
- Activity restrictions
 - Inter-state or inter-province outdoor practices or events. The limit on attendees must be based on current state and local guidelines.
 - Spectators are allowed, but they count towards the total attendee count and must follow all safety and sanitization requirements.
 - Indoor practices with 10 people or less from the same team.
 - An indoor facility may be used with 25 people or less if it has high ceilings and significant air circulation from the outside.
 - Indoor meetings are allowed. Attendees of an indoor meeting are required to wear masks and practice social distancing. The meeting must abide by any restrictions on seating capacity imposed by the facility in question. However, we strongly recommend that people continue to hold virtual meetings and refrain from indoor, in-person meetings.
 - Indoor meetings with 10 or less vaccinated people allowed without safety restrictions.
 - Outdoor activities that require direct contact between athletes are allowed. Indoor activities must be non-contact.
 - Scrimmages or games between other teams are allowed.
- Safety and sanitization requirements
 - Track attendance for all in-person activities. (see [Appendix C](#))
 - All athletes must use their own broom.
 - No sharing of water bottles, towels, mouth guards, or other personal items.
 - Wear a mask at all times, except when participating in on-field activities outdoors. Masks must be worn for the entire duration of indoor events and activities.



- Follow CDC sanitization guidelines. ([listed below](#))

Stage 6

Teams must meet baseline conditions before proceeding to stage 6.

- Baseline conditions
 - 20 in 100,000 positive cases over a 14 day period in the state/province where the team is located and where they are traveling to
 - 7 days with a less than a 50% increase in positive cases in the state/province where the team is located and where they are traveling to
 - 14 days in Stage 5 with no positive cases from players and other attendees
- Activity restrictions
 - Inter-region outdoor practices or events. The limit on attendees must be based on current state and local guidelines.
 - Spectators are allowed, but they count towards the total attendee count and must follow all safety and sanitization requirements.
 - Indoor practices with 10 people or less from the same team.
 - An indoor facility may be used with 25 people or less if it has high ceilings and significant air circulation from the outside.
 - Indoor meetings are allowed. Attendees of an indoor meeting are required to wear masks and practice social distancing. The meeting must abide by any restrictions on seating capacity imposed by the facility in question. However, we strongly recommend that people continue to hold virtual meetings and refrain from indoor, in-person meetings.
 - Indoor meetings with 10 or less vaccinated people allowed without safety restrictions.
 - Outdoor activities that require direct contact between athletes are allowed. Indoor activities must be non-contact.
 - Scrimmages or games between other teams are allowed.
- Safety and sanitization requirements
 - Track attendance for all in-person activities. (see [Appendix C](#))
 - All athletes must use their own broom.
 - No sharing of water bottles, towels, mouth guards, or other personal items.
 - Wear a mask at all times, except when participating in on-field activities outdoors. Masks must be worn for the entire duration of indoor events and activities.
 - Follow CDC sanitization guidelines ([listed below](#)).

Stage 7

Teams must meet baseline conditions before proceeding to stage 7.

- Baseline conditions



- 20 in 100,000 positive cases over a 14 day period in the state/province where the team is located and where they are traveling to
- 7 days with a less than a 50% increase in positive cases in the state/province where the team is located and where they are traveling to
- 14 days in Stage 6 with no positive cases from players and other attendees
- Activity restrictions
 - Nationwide outdoor practices or events. The limit on attendees must be based on current state and local guidelines.
 - Spectators are allowed, but they count towards the total attendee count and must follow all safety and sanitization requirements.
 - Indoor practices with 25 people or less
 - Indoor meetings are allowed. Attendees of an indoor meeting are required to wear masks and practice social distancing. The meeting must abide by any restrictions on seating capacity imposed by the facility in question. However, we strongly recommend that people continue to hold virtual meetings and refrain from indoor, in-person meetings.
 - Indoor meetings with 10 or less vaccinated people allowed without safety restrictions.
 - Outdoor activities that require direct contact between athletes are allowed. Indoor activities must be non-contact.
 - Scrimmages or games between other teams are allowed.
- Safety and sanitization requirements
 - Track attendance for all in-person activities. (see [Appendix C](#))
 - All athletes must use their own broom.
 - No sharing of water bottles, towels, mouth guards, or other personal items.
 - Wear a mask at all times, except when participating in on-field activities outdoors. Masks must be worn for the entire duration of indoor events and activities.
 - Follow CDC sanitization guidelines. ([listed below](#))

Other Recommendations

If you have recently shown symptoms or come in contact with a person who is COVID-19 positive, do not participate in any practice or activity with others. More information on general COVID-19 guidelines and symptoms is provided below.

We recommend that players travel individually to and from practice unless they live together with other players on the same team.

While we are all eager to return to play, we all must remain patient through this process. USQ and MLQ as always, appreciate your support while we continue taking the appropriate steps towards a safe return.



Spectators at Quidditch Events

The guidelines are specifically for gameplay participants of quidditch events including: players, coaches, officials, medical staff, event organizers and volunteers who are essential to tournament operations.

Until there is a vaccine or widespread treatment options, we strongly recommend that teams and event organizers refrain from having spectators at in-person events and instead explore broadcast solutions to allow fans to watch games remotely. Spectators are permitted in stages 5-7. However, spectators must follow the same safety and sanitization policies as other attendees. Spectators also count towards the overall limit on attendees per state, local, and school guidelines.

Consequences for Violating Return to Play Guidelines

[USQ's fair play policy](#) has been amended to incorporate flouting public safety and return to play guidelines.

Intentionally flouting public safety and return to play guidelines: A person or team who is found to have played in a game, practice, or event when unsafe to do so in regards to school, local, state, or USQ/MLQ guidelines will be ineligible to compete at the next US Quidditch Cup. These consequences will be applied if a player or team practices outside of the stage that their state/province qualifies for.

To report a violation of the return to play guidelines, please fill out [this form](#). Following receipt of the report, USQ's gameplay team, in conjunction with the risk management team, will do a full investigation and make a determination on disciplinary action.

COVID-19 General Guidelines

The Centers for Disease Control and Prevention (CDC) offers general guidelines and recommendations for the public on how to limit the spread of COVID-19. They currently include:

- Clean and disinfect frequently touched surfaces and exercise equipment including balls.
- Thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Stay at least 6-feet away from non-household members.
- Cover mouth and nose with a tissue when coughing or sneezing.
 - Throw out the tissue and wash your hands afterward. Alternatively, you can cough or sneeze into your sleeve.
- Stay at home if you are sick

If you are infected with or have been exposed to COVID-19, the CDC has specific isolation and quarantine guidelines.

For isolating when infected with COVID-19, you must:

- Stay home except to get medical care
- Separate yourself from other people
- Monitor your symptoms
- Call ahead before visiting your doctor
- If you are sick, wear a mask over your nose and mouth
- Cover your coughs and sneezes
- Clean your hands often
- Avoid sharing personal household items
- Clean all “high-touch” surfaces everyday
- More information on isolation precautions is available [here](#).

For quarantining after exposure to COVID-19, you must:

- Stay home and monitor your health
- More information on quarantine precautions is available [here](#).

Risk of Infection Transmission in Sport

There have been a few specific scientific studies done evaluating the risk of COVID-19 transmission in sport and exercise. They are linked in [Appendix B](#).

Certain sports could have potential for higher incidents of disease transmission. Higher risk sports include contact sports. Physical and close contacts among players increases risk of transmission of COVID-19. Quidditch is a contact sport, to fully practice and play games requires intermittent physical contact. High-risk physical contact, where players are in very close proximity, most likely poses a greater risk should one player be an infected person. Should a teammate from high-risk physical contact or another player in a recent game become infected, all of those who have participated in the high-risk contact are likely to require isolation and testing.

Indoor environments may have the greatest risk of infection, due to the larger density of people compared to being outdoors, the possible buildup of airborne virus-carrying droplets, and the likely higher stability of the virus in indoor air. Inefficient ventilation indoors could also be a significant problem.

The virus could also be spread indirectly through contaminated objects, like balls or brooms.



Players who have contracted COVID-19 should self-isolate for 10 days and not engage in exercise for 14 days or until their symptoms settle. When player symptoms have settled, they should consult with their primary care doctor for clearance to return to activity. Players should also consult their primary care doctor if they have concerns about exercising after a COVID-19 infection.

COVID-19 Symptoms

COVID-19 presents with a wide range of symptoms reported, from mild symptoms to severe illness. Please discuss these symptoms with your league members and ensure that members feel comfortable reporting any of the following symptoms to league management. Symptoms may appear 2-14 days after exposure to the virus and include but are not limited to:

- Fever (100.4°F/38°C)
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

If you develop any of these symptoms, get medical attention immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to rouse
- Bluish lips or face

Please note that the list of COVID-19 symptoms is still evolving and the list above may not be comprehensive. If you suspect you have been exposed to COVID-19, the best course of action is to self-isolate as described above and get a COVID-19 test.

Communication

USQ and MLQ both have sections of their website devoted to updates regarding the response to COVID-19.

- USQ website: <https://www.usquidditch.org/events/special/covid-19>
- MLQ website: the COVID-19 portal will be available later in the season. In the meantime, visit <http://mlquidditch.com/> for all information.



We recommend that conferences, tournament directors, teams develop a plan to clearly communicate these guidelines to your players. Here are our recommendations:

- Confirm with players how important information and updates will be communicated (IE on a Facebook page, email, text, phone, etc.)
- Before practices resume, send players information on new policies and safety protocols, making the requirements and expectations very clear
- At in-person events and activities, post signage to reinforce policies, social distancing guidelines, and illness prevention measures.

Insurance

USQ Insurance

When organized sports activities are permitted to resume by governmental authorities, the General Liability and Participant Accident Insurance provided to official teams for activities that are organized, sponsored, sanctioned or approved by USQ shall continue. Teams are expected to comply with any applicable orders, restrictions or guidelines issued by federal, state and local authorities.

MLQ Insurance

When organized sports activities are permitted to resume by governmental authorities, the General Liability Insurance provided to MLQ-official franchises and MLQ volunteers for activities that are organized, sponsored, sanctioned or approved by MLQ shall continue. MLQ franchise athletes and volunteers are expected to comply with any applicable orders, restrictions or guidelines issued by federal, state and local authorities.

Questions/Contacts

For USQ:

- Member Services Department: membership@usquidditch.org.

For MLQ:

- Events Director Emily Hickmott: events@mlquidditch.com

Disclaimer

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. US Quidditch and Major League Quidditch make no representation and assume no responsibility for the accuracy or completeness of this information. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and competition. It is



important to remember that all plans must comply with federal, state and local health authorities and guidelines.



Appendix A: Tracking Baseline Conditions

- For USQ teams, the [team checklist form](#) must be submitted to USQ prior to beginning in-person activities.
 - If as of October 5 your team has already begun practicing in-person, you must submit this form by October 21.
 - For all other teams, the form must be submitted no later than a week before your team's first in-person activity or event.
- The team checklist form will ask for the following information.
 - Teams can use [this spreadsheet](#) for calculating the number of cases and the case rate in their state.
 - A resource is available on the USQ website to help USQ teams quickly identify if they can move to stage 3 and beyond. That resource is [available here](#).
 - Have there been any positive cases of COVID-19 on your team in the previous 14 days?
 - If you are moving into stage 3, for outdoor activities:
 - Per state/local/school guidelines, is your team permitted to have outdoor events with 25 people or less?
 - Have there been no more than 50 in 100,000 positive cases over a 14 day period in the state where the team is located?
 - Over the previous 7 days, has there been a 50% or less increase in the rate of positive cases in the state where the team is located?
 - If you are moving into stage 5, for indoor activities:
 - Per state/local/school guidelines, is your team permitted to have indoor events with 10 people or less?
 - Have there been no more than 20 in 100,000 positive cases over a 14 day period in the state where the team is located?
 - Over the previous 7 days, has there been a 50% or less increase in the rate of positive cases in the state where the team is located?



Appendix B: Other Resources

- Scientific studies around the risk of COVID-19 transmission in sport and exercise
 - From the NIH in July 2020: Do the benefits of exercise in indoor and outdoor environments during the COVID-19 pandemic outweigh the risks of infection?
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7366884/>
 - From the NIH in June 2020: Possible indirect transmission of COVID-19 at a squash court, Slovenia, March 2020: case report
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7327185/>
 - From the Asia-Pacific Journal of Sports Medicine, Arthroscopy, Rehabilitation and Technology in October 2020: Impact of the COVID-19 pandemic on sports and exercise
 - <https://www.sciencedirect.com/science/article/pii/S2214687>
- Other return to play guidelines
 - Major League Quidditch - COVID-19 Updates and Recommendations
 - <http://mlquidditch.com/covid/>
 - FISA Sports Medicine - Return to Play Guidelines for World Rowing
 - http://www.worldrowing.com/mm/Document/General/General/14/23/00/ReturntoTrainingpostpeakCoronaviruspandemicFISA290520F_Neutral.pdf
 - Women's Flat Track Roller Derby Association - Return to Play Recommendations
 - <https://static.wftda.com/files/covid-19/WFTDA-COVID-Return-To-Play-Plan-v1.pdf>
 - From the WHO - Mass Gatherings Sports: addendum risk assessment tools in the context of COVID-19
 - <https://www.who.int/publications/m/item/guidance-for-the-use-of-the-who-mass-gatherings-sports-addendum-risk-assessment-tools-in-the-context-of-covid-19>
 - Critical preparedness, readiness and response actions for COVID-19
 - <https://www.who.int/publications/i/item/critical-preparedness-readiness-and-response-actions-for-covid-19>
 - From the WHO - Considerations for sports federations/sports event organizers when planning mass gatherings in the context of COVID-19
 - <https://www.who.int/publications-detail-redirect/considerations-for-sports-federations-sports-event-organizers-when-planning-mass-gatherings-in-the-context-of-covid-19-interim-guidance>
- Tracking COVID-19
 - CDC data - Trends in Number of COVID-19 Cases and Deaths in the US Reported to CDC, by State/Territory
 - https://covid.cdc.gov/covid-data-tracker/#trends_dailytrendscases
 - The COVID Tracking Project
 - <https://covidtracking.com/>

- John Hopkins Coronavirus Resource Center
 - <https://coronavirus.jhu.edu/>
- Track risk percentage by county
 - <https://covid19risk.biosci.gatech.edu/>
- Vaccine tracking
 - <https://www.covid-19vaccinetracker.org/>
- Other resources
 - COVID-19 Waiver for teams and TDs
 - <https://www.sadlersports.com/sample-waiver-release-communicable-diseases-including-covid-19/>
 - Athletic trainers
 - <https://go4ellis.com/>
 - COVID-19 for Coaches
 - <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>
 - COVID-19 Athlete/Coach Monitoring Form
 - https://drive.google.com/file/d/1ruZX_ZQjhxNiX6AswGHsee5JHw5QRle/view?usp=sharing
 - List of disinfectants
 - <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>



Appendix C: Tracking Attendance

COVID-19 Athlete/Coach Monitoring Form

Team Name: _____ Date of Event: _____

		Circle Yes/No Below					
Name	Time	Fever	Cough	Sore Throat	Shortness of Breath	Close contact, or cared for someone with COVID-19	Temp (if higher than 100.3°F)
		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	
		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	
		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	
		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	
		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	
		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	
		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	
		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	
		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	
		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	
		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	
		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	
		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	



Appendix D: Moving Through Stages Flowcharts

For Outdoor Activities

Those with access to an enhanced indoor facility with high ceilings and significant air flow from the outside may use this flowchart.

RESUMING IN-PERSON OUTDOOR ACTIVITIES

FOR STAGES 2-7,
PER USQ RETURN
TO PLAY
GUIDELINES

*These steps must be
repeated when moving
through each stage.*



YOUR TEAM CAN
MOVE UP A STAGE.

YOUR TEAM CANNOT
MOVE UP A STAGE.

DETERMINE IF YOUR
TEAM CAN MOVE INTO
A NEW STAGE

HAVE THERE BEEN ANY POSITIVE CASES OF
COVID-19 ON YOUR TEAM IN THE PREVIOUS 14 DAYS?

YES

NO

YOU MUST REFRAIN
FROM ALL IN-PERSON
ACTIVITIES FOR AT
LEAST 14 DAYS.

HAS YOUR TEAM BEEN IN THE
PREVIOUS STAGE AT LEAST 14 DAYS?

YES

NO

DOES YOUR STATE
MEET ALL THE
BASELINE
CONDITIONS
FOR THE
NEXT STAGE?

YES

NO

YOUR TEAM
CANNOT MOVE
UP A STAGE.

Continued on the next page for indoor activities

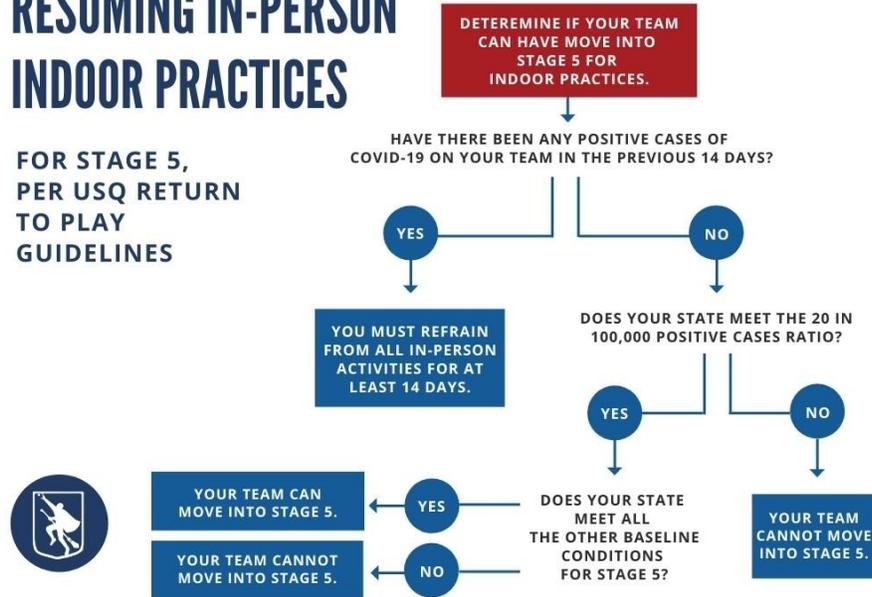


For Indoor Activities

Those with access to an indoor facility without high ceilings and significant air flow from the outside must use these flowcharts.

RESUMING IN-PERSON INDOOR PRACTICES

FOR STAGE 5, PER USQ RETURN TO PLAY GUIDELINES



RESUMING IN-PERSON INDOOR PRACTICES

FOR STAGES 6 & 7, PER USQ RETURN TO PLAY GUIDELINES

