



US QUIDDITCH



**MAJOR LEAGUE
QUIDDITCH**

Quidditch Return to Play Guidelines for COVID-19

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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 and local restrictions are more restrictive than our current stage and corresponding guidelines, the state and local restrictions will take precedence.

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. The next update on quidditch's return to play status will be provided no later than October 1.

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

Return to Play Guidelines: Stage 2

All USQ and MLQ member teams will be in stage 2 until further notice. Stage 2 includes the following restrictions:

- Outdoor practices with 25 people or less
- No indoor practices.
- 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.
- No activities that require direct contact between athletes. All drills must be non-contact.
- No scrimmages or official games between other teams are allowed.
- 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).
- Keep record of who was at what practice, scrimmage, or team gathering (see the suggested tracking form below).



If you have recently showed 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.

To track attendance, we recommend coaches and team leaders use the form [here](#). Attendance records should be kept confidential to coaches and team leaders.

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.

Return to Play Guidelines: Stage 1

Previously USQ and MLQ member teams were in stage 1. Stage 1 included the following restrictions:

- Only outdoor practices with 10 people or less
- No indoor practices or meetings
- No activities that require direct contact between athletes. All drills must be non-contact.
- No scrimmages between other teams
- 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)

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 US Quidditch Cup that season.



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

We require that all participants follow these guidelines through all stages of the return to play process.

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.

Risk of Infection Transmission in Sport

Currently there are no specific scientific studies done evaluating the risk of COVID-19 transmission in sport. 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.

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.

The World Health Organization (WHO) released guidance on April 14, 2020 on “Considerations for sports federations/sports event organizers when planning mass gatherings in the context of COVID-19” that outlines the potential risks associated with in-person sporting events and activities, which can be downloaded [here](#).

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 in August. 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.

Resources

- COVID-19 Waiver for teams and TDs
 - <https://www.sadlersports.com/sample-waiver-release-communicable-disease-s-including-covid-19/>
- Athletic trainers - <https://go4ellis.com/>
- Track risk percentage by county - <https://covid19risk.biosci.gatech.edu/>
- Vaccine tracking - <https://www.covid-19vaccinetracker.org/>
- 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>

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:

- Director of Events and Partnerships Laura Porth: laura.porth@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.

