



## International Football Club

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## Information Bulletin

**Bulletin #:** IFC2020 – 029  
**Date:** Nov. 10, 2020  
**To:** IFC Membership, Staff  
**CC:** IFC Directors  
**From:** Frank Iazzo, Athletic Director  
**Subject:** IFC Close Contact Case Study

Dear Players and Parents/Guardians,

[The Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov) recently updated its guidance to redefine “close contact” for purposes of COVID-19 exposure. The CDC previously defined close contact as being within six feet of an infected person for 15 or more consecutive minutes. The CDC’s updated guidance defines close contact as being within 6 feet of an infected person for a total of 15 minutes or more. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive for COVID-19.

Thus, the analysis now focuses on cumulative, not consecutive, minutes of contact, which intrigued IFC to conduct its own study to determine the extent of potential COVID-19 exposure within a training session. So we analyzed two IFC training sessions to determine whether IFC players were in close contact (less than 6 feet or 2 meters) with each other for more than 15 minutes combined. The test was conducted by evaluating the average playing time a teammate was in close contact with a hypothetically asymptomatic COVID-19 carrier.

Notwithstanding the methodological inaccuracies (for example the duration of training session, distance approximations, number of players in attendance, type of training activities, etc.) the results we found were drastically lower than the 15 cumulative minutes suggested by the CDC. Between the two cases, ranging from U16 youth competitive and U10 primary age groups, the players’ identified as the COVID-19 carrier were in close contact with teammates for a total of 4:00 to 12:12 minutes per session, which averaged 18 to 73 seconds per player.



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### **Key Findings from the New Guidance**

- Maintain safe distance during training/game stoppages and warm-up
- Wear a mask or face covering in indoor public spaces and when you can't keep physical distance (even during training)
- Send home any staff/player/member who had any risk of exposure and get tested while you self-monitor for 14 days
- Stay home if you are feeling unwell

Sincerely,

Frank Iazzo, Athletic Director