

## UPLL COVID-19 Notification of Close Contacts & Return to Play Guidelines

The Montgomery County Department of Health is responsible for all contact tracing regarding COVID-19. The below situations outline how and to whom notifications will be made within the league. All mentions of “self quarantine” below refer to participation in league activities. This includes refraining from participating in all practices, games, team activities, and coming to the UPLL Complex. The privacy of the individual reporting a test result, exposure, or symptoms will be maintained in all communications.

**Note that UPLL will err on the side of caution when made aware of possible COVID-19 exposures. There may be instances where it is difficult to be certain if an individual does or does not meet the CDC criteria regarding “close contact” with a positive COVID-19 case. In these instances, UPLL may require those deemed by the league as close contact to not return to the complex until they meet the criteria for Return to Play. Questions regarding this can be directed to the UPLL Safety Officer.**

*Close contact is defined by the CDC as “Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset/positive test.”*

### Exposures NOT Occuring Within Your Immediate Household

- A player, coach, manager, umpire, or spectator reports a **positive COVID-19 test** (with or without symptoms) to the UPLL Safety Officer
  - All those who have been in close contact with the positive individual will be notified of the exposure by the UPLL Safety Officer
  - All those who have been in close contact will be instructed to contact their Primary Care Provider and follow local and state guidance regarding self quarantine while monitoring for symptoms of COVID-19.
  - Close contacts will be instructed to self quarantine from all league activities and monitor for symptoms of COVID-19. If symptoms arise during this time, individuals should notify the Safety Officer and contact their Primary Care Provider for information regarding COVID-19 testing and self isolation
  - The UPLL Safety Officer will review the return to play guidelines at the time of notification.
- A player, coach, manager, umpire, or spectator reports **symptoms of COVID-19 (after an exposure to a COVID-19 positive individual)** to the UPLL Safety Officer
  - Individuals who report symptoms of COVID-19 after being exposed to a positive COVID-19 individual are considered “probable positive” cases. Therefore, all close contacts to this individual are considered “probable contacts.”
  - All those who have been in close contact with the symptomatic individual will be notified of the exposure by the UPLL Safety Officer.
  - All those who have been in close contact will be instructed to contact their Primary Care Provider and follow local and state guidance regarding self quarantine while monitoring for symptoms of COVID-19.
  - Close contacts will be instructed to self quarantine from all league activities and monitor for symptoms of COVID-19. If symptoms arise during this time, individuals should notify the Safety Officer and contact their Primary Care Provider for information regarding COVID-19 testing and self isolation
  - The UPLL Safety Officer will review the return to play guidelines at the time of notification.
  - Testing Considerations
    - If the symptomatic individual receives a **positive COVID-19 test, is awaiting test results, or opts not to obtain** a COVID-19 test, close contacts will continue with the self quarantine from league activities
    - If the symptomatic individual receives a **negative** COVID-19 test, close contacts may resume league activities
- A player, coach, manager, umpire, or spectator reports **symptoms of COVID-19 (without a known exposure to a positive COVID-19 case)** to the UPLL Safety Officer
  - All those who have been in close contact with the symptomatic individual will be notified of the exposure by the UPLL Safety Officer.
  - The UPLL Safety Officer will review the return to play guidelines at the time of notification.
  - Testing Considerations

- If the symptomatic individual receives a **positive COVID-19 test**, close contacts will be notified to self quarantine from league activities,
- Is the symptomatic individual receives a **negative COVID-19 test, is awaiting test results, or opts not to obtain** a COVID-19 test, close contacts may continue with league activities

#### Exposures Occuring Within Your Household

- Someone in your household receives a **positive COVID-19 test result** (with or without symptoms)
  - As a close contact, you will be asked to self quarantine from league activities while monitoring for symptoms of COVID-19
  - Contact the UPLL Safety Officer for return to play guidelines for close contacts
- Someone in your household develops **symptoms of COVID-19** (with or without a known positive exposure)
  - As a close contact, you will be asked to self quarantine from league activities while monitoring for symptoms of COVID-19
  - Contact the UPLL Safety Officer for return to play guidelines for close contacts
- Someone in your household as been **exposed to an individual who is positive for COVID-19**
  - As long as the member of your household remains asymptomatic (whether or not they are awaiting test results), you can continue with league activities

#### Return to Play

- Individuals who have been in **close contact** with a COVID-19 positive individual may return to play 10 days from the date of their last exposure, as long as they have been asymptomatic
  - A COVID-19 negative test result (rapid or PCR) performed no earlier than 5 days after the exposure will allow for a return to play on day 7. Test results are required to be submitted to the UPLL Safety Officer prior to returning to play.
  - For close contacts living in the same household as a COVID-19 positive individual, it may not be possible to distance from each other (ex: parent and child). In this case, the close contact does not begin their self quarantine until the positive individual's isolation period ends.
- Individuals **experiencing symptoms** of COVID-19 may return to play if...
  - It has been at least 10 days from the date the symptoms started
  - Their symptoms are improving
  - They have been fever free for 24 hours without the use of fever reducing medications
  - Symptoms of COVID-19 include fever, chills, shortness of breath/difficulty breathing, fatigue, muscle or body aches, headache, new loss of sense of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, diarrhea
  - A negative test result does not change the the above criteria regarding the return to play
- Individuals who **test positive** for COVID-19 (with or without symptoms) may return to play if...
  - It has been at least 10 days from the date of the positive test
  - They have remained symptom free or symptoms are improving
  - They have been fever free for 24 hours without the use of fever reducing medications

#### Vaccination Considerations

- Vaccinated persons with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if:
  - They are fully vaccinated (2 or more weeks following receipt of the second dose in a 2-dose series-2 or more weeks following receipt of one dose of a single-dose vaccine)
  - They are within 3 months following receipt of the last dose in the series
  - They have remained asymptomatic since the current COVID-19 exposure
- A complete COVID-19 vaccination card must be presented to the UPLL Safety Officer in order for the above to apply

If you have any questions regarding these guidelines, contact the UPLL Safety Officer.

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Updated 3/2021 - These guidelines may be amended at any time as state and local guidelines change. Please refer to the Upper Providence Little League website for the most up to date guidelines - <https://www.up-littleleague.org/>