

COVID-19 EXPOSURE MANAGEMENT PLAN GUIDANCE FOR YOUTH RECREATIONAL SPORTS PROGRAMS (SPORTS LEAGUES, ORGANIZED YOUTH SPORTS, AND SCHOOL SPORTS/TEAMS)

Recent Updates: (Changes are highlighted in yellow)

4/29/2022

- Updated the definition of a COVID-19 close contact in alignment with updated California State guidance.
- Updated quarantine guidance to clarify that while asymptomatic athletes with an exposure are not required to quarantine, in order to remain in the Youth Recreational Sports Program, they are required to test within 3-5 days after last exposure and mask around others while indoors, except while eating or drinking, for 10 days after last exposure. These updated masking and testing requirements for asymptomatic exposed athletes will go into effect on May 5, 2022.

NOTE: This guidance document may be updated as additional information and resources become available. Check the Pasadena Public Health Department website:

<https://www.cityofpasadena.net/covid-19/#guidance-faq-protocols> for updates to this document.

Youth Recreational Sports Programs are important community partners that can help keep participant families and our community safer through rapid initiation of a COVID-19 Exposure Management Plan (EMP). Timely, effective efforts by Youth Recreational Sports Programs to contain COVID-19 exposures can help maximize the impact of public health measures to contain COVID-19. Immediate implementation of an EMP when a single case of COVID-19 is identified at a Youth Recreational Sports Program can increase the likelihood of containing the spread of infection and preventing outbreaks from occurring.

The steps for managing exposures to 1, 2, and 3 or more COVID-19 cases in a Youth Recreational Sports Program are described below and summarized in Appendix A. Because Youth Recreational Sports Programs will vary in the level of resources available for COVID-19 exposure management, *required* steps are the minimum elements that must be included in the EMP. *Recommended* steps include optional elements for exposure management where Youth Recreational Sports Program resources are sufficient.

The requirements and recommendations in this EMP apply to organized recreational sports leagues, club sports, travel sports, sports events/meets/competitions and sports/teams sponsored by private and public schools serving students in TK-12 schools, and all team activities listed in the [PPHD Protocol for Youth Sports Leagues, Organized Youth Sports, and School Sports Teams](#). **This guidance does not apply to collegiate or professional sports or to community events such as marathons, half-marathons, and endurance races, which are subject to sector-specific requirements.** Check the PPHD website for additional resources and updates for Youth Recreational Sports Programs <https://www.cityofpasadena.net/covid-19/#guidance-faq-protocols>.

The risk of spread of COVID-19 in a Youth Recreational Sports Program is affected by the following factors:

- As more individuals are fully vaccinated and boosted against COVID-19, the risk **decreases**.
- In the absence of COVID-19 vaccination, the risk **increases** with: (1) sports that have

closer levels of contact between participants (particularly face-to-face contact in indoor sports); (2) sports that have increased frequency and longer duration of close contact; (3) high-contact sports that have greater exertion levels that increase the rate of breathing and the amount of air that is inhaled and exhaled with every breath.

In the guidance that follows, the term “household” is defined as “persons living together as a single living unit” and shall not include institutional group living situations such as dormitories, fraternities, sororities, monasteries, convents or residential care facilities, nor does it include such commercial living arrangements as boarding houses, hotels or motels. The terms “staff” and “employee” include coaches, employees, support staff, volunteers, interns and trainees, scholars and all other individuals who carry out work at the site or for the recreational sport activity. The terms “players,” “participants,” “family members,” “visitors” or “customers” include members of the public and others who are not staff or employees who spend time at the business or site or take part in the activities. The terms “establishment,” “site,” and “facility” refer to the buildings or grounds at which activities are conducted.

Exposure Management Planning Prior to Identifying 1 COVID-19 Case

- Required:* A designated Youth Recreational Sports Program COVID-19 Compliance Lead that is responsible for establishing and enforcing all COVID-19 safety protocols and ensuring that all participants and staff receive education about COVID-19. This Lead serves as a liaison to PPHD for sharing site-level information to facilitate necessary public health action.
- Required:* A plan for all participants and staff regardless of vaccination status who (1) have symptoms consistent with COVID-19, OR (2) were exposed to a confirmed case of COVID-19 **at a Youth Recreational Sports Program**, OR (3) are part of a Youth Recreational Sports Program with an active public health investigation to have access to testing or be tested for COVID-19 infection.
- Recommended:* Routine screening testing is no longer required but **strongly recommended** for athletes in moderate-risk and high-risk sports. If a Youth Recreational Sports Program chooses to implement a screening testing program, the program should prioritize testing of athletes who are not fully vaccinated, and staff/volunteers whose vaccination status is not up to date. Screening testing programs should use an FDA-authorized viral COVID-19 test, including a Nucleic Acid Amplification Test (NAAT, such as PCR) or an antigen test, which is collected and performed in a healthcare setting or certified testing site, or an FDA-authorized Over-the-Counter (or at-home) test. If the test is positive, the individual should be presumed to have COVID-19 and should follow [Home Isolation Order](#). Note: Unverified Over-the-Counter test results cannot be used to fulfill required testing for employees per [Cal/OSHA COVID-19 Prevention Emergency Temporary Standards](#) (ETS).
- Recommended:* During multi-county, multi-day competitions, a negative COVID-19 test within 3 days prior to the first game is **strongly recommended** for athletes and staff participating in these events.
- Recommended:* Apply CDPH guidance using the [Decision Tree for Managing Confirmed or Suspected COVID-19 Cases in Schools](#) for persons who screen positive for symptoms prior to or during participation in the Youth Recreational Sports Program.

Exposure Management for 1 COVID-19 Case

□ *Required:* After identifying one confirmed COVID-19 case (participant or staff), the Youth Recreational Sports Program Compliance Lead instructs the case to follow the [Pasadena Health Officer Isolation Order](#). NOTE: A person is considered to be diagnosed with or likely to have COVID-19, based on one of more of the following criteria: a) They received a positive diagnostic (viral) test for COVID-19 and/or b) A healthcare provider clinically suspects that they have COVID-19.

- Athletes and staff with COVID-19 can end isolation on Day 6* ONLY if all of the following criteria are met:
 1. A COVID-19 viral test** collected on Day 5 or later is negative, **AND**
 2. No fever for at least 24 hours without the use of fever-reducing medicine, **AND**
 3. Other symptoms are not present or improving

**For symptomatic athletes and staff, Day 0 is the first day of symptoms; Day 1 is the first full day after symptoms develop. For asymptomatic athletes and staff, Day 0 is the day the first positive test was collected; Day 1 is the first full day after the positive test was collected.*

***The test must be an FDA-authorized viral test (e.g., PCR or antigen test, including at-home tests). An antigen test is preferred for testing out of isolation.*

-OR-

- Isolation can end after Day 10 if both these criteria are met:
 1. No fever for at least 24 hours without the use of fever-reducing medication, **AND**
 2. Other symptoms are not present or are improving

NOTE: For staff, per [Cal/OSHA COVID-19 Prevention Emergency Temporary Standards](#) (ETS), testing that is required for employees must be provided by the employer free of charge and during work hours; these tests may not be self-administered or self-read unless they are observed by the employer or an authorized telehealth proctor. Additionally, staff may request masks and respirators from their employer at no cost to staff.

- While in isolation, youth participants and staff should stay at home, away from others. If a youth participant meets the criteria to leave isolation after Day 5, it is **strongly recommended** that they wear a highly protective mask around others, except when eating or drinking, through the end of Day 10 after onset of symptoms, or, if asymptomatic, after the first positive test. Staff with COVID-19 are **required** to wear a highly protective mask when around others, both indoors and outdoors (except when eating and drinking), through the end of Day 10. See ph.lacounty.gov/masks for more information.

□ *Required:* The Compliance Lead works to identify all individuals or all groups in the Youth Recreational Sports Program who have had an indoor exposure to the confirmed positive case in the Youth Recreational Sports Program during their infectious period (close contacts). Youth Recreational Sports Programs have the option of conducting “group tracing” to identify groups with an indoor exposure (see description in the [Exposure Management Plan Guidance in TK-12 Schools](#)).

- A case is considered to be infectious from 2 days before symptoms first appeared until the time the case is no longer required to be isolated (i.e., no fever for at least 24 hours, without the use of medicine that reduces fevers AND other symptoms have improved AND

at least 10 days have passed since symptoms first appeared). A person with a positive COVID-19 test but no symptoms is considered to be infectious from 2 days before the test was taken until 10 days after the test.

- **Close Contact:** Persons are considered to have been exposed to a case (close contact) during the infectious period if they shared the same indoor airspace in a Youth Sports Program with the infected person for 15 minutes or more cumulatively over a 24 hour period. In large indoor airspaces, those considered exposed may be limited to 1) those in a pre-defined or identifiable group (e.g., teammates, club members, cohort, etc.) or 2) those within 6 feet of the infected person for 15 minutes or more over a 24-hour period. **NOTE:** Persons with an outdoor exposure at school are not considered close contacts.

- *Required:* COVID-19 Compliance Lead must notify PPHD of (1) staff and participants with confirmed or suspected COVID-19 who were in a Youth Recreational Sports Program(s) at any point within the 14 days prior to the illness onset date.
- *Required:* The Compliance Lead submits this information to PPHD using the [COVID-19 Case and Contact Line List for the Educational Sector](#) within 1 day of notification of a case. If needed, additional time may be requested. Secure (encrypted) online email via nursing@cityofpasadena.net is the preferred method for notifying PPHD of COVID-19 exposures.
- *Required:* All persons identified to have had a known exposure (close contacts) to a COVID-19 positive case in a Youth Recreational Sports Program must be notified by the COVID-19 Compliance Lead of the exposure through a letter or other communication strategies. The Compliance Lead should complete an Exposure Notification letter based on the [COVID-19 Template Notification Letters for Education Settings](#). This letter should be accompanied by the Pasadena Health Officer [Quarantine Order](#), and letters should be modified to match the policies of the individual Youth Sports Recreational Program.
 - Action for close contacts who ARE required to quarantine
 - The following close contacts are required to quarantine:
 - Asymptomatic staff* who are not [up to date](#) on their COVID-19 vaccines
 - * *Asymptomatic staff close contacts who are fully vaccinated and not boosted (if eligible) but required to quarantine can remain at the worksite during the quarantine period, however they are **required** to test once within 3-5 days after the last exposure date. Requirement to quarantine continues to apply to all settings other than employee worksite. This guidance is outlined in Cal/OSHA COVID-19 Prevention Emergency Temporary Standards ([Cal/OSHA Emergency Temporary Standards](#)). Additional details are provided in the section: "Action for close contacts who are not required to quarantine."*
 - [Unless they meet the criteria for remaining at the workplace, staff](#) close contacts who are required to quarantine must self-quarantine (stay in their home or another residence, separate from others) and monitor for symptoms as outlined in [Pasadena Health Officer Quarantine Order](#). As long as symptoms of COVID-19 are not present, they may end quarantine either:
 - After 10 full days have passed from their last known contact to the infectious case (as defined above). Activities may resume starting on Day 11 provided they are asymptomatic. OR

- After 5 full days have passed from their last known contact to the infectious case if they have a negative viral test result from a specimen collected on Day 5 from the date of last exposure to the case. Activities may resume starting on Day 6. The test must be an FDA-authorized viral COVID-19 test (e.g., NAAT or antigen test); a negative test result from an FDA-authorized Over-the-Counter (or at-home) test is acceptable for testing out of quarantine. If the test is positive, follow the [Pasadena Health Officer Isolation Order](#). Exposed persons who were previously infected with SARS-CoV-2 within the past 90 days and develop new symptoms of COVID-19 should test using an antigen test.
- **NOTE:** For staff, per Cal/OSHA COVID-19 Prevention Emergency Temporary Standards ([Cal/OSHA Emergency Temporary Standards](#)), testing that is required for employees must be provided by the employer free of charge and during work hours; these tests may not be self-administered or self-read unless they are observed by the employer or an authorized telehealth proctor.
- Regardless of when quarantine ends, close contacts who are required to quarantine must continue to monitor their health and are required to wear a highly protective mask around others indoors, except when eating or drinking, for 10 days from the date of last exposure. See ph.lacounty.gov/masks for more information. Staff may request masks and respirators from their employer at no cost to staff. If symptoms develop, test using an FDA-authorized viral COVID-19 test and stay home. If the test is positive, follow the [Pasadena Health Officer Isolation Order](#). **NOTE:** there are some people who should not wear a mask. Refer to the [California Department of Public Health Guidance for the Use of Face Masks](#) page for latest guidance on masking.
- Action for close contacts who are NOT required to quarantine
 - The following close contacts are not required to quarantine provided they remain asymptomatic:
 - Athletes, regardless of vaccination status
 - Staff who are fully vaccinated and not eligible for a booster.
 - Staff who are fully vaccinated and boosted, if eligible.
 - Close contacts who are not required to quarantine may remain in the Youth Recreational Sports Program if they meet all of the following requirements:
 1. Monitor for symptoms; **AND**
 2. Wear a highly protective mask around others indoors, except when eating or drinking, for 10 days after the last date of exposure; **AND**
 3. Test with an FDA-authorized viral COVID-19 test (e.g., PCR or antigen test, including at home tests) within 3-5 days since the last date of exposure*.
 - *NOTE: Asymptomatic students and staff close contacts who were previously infected with SARS-CoV-2 within the last 90 days are not required to quarantine and are exempt from testing but must mask around others indoors for 10 days after the last date of exposure.
 - If symptoms develop, test using an FDA-authorized viral COVID-19 test and stay at home. If the test is positive, follow the [Pasadena Health Officer Isolation Order](#). Due to observed decreased sensitivity of current antigen tests to the Omicron variant, PCR testing is recommended in this instance.
 - Staff may request masks and respirators from their employer at no cost to staff.

- *Required:* Youth Recreational Sports Programs are required to have a plan to facilitate COVID-19 response testing for persons with an exposure in the Youth Recreational Sports Programs. Participants and staff who are tested must inform the Youth Recreational Sports Programs of the test results. Testing resources include: Employee Health Services or Occupational Health Services, Student Health Center, Personal Healthcare Providers, [testing resources in the City of Pasadena](#), LA City and [County Testing Sites](#), and [Community-Based Testing Sites](#) (local health centers and pharmacies). Individuals who need assistance finding a medical provider can call the LA County Information line 2-1-1, which is available 24/7.
- *Required:* Employees with an exposure should follow guidance outlined in Cal/OSHA COVID-19 Prevention Emergency Temporary Standards Isolation and Quarantine Section ([Cal/OSHA Emergency Temporary Standards](#)). However, if an employee's quarantine period ends before they meet Cal/OSHA's criteria for return-to-work, they may return to the worksite(s) as soon as they have cleared quarantine per the [Pasadena Health Officer Quarantine Order](#). Per Cal/OSHA ETS, testing that is required for employees must be provided by the employer free of charge and during work hours; these tests may not be self-administered or self-read unless they are observed by the employer or an authorized telehealth proctor.
- *Required:* If an individual with confirmed COVID-19 participated during their infectious period in any games, tournaments or other Youth Recreational Sports Program-related activities involving other teams, the Compliance Lead must notify the opposing team(s) of potential exposure.
- *Recommended:* It is **strongly recommended** that all team members participating on the same team as a confirmed case are required to test weekly for 2 weeks from the last date that the case was present on the team while infectious, regardless of vaccination or exposure status.
- *Recommended:* The COVID-19 Compliance Lead will determine whether additional notification is needed to inform the program community about the exposure and precautions being taken to prevent spread of COVID-19. A general notification letter template is available at: [COVID-19 Template Notification Letters for Education Settings](#).

Exposure Management for 2 COVID-19 Cases within a 14-day Period

- *Required:* After identifying 2 confirmed cases (participant and/or staff) within a 14-day period, the Youth Recreational Sports Program follows the *required* steps for 1 case.
- *Recommended:* The Compliance Lead consults with PPHD to determine whether the 2 cases are epidemiologically linked, meaning that the two affected individuals were both present at some point in the same setting during the same time period while either or both were infectious.
 - Determination of epidemiological links between cases may require further investigation to assess exposure history and identify all possible locations and persons that may have been exposed to the case while infectious in a Youth Recreational Sports Program. A tool is available to assist in the assessment of epidemiological links at: [COVID-19 Exposure Investigation Worksheet for the Education Sector](#). For technical assistance on how to assess for epidemiological links, please contact nursing@cityofpasadena.net.

- Note: Epidemiologically linked cases include persons in a Youth Recreational Sport Program with identifiable connections to each other (e.g., on the same team, sharing physical space like a locker room or car, attending a social gathering together).

Exposure Management for ≥ 3 COVID-19 Cases within a 14-day Period

- *Required:* If the Youth Recreational Sports Program identifies a cluster of 3 or more linked cases (participants and/or staff) within a 14-day period, the Youth Recreational Sports Program should proceed with the following steps:
- Report the cluster to PPHD within 1 business day via secure email at: nursing@cityofpasadena.net or by calling (626) 744-6089.
 - Complete the *Line List for Cases and Contacts*, available at: [COVID-19 Case and Contact Line List for the Educational Sector](#) and submit via secure email to nursing@cityofpasadena.net. For technical assistance on how to complete the line list contact nursing@cityofpasadena.net.
 - **Outbreak Criteria:** At least 3-confirmed cases with symptomatic or asymptomatic COVID-19 within a 14-day period in a group with members who are epidemiologically linked, do not share a household, and are not a close contact of each other outside of the sports program. Epidemiological links require the infected persons to have been present at some point in the same setting during the same time period while infectious.
 - If outbreak criteria are not met, PPHD may advise the Youth Recreational Sports Program to continue with routine exposure management.
 - If outbreak criteria are met and PPHD recommends an outbreak response, PPHD will coordinate with the COVID-19 Compliance Lead on outbreak management for the duration of the outbreak investigation, including providing updates.
 - **Youth Recreational Sports Programs with an outbreak of 4 or more epidemiologically linked cases over a 14-day period are required to suspend activities for 7 days.** Individual conditioning and skill building may continue during the suspension period as long as everyone on the team complies fully with any individual isolation or quarantine orders that apply. False positive test submissions from a Youth Recreational Sports Program with an active outbreak will not be accepted during an outbreak investigation.

COVID-19 Exposure Management Plan (EMP) Contact Information

I, _____ (Supervising Staff Member), attest that my Youth

Recreational Sports Program, _____ (name of Youth Recreational Sports Program), has prepared our exposure management plan, designated staff for the COVID-19 Youth Recreational Sports Program Compliance Team, and the members of that team have completed training on:

- Exposure Management Plan Guidance for Youth Recreational Sports Program
- COVID-19 Case and Contact Line List for the Educational Sector
- COVID-19 Exposure Investigation Worksheet for the Education Sector
- COVID-19 Template Notification Letters for Education Settings

Signature _____

Date _____

PERSON RESPONSIBLE FOR IMPLEMENTING EMP
Person in Charge (COVID-19 Compliance Lead): <input type="text"/>
Title: <input type="text"/>
Phone Number: <input type="text"/>

Appendix A: Steps for Managing Exposures to COVID-19 Cases in a Youth Recreational Sports Program

<p>1 Confirmed Case</p>	<ol style="list-style-type: none"> 1) <i>Required:</i> Youth Recreational Sports Program notifies the case to follow COVID-19 home isolation instructions. 2) <i>Required:</i> Youth Recreational Sports Program works with PPHD to identify exposed individuals or groups. This may include members of opposing teams if the case participated in games or tournaments while infectious. 3) <i>Required:</i> Youth Recreational Sports Program submits within 1 business day the contact information for the case and contacts using the COVID-19 Case and Contact Line List for the Educational Sector and sends to PPHD by secure email: nursing@cityofpasadena.net 4) <i>Recommended:</i> Youth Recreational Sports Program sends general notification* to inform the wider community of the exposure and precautions taken to prevent spread. <p>*Templates for contact notification and general notification are available at: COVID-19 Template Notification Letters for Education Settings.</p>
<p>2 Confirmed Cases</p>	<ol style="list-style-type: none"> 1) <i>Required:</i> Follow required steps for 1 confirmed case. 2) <i>Recommended:</i> If the 2 cases occurred within 14 days of each other, Youth Recreational Sports Program determines whether the cases have epidemiological (epi) links.** A COVID-19 Exposure Investigation Worksheet for the Education Sector tool is available to help assess for epi links. <p>**Epi links <u>do not</u> exist: Youth Recreational Sports Program continues with routine exposure management. Epi links <u>exist</u>: Youth Recreational Sports Program implements additional infection control measures.</p>
<p>3+ Confirmed Cases</p>	<ol style="list-style-type: none"> 1) <i>Required:</i> If a cluster of 3 or more cases occurred within 14 days of each other, Youth Recreational Sports Program notifies PPHD at: nursing@cityofpasadena.net or (626) 744-6089, option 2. PPHD, with information gathered by the Youth Recreational Sports Program, determines whether the cases have epi links. If epi links <u>do not</u> exist, the Youth Recreational Sports Program continues with routine exposure management. If outbreak criteria are met, PPHD outbreak investigation will be initiated: 2) <i>Required:</i> Youth Recreational Sports Program provides updates to the PPHD investigator until the outbreak is resolved (at least 14 days since last confirmed case).