

## 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)

8/22/2022

- Reporting of individual cases of COVID-19 in the youth sports setting is no longer required. Moving forward, any clusters of 3 or more linked cases within a 14-day period must be reported immediately and no later than 1 business day.
- Strongly recommend identification of close contacts in indoor spaces align with CDPH's close contact definition (individuals who shared indoor airspace with the infected person for 15 minutes or more over a 24-hour period).
- Clarifies requirements for youth sports participant close contacts who are asymptomatic and have mask exemptions for remaining on site after a COVID-19 exposure.

**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. 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 school employees under the [California State Health Officer Order](#).**
- Recommended:* During multi-county, multi-day competitions, a negative COVID-19 test prior to the first game (**preferably within 24 hours**) 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.

□ *Required:* After identifying one confirmed COVID-19 case (participant or staff), the Youth Recreational Sports Program Compliance Lead instructs the case to follow the [Home Isolation Instructions](#). 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.*
  4. It is strongly recommended that a highly protective mask is worn until Day 11.

**-OR-**

- Isolation can end on Day 11 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), employers are required to fulfill the following: inform all employees about how they can obtain testing, offer testing at no cost and during paid time, and provide testing in a manner that ensures employee confidentiality. To comply with the testing requirements of the ETS, an over-the-counter (OTC) COVID-19 test may be both self-administered and self-read if verification of the results, such as a time and date stamped photograph of the result or an OTC test that uses digital reporting with time and date stamped results, is provided. 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](http://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 Recreational Sports Program with the infected person for 15 minutes or more cumulatively over a 24 hour period. This definition of close contact is **strongly recommended** for identification of student close contacts in most indoor spaces. This definition is **required** for identification of staff close contacts per Cal/OSHA COVID-19 Prevention [Emergency Temporary Standards \(ETS\)](#). 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 all clusters of 3 or more cases of COVID-19 in a Youth Recreational Sports Program or other pre-defined or identifiable group (i.e., cohort, team/club, etc.) who were onsite at any point within the 14 days prior to illness onset date. Cases include staff, participants, and volunteers with positive results for COVID-19 via PCR or antigen testing, including at-home tests.
- Required:* The Compliance Lead submits this information to PPHD using the [COVID-19 Case and Contact Line List for the Educational Sector](#). Secure (encrypted) online email via [nursing@cityofpasadena.net](mailto:nursing@cityofpasadena.net) is the preferred method for notifying PPHD of COVID-19 exposures. All clusters with information for the cases should be reported to PPHD immediately, and no later than 1 business day of being notified of the third, or last, case in the cluster. If needed, additional time may be requested.
- 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 modified to match the policies of the individual Youth Sports Recreational Program.
- Notification can be completed using an individual or group notification method where members of relevant groups in which exposure occurred (e.g. teammates, cohorts) are notified of their exposure as a group and actions to take. Refer to the sample exposure notification letter (posted at <https://schools.covid19.ca.gov/>) for a model notification that may be adapted for the specific requirements or recommendations of each Youth Sports Recreational Program.
  - If applying the within 6 feet of an infected person for 15 minutes or more over a 24-hour period definition for identifying close contacts in a classroom or similar size settings, all other individuals who shared the same indoor airspace with the infected person for 15 minutes or more over a 24-hour period must be notified of a potential exposure and

provided with the recommended actions to take.

- Action for close contacts
  - Asymptomatic close contacts are not required to quarantine; they may remain at the facility if they follow **all requirements** for close contacts, specifically: (1) monitor for symptoms; (2) wear a highly protective mask around others indoors, except when eating or drinking, for 10 days after the last date of exposure; (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.\*
  - If applying the within 6 feet of an infected person for 15 minutes or more over a 24-hour period definition to identify close contacts in classrooms or similar size settings, or within a well-defined cohort, all other individuals in the indoor space or members of the well-defined cohort who shared the same indoor airspace with the infected person for 15 minutes or more over a 24-hour period but were not within 6 feet of a confirmed case shall be notified of potential exposure despite not being close contacts and shall be **strongly recommended** to (1) monitor for symptoms; (2) wear a highly protective mask around others indoors, except when eating or drinking, for 10 days after the last date of exposure, for children ages 2 years and older and for staff; (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.\*
  - If symptoms develop, test using an FDA-authorized viral COVID-19 test and stay home. If the test is positive, follow the [Home Isolation Instructions](#) for COVID-19. 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.
  - Staff who are close contacts exposed at work must follow the guidance outlined in Cal/OSHA COVID-19 Prevention [Emergency Temporary Standards](#) (ETS). Please refer to Table 2 in Cal/OSHA's COVID-19 Emergency Temporary Standards [Frequently Asked Questions](#) for CDPH guidance after close contact, including for staff who are unable to mask.
  - **\*NOTE:** Asymptomatic children and staff close contacts who were previously infected with SARS-CoV-2 within the past 90 days are not required to quarantine and are exempt from testing, but must mask around others while indoors for 10 days after the last date of exposure.
  - For students who have a mask exemption\*\* and have been exposed, students should wear a face shield with a drape at the bottom if their condition allows. For students who cannot tolerate a mask or a face shield with drape at the bottom, they may remain on campus if (1) they remain asymptomatic, (2) monitor for symptoms for the 10 days after last exposure, AND (3) are required to test for COVID-19 twice during the 10 days after last exposure, once during days 3-5 and once during days 6-9. Students who cannot mask after exposure and cannot meet these requirements must remain at home until after Day 10 after last exposure.  
\*\*Individuals may be exempt from wearing a mask for the following reasons (refer to the [Public Health COVID-19 Protocol for TK-12 Public and Private Schools and School Based Programs](#) for additional information):
    - Persons younger than two years old.
    - Persons who are hearing impaired, or communicating with a person who is hearing impaired, where the ability to see the mouth is essential for communication.



present at some point in the same setting during the same time period while any of the individuals 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](mailto:nursing@cityofpasadena.net).
- Epidemiologically linked cases include persons in a Youth Recreational Sports Program with identifiable connections to each other such as sharing a physical space (e.g., on the same sports team, sharing physical space like a locker room or car, attending a social gathering together), indicating a higher likelihood of linked spread of disease in that setting rather than sporadic transmission from the broader community. If epidemiological links exist, PPHD will advise the school on important steps to take and communications to students and employees regarding precautions to take to prevent further spread at the school, including implementation of site-specific interventions for infection control.
- PPHD will review the *Line List for Cases and Contacts* to determine whether the outbreak criteria have been met. PPHD will contact the school within 1 business day to advise next steps. 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.
- PPHD will coordinate with the Youth Recreational Sports Program on outbreak management for the duration of the outbreak investigation.
  - The Youth Recreational Sports Program Compliance Lead will submit all requested information, including updates to the Line List for Cases and Contacts, to the investigator until the outbreak is resolved (i.e., no new cases at least 14 days since the last confirmed case).
- **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 \_\_\_\_\_

<b>PERSON RESPONSIBLE FOR IMPLEMENTING EMP</b>
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 style="text-align: center;"><b>1 Confirmed Case</b></p>	<ol style="list-style-type: none"> <li>1) <i>Required:</i> Youth Recreational Sports Program notifies the case to follow <a href="#">COVID-19 home isolation instructions</a>.</li> <li>2) <i>Required:</i> Youth Recreational Sports Program works with <b>the case</b> to identify exposed individuals or groups. This may include members of opposing teams if the case participated in games or tournaments while infectious. Programs may contact PPHD at: <a href="mailto:nursing@cityofpasadena.net">nursing@cityofpasadena.net</a> or (626) 744-6089, option 2 for assistance with identification of close contacts and exposure management.</li> <li>3) <i>Recommended:</i> Youth Recreational Sports Program <b>identifies and notifies* program contacts of an exposure.</b></li> </ol> <p>*Templates for contact notification and general notification are available at: <a href="#">COVID-19 Template Notification Letters for Education Settings</a>.</p>
<p style="text-align: center;"><b>2 Confirmed Cases</b></p>	<ol style="list-style-type: none"> <li>1) <i>Required:</i> Follow required steps for 1 confirmed case.</li> <li>2) <i>Recommended:</i> If the 2 cases occurred within 14 days of each other, Youth Recreational Sports Program consults with PPHD to determine whether the cases have epidemiological (epi) links.** A <a href="#">COVID-19 Exposure Investigation Worksheet for the Education Sector</a> tool is available to help assess for epi links.</li> </ol> <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 style="text-align: center;"><b>3+ Confirmed Cases</b></p>	<ol style="list-style-type: none"> <li>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: <a href="mailto:nursing@cityofpasadena.net">nursing@cityofpasadena.net</a> 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. <b>PPHD determines if outbreak criteria have been met. If a PPHD outbreak investigation is activated, a public health investigator will contact the school to coordinate the outbreak investigation:</b></li> <li>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).</li> </ol>