

This document defines the protocols Rancho Penasquitos Little League (RPLL) will use for the 2021 Fall season about Volunteer and Player infection related to the Covid-19 virus\*. The RPLL Board's goal is to have transparency with these protocols and to ensure consistency in dealing with Covid-19. The RPLL Board's priority remains to keep the RPLL Community safe and healthy.

After the appendix is a flowchart that illustrates our protocols. The following are additional details around the protocols.

- Families are required to notify RPLL via [covid@rpll.org](mailto:covid@rpll.org), of any infections for any volunteer or player who has had direct contact with their designated team(s). **Please do so immediately.** Your privacy is of the utmost importance to RPLL and only two Board Members (League Safety Officer and one Player Agent) have access to the [covid@rpll.org](mailto:covid@rpll.org) email address and any communication that is intended to the RPLL Board, managers, families and volunteers will be done without providing any names of those infected or exposed.
- The League Safety Officer or designated Player Agent will work directly with the family that has reported a Covid issue regarding return to play/volunteer dates and to monitor any changes in the situation.
- If there is a confirmed positive case within a team, RPLL will contact the manager of the team to inform them that someone (no names will be provided) with direct association to their team has been confirmed positive. Next, RPLL will send an email to the team's families informing them of the situation.
- If a team that has a positive Covid case has had interaction with another team (scrimmage or game) within 3 days of the onset of symptoms, RPLL will email the Manager and then the entire team, letting them know of the positive case on an opposing team. Opposing teams will be permitted to continue activities as normal.

*\* RPLL reserves the right to update or modify these guidelines as circumstances require*

# Appendix

All protocols in this document are based on CDC and/or State Health Department guidance and are subject to change based on changing CDC and/or State Health Department guidance.

- COVID symptoms can include: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and/or diarrhea.
- When can I return to team activities:
  - I had direct exposure to Covid
    - You can return to team activities 10 days after your last direct exposure to Covid
  - I had symptoms of Covid, but did not test positive for Covid
    - You can return to team activities 10 days after you first showed symptoms AND have not had a fever for the past 24 hours AND other symptoms are improving
    - You can return to team activities upon producing a negative test result AND showing no symptoms for the previous 24 hours.
  - I tested positive for Covid, but showed no symptoms
    - If you continue to show no symptoms, you may return to team activities 10 days after your positive test
  - I tested positive for Covid and showed symptoms
    - Please consult with your family doctor before returning to team activities no sooner than 10 days after the positive test result