

## MONO COUNTY LITTLE LEAGUE COVID-19 PLAN

**MCLL Covid Coordinator:** Antonette Ciccarelli, 760-914-1563

Please call if you have any covid related questions or concerns, including symptoms or exposures.

### **Mono County Little League COVID-19 GUIDELINES**

The following guidelines are required by the California Department of Public Health once your county case rate reaches 14 (or less) per 100,000 and you wish to resume competitive play (team-vs-team) regardless of the "color" of your tier:

- Face coverings to be worn at all times by participants during practice and games, even during heavy exertion as tolerated.
- Face coverings to be worn by managers, coaches, support staff, and observers at all times and in compliance with CDPH Guidance for the Use of Face Coverings
- Maintain 6 feet of distance between participants and others to the maximum extent possible (including when on the bench)
- Observers maintain at least 6 feet from non-household members
- No sharing of drink bottles and other personal items and equipment
- Mixing with other households prior to and post any practices or competition must strictly adhere to current gathering guidance
- Limit indoor activities to comply with capacity limits indicated in CDPH Gym & Fitness Center Guidance Capacity
- Associated indoor activities for the team (e.g. dinners, film study) are prohibited if engaged in competition
- Teams must not participate in out-of-state games and tournaments
- Balls or other objects or equipment can be touched by multiple players during practice and play if hand hygiene (washing with soap and water or use of alcohol-based hand sanitizer) practices are followed
- Informed Consent Form required (Attachment 16)

### **Inter-League/Inter-team Competition and Tournaments**

- Permitted to occur only if (a) both teams are located in the same county or (b) teams are located in immediately bordering counties.
- Teams adhere to current CDPH Travel Advisory recommendations when determining travel for competition in neighboring counties.
- No tournaments or events involving more than two teams
- One competition per team per day
- Travel by private car limited to only those within the immediate household

## MCLL Participants

- MCC Participants includes coaches, assistant coaches, players, board members, volunteers, and anyone else who may be in direct contact with players.
- Observers are friends, family, and others who may be watching games.
- Practices are limited to registered players and coaches. While we appreciate the extra help during non-covid years, volunteers who are not registered with MCLL and assigned to that team may not assist during games and practices. This is to limit the number of people who come in contact with other participants and for ease of contact tracing in the event it is required. Coaches need to enforce this.
- Stay home if you have tested positive for COVID-19 or are waiting for test results, have COVID-19 symptoms, or have had a close contact with a person who has tested positive for or who has symptoms of COVID-19 (see exceptions below).
- Close contact is defined as someone who has been within 6 feet of an infected person (laboratory-confirmed or the person is suspected of having COVID-19) for a cumulative total of 15 minutes or more over a 24-hour period (*for example, three individual 5-minute exposures for a total of 15 minutes in one day*). Someone you live with is automatically a close contact. An infected person can spread COVID-19 starting from 2 days before they have any symptoms (or, for asymptomatic patients, 2 days before the positive specimen collection date), until 10 days after.

### Symptoms of concern include:

- Fever  $\geq 100.4\text{F}$  (38.0C)
- Chills in the last 72 hours
- Shortness of breath or difficulty breathing
- Cough
- Sore throat
- Runny nose
- Nasal congestion
- Loss of taste and/or smell
- Muscle pain/aches in the last 72 hours
- New headache
- Nausea
- Vomiting
- Diarrhea
- Fatigue

### If You Test Positive

Contact your coach or Antonette Ciccarelli as soon as you receive your positive test results. Antonette Ciccarelli will perform contact tracing and notify teams, as appropriate, when they have had an exposure to a positive participant.

You will be unable to attend any MCLL activities for 10 days from the onset of symptoms.

### Symptomatic Participants

MCLL Participants, even those who have been vaccinated, who develop any of the above symptoms cannot attend practice or games and must:

- Quarantine. This means you stay home or go home if you are at a game or practice and begin to develop symptoms or feel sick.
- Players – inform your coach and/or Antonette Ciccarelli. If coaches find out during a practice or game that a player is not feeling well or has any of the symptoms listed above, coaches are to distance the player (within view of the coach) until a responsible adult can pick up the child.
- Coaches – inform Antonette Ciccarelli.

You can return to MCLL activities if you meet the following criteria:

- 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving (loss of taste/smell can last for weeks)

OR

- You have a negative covid test **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving (loss of taste/smell can last for weeks)

Note: Proof of negative test must be shown to your team coach or Antonette Ciccarelli before returning to MCLL activities.

For COVID 19 Testing in Mono County: <https://coronavirus.monocounty.ca.gov/pages/health>

### Participants who are Asymptomatic (no covid symptoms)

1. If you have been Vaccinated:

If you have an exposure to someone who is covid positive, even a household contact, you do not need to quarantine if you:

- Are fully vaccinated (i.e.,  $\geq 2$  weeks following receipt of the second dose in a 2-dose series, or  $\geq 2$  weeks following receipt of one dose of a single-dose vaccine)
- Are within 3 months following receipt of the last dose in the series.
- Do not develop symptoms.

2. If you have NOT been Vaccinated and have had COVID-19 within the previous 90 days:

If you have an exposure to someone who is covid positive, even a household contact, you do not need to quarantine as long as you do not develop symptoms.

3. If you have not been NOT Vaccinated and have not had COVID-19 within the previous 90 days:

Non-Vaccinated participants with positive close contacts may not participate in MCLL activities for:

- 10 days from the date of last exposure
- 7 days from the date of last exposure if you have received a negative PCR test result from a specimen collected after Day 5.

### **Checklist for Coaches**

- Send a welcome email or call parents. Inform them about actions that the sports program will take to protect players. Remind them to stay home if sick (have any symptoms listed above) or if they have been around someone who is sick. I suggest sending them the MCLL Covid Plan.
- Be a role model. Wear a mask and encourage family members, fans, officials, and sports staff to wear one during practices and games.
- Provide hand sanitizer (MCLL board to purchase) with at least 60% alcohol to players before and after practice/game and encourage everyone to wash their hands with soap and water.
- Educate players about covering coughs and sneezes with a tissue or their elbow. Discourage spitting.
- Remind players about social distancing.
- Encourage your players to limit close contact with other players.
- Clean and disinfect frequently touched surfaces at least daily or between use.
- Clean and disinfect shared equipment.
- Maintain daily attendance/sign in sheets with all participants in the event contact tracing is required.
- Have back up registered volunteers in the event you develop COVID-19 symptoms and need to temporarily stop coaching.
- Call Antonette Ciccarelli, 760-914-1563, if you have any questions or need to find out about clearance for a player or volunteer to resume participation.

MCLL Covid Plan is subject to change as CDC, CDPH, MCPH, and Little League recommendations change.