



EASTVALE GIRLS SOFTBALL ASSOCIATION *COVID-19 Exposure Protocol*

As we all continue on this path of navigating life in a pandemic, our continued goal at EGSA is to keep your kids active, happy, and healthy. We are depending on our entire EGSA family to be successful and ask that you adhere to the following:

- If your child is sick, keep them home. No practice or game is more important than the health and safety of our kids.
- In an abundance of caution, if you or someone in your household is experiencing COVID symptoms, keep your player home until you receive a negative test.
- If a player tests positive, please inform your child's Manager immediately.
- Consult our COVID-19 Exposure Protocol with questions regarding isolation timelines or ask any EGSA representative.
- **Families should notify the team manager or an EGSA board member upon receiving a COVID-19 positive test.**

By nature, softball is a sport that naturally falls into guidelines created to mitigate virus transmission. EGSA asks all participants to regularly evaluate their own health and always err on the side of caution when deciding to come to practices, games, or any other team related activities. Our goal is to keep our players active, moving and spread out, when feasible. The most challenging area for preventing COVID-19 in softball is in the dugout. Face coverings are always optional and frequent hand sanitizing is encouraged.

Please understand that should a player become COVID positive, refunds cannot be made. We take the health and safety of our players and volunteers very seriously and depend on our community's commitment to our protocols to provide a successful season.

The following updated guidelines are based on the most recent recommendations released by the California Department of Public Health in January of 2022 and are aligned with the Center of Disease Control and Prevention update on testing for exposed fully vaccinated, asymptomatic people. If an EGSA player, volunteer, or family member has a COVID-19 exposure or COVID-19 positive test result, the following guidelines will apply for that person to safely return to team events.

Persons Who Test Positive for COVID-19 (Isolation)

Everyone, regardless of vaccination status, previous infection, or lack of symptoms.

Recommended Action:

- Stay home for at least 5 days.
- Isolation can end after day 5 if symptoms are not present or are resolving and a diagnostic specimen collected on day 5 or later tests negative.
- If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10.
- If fever is present, isolation should be continued until fever resolves.
- If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10.
- Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings

Persons Who are Exposed to Someone with COVID-19 (Quarantine)

Unvaccinated; OR Vaccinated and booster-eligible but have not yet received their booster dose.

Recommended Action:

- Stay home for at least 5 days, after your last contact with a person who has COVID-19.
- Test on day 5.
- Quarantine can end after day 5 if symptoms are not present and a diagnostic specimen collected on day 5 or later tests negative.
- If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10.
- Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings
- Strongly encouraged to get vaccinated or boosted.
- If testing positive, follow isolation recommendations above.
- If symptoms develop, test, and stay home.

Persons Who are Exposed to Someone with COVID-19 (No Quarantine)

Boosted; OR Vaccinated, but not yet booster eligible.

Recommended Action:

- Test on day 5.
- Wear a well-fitting mask around others for 10 days, especially in indoor settings
- If testing positive, follow isolation recommendations above.
- If symptoms develop, test, and stay home.

California Department of Public Health Guidance for isolation and quarantine:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>