



Fall 2021 COVID-19 Update

The fall Little League season has begun and we are very excited to see players and volunteers out on the field learning and enjoying the games of baseball and softball!

Please remember that certain COVID-19 risk mitigation procedures need to be in place to protect our players, volunteers and families, and to prevent community spread of the novel coronavirus and its variants.

1. Any player or volunteer with a positive coronavirus test may not participate in **any** Little League activities until they have recovered, completed the necessary quarantine period, AND provided a physician's note clearing them to return. This process may include having a subsequent negative coronavirus test and/or physician evaluation of a player for return to play clearance.
2. Any player or volunteer who has a household member with a positive coronavirus test may not participate in **any** Little League activities until they have completed their period of quarantine per CDC and CDPH guidelines (see below).
3. Similarly, any unvaccinated player or volunteer who has had close contact (defined as being within 6 feet for 15 minutes or more in a 24-hour period) with someone who has tested positive for coronavirus may not participate in **any** Little League activities until they have completed their period of quarantine per CDC and CDPH guidelines (see below).
4. Any vaccinated player or volunteer who has had close contact (defined as being within 6 feet for 15 minutes or more in a 24-hour period) with someone who has tested positive for coronavirus may not participate in **any** Little League activities if they have symptoms. Fully vaccinated people do not need to quarantine after contact with someone who had COVID-19 unless they have symptoms. Per the CDC [[CDC Quarantine and Isolation](#)], fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms, and wear a mask indoors in public for 14 days following exposure or until their test result is negative.
5. Any player who is in quarantine or modified quarantine from/at school may not participate in **any** Little League activities until they have completed their quarantine period and have been allowed to return to school.
6. All COVID-19 issues should be reported to the league and district safety officers. Parents/Guardians should send a copy of the physician clearance notes or notification of return to school to the player's manager and the league's safety officer.

[CDPH Quarantine Recommendations for K-12 schools](#) (covers all Little League players)

- For vaccinated close contacts: follow the [CDPH Fully Vaccinated People Guidance](#) regarding quarantine [see also [CDC Quarantine and Isolation](#) information].
- For unvaccinated people with close contact when both parties were wearing a mask, modified quarantine applies and they may attend school if they:
 - Are asymptomatic;
 - Continue to appropriately mask, as required;
 - Undergo at least twice weekly testing during quarantine; and
 - Continue to quarantine for all extracurricular activities at school, including sports, and activities within the community setting [including Little League].
- For unvaccinated close contacts in quarantine or modified quarantine who remain asymptomatic (meaning they have NOT had symptoms):
 - They may discontinue self-quarantine under the following conditions:
 - Quarantine can end after day 10 from the date of last exposure without testing; OR

- Quarantine can end after day 7 if a diagnostic specimen is collected after day 5 from the last date of exposure and tests negative.
- To discontinue quarantine before 14 days following last known exposure, asymptomatic close contacts must:
 - Continue daily self-monitoring for symptoms through day 14 from last known exposure; AND
 - Follow all recommended non-pharmaceutical interventions (e.g., wearing a mask when around others, hand washing, avoiding crowds) through day 14 from last known exposure.
- If symptoms develop during this 14-day period, the exposed person must immediately isolate, get tested and contact their healthcare provider with any questions regarding their care.

County contacts for coronavirus information (call for information about quarantine, testing, vaccinations, etc):

El Dorado County: call 211 or 833-223-9797

Placer County coronavirus information: 530-886-5310.

Sacramento County COVID-19 Info Hotline: 916-875-2400

California Department of Public Health Resources

CDPH K-12 Guidance 2021-22 School Year

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>

CDPH Fully Vaccinated People Guidance for quarantine

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/COVID-19-Public-Health-Recommendations-for-Fully-Vaccinated-People.aspx>

CDPH Face Mask Guidance

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/guidance-for-face-coverings.aspx>

CDPH Guidance if you have COVID-19 symptoms

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Symptoms-Risks.aspx#Question6>

CDPH Self-Isolation Instructions

<https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/self-isolation-instructions.pdf>

CDC Information

CDC Quarantine and Isolation

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#print>

Coronavirus Testing Information

Coronavirus Testing Basics FDA

<https://www.fda.gov/consumers/consumer-updates/coronavirus-disease-2019-testing-basics>

Coronavirus Testing Basics PDF (FDA)

<https://www.fda.gov/media/140161/download>

FDA Coronavirus testing information:

In Vitro Diagnostics EUAs - Molecular Diagnostic Tests for SARS-CoV-2 (FDA)

<https://www.fda.gov/medical-devices/coronavirus-disease-2019-covid-19-emergency-use-authorizations-medical-devices/in-vitro-diagnostics-euas-molecular-diagnostic-tests-sars-cov-2>

In Vitro Diagnostics EUAs - Antigen Diagnostic Tests for SARS-CoV-2 (FDA)

<https://www.fda.gov/medical-devices/coronavirus-disease-2019-covid-19-emergency-use-authorizations-medical-devices/in-vitro-diagnostics-euas-antigen-diagnostic-tests-sars-cov-2>

In Vitro Diagnostics EUAs - Serology and Other Adaptive Immune Response Tests for SARS-CoV-2 (FDA)

<https://www.fda.gov/medical-devices/coronavirus-disease-2019-covid-19-emergency-use-authorizations-medical-devices/in-vitro-diagnostics-euas-serology-and-other-adaptive-immune-response-tests-sars-cov-2>