

This mandate is in place for all players and coaches that are a part of the Rainbow Runners Coed Rec Softball team, or that were present at Cartee 3 on July 28th between the hours of 7:30 PM and 9:45 PM.

- 1. All players and coaches of the Rainbow Runners will be removed from any ASA affiliated games/activities until August 8, 2021, to ensure a 10-day quarantine has been in place and to affirm that all players and coaches have been asymptomatic during this time.
 - a. Alternatively, players may provide a negative COVID test result from a test taken at least 3 days after exposure to regain eligibility.****
- 2. All other players present at Cartee 3 during the aforementioned times should be aware of potential contact with a COVID-positive individual. State of Alaska guidance for individuals with possible COVID exposure is outlined below.**
- 3. If a player or coach who was present on the location and date of play as stated above test positive for COVID-19, we ask that they notify the Anchorage Sports Association immediately.**

The most recent State of Alaska recommendations for COVID exposure are included below. If you are unsure of your personal risk level, we recommend speak with a health care professional.

[COVID-19: Quarantine guidance \(alaska.gov\)](https://www.alaska.gov/COVID-19/Quarantine-guidance)

How long to quarantine

According to the U.S. Centers for Disease Control and Prevention (CDC), a 14-day quarantine period is still the safest quarantine duration; however, based on emerging science, CDC has issued updated guidance to provide two acceptable alternatives to shorten the quarantine period.

- If testing is available, you may be able to end your quarantine after 7 days of quarantine, on the 8th day. You can take a COVID-19 test within 48 hours prior when you hope to end your quarantine (on day 6 or 7). You must continue to quarantine until your test comes back negative, which may be longer than 7 days. Even if your test is negative and you end quarantine, you must continue to wear a mask when around others and monitor for symptoms for the full 14 days. If you develop any symptoms or your test result is positive, you must self-isolate.
- If testing is not readily available, quarantine for a full 10 days after you were exposed. You may end your quarantine on day 11 if you do not develop symptoms. You must continue to wear a mask when around others and monitor for symptoms for the full 14 days. Self-isolate if you develop symptoms and get tested.

People who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been fully vaccinated against the disease within the last three months and show no symptoms.

If you are fully vaccinated and have been exposed to someone who has COVID-19, you do not need to quarantine or get tested unless you have symptoms or you live in a group setting (like a correctional or detention facility or group home). Review the complete updated guidelines at the CDC website.