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Covid-19 Safety Procedures & Protocols

Safety Procedures & Protocols

Menlo-Atherton Little League - COVID-19 Manual

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1 INTRODUCTION

Organized sports programs are an integral part of our community's path towards re-establishing normalcy in a world coping with the ongoing impacts of COVID-19. We at Menlo-Atherton Little League believe that these programs provide opportunities for the players, parents and communities alike. They help improve the physical and mental capabilities of athletes and serve an important role in providing a sense of community for all of us. We are excited to get back out on the baseball fields in a safe manner.

2 PHASED APPROACH

Under current state guidance (released December 14, 2020), a full return to competition for baseball is not permitted until San Mateo County is in the "Red Tier" or January 25, 2021, whichever is later.¹ Therefore, Menlo-Atherton Little League ("M-ALL") has established a "phased" approach to beginning our Spring 2021 season. As long as San Mateo County stays in the "Purple" tier, M-ALL will operate in Phase 1 of this plan. Phase 1 will consist of Team Practice Camps only. Once San Mateo County enters the "Red" tier, Phase 2 of this plan will begin allowing the resumption of Menlo-Atherton Little League games.

All requirements and restrictions set forth in this document apply to any and all Menlo-Atherton Little League events, regardless of which phase is in effect, EXCEPT as specifically detailed in the section "Phase 2: Resumption of Intra-League Games."

Guidelines from the Center for Disease Control, State of California, and local authorities are evolving and these practices and protocols are subject to change.

3 COMPLIANCE

Steps will be taken to comply with all applicable and current laws, health orders, or other regulations. Menlo-Atherton Little League has a Health & Safety Board Member who is designated as a COVID-19 supervisor to enforce the protocols listed in this document. Menlo-Atherton Little League will follow San Mateo County and applicable city-mandated requirements for face coverings and other personal protective equipment (PPE) regarding COVID-19.

4 MENLO-ATHERTON LITTLE LEAGUE VOLUNTEER TRAINING

Menlo-Atherton Little League managers, coaches, league officials and volunteers ("M-ALL Volunteers") will be provided training on all the protocols in this manual. M-ALL Volunteers will be educated on how to recognize the symptoms of COVID-19 and what

¹<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>

to do if they detect or exhibit symptoms. Training on maintaining physical distancing requirements, wellness screening, and practice-specific policies and procedures will be provided to M-ALL Volunteers. Additional training for cleaning, sanitizing, and disinfecting will also be provided. Ongoing training will be provided as the policies and procedures changes due to local, county and state health orders and guidelines.

5 MEASURES TO PROTECT M-ALL VOLUNTEERS AND PARTICIPANTS

Menlo-Atherton Little League's priority is the safety and well-being of our M-ALL Volunteers and players. We will take all reasonable precautions to protect against the spread of COVID-19 during all Menlo-Atherton Little League activities. A copy of this document will be provided to all M-ALL Volunteers, parents, guardians, and users (electronically or as a hard copy upon request).

5.1 PPE & CLEANING SUPPLIES

PPE and disinfecting supplies will be provided to M-ALL Volunteers at a level that is appropriate based on San Mateo County and federal guidelines. This includes hand sanitizer and extra face coverings to be provided to anyone who does not bring their own face covering to any M-ALL activity.

5.2 LIABILITY WAIVERS

Menlo-Atherton Little League will provide liability waivers as part of our commitment to this plan of action, which must be signed by all parents/guardians of players and M-ALL Volunteers acknowledging that they understand the risks, symptoms, and plan of mitigation regarding COVID-19.

5.3 SIGNAGE

Signage should be prominently posted at each field entrance in order to inform players/families/visitors of policies regarding social distancing, instructing all persons to wear face coverings at all times, and not to enter if they have (1) active COVID-19 infection, (2) known contact with an individual testing positive for COVID-19 within the past 14 days, and/or (3) COVID-19 symptoms (See Section 6).

6 HEALTH SCREENING

All individuals must measure their body temperature prior to participating or attending each Little League activity. An individual with any of the following symptoms/conditions cannot attend a Little League activity until evaluated by a medical provider and given clearance to do so:

1. Active COVID-19 infection
2. Known contact with an individual testing positive for COVID-19 within the past 14 days
3. Any of the following symptoms within the previous 3 days:
 - Fever (temperature of 100.4 degrees or greater) or chills
 - Cough
 - Shortness of breath/trouble breathing
 - Night sweats
 - Sore throat
 - Muscle/body aches
 - Loss of taste or smell
 - Headache
 - Congestion or Runny Nose
 - Nausea or Vomiting

Parents/Guardians must perform a health check of their player just prior to attending each Little League activity which includes a mandatory at home temperature check of each player. Health checks of players are recorded through the TeamSnap app. A player will not be permitted to participate unless this health check is completed.

If any M-ALL Volunteer or player has a temperature of 100.4 degrees or greater, or any COVID-19 symptoms that are new or unexplained, or have had exposure to COVID-19 cases in the past 14 days, they will not be allowed to attend any Little League activity and should fill out the [Menlo-Atherton Little League Confidential Reporting COVID-19 Symptoms or Exposure Form](#) and they should stay home and contact their physician and obtain medical evaluation.

6.1 AT HOME SCREENING QUESTIONS

This is an example of the At Home Screening questions as currently provided by TeamSnap within the app.

Have you experienced a fever of 100.4 degrees or greater in the past 14 days?

No? Continue to next question.

Yes! STAY HOME and contact your physician/obtain medical evaluation.

Have you received a positive result from a COVID-19 test within the last 14 days?

No? Continue to next question.

Yes! STAY HOME and contact your physician/obtain medical evaluation.

Have you been in contact with anyone while they had COVID-19 or symptoms of COVID-19 within the past 14 days?

No? Continue to next question.

Yes! STAY HOME and contact your physician/obtain medical evaluation.

In the past 14 days, have you, or someone you have been in contact with, traveled outside your state/province/country or to an area with restrictions due to COVID-19?

No? Continue to next question.

Yes! STAY HOME and contact your physician/obtain medical evaluation.

In the past 14 days, have you experienced any of the following new symptoms not attributed to another health condition? Select all that apply.

- Fever or Chills
- Cough
- Shortness of breath/trouble breathing
- Night sweats
- Sore throat
- Muscle/body aches
- Loss of taste or smell
- Headache
- Congestion or Runny Nose
- Nausea or Vomiting
- Diarrhea

No? Continue to the field!

Yes! STAY HOME and contact your physician/obtain medical evaluation.

Parents must fill out the [Menlo-Atherton Little League Confidential Reporting COVID-19 Symptoms or Exposure Form](#) if a player has been determined to have an unexplained fever, any ill symptoms, or has had close contact with a sick individual or a confirmed case of COVID-19.

6.2 ON FIELD SCREENING

M-ALL coaches will screen all players that have not already been screened at home, using the questions above upon your player's arrival at the field. Occasionally, coaches may spot check the temperature of players as they arrive.

If any M-ALL Volunteer or player has a temperature of 100.4 degrees or greater or any COVID-19 symptoms that are new or unexplained or have had exposure to COVID-19 cases, they will not be allowed to attend and the coach or Covid-19 supervisor will fill out the [M-ALL Confidential Reporting COVID-19 Symptoms or Exposure Form](#). Any M-ALL

Volunteer or player exhibiting COVID-10 symptoms during a Little League activity shall be physically separated from all other individuals and immediately required to wear a face covering (if not wearing one already) until they can be transported home or to a healthcare facility.

6.3 HIGH RISK INDIVIDUALS

Any individual, including players, with higher risk for severe illness or with a serious underlying medical or respiratory condition, or any individual living with a high-risk individual, should only attend Little League activities with permission from a medical professional, at their own risk, and should strictly adhere to safety guidelines, such as those regarding face coverings, distancing, and handwashing. Such groups include:

- Those with a serious underlying medical condition, including but not limited to heart disease, morbid obesity, diabetes, lung disease, immunocompromised status, and chronic kidney disease
- Those currently residing in a nursing home or long-term care facility
- Those over 65 years old

7 ON FIELD SAFETY PROCEDURES

7.1 REMOVAL

A team manager, acting manager, coach or league official, has discretion to remove from activity, separate, and request parental pick up for any player showing any of the symptoms listed above or who, despite reminders, is not following health and safety guidelines.

7.2 ATTENDANCE

Parents must keep TeamSnap attendance accurate and up to date for all practice and game sessions. Menlo-Atherton Little League is required to keep a daily recorded log of players that enter fields for practices/games as a means of facilitating contact tracing in the event of potential exposure. The Manager will confirm player attendance in TeamSnap for each practice/game.

7.3 HANDWASHING

All players, managers, coaches, volunteers, independent contractors, and spectators should wash or disinfect their hands immediately before attending any Little League activity.

7.4 SOCIAL/PHYSICAL DISTANCING PROTOCOLS

All players, coaches, volunteers, independent contractors, and spectators must practice social distancing of at least six feet wherever possible from individuals not residing within their household.

7.4.1 Practice Times

Practice times will be monitored and staggered to regulate the number of persons at the field at one time. One team per field at a time during Phase 1. M-ALL Volunteers and players within a group may not arrive at the field until the previous group has completely left, so that proper sanitization and cleaning practices can be carried out before a new group of players comes on. Players must wait in their cars until the previous teams have left the field.

7.4.2 Field space

M-ALL Volunteers will place line markers or cones that will indicate six-foot spacing prior to players arriving for placement of players' equipment. All areas for practices will be separated by at least six feet including pathways in and out of the facility.

7.4.3 Drop-off/Pick-up

Menlo-Atherton Little League will develop a field-specific plan that accommodates drop off and pick up while adhering to physical distancing guidelines. To the greatest extent possible, adults dropping players off should avoid getting out of their cars. Carpooling is strongly discouraged.

7.5 NO CONTACT/TOUCHING

Players and coaches must take measures to prevent all but the essential contact necessary to participate in practice and play. This includes refraining from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.

Teams shall also minimize M-ALL Volunteer and player contact with high-touch surfaces (e.g. propping open gates) to the extent feasible.

7.6 FACE COVERINGS

7.6.1 Players

Players must wear face coverings when participating in any Little League activity, even with heavy exertion as tolerated, (unless the face covering could become a hazard). They **MUST** wear a face covering when they are entering or leaving the field (including waiting to bat, "on the bench" and arriving to or leaving any Little League activity).

7.6.2 Adults

All adults must wear face coverings at all times. This is mandatory. All adults picking up or dropping off children/youth must wear face coverings.

7.6.3 Limited Exceptions

Face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

7.7 HAND SANITIZER

To minimize sharing of items and reduce possible transmission, we strongly encourage all players to bring their own hand sanitizer with at least 60% alcohol to be used before, after, and during practices and games. Hand sanitizer will also be available at the field, in the event a player forgets or runs out of personal hand sanitizer.

Team managers/coaches shall require players to wash their hands or use hand sanitizer upon arrival to any Little League activity, after using the restroom, before water breaks, and after coughing or sneezing.

7.8 EQUIPMENT

7.8.1 Individual Equipment - No Sharing

Players must have their own personal equipment: batting helmet, glove, batting gloves, etc.; this type of personal equipment may not be shared. It is highly encouraged that players also have their own bats and catching equipment (if they catch).

Players should not touch other players' bats, gloves, water bottles, towels, clothing, bags, etc. until shared equipment is allowed per the local, county and state guidelines.

Players should not touch the coach's equipment (bag, clipboard, cones, bat, etc.). Each player will have a designated location for his/her bag and water that meets social distancing guidelines.

7.8.2 Necessary Shared Equipment

Some necessary equipment (e.g., bats, catcher's gear) may not be able to be obtained by every individual. When it is necessary to share such equipment, all surfaces of each piece of shared equipment must be cleaned first and then disinfected with an EPA-approved disinfectant against coronaviruses and allowed sufficient time to dry before being used by another player. Increased attention must be paid to thorough cleaning of all equipment directly contacting the head and face (e.g., catcher's mask). Baseballs will be sprayed and rubbed down with sanitizer prior to the start of practices. In addition, coaches will sanitize baseballs throughout practice and rotate them into drills as needed to avoid continued sharing. If/when games are allowed, each team will use their own baseballs when playing on defense in the field. Coaches on the bench will spray and sanitize baseballs throughout the game to keep clean balls in the field of play.

7.9 SPECTATORS

At this time, only members of the player's immediate household may observe practices or games. Spectators are only allowed at practices if absolutely necessary for age-

appropriate supervision. Spectators should be limited so that physical distancing can be maintained. M-ALL limitations on spectators may evolve with state and local health orders and guidelines.

7.10 RESTROOMS

Single stall portable restrooms will be available and requested that they are used for players and coaches only.

7.11 FOOD AND DRINK

No shared or team beverages, snacks, or food of any kind are allowed. Players should bring individual, pre-packaged food, if needed. Players, managers/coaches, and umpires should bring their own personal drinks to all team activities. Drinks should be labeled with the person's name.

7.12 INJURIES

Managers/coaches will only treat injuries that they deem serious. In the event of a serious injury (concussion, broken bone, heat stroke, etc.) the coach will treat injury after sanitizing their hands and wearing their mask. In situations where an injury is not deemed serious, players will be placed in a location on the field that is safe and if the player is not able to return to play, the parent will be called for early pickup.

8 PHASE 1: TEAM PRACTICE CAMPS ONLY

8.1 STABLE GROUPS OF PLAYERS AND M-ALL VOLUNTEERS

In the Phase 1 of reopening, each Menlo-Atherton Little League team will operate as its own practice camp. Each team will operate as an unchanging (i.e., stable) group of 14 or fewer players. Once assigned to a team and practice camps begin, a player may not change from one team to another.

Menlo-Atherton Little League shall limit, to the greatest extent feasible, the number of teams of children with which each Manager/Coach comes into direct contact. This reduces transmission risk and reduces the number of personnel and players that have to be tested and quarantined if someone on the team tests positive for COVID-19.

Players and M-ALL Volunteers from the same households shall be assigned to the same team, whenever possible.

8.2 GUIDANCE SPECIFIC TO PRACTICES

Only a single team is allowed to practice on a field at any time. Practices are limited to the managers/coaches and players of the team.

8.2.1 Players-only on Field

Parents, siblings, and guardians are not allowed on the field. There will be absolutely no congregating or waiting for players on the field. We encourage parents to remain in their vehicle if they choose to stay for the duration of practice.

Players should arrive and depart with members of their own household only.

If there is another team's practice prior to yours, players and families are encouraged to stay in their vehicles or at recommended social distances – at least six feet away from others – until the start of practice.

During use of batting cages, at least 6 feet distancing should be observed whenever possible, including while players are waiting their turn.

9 PHASE 2: RESUMPTION OF INTRA-LEAGUE GAMES

If and when San Mateo County returns to the “Red” Tier, baseball games will be allowed. These guidelines and requirements are subject to change if any updated guidance is released.

9.1 ARRIVING TO A GAME

If there is a game prior to yours, families and spectators are encouraged to stay in their vehicles until the start of their player's game play to prevent overcrowding of spectator spaces and walkways. Families and spectators should stay at recommended social distance – at least six feet away from others from outside their household – at all times.

9.2 THE GAME SITE

9.2.1 Social Distancing

All spectators must follow social distancing practices — stay at least six feet away from individuals outside their household; wear a face covering; and avoid direct hand or other contact with players/managers/coaches.

Spectators should bring their own seating or portable chairs when possible.

9.2.2 Food/Drink

No food/drink/concession sales will be allowed at facilities. Families are encouraged to bring their own food/beverages for their own consumption only. Sunflower seeds, gum, etc., are not allowed.

9.2.3 No Spitting

All players, umpires, and managers/coaches are to refrain from spitting at all times, including in dugout areas and on the playing field.

9.3 PRE-GAME

9.3.1 Player Spacing

Each player will be assigned a spot to place their equipment while waiting for their opportunity to play. These spots are to be at least six feet apart and must be placed behind a fence whenever possible. While on offense, the on-deck and in-the-hole batters only are allowed in the dugout.

When instructed to do so, players should place their individual equipment in a well-spaced out manner for inspection by umpires. Umpires should avoid direct contact with equipment where possible but, when required, use hand sanitizer that contains at least 60 percent alcohol before and after the inspection of each individual piece of equipment.

9.3.2 Plate Meetings

Social distancing of at least six feet between individuals should be implemented during all pre-game plate meetings between teams and umpires. Plate meetings should only consist of one manager or coach from each team, and game umpires. All plate meeting participants should wear a face covering. Players may not be a part of plate meetings.

9.4 GAME PLAY

9.4.1 Hand Sanitizer

Managers shall maintain a supply of hand sanitizer that contains at least 60 percent alcohol and request players and coaches sanitize their hands at the beginning of each offensive half-inning.

9.4.2 Foul Balls

Foul balls landing outside the field of play should be retrieved by participating players, coaches, and umpires. No spectators should retrieve a foul ball.

9.4.3 Player Placement

Players are to stay at their assigned spots when “on the bench” or while waiting their turn to bat. While on offense, only the on-deck and in-the-hole batters are allowed in the dugout.

9.4.4 Face Masks

Umpires, managers, and coaches are required to wear a face covering throughout the game.

9.4.5 Umpires

Umpires are permitted to position themselves behind the pitcher's mound/circle to call balls and strikes. Umpires are encouraged to keep a safe distance from players as much as possible.

Umpires should limit their contact with the ball, and catchers should retrieve foul balls and passed balls where possible.

9.5 POST-GAME

Little League Baseball suggests lining up outside the dugout, while maintaining at least 6-foot distancing, and tipping caps to the opposing team as a sign of good sportsmanship after a game.

All post-game meetings must maintain at least 6-foot distancing.

9.6 DEPARTING A GAME

Players and families should vacate the field/facility as soon as is reasonably possible after the conclusion of their game to minimize unnecessary contact with players, coaches, and spectators from the next game, ideally within 15 minutes.

10 M-ALL COOPERATION WITH STATE & COUNTY REPORTING OF COVID-19 CASES & CONTACT TRACING

10.1 REPORTING & CONTACT TRACING FOR SUSPECTED, PRESUMPTIVE, AND CONFIRMED CASES

M-ALL will contact San Mateo County with any suspected or confirmed COVID-19 case.

M-ALL will generally follow the process listed below for suspected and confirmed cases based on CDC and state guidelines, however, measures recommended or required by California State and/or San Mateo County's contact tracing programs may supersede any M-ALL policy.

10.1.1 What is Contact Tracing and how does it work?

See the San Mateo County and CA State websites for more information on the contract tracing programs and how they operate.

<https://www.smchealth.org/coronavirus/what-is-contact-tracing>

<https://covid19.ca.gov/contact-tracing/>

10.2 ILLNESS OR SUSPECTED COVID-19 CASE(S)

M-ALL Volunteers will identify an area to separate anyone who exhibits COVID-19 symptoms.

Any player, coach, or staff exhibiting symptoms will immediately be required to wear a face covering and wait in an isolated area until they can be transported home or to a healthcare facility, as soon as practicable. For serious illness, 9-1-1 will be called without delay.

Parent and/or manager/coach will submit the [M-ALL Confidential Reporting COVID-19 Symptoms or Exposure Form](#).

10.3 CONFIRMED COVID-19 CASE(S)

M-ALL Health & Safety Board Member Justin Young will notify the County of San Mateo County Public Health Department immediately of any positive COVID-19 case. M-ALL will provide information regarding close contacts to the County of San Mateo Public Health Department as requested. By attending and participating in M-ALL activities, players and families consent to this process.

Per contact tracing protocols, San Mateo County may advise close contacts to get COVID-19 tests and remain quarantined at home for 14 days or as required by the county health officials.

M-ALL will notify the manager and all families on the team of a possible exposure to a positive COVID-19 case while maintaining confidentiality as required by state and federal laws.

10.4 CLOSE CONTACTS TO CONFIRMED COVID-19 CASE(S)

Close contacts (household or non-household) of confirmed COVID-19 cases will be sent home immediately, instructed to seek medical advice, and to follow the guidance of the county contact tracing program and the County Health Officer.

"Close Contact" is defined by the CDC as someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic persons, 2 days prior to positive specimen collection) until the time the patient is isolated.

Close Contacts may consider COVID-19 testing immediately and on day 10 after last day of exposure to the case.

Close Contacts should, even if they test negative, remain in quarantine for a full 14 days after (1) date of last exposure to COVID-19 positive non-household contact or (2) date that COVID-19 positive household member completes their isolation.

No actions are required to be taken for persons who have not had direct close contact with a confirmed COVID-19 case, but who have had close contact with persons who were themselves a Close Contact.

10.5 INFORMING CDPH OF COVID-19 OUTBREAK

As per [CDPH Guidance](#) and local ordinances, M-ALL will report any outbreaks to the local health authorities and to the State.

11 EXPECTED PLAYER AND FAMILY RESPONSE TO SUSPECTED OR CONFIRMED CASES AND CLOSE CONTACTS

11.1 SAN MATEO COUNTY ISOLATION & QUARANTINE GUIDANCE

Players with suspected or confirmed COVID-19, or suspected or confirmed cases in their household or from close contacts, must follow the County of San Mateo Guidelines for Self-Isolation and Quarantine as described in the section below.

11.2 SAN MATEO COUNTY GUIDELINES FOR SELF-ISOLATION AND QUARANTINE FOR SUSPECTED COVID-19 CASES

11.2.1 Symptomatic individuals – negative test

Symptomatic individuals who test negative for COVID-19 can return 72 hours after resolution of fever (if any) and improvement in symptoms. Documentation of a negative test result should be provided to the M-ALL Manager/Coach and the M-ALL Health and Safety Board Member. In lieu of a negative test result, players and staff may return to play with a medical note by a physician that provides alternative explanation for symptoms and reason for not ordering COVID-19 testing.

11.2.2 Symptomatic individuals – positive test

Symptomatic individuals who test positive for COVID-19 can return 14 days after symptom onset OR 7 days after resolution of fever and improvement in other symptoms, whichever is longer.

11.2.3 Asymptomatic individuals – positive test

Asymptomatic individuals who test positive for COVID-19 can return 14 days after their positive test result.

11.2.4 Close contacts – positive test

If they test positive, close contacts to confirmed COVID-19 cases can return after completing the required isolation period described above.

11.2.5 Close contacts – negative test

If they test negative, close contacts to confirmed COVID-19 cases can return a full 14 days after (1) date of last exposure to COVID-19 positive non-household contact or (2) date that COVID-19 positive household member completes their isolation.

12 POST COVID-19 EXPOSURE RETURN TO PLAY CLEARANCE

12.1 MANDATORY PHYSICIAN'S NOTE FOR RETURN TO PLAY

In addition to compliance with all the required medical, isolation and quarantine guidance above, parents or guardians of players must provide a medical note from a

physician with a date for clearing the player for return to play. This note should be provided ONLY to the M-ALL Health and Safety Board Member, not to the manager/coach or other team volunteer.

13 ADDENDUM

13.1 DISCLOSURE

This document was created with the intention to complement the San Mateo County, State of California, and CDC recommendations on social distancing, sanitation, quarantine, and isolation during the COVID-19 pandemic. We have also used guidelines set forth by Little League.² It is a living document that will be updated in accordance to changes that are made in the health orders and guidelines at the local, county and state levels.

² <https://www.littleleague.org/player-safety/coronavirus-update/season-resumptionguide/best-practices/organizing-playing-watching-games/>