Recent Updates: (Changes highlighted in yellow)

3/31/2023

• This update aligns with the new California Department of Public Health (CDPH) Guidance on Isolation and Quarantine of the General Public that took effect on March 13, 2023.

• Updates also reflect the new Los Angeles County Department of Public Health Guidelines for COVID-19 Cases (Isolation) and Close Contacts that went into effect on March 13, 2023.

• Clarifies that staff and participants who are infected with COVID-19 must stay home and cannot return to program activities until the criteria to end isolation have been met.

• Notification of participant close contacts has changed to a strong recommendation.

A targeted public health response to contain COVID-19 exposures at a community-level can help maximize the impact of the Los Angeles County Department of Public Health’s (DPH) COVID-19 response.

Organized Youth Sports Programs are trusted community partners that can help DPH improve the timeliness and impact of the Public Health response through rapid initiation of a COVID-19 Exposure Management Plan (EMP). Immediate implementation of an EMP when a single case of COVID-19 is identified within a Recreational Sports program can accelerate the ability to contain the spread of infection and prevent outbreaks from occurring.

The steps for managing exposures to COVID-19 cases in an Organized Youth Sports Program are described below. This guidance applies to organized recreational sports leagues, club sports, travel sports, sports events/meets/competitions and sports sponsored by private and public schools serving students in TK-12 schools and supplements the COVID-19 Guidelines for Organized Youth Sports which provides a summary of requirements and best practices in this setting. This guidance does not apply to collegiate or professional sports or to community events such as marathons, half-marathons, and endurance races.

In the guidance that follows, the term “household” is defined as “persons living together as a single living unit” and shall not include institutional group living situations such as dormitories, fraternities, sororities, monasteries, convents, or residential care facilities, nor does it include such commercial living arrangements such as boarding houses, hotels, or motels. The terms “staff” and “employee” are meant to include coaches, employees, support staff, volunteers, interns and trainees, scholars and all other individuals who carry out work at the site or for the recreational sport activity. The terms “players,” “participants,” “family members,” “visitors,” or “customers” should be understood to include members of the public and others who are not staff or employees who spend time at the business or site or take part in the activities. The terms “establishment,” “site,” and “facility” refer to the buildings or grounds at
Exposure Management Planning Prior to Identifying COVID-19 Cases

- **Required:** A designated COVID-19 Organized Youth Sports Program Compliance Officer (referred to as “Compliance Officer”) who is responsible for serving as a liaison to DPH for sharing information to facilitate public health action.

- **Required:** A plan to report all program-associated clusters of 3 or more epidemiologically linked COVID-19 cases within 1 business day of being notified of the third, or last, case in the cluster and all known COVID-19 hospitalizations and/or deaths among participants or staff to DPH.

Exposure Management for COVID-19 Cases in an Organized Youth Sports Program

- Participants and staff with confirmed COVID-19 infection (cases) must stay home away from others (isolate) and follow all isolation instructions, regardless of their vaccination status, history of previous infection, or lack of symptoms. (Refer to Isolation Instructions for People with COVID-19 [ph.lacounty.gov/covidisolation].)
  
  - A confirmed COVID-19 case is a person who has received a positive result of the presence of SARS-CoV-2 virus as confirmed by a COVID-19 viral test or clinical diagnosis.

- Persons with symptoms of possible COVID-19 infection, regardless of vaccination status or previous infection, must isolate and test for COVID-19 to determine their status. Refer to DPH’s Learn about Symptoms and What to do if You are Sick.

- Participants and staff with COVID-19 may end isolation after Day 5* (i.e., between Day 6-10) if both of the following criteria are met**:
  
  1) No fever for at least 24 hours without the use of fever-reducing medicine, AND
  2) Other symptoms are not present, or symptoms are mild and improving.

  *For symptomatic participants and staff, Day 0 is the first day of symptoms; Day 1 is the first full day after symptoms develop. For persons who never develop symptoms, Day 0 is the day the first positive test was collected; Day 1 is the first full day after the positive test was collected. Please note that if they develop symptoms, their new Day 0 is the first day of symptoms.

  **It is strongly recommended that an individual test negative (with an antigen test) for COVID-19 prior to ending isolation between Day 6-10 to reduce the chance of infecting others with COVID-19.

  - Persons who continue to have symptoms of COVID-19 that are not improving should continue to isolate until their symptoms are improving or until after Day 10.

  - Persons who have left isolation and have a return or worsening of their COVID-19 symptoms need to re-test (with an antigen test). If they test positive, they should re-start isolation at Day 0.
• Should a participant meet the criteria to leave isolation after Day 5, the participant should continue to wear a well-fitting mask indoors around others, except when eating or drinking, through Day 10, unless they have two sequential negative COVID-19 tests taken at least one day apart.

• For staff requirements related to isolation, refer to Cal/OSHA COVID-19 Prevention Non-Emergency Regulations. Employers must review and follow these regulations for the prevention and control of COVID-19 in the workplace setting. Additional information may be found in the Cal/OSHA COVID-19 Prevention Non-Emergency Regulations FAQs and DPH’s Responding to COVID-19 in the Workplace.

It is strongly recommended that participants and staff continue to immediately inform the program when they test positive for COVID-19 and were present during a program-related activity during their infectious period.*

*The infectious period is:

- For symptomatic confirmed cases: Persons who have tested positive on a COVID-19 viral test or received a clinical diagnosis of COVID-19 (i.e., a confirmed case) are considered infectious starting 2 days before their symptoms began (symptom onset is Day 0) until their isolation ends (i.e., through Days 6-10 after symptoms first appeared AND 24 hours have passed with no fever, without the use of fever-reducing medicines, and symptoms have improved).

- For asymptomatic confirmed cases: Persons who have tested positive on a COVID-19 viral test and never develop symptoms are infectious starting 2 days before their test was taken (test collection day is Day 0) until their isolation ends (after Day 5).

When programs are notified of a confirmed COVID-19 case, it is strongly recommended that they notify participants who were exposed to the COVID-19 case during the case’s infectious period and provide them with the actions to take for close contacts. Organized Youth Sports Programs are required to notify employees if they have been exposed to a known case of COVID-19 in the workplace during the case’s infectious period, as per Cal/OSHA COVID-19 Prevention Non-Emergency Regulations.

Close Contacts: Persons are considered to have been exposed to a COVID-19 case (close contact) during the case’s infectious period if:

In indoor airspaces that are 400,000 cubic feet or less per floor: They shared the same indoor airspace with the infected person (case) for a cumulative total of 15 minutes or more over a 24-hour period during the infected person’s infectious period.

In indoor airspaces that are greater than 400,000 cubic feet per floor: They were within 6 feet of the infected person (case) for a cumulative total of 15 minutes or more over a 24-hour period during the infected person’s infectious period. NOTE: Spaces that are separated by floor-to-ceiling walls (e.g., offices, suites, break/eating areas separated by floor-to-ceiling walls) are
considered distinct indoor airspaces.

NOTE: Persons with an outdoor exposure are not considered close contacts.

- Close contacts to a COVID-19 case should take the following actions:
  - Close contacts who have or develop symptoms of COVID-19 infection, regardless of vaccination status or previous infection, must stay home away from others and test for COVID-19.
  - Asymptomatic close contacts do not need to stay home away from others but should take the following actions to lower the risk of spreading COVID-19 to others:
    1) Wear a well-fitting mask around others through Day 10, especially in indoor settings.
       - Participants who have a mask exemption* and have been exposed should wear a face shield with drape at the bottom if their condition allows. For participants who cannot tolerate a mask or a face shield with drape at the bottom, they should monitor their health for symptoms for 10 days after last exposure AND test for COVID-19 immediately after exposure and second time between Days 3-5 after the last date of exposure, with at least 24 hours between the first and second tests.
    2) Test for COVID-19 between Days 3-5 after the last date of exposure.
       - Close contacts who recently tested positive for COVID-19 within the prior 30 days do not need to be tested unless symptoms develop.
       - Close contacts who recently tested positive for COVID-19 in the past 31-90 days should use an antigen test.
       - Close contacts who are or live with persons at higher risk for severe illness are recommended to test as soon as possible after exposure. If testing negative before Day 3, retest during the 3–5 day window following exposure, with at least 24 hours between the first and second tests.
       - Close contacts who test positive for COVID-19 stay home away from others and follow the instructions for a confirmed COVID-19 case outlined above. Refer to DPH’s Guidelines for COVID-19 Cases (Isolation) and Close Contacts.

 3) Monitor their health for symptoms for 10 days after the last date of exposure. If symptoms develop, stay away from others and test immediately. If the test is positive, they stay home away from others and follow the instructions for a confirmed COVID-19 case.

Refer to Instructions for Close Contacts for COVID-19 (ph.lacounty.gov/covidcontacts) for details.

*Individuals may be exempt from wearing a mask for the following reasons (refer to
COVID-19 Guidelines for Organized Youth Sports: 1) persons younger than two years old; 2) persons who are hearing impaired, or communicating with a person who is hearing impaired, where the ability to see the mouth is essential for communication; and 3) persons with a medical condition, mental health condition, or disability or whose medical provider has determined that it is unsafe for them to wear a mask, may file for an exemption with the program. A certification from a state licensed health care provider attesting that the participant has a condition or disability that precludes them from wearing a mask safely will be accepted as proof of exemption. The following licensed health care professionals may provide such attestations: Medical providers including physician (MD or DO), nurse practitioner (NP), or physician assistant (PA) practicing under the authority of a licensed physician; and licensed mental and behavioral health practitioners including Clinical Social Worker (LCSW), clinical psychologist (Psy.D. or Ph.D.) Professional Clinical Counselor (LPCC), or Marriage and Family Therapist (LMFT).

- Staff who are close contacts exposed at work must follow the guidance outlined in Cal/OSHA COVID-19 Prevention Non-Emergency Regulations. Additional information can also be found in DPH’s Responding to COVID-19 in the Workplace.
  - Staff may request masks and respirators from their employer at no cost to staff. See Wear a Mask and Know your Rights for more information.
  - Employers must make COVID-19 testing available at no cost and during paid time in a manner that ensures employee confidentiality to staff who are close contacts. See Cal/OSHA COVID-19 Prevention Non-Emergency Regulations Frequently Asked Questions-Testing.

- The Compliance Officer is required to report to Public Health all clusters of 3 or more cases, among staff and participants, with confirmed COVID-19 who were linked and participated in an Organized Youth Sports Program team, club, or cohort activity at any point within the 14 days prior to the illness onset date.

- Report all Organized Youth Sports Program-associated COVID-19 clusters online through the secure web application, the Shared Portal for Outbreak Tracking (SPOT): https://spot.cdph.ca.gov/s/?language=en_US. If there are multiple cases to report, programs can submit their reports using the “Bulk Upload Template” located within the SPOT Portal. All clusters with information for the cases should be reported to Public Health immediately, and no later than 1 business day of being notified of the third, or last, case in the cluster.

- Programs can refer to the TK-12 Schools COVID-19 Toolkit for additional information about reporting instructions or contact ACDC-Education@ph.lacounty.gov.

- If an individual with confirmed COVID-19 participated during their infectious period in any games, tournaments, or other Organized Youth Sports Program-related activities involving other teams, the Compliance Officer should notify the opposing team(s) of potential exposure. Refer to sample Youth Sport Program opposing team notification letter (posted on ph.lacounty.gov/EducationToolkitTK12)
for a model that can be adapted. The Compliance Officers for all affected teams will work collaboratively to notify any individuals or groups who meet the criteria for having been exposed.

- The Compliance Officer will work with Public Health as needed to confirm whether the cases within the reported cluster are epidemiologically linked, meaning that the affected individuals were present at some point in the same setting during the same time period while they were infectious.
  - If epidemiological links exist, DPH will advise the program on important steps to take and communications to participants and employees on precautions to take to prevent further spread, including implementation of program-specific interventions for infection control.
  - Public Health will determine if the outbreak criteria have been met: at least 3 confirmed cases of COVID-19 within a 14-day period among members of an Organized Youth Sports Program who are epidemiologically linked, do not share a household, and are not a close contact of each other outside of the educational or youth program site. Epidemiological links require the infected persons to have been present at some point in the same setting during the same time period while infectious.
    - If outbreak criteria are met and DPH recommends an outbreak response, DPH will notify the Compliance Officer that an outbreak investigation has been activated, and the Compliance Officer will work with the Public Health Outbreak Investigator to coordinate the outbreak response.

NOTE: In outbreak settings, the Public Health Investigator may implement temporary strategies that are more protective than these guidelines to prevent further spread of COVID-19 in the program.

- Youth Sports Programs with 5 or more epidemiologically linked cases over a 14-day period should consider suspending activities for 5 days once the fifth linked case has been identified to control further spread. If outbreak criteria are met and DPH recommends an outbreak response, the Public Health Outbreak Investigator can require a suspension period or extend a suspension period as warranted during an outbreak response.
**APPENDIX A: Steps for Managing Exposures to COVID-19 Cases in an Organized Youth Sports Program**

<table>
<thead>
<tr>
<th>Cases</th>
<th>Required</th>
<th>Recommended</th>
</tr>
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<tbody>
<tr>
<td>1-2</td>
<td>Youth Sports Program notifies the cases to follow COVID-19 Isolation Instructions. Cases may return when the criteria for ending isolation have been met.</td>
<td>Youth Sports Program notifies program close contacts of exposures and actions to take. This may include individuals or groups on an opposing team if the case participated in any games or tournaments during their infectious period.</td>
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<tr>
<td>3+</td>
<td>Youth Sports Program notifies the cases to follow COVID-19 Isolation Instructions. Cases may return when the criteria for ending isolation have been met.</td>
<td>Youth Sports Program notifies program close contacts, and close contacts from the opposing team(s) if applicable, of exposures and actions to take.</td>
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<td></td>
<td>If there is a cluster of 3 or more cases in the Organized Youth Sports Program who were linked and participated in a program activity at any point within the 14 days prior to illness onset date, the Youth Sports Program immediately notifies DPH by reporting the cluster online at: <a href="https://spot.cdph.ca.gov/s/?language=en_US">https://spot.cdph.ca.gov/s/?language=en_US</a> and no later than 1 business day of being notified of the third, or last, case in the cluster.</td>
<td>DPH determines if the outbreak criteria have been met. If a DPH outbreak investigation is activated, and a Public Health Outbreak Investigator will contact the Youth Sports Program to coordinate the outbreak investigation.</td>
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