

COVID-19 Exposure Management Plan Guidance for Organized Youth Sports Programs

Recent Updates: (Changes highlighted in yellow)

03/15/2022

The following updates were made to modify masking and testing requirements for athletes:

- Weekly screening testing is no longer required but strongly recommended for athletes in moderate-risk and high-risk sports.
- Athletes with COVID-19 who are released early from isolation are strongly recommended to wear a highly protective mask around others for 10 days after the positive test.
- Athletes with an exposure are strongly recommended to wear a highly protective mask around others for 10 days after the last exposure date.
- Athletes with an exposure are strongly recommended to test within 3-5 days after the last exposure date. The exception is athletes with a COVID-19 positive test in the past 90 days.

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 (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 1, 2, and 3 or more COVID-19 cases in an Organized Youth Sports Program are described below and summarized in Appendix A. Because Organized Youth Sports programs will vary in the level of resources available for COVID-19 exposure management, *required* steps are the minimum elements that must be included in the EMP. *Recommended* steps include optional elements for exposure management where resources are sufficient.

Note that this exposure management 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 TK12 schools. This guidance supplements the [Protocol 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.**

The risk of spread of COVID-19 in a Youth Sports Program is affected by the following factors:

- As more individuals are fully vaccinated and boosted against COVID-19, the risk **decreases**.
- In the absence of COVID-19 vaccination, the risk **increases** with: (1) sports that have closer levels of contact between participants (particularly face-to-face contact in indoor sports); (2) sports that have increased frequency and longer duration of close contact; (3) high contact sports that have greater exertion levels that increase the rate of breathing and the amount of air that is inhaled and exhaled with every breath.

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 motels¹. 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 which permitted activities are conducted. “LACDPH” or “Public Health” is the Los Angeles County Department of Public Health.

Exposure Management Planning Prior to Identifying 1 COVID-19 Case

- Required:* A designated COVID-19 Organized Youth Sports Program Compliance Officer (referred to as “Compliance Officer”) who is responsible for establishing and enforcing all COVID-19 safety processes and ensuring that all participants receive education about COVID-19. The designated COVID-19 Compliance Officer will serve as a liaison to DPH for sharing information pertinent to controlling spread of COVID-19 in the Organized Youth Sports Program.
- Required:* A plan for all participants and staff who (1) have symptoms consistent with COVID-19, (2) are quarantined because of exposures, or (3) are part of an Organized Youth Sports Program with an active public health investigation to have access to testing or be tested for COVID-19.
- Recommended:* Routine screening testing is no longer required but **strongly recommended** for athletes in moderate-risk and high-risk sports. If an Organized Youth Sports Programs chooses to implement a screening testing program, athletes that are not fully vaccinated and staff whose vaccine status is not up to date should be prioritized for testing. During multi-county, multi-day competitions, a negative COVID-19 test within 3 days prior to the first game is **strongly recommended** for athletes and staff participating in these events. Programs should use an FDA-authorized viral COVID-19 test, including a Nucleic Acid Amplification Test (NAAT, such as PCR) or an Antigen test, that is collected and performed in a healthcare setting or certified testing site. An FDA-authorized Over-the-Counter test (or at-home test) is acceptable for use in COVID-19 screening testing programs. If the Over-the-Counter test is positive, the individual should be presumed to have COVID-19 and should follow [Home Isolation Guidance](#). **Note:** Weekly screening testing that is required for employees under the California State Health Officer Order may not be self-administered or self-read unless they are observed by the employer or an authorized telehealth proctor.
- Recommended:* Organized Youth Sports Programs that choose to implement a symptom screening program are advised to apply DPH guidance on [Decision Pathways](#) for persons who have not been tested for COVID-19 but screen positive for symptoms prior to or during participation in the Sports Program.

¹ Los Angeles County Code, Title 22. §22.14.060 - F. Family definition. (Ord. 2019-0004 § 1, 2019.)

Exposure Management for 1 COVID-19 Case

- ❑ *Required:* After identifying 1 confirmed COVID-19 case (participant or staff), the Compliance Officer instructs the case to follow Home Isolation Instructions for COVID-19 (ph.lacounty.gov/covidisolation). **NOTE:** A confirmed COVID-19 case is an individual who has a positive COVID-19 test. Refer to sample Youth Sport Program isolation instruction notification (posted on ph.lacounty.gov/EducationToolkitTK12) for a model that can be adapted (see Template #1).
 - Athletes and staff with COVID-19 can end isolation after Day* 5 ONLY if all of the following criteria are met: 1. A COVID-19 viral test** collected on Day 5 or later is negative, and 2. No fever for at least 24 hours without the use of fever-reducing medicine, and 3. Other symptoms are improving --or-- Isolation can end after Day 10 if both these 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 are improving. *For symptomatic athletes and staff, Day 0 is the first day of symptoms; Day 1 is the first full day after symptoms develop. For asymptomatic athletes and staff, Day 0 is the day the first positive test was collected; Day 1 is the first full day after the positive test was collected. **The test must be an FDA authorized viral test (e.g., PCR or Antigen test, including at-home tests). An antigen test is preferred for testing out of isolation.
 - Regardless of when isolation ends, athletes with COVID-19 are **strongly recommended** to wear a [highly protective mask](#) around others, except when eating or drinking, for 10 days after the positive test. Staff with COVID-19 are **required** to wear a [highly protective mask](#) in the workplace around others, except when eating or drinking, for 10 days after the positive test. See ph.lacounty.gov/masks for more information.
 - NOTE: For staff, per Cal/OSHA COVID-19 Prevention [Emergency Temporary Standards](#) (ETS), testing that is required for employees must be provided by the employer free of charge and during work hours; these tests may not be self-administered or self-read unless they are observed by the employer or an authorized telehealth proctor. **Additionally, 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.**
- ❑ *Required:* The Compliance Officer works to identify all individuals **or all groups** in the Organized Youth Sports Program who have had an exposure to the confirmed positive case **in the Youth Sports Program** during their infectious period (Close Contacts). Youth Sports Programs have the option of conducting “group tracing” to identify groups with an indoor exposure (see description in the [TK-12 Exposure Management Plan](#)).
 - A case is considered to be infectious from 2 days before their symptom onset date until the time they are no longer required to be isolated (i.e., no fever for at least 24 hours, without the use of medicine that reduce fevers AND other symptoms have improved AND at least 10 days have passed since illness onset date). A person with a positive COVID-19 test but no symptoms is considered infectious from 2 days before their test was taken until 10 days after their test.
 - Close Contact: An **individual** is considered to have been exposed to a case during the infectious period if at least one of the following criteria are met: (1) being within 6 feet of the infected person for 15 minutes or more over a 24-hour period; Having had unprotected contact with the infected person’s body fluids and/or secretions of a person with confirmed COVID-19 (i.e., being coughed or sneezed on, sharing utensils or saliva, or providing care without using appropriate protective equipment). A **group** is considered to have been exposed to a case during the infectious period if they shared the same indoor airspace with the infected person for 15 minutes or more over a

24-hour period.

- ❑ *Required:* The Compliance Officer is required to report the following to Public Health: (1) staff and participants with confirmed COVID-19 who were in an Organized Youth Sports Program(s) at any point within the 14 days prior to the illness onset date.
- ❑ *Required:* Secure online reporting is the preferred method for notifying DPH of COVID-19 cases and can be done on a computer or mobile device with access to the secure web application: <http://www.redcap.link/lacdph.educationsector.covidreport>. If online reporting is not possible, reporting can be done manually by downloading and completing the [COVID-19 Case and Contact Line List for the Education Sector](#) and sending it to ACDC-Education@ph.lacounty.gov. All case notifications should be submitted within 1 business day of being notified of the case.
- ❑ *Required:* All persons with a known exposure (identified through individual contact tracing) or groups with a potential exposure (identified through group tracing) to a COVID-19 positive case in an Organized Youth Sports Program are notified by the Compliance Officer of the exposure. The communication should be accompanied with a copy of the Public Health Emergency [Quarantine Order](#). Refer to sample Youth Sport Program individual exposure notification letter (posted on ph.lacounty.gov/EducationToolkitTK12) for a model that can be adapted (see Template #2 for individual contact tracing and Template #3 for group tracing).

Action for close contacts who are required to quarantine*

- The following close contacts are required to quarantine:
 - Athletes and staff** who are not [fully vaccinated](#)
 - Staff who are fully vaccinated but not boosted, if eligible**

*Asymptomatic athletes and staff who were previously infected with SARS-CoV-2 within the last 90 days are not required to quarantine and exempt from testing, regardless of vaccination status.

**Asymptomatic fully vaccinated staff who are close contacts and not boosted (if eligible) may remain at the worksite (Youth Sport Program) during the quarantine period, however they are required to test once within 3-5 days after the last exposure date. Requirement to quarantine continues to apply to all settings other than employee worksite. This guidance is outlined in Cal/OSHA COVID-19 Prevention [Emergency Temporary Standards](#) (ETS).

NOTE: For schools with Youth Sports Programs that offer a modified quarantine option, athletes who are not fully vaccinated and had a mask-on-mask exposure at school may remain in school and take part in all school activities, including sports and extracurricular activities, if they do not have symptoms (with strong recommendations for these athletes to mask and test). When not at school, they must quarantine at home.

- Close contacts who are required to quarantine must self-quarantine (stay in their home or another residence, separate from others) and monitor for symptoms as outlined in [Quarantine and Other Instructions for Close Contacts](#). As long as symptoms of COVID-19 are not present, they may end quarantine either:
 - After 10 full days have passed from their last known contact to the infectious case (as defined above). Activities may resume starting on Day 11 provided they are asymptomatic; OR
 - After 5 full days have passed from their last known contact to the infectious case if they have a negative viral test result from a specimen collected on Day 5 from the date of last exposure

to the case. Activities may resume starting on Day 6. The test must be an FDA-authorized viral COVID-19 test (e.g., NAAT or Antigen test including at-home tests). If the test is positive, follow Home Isolation Instructions for COVID-19 (ph.lacounty.gov/covidisolation).

- **NOTE:** For staff, per Cal/OSHA COVID-19 Prevention [Emergency Temporary Standards](#) (ETS), testing that is required for employees must be provided by the employer free of charge and during work hours; these tests may not be self-administered or self-read unless they are observed by the employer or an authorized telehealth proctor.
- Regardless of when quarantine ends, **athlete close contacts must continue to monitor their health and are strongly recommended to wear a highly protective mask** around others, except when eating or drinking, for 10 days after the last date of exposure. Staff close contacts are **required** to wear a highly protective mask in the workplace around others, except when eating or drinking, for 10 days after the last date of exposure. See ph.lacounty.gov/masks for more information. 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. If symptoms develop, test using an FDA-authorized viral COVID-19 test and stay home. If the test is positive, follow Home Isolation Instructions for COVID-19 (ph.lacounty.gov/covidisolation).

Action for close contacts who are not required to quarantine*

- The following close contacts are not required to quarantine provided they remain asymptomatic:
 - Athletes who are [fully vaccinated](#)
 - Staff who are [fully vaccinated](#) and not eligible for a booster
 - Staff who are [fully vaccinated](#) and boosted, if eligible

*Asymptomatic athletes and staff who were previously infected with SARS-CoV-2 within the last 90 days are not required to quarantine and exempt from testing, regardless of vaccination status.

- Close contacts who are not required to quarantine may remain in the Youth Sports Program provided they monitor for symptoms. It is **strongly recommended** that they wear a [highly protective mask](#) around others, except when eating or drinking, for 10 days after the last date of exposure. Staff close contacts are **required** to wear a [highly protective mask](#) in the workplace around others, except when eating or drinking, for 10 days after the last date of exposure. 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. If symptoms develop, test using an FDA-authorized viral COVID-19 test and stay home. If the test is positive, follow Home Isolation Instructions for COVID-19 (ph.lacounty.gov/covidisolation).
- If testing resources are available, **close contacts who are not required to quarantine** can be tested with an FDA-authorized viral COVID-19 test (e.g., PCR or Antigen test, including at-home tests) at least once during the 10-day period after the last date of exposure. **Note:** Exposed staff who are fully vaccinated and not boosted (if eligible) are **required** to test between Days 3 and 5 of their last exposure to remain at the worksite. Per Cal/OSHA COVID-19 Prevention [Emergency Temporary Standards](#) (ETS), testing that is required for employees **to return to work** must be provided by the employer free of charge and during work hours; these tests may not be self-administered or self-read unless they are observed

by the employer or an authorized telehealth proctor. **See Cal-OSHA Testing FAQs to learn more.**

- ❑ *Required:* Youth Sports Programs are required to have a plan to facilitate COVID-19 response testing for persons with an exposure in the Youth Sports Program. Participants and staff who are tested must inform the Youth Sports Program of the test results. Testing resources include: Employee Health Services or Occupational Health Services, Student Health Center, Personal Healthcare Providers, LA City and County Testing Sites: covid19.lacounty.gov/testing, and [Community-Based Testing Sites](#) (local health centers and pharmacies). Individuals who need assistance finding a medical provider can call the LA County Information line 2-1-1, which is available 24/7.
- ❑ *Required:* Employees with an exposure should follow guidance outlined in Cal/OSHA COVID-19 Prevention [Emergency Temporary Standards Isolation and Quarantine section](#). However, if an employee's quarantine period ends before they meet Cal/OSHA's criteria for return-to-work, they may return to the Worksite(s) as soon as they have cleared quarantine per the Health Officer Quarantine Order. A summary of requirements is provided in the Public Health guidance document on Responding to COVID-19 in the Workplace. Per Cal/OSHA ETS, testing that is required for employees must be provided by the employer free of charge and during work hours; these tests may not be self-administered or self-read unless they are observed by the employer or an authorized telehealth proctor.
- ❑ *Required:* 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 must 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 (see Template #4).
- ❑ *Required:* Compliance Officers for all affected teams must work collaboratively to **notify** any individuals or groups who meet the criteria for having been exposed.
- ❑ *Recommended:* The Compliance Officer will determine whether additional notification is needed to inform the wider program community about the exposure and precautions being taken to prevent spread of COVID-19. Refer to sample Youth Sports Program general notification letter (posted on ph.lacounty.gov/EducationToolkitTK12) for a model that can be adapted (see Template #5).
- ❑ **Recommended:** **It is strongly recommended** that all team members participating on the same team as a confirmed case are test weekly for 2 weeks from the last date that the case was present on the team while infectious, regardless of vaccination or exposure status.

Exposure Management for 2 COVID-19 Cases within a 14-day Period

- ❑ *Required:* After identifying 2 confirmed cases (participants and staff) within a 14-day period, the Organized Youth Sports Program follows the *required* steps for 1 confirmed case.
- ❑ *Recommended:* The Compliance Officer consults with Public Health to determine whether the 2 cases are epidemiologically linked, meaning that the two affected individuals in the Organized Youth Sports Program were both present at some point in the same setting during the same time period while either or both were infectious.
 - Determination of epidemiological links between cases may require further investigation to assess exposure history and identify all possible locations and persons that may have been exposed to the case while infectious in an Organized Youth Sports Program. **NOTE:** Epidemiologically linked cases include persons in an Organized Youth Sports Program with identifiable connections to each other (i.e., on the same team, sharing physical space like

a locker room or car, attending a social gathering together), indicating a higher likelihood of linked spread of disease in the Organized Youth Sports Program rather than sporadic transmission from the broader community.

Exposure Management for ≥ 3 COVID-19 Cases within a 14-day Period

- Required:* If the Organized Youth Sports Program identifies a cluster of 3 or more confirmed cases (participants and/or staff) within a 14-day period, the Organized Youth Sports Program should proceed with the following steps:
- Report the cluster immediately to DPH. Secure online reporting is the preferred method for notifying DPH and can be done on a computer or mobile device with access to the secure web application: <http://www.redcap.link/lacdph.educationsector.covidreport>. If online reporting is not possible, reporting can be done manually by downloading and completing the [COVID-19 Case and Contact Line List for the Education Sector](#) and send to ACDC-Education@ph.lacounty.gov.
 - Outbreak Criteria for the Education Sector: At least 3 confirmed cases with symptomatic or asymptomatic 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 a Public Health Investigator will communicate directly with the Compliance Officer to coordinate the outbreak response.
 - **Youth Sports Programs with an outbreak of 4 or more epidemiologically linked cases over a 14-day period are required to suspend activities for 7 days.** Individual conditioning and skill building may continue during the suspension period as long as everyone on the team complies fully with any individual isolation or quarantine orders that apply. False positive test submissions from a Youth Sports Program with an active outbreak will not be accepted during an outbreak investigation.

**Appendix A:
 Steps for Managing Exposures to COVID-19 Cases in an Organized Youth Sports Program**

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| 1 Case | <ol style="list-style-type: none"> 1) <i>Required:</i> Youth Sports Program notifies the case to follow COVID-19 Home Isolation Instructions. 2) <i>Required:</i> Youth Sports Program works with DPH to notify exposed individuals or groups. This may include individuals or groups on an opposing team if the case participated in any games or tournaments during their infectious period. 3) <i>Required:</i> Youth Sports Program submits a report to DPH with information on the confirmed case in the Youth Sports Program. 4) <i>Recommended:</i> Youth Sports Program sends general notification to inform the broader community of the exposure and precautions taken to prevent spread. |
| 2 Cases | <ol style="list-style-type: none"> 1) <i>Required:</i> Follow required steps for 1 confirmed case. 2) <i>Recommended:</i> If the 2 cases occurred within 14 days of each other, Youth Sports Program works with DPH to determine whether the cases have epidemiological (epi) links. If epi links exist, Youth Sports Program implements additional infection control measures. |
| 3+ Cases | <ol style="list-style-type: none"> 1) <i>Required:</i> If a cluster of 3 or more cases occurred within 14 days of each other, the Youth Sports Program immediately notifies DPH. 2) <i>Required:</i> DPH determines if the outbreak criteria have been met. If outbreak criteria are met, a DPH outbreak investigation is activated, and a public health investigator will contact the Youth Sports Program to coordinate the outbreak investigation. |