



## MEQUON HEAT/MTLL

### COVID19 Safety Guidelines

The safety policy for Mequon Heat/MTLL is based on conglomeration of information and policies from CDC, local and state health guidelines/requirements, and scientifically based best practices. The objective of this policy is to provide guidance to our coaches, players and spectators in order to participate in competitive baseball and softball while reducing risk of COVID19 infection and transmission.

This safety policy for Mequon Heat/MTLL is superseded if more stringent guidelines are established by a policy from applicable school district or health department.

- COVID-19 Spread (adopted from CDC information)
  - The virus that causes COVID-19 most commonly spreads between people who are in close contact with one another (within about 6 feet, or 2 arm lengths).
  - It spreads through respiratory droplets or small particles, such as those in aerosols, produced when an infected person coughs, sneezes, talks, or breathes.
    - These particles can be inhaled into the nose, mouth, airways, and lungs and cause infection. This is thought to be the main way the virus spreads.
    - Droplets can also land on surfaces and objects and be transferred by touch. A person may get COVID-19 by touching the surface or object that has the virus on it and then touching their own mouth, nose, or eyes. Spread from touching surfaces is not thought to be the main way the virus spreads.
    - Sports/training may cause heavier breathing which can increase spread of aerosol and virus transmission.
- Athletes, coaches or spectators with high-risk conditions or household/close contacts with high-risk conditions may want to avoid and/or adjust participation to reduce risk of transmission.
  - CDC list of risk: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>
- **Screening must occur by parents before each practice or before each competition.**
  - Each team should designate a coach to be responsible for responding to COVID-19 concerns.
    - This coach needs to keep a record of who attends each practice or game.
  - Athletes and coaches should check their temperature at home before attending practices or games.
    - If an athlete or coach has a temperature of 100.4 degrees or above, then he/she should not attend practice or game.
- **Foundations of reducing risk should always be kept in mind, both during practice and competition.**
  - Avoid participation and attendance if sick (fever and/or symptoms) or if in contact with person who contracted COVID-19.
    - Symptoms of COVID: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
    - Always discuss with your primary care provider if you have questions or concerns.
  - Wear a cloth mask or buff to reduce spread of your aerosol to others (the mask captures some of your aerosol and reduces transmission to other people).



- Cloth masks must be worn indoors.
  - Masks must be worn upon arrival to venue, during warm-ups, playing and when departing.
  - Athletes shall wear a mask while participating at all times.
  - Coaches and assisting personnel are required to wear masks at all times.
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- Social distancing of at least 6 feet needs to be maintained whenever possible.
    - Carpooling is discouraged to reduce exposure; if used then masks should be worn during transport.
    - Coaches are responsible for ensuring social distancing is maintained between players as much as possible.
      - This means additional spacing between players before practice, during drills, while waiting for turn in drill, and after practice.
      - As much as possible, training should be conducted in smaller “pods” of athletes to reduce exposure risk.
    - Each athlete must bring his/her own gym bag for personal items.
      - Gym bags should be placed 6 feet apart for the duration of the event.
    - No shared clothing, towels or water bottles
  - Continue to emphasize hygiene.
    - Hand sanitization/cleaning frequently (every time on and off court).
    - Water bottles cannot be shared.
      - Every coach and athlete must have personal water bottle.
      - Water fountains should not be utilized.
    - Athletes and coaches should be encouraged to avoid touching face, eyes and mouth.
    - No licking hands or spitting allowed.
      - If a coach/athlete puts his/her hands/fingers in his/her mouth or spits on hands, then practice must be stopped, and coach/athlete must sanitize his/her hands and/or any equipment touched.
    - No food/snacks at practice and no sharing food/snacks at games or tournaments.
    - Minimize shared equipment as much as possible and sanitize that equipment frequently.
    - Coaches should bring hand sanitizer to practice along with disinfectant to wipe down equipment after practice.



- **What if athlete or coach is sick or exposed?**

- Any athlete or coach that has symptoms and/or fever should not participate in any activity (meetings, practice, competition) and begin self-quarantine immediately.
- Athlete or coach with a positive COVID test (even if no symptoms) cannot participate in training or competition until:
  - At least 10 days have passed since positive test; AND
  - No fever (fever is temp of 100.4°F or more) without the use of fever-reducing medicine for at least 72 hours; AND
  - COVID symptoms (for example, cough, shortness of breath, etc.) have resolved; AND
  - Have written medical clearance to return to activity.
- Athlete or coach who has symptom consistent with probable COVID (but not tested) cannot participate in any training or event until:
  - At least 10 days have passed since onset of symptoms; AND
  - No fever (fever is temp of 100.4°F or more) without the use of fever-reducing medicine for at least 72 hours; AND
  - COVID symptoms (for example, cough, shortness of breath, etc.) have resolved; AND
  - Have written medical clearance to return to activity.
- If an athlete or coach has someone in their household test positive for COVID19 then:
  - That athlete or coach cannot participate in training or competition until at least 17-20 days have passed from the date of the household members test or onset of symptom date:
    - 7 days from the positive cases last day of isolation with a negative COVID19 test; or
    - 10 days from the positive cases last day of isolation
- If athlete or coach has symptoms but tests negative for COVID-19, he/she can participate in training or event when without fever and without use of fever-reducing medicine for the past 24 hours.
- If athlete or coach has “close contact” (exposure for over 15 minutes and within 6 feet) to an individual who has a positive COVID test or an individual who has probable COVID (symptoms but not tested), then the athlete/coach should begin self-quarantine immediately.
  - If athlete/coach who was exposed already had COVID-19 (with a hard copy positive test) in the last 3 months, then there is no need to continue self-quarantine restrictions.
    - If athlete/coach who was exposed previously had probable COVID illness (but not tested) in the last 3 months, then must continue with self-quarantine restrictions described below.
  - Athlete/coach should remain on self-quarantine and cannot participate in training or competition until:
    - They have waited 14 days from last exposure to the infected person; AND
    - Have no fever without use of fever-reducing medications; AND
    - No COVID symptoms (for example, cough, shortness of breath, etc.).
    - Updated CDC guidance on December 2, 2020 states that if you have no COVID19 symptoms, the quarantine can end 10 days after the last exposure to the infected person; or
    - On day 7 after receiving a negative test;
      - The timing of test collection must be no earlier than 48 hours before the anticipated end of quarantine, meaning specimen collection for a minimum 7-day quarantine could occur on day 6 or 7, with a return on day 8.
      - Acceptable negative test should be communicated to your coach and can be:
        - Diagnostic Test
        - PCR Test
        - NAAT (nucleic acid amplification test)
        - Viral Test
    - After stopping quarantine, continue to watch for symptoms until 14 days after exposure
    - If symptoms develop, immediately self-isolate and contact your local public health authority or health care provider
  - If the individual with probable COVID is tested during the course of the quarantine and the test comes back negative, then all individuals quarantined based on that exposure are free to return to participation if no fever and no symptoms.
- Notify your teams designated COVID19 coach about your condition so contact tracing can begin