

COVID-19 Exposure Management Plan Guidance Youth Recreational Sports Programs

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.

Youth Recreational 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 a Youth Recreational Sports Program are described below and summarized in Appendix A. Because Youth Recreational 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 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 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 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.

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

https://library.municode.com/ca/los_angeles_county/codes/code_of_ordinances?nodeId=TIT22PLZO_DIV2DE_CH22.14DE_22.14.060F

Exposure Management Planning Prior to Identifying 1 COVID-19 Case

- ❑ *Required:* A designated COVID-19 Youth Recreational 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 Youth Recreational 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 a Youth Recreational Sports Program with an active public health investigation to have access to testing or be tested for COVID-19.*
*Note: Testing or quarantine are not required for asymptomatic individuals who are fully vaccinated² or who have recovered from laboratory-confirmed COVID-19 within the past 90 days unless Public Health deems it necessary as part of an active investigation.
- ❑ *Recommended:* Youth Recreational 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.

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.
- ❑ *Required:* The Compliance Officer provides a copy of the Public Health Emergency [Isolation Order](#) and informs the case that DPH will contact the case directly through the DPH Case and Contact Investigation Program to collect additional information and formally issue the Health Officer Order for Case Isolation.
- ❑ *Required:* The Compliance Officer works to identify all individuals in the Youth Recreational Sports Program who have had an exposure to the confirmed positive case during their infectious period (Close Contacts).
 - 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: A person is considered to have been exposed to a case during the infectious period if at least one of the following criteria are met:
 - 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 (e.g., being coughed or sneezed on, sharing utensils or saliva, or providing care without using appropriate protective equipment).

² Fully vaccinated is defined as two weeks or more have passed since receiving the second dose in a 2-dose vaccine series OR two weeks or more have passed since receiving a single-dose vaccine.

- Exposures will be reviewed by Public Health to confirm which persons need to quarantine including the possibility of quarantining all individuals on the same team with an infected person or individuals on an opposing team who were playing against a team with an infected person, if exposures cannot be ruled out.
- ❑ *Required:* The Compliance Officer is required to report the following to Public Health: (1) staff and participants with confirmed COVID-19 who were in a Youth Recreational Sports Program(s) at any point within the 14 days prior to the illness onset date and (2) persons in the Youth Recreational Sports Program who were exposed to the infected person during the infectious period. NOTE: If exposed individuals are identified from an opposing team, the opposing team's Compliance Officer must report close contacts to DPH, indicating exposure occurred at a specific sports event.
 - Secure online reporting is the preferred method for notifying DPH of COVID-19 exposures 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 identified to have had an exposure to a COVID-19 positive case in a Youth Recreational 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](#). The notification of exposure should include the elements listed below. NOTE: Exposure Notification letter templates are available at: [COVID-19 Template Notification Letters for Education Settings](#) (refer to Template Letter 1).
 - Participants and staff with an exposure* to the case should test for COVID-19, whether or not they have symptoms, and inform the Compliance Officer of test results. This will determine the extent of disease spread at the Recreational Sports Program and serve as a basis for further control measures. Testing resources include: Employee Health Services or Occupational Health Services, Student Health Center, Personal Healthcare Providers, Community Testing Sites: covid19.lacounty.gov/testing. Individuals who need assistance finding a medical provider can call the LA County Information line 2-1-1, which is available 24/7.
 - Exposed individuals should self-quarantine* (stay in their home or another residence, separate from others) and monitor for symptoms for 10 days from their last contact with the case while infectious (as defined above), even if they receive a negative test result during their quarantine period. If they remain asymptomatic, they may be released from quarantine after Day 10 but must continue to monitor their health and strictly adhere to COVID-19 prevention precautions through Day 14. Note: a person who tests negative may subsequently develop disease, with or without symptoms, if tested during the incubation period (i.e., time period between exposure and disease onset). Home Quarantine Guidance for COVID-19 is available at: ph.lacounty.gov/covidquarantine.
 - DPH will contact exposed persons who meet the quarantine requirement through the DPH Case and Contact Investigation Program to collect additional information and formally issue the Health Officer Order for Quarantine.

*NOTE: Asymptomatic persons who are [fully vaccinated](#) OR have recovered from laboratory confirmed COVID-19 within the last 90 days AND who are a close contact to a confirmed case are not required to quarantine or test for COVID-19. However, they should monitor for symptoms of

COVID-19 for 14 days following an exposure.

- ❑ *Required:* If an individual with confirmed COVID-19 participated during their infectious period in any games, tournaments, or other Youth Recreational Sports Program-related activities involving other teams, the Compliance Officer must notify the opposing team(s) of potential exposure. A notification letter template is available at: [COVID-19 Template Notification Letters for Education Settings](#) (refer to Template Letter 2). Compliance Officers for all affected teams must work collaboratively to identify any individuals who meet the criteria for having been exposed. If the opposing team has individuals who were exposed, the opposing team's Compliance Officer must notify DPH of the exposure by email at ACDC-Educaton@ph.lacounty.gov within 1 business day of being notified of the exposure. DPH will work with the Compliance Officer of the opposing team to collect the information needed for exposure management.
- ❑ *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. A general exposure notification letter template is available at: [COVID-19 Template Notification Letters for Educational Sites](#) (refer to Template Letter 3).

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 Youth Recreational Sports Program follows the *required* steps for 1 confirmed case.
- ❑ *Recommended:* The Compliance Officer determines whether the 2 cases are epidemiologically linked, meaning that the two affected individuals in the Youth Recreational 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 a Youth Recreational Sports Program. NOTE: Epidemiologically linked cases include persons in a Youth Recreational Sports Program with identifiable connections to each other (e.g. 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 Youth Recreational 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 Youth Recreational Sports Program identifies a cluster of 3 or more confirmed cases (participants and/or staff) within a 14-day period, the Youth Recreational 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 sending it to ACDC-Education@ph.lacounty.gov.
 - DPH will review the submitted information to determine whether the outbreak criteria described below have been met and will notify the Youth Recreational Sports Program within

1 business day of next steps. Outbreak Criteria: At least 3 confirmed cases with symptomatic or asymptomatic COVID-19 within a 14-day period in a group with members who are epidemiologically linked, do not share a household, and are not a close contact of each other outside of the campus. 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 not met, DPH will advise the Youth Recreational Sports Program to continue with routine exposure management.
- If outbreak criteria are met, 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.

Appendix A: Steps for Managing Exposures to COVID-19 Cases in a Youth Recreational Sports Program

1 Case	<ol style="list-style-type: none">1) <i>Required:</i> Youth Recreational Sports Program instructs the case to follow COVID-19 Home Isolation Guidance.2) <i>Required:</i> Youth Recreational Sports Program provides a copy of the Public Health Emergency Isolation Order and informs the case that DPH will contact the case directly to collect additional information and formally issue the Public Health Isolation Order.3) <i>Required:</i> Youth Recreational Sports Program works with the case to identify individuals who were exposed to the case. This may include individuals on an opposing team if the case participated in any games or tournaments during their infectious period. NOTE: DPH will work with the Program(s) to confirm all exposed contacts that require quarantine, including the possibility of quarantining those not initially named as close contacts in the Youth Recreational Sports Program, if exposures cannot be ruled out.4) <i>Required:</i> Youth Recreational Sports Program notifies* exposed contacts and instructs them to follow COVID-19 Home Quarantine Guidance and test for COVID-19. A copy of the Public Health Quarantine Order is provided to exposed contacts. NOTE: Asymptomatic persons who are fully vaccinated OR have been diagnosed with COVID-19 within the last 90 days AND have an exposure are not required to quarantine or test for COVID-19 unless Public Health deems it necessary as part of an active investigation.5) <i>Required:</i> Youth Recreational Sports Program informs contacts that DPH will contact them directly to collect additional information and formally issue the Public Health Quarantine Order.6) <i>Required:</i> Youth Recreational Sports Program submits a report to DPH within 1 business day with information on the confirmed case and persons who were exposed to the case in the Youth Recreational Sports Program.7) <i>Recommended:</i> Youth Recreational Sports Program sends general notification* to inform the broader community of the exposure and precautions taken to prevent spread. <p>*Notification templates are available at: COVID-19 Template Notification Letters for Education Sites.</p>
2 Cases	<ol style="list-style-type: none">1) <i>Required:</i> Follow required steps for 1 confirmed case.2) <i>Required:</i> If the 2 cases occurred within 14 days of each other, Youth Recreational Sports Program works with DPH to determine whether the cases have epidemiological (epi) links. If epi links exist, Youth Recreational Sports Program implements additional infection control measures.3) <i>Recommended:</i> Youth Recreational Sports Program reinforces messages to participants and staff on precautions to take to prevent spread, including implementation of site-specific interventions.
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, Youth Recreational 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 Recreational Sports Program to coordinate the outbreak investigation.