

## ***THE FACTORY FASTPITCH CLUB - COVID INFORMATION***

The safety of our players, their families and friends is our top priority. We will continue to monitor the recommendations from the CDC regarding Covid-19 and how to safely operate our club. These recommendations will be updated as the CDC updates us.

**IF YOU FEEL SICK, DO NOT ATTEND ANY TEAM FUNCTIONS.** Please seek out testing if you have any of the symptoms of Covid-19 (Fever, Cough, Shortness of Breath, Fatigue and Loss of Smell and or Taste - <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>)

THERE ARE SEVERAL FREE TESTING SITES ACROSS THE COUNTY.

[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community\\_epidemiology/dc/2019-nCoV/testing.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/testing.html)

**IF YOU GET TESTED FOR COVID-19 BECAUSE YOU ARE SICK OR HAVE SYMPTOMS, YOU ARE NOT ALLOWED TO RETURN TO ANY CLUB EVENTS UNTIL YOU HAVE RECEIVED A NEGATIVE TEST RESULT AND DO NOT HAVE ANY SYMPTOMS.**

**ANYONE THAT TESTS POSITIVE FOR COVID-19 MUST CONTACT THEIR COACH AND THE COUNTY IMMEDIATELY SO THAT WE CAN CONTACT TRACE AND PREVENT SPREADING.**

**IF YOU TEST POSITIVE, The County Health Department will assist you with current guidelines for how to safely return.**

<https://www.sandiegocounty.gov/coronavirus.html>

## **CLOSE CONTACT PROTOCOLS**

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

Accessed September 15, 2021

If you have been within six feet of someone that tests positive for Covid-19 for more than 15 minutes in a 24-Hour period, you will be considered a close contact and must follow the CDC guidelines below. Please note the different options for fully vaccinated individuals and non-vaccinated individuals.

**NOTE:** If someone on a team gets Covid and has attended a game or practice with the team, everyone on the team would be considered a close contact unless the coaching staff can show that players were not in close contact. This would (automatically) trigger the quarantine procedure listed below.

### **Quarantine**

Quarantine if you have been in [close contact](#) (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, unless you have been [fully vaccinated](#). People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have [symptoms](#). However, fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.

What to do if you are required to quarantine:

- Stay home for 14 days after your last contact with a person who has COVID-19. (Please contact the school you're attending as well.)
- Watch for fever (100.4°F/ PUSD uses 100 as a marker), cough, shortness of breath, or [other symptoms](#) of COVID-19.
- If possible, stay away from people you live with, especially people who are at [higher risk](#) for getting very sick from COVID-19.

After quarantine

- Watch for symptoms until 14 days after exposure.

- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.

### **You may be able to shorten your quarantine**

Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine. Options they will consider include stopping quarantine

- After day 10 without testing
- After day 7 after receiving a negative test result (test must occur on day 5 or later)

## **Isolation**

**Isolation** is used to separate people infected with COVID-19 from those who are not infected.

People who are in isolation should stay home until it's safe for them to be around others. At home, anyone sick or infected should separate from others, stay in a specific "sick room" or area, and use a separate bathroom (if available).

What to do

- Monitor your symptoms. If you have an [emergency warning sign](#) (including trouble breathing), seek emergency medical care immediately.
- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Avoid contact with other members of the household and pets.
- Don't share personal household items, like cups, towels, and utensils.
- [Wear a mask](#) when around other people if able.

Learn more about [what to do if you are sick](#) and [how to notify your contacts](#).

When You Can be Around Others After You Had or Likely Had COVID-19

Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

#### For Anyone Who Has Been Around a Person with COVID-19

Anyone who has had [close contact](#) with someone with COVID-19 should stay home for 14 days **after their last exposure** to that person.

However, anyone who has had close contact with someone with COVID-19 and who meets the following criteria does **NOT** need to stay home.

- Someone who has been [fully vaccinated](#) and shows no symptoms of COVID-19. However, fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.

#### Or

- Someone who has COVID-19 illness within the previous 3 months **and**
- Has recovered **and**
- Remains without COVID-19 symptoms (for example, cough, shortness of breath)

The County currently does not mandate mask use for outdoor sports. We recommend the use of masks for our players and parents when they are in close contact (within 6 feet for 15 minutes or more over a 24-hour period). An example of this would be while sitting in the dugout together.

We have plans in place for our coaches to help reduce the spread of Covid-19 through social distancing, cleaning and contact tracing. We recommend testing and vaccination, but these are not mandated by our club. Testing is only mandated when an athlete is identified as a close contact or has symptoms.