

Buckhead Baseball

2021 Spring COVID-19 Guidelines

Below are the Spring 2021 COVID-19 Guidelines for Buckhead Baseball. IMPORTANT - these guidelines are the minimum requirements for Coaches, Players, and Families at Buckhead Baseball. IN ALL CASES, if your child's doctor or school requires additional precautions, longer periods of Quarantine or Isolation, then those requirements take priority and supersede the guidelines outlined below. IN ALL CASES, your child must meet the requirements outlined below AND be in compliance with the guidelines of their school and their doctor's orders (if the condition required medical attention). IN NO EVENT, should your child attend an event at Buckhead Baseball when they are ineligible to participate in school or other outside activities.

Experiencing COVID-19 Symptoms:

Symptoms include:

- Fever (100 degrees or higher)
- Shortness of breath or difficulty breathing
- Cough
- Headache
- New loss of taste or smell
- Nausea, vomiting, or diarrhea
- Congestion or runny nose
- Sore throat
- Fatigue
- Muscle or body aches

What to do:

- Stay home and practice **Isolation**
- Call your doctor
- Notify your Head Coach and Jennifer Rogers
- Keep all siblings home

When to return to Buckhead Baseball:

- 10 full days since first symptom, AND symptoms have improved, AND 24-hrs fever free without medication

OR

- If you've had COVID-19 in the previous 3-months, confirmed by a positive viral test, AND are not symptomatic, AND receive a negative PCR test

OR

- May return with a doctor's note stating the diagnosis is not COVID-19, a respiratory infection or contagious

Updated: February 7, 2021

Positive COVID-19 Test:

What to do:

- Stay home and practice **Isolation**
- Notify your Head Coach and Jennifer Rogers
- Keep all siblings home

When to return to Buckhead Baseball:

- If you tested positive with symptoms, then you may return: 10 full days since first symptom, AND symptoms have improved, AND 24-hrs fever free without medication
- If you tested positive with no symptoms, then you may return: 10 full days since you had a positive viral test AND you continue to be symptom free
- If you develop symptoms after you test positive, then you may return: 10 full days since your first symptom, AND symptoms have improved, AND 24-hrs fever free without medication

Close Contact Exposure:

“Close Contact” exposure per CDC: Someone who was within 6-feet* of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 48-hrs (2 days) before illness onset or, for asymptomatic patients, 48-hrs (2 days) prior to test specimen collection until the time the patient is isolated.

*At this time, differential determination of Close Contact for those using fabric face coverings is not being given. Additionally, out of an abundance of caution, if a player or coach attended a Buckhead Baseball event and then subsequently develops symptoms or tests positive for COVID-19 within 48-hrs then all participants in attendance will be deemed to have experienced Close Contact exposure and subject to the guidelines below.

What to do:

- Stay home and **Quarantine**
- Notify your Head Coach and Jennifer Rogers

When to return to Buckhead Baseball, the CDC recommends the following alternative options to a 14-day quarantine:

- No Testing: Quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring

OR

- Testing: Quarantine can end after Day 7 with a negative PCR test and if no symptoms were reported during daily monitoring. The test should be administered within 48-hours before the time of planned quarantine discontinuation, but is not admissible if administered before Day 5. In no event can the Quarantine be discontinued earlier than after Day 7

Updated: February 7, 2021

Important Additional Details:

- If you have a COVID-19 test pending, you cannot return to Buckhead Baseball until you have received your results
- Stay home and do not participate in any Buckhead Baseball activities if you are involved in any other active COVID-19 Quarantine protocols (school, sports, other...)
- If another family is sick, or experiencing symptoms, stay home until the COVID status is determined
- Contact Jennifer Rogers (404-775-6165 or jennifer@buckheadbaseball.com) if you have any questions or to report any symptoms, exposure or diagnosis / positive COVID-19 test
- The Buckhead Baseball board, league directors and our coaches will contact and communicate with any COVID-19 affected community members ASAP. We will follow the aforementioned guidelines and CDC protocols to the best of our ability and endeavor to protect the identity of affected teammates and family members

Helpful CDC COVID-19 Links:

- Isolation: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>
- Quarantine: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
- Contact Tracing: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/contact-tracing.html>
- Options to reduce Quarantine: <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>