



Recommendations for COVID-19 infections associated with baseball & softball teams

The COVID-19 Pandemic is ongoing and the COVID-19 virus is circulating in all Iowa communities. All players, parents, coaches, school administrators, sports associations and tournament directors/organizers have a responsibility to take measures to prevent the spread of COVID-19. The Iowa Department of Public Health (IDPH) strongly recommends that all sports teams adhere to the following guidance.

HEALTH MONITORING: Players and coaches who are part of a high-risk population should not participate in group activities. Fever and symptom monitoring should occur prior to starting any practice or game. All players and coaches should also be asked whether they have been in close contact with a sick person or confirmed COVID-19 case.

ILL PLAYERS OR COACHES: All players and coaches who have had an exposure or who have a fever, cough, or difficulty breathing should be immediately sent home and instructed to contact their healthcare provider. COVID-19 testing is highly encouraged in symptomatic players and coaches to better inform the potential exposure of teammates and coaching staff. Testing is also recommended for persons who have been in close contact with a confirmed case.

Players and coaching staff either testing positive for COVID-19 infection or who are symptomatic but not tested for COVID-19 infection should be excluded until the following criteria are met:

- 10 days after their illness starts AND
- 3 days since their fever resolved (without fever reducing medications) AND
- all other symptoms have improved.

Players and coaching staff testing negative for COVID-19 infection and who are NOT a close contact of a confirmed case can return to normal activities 24 hours after their fever and other symptoms have resolved.

Players and coaching staff testing negative for COVID-19 infection and who ARE close contacts of a confirmed case should continue to self-quarantine until 14 days after their last exposure to the confirmed cases.

WHEN CAN PEOPLE PASS COVID-19 TO OTHERS: COVID-19 infected people can pass it to others from 48 hours before they get sick (symptomatic) until 10 days after they get sick.

If people test positive for COVID-19 infection and never get sick (asymptomatic), assume that they could pass it to others from 10 days before they were tested until 10 days after they were tested.

TEAM EXPOSURES: Coaches are expected to fully cooperate with public health investigations of persons testing positive for COVID-19. All teammates and coaches who have been within 6 feet of the person testing positive for COVID-19 for more than 15 minutes, should self-isolate for 14 days after their last exposure. Exposed players and coaches should not be at practices or games during the 14 day period of self-isolation.

EXPOSURES TO OPPOSING TEAMS: If a player or coach tests positive for COVID-19, all opposing teams (for games played during the time when the infected person could have passed COVID-19 to others) should be notified. Players and coaches on the opposing team should continue to self monitor for COVID-19 symptoms. Close contact (within 6 feet for 15 minutes) between opposing teams is infrequent in baseball and softball, therefore unless there are extenuating circumstances, the opposing team and coaching staff can continue with daily activities without restriction as long as they remain symptom free.

This guidance supplements the previously released recommendations of the Iowa Department of Education, available at: <https://www.iahsaa.org/wp-content/uploads/2020/05/Iowa-DE-Guidance-Summer-Sports-5.20.20.pdf>

All players, coaching staff, officials and spectators are encouraged to follow public health social distancing recommendations and practice frequent hand washing. For additional information about COVID-19 visit: <https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus> or <https://coronavirus.iowa.gov/>