



Hamlin Park Baseball Association, Inc.
www.hamlinparkbaseball.org

HPBA COVID Exposure Handling Guidelines as of March 2021

These guidelines are to be used as a conservative, cautious and consistent method to determine how HPBA will handle COVID exposure situations.

Participant is defined as any player, coach, official or spectators.

HPBA will trace two layers of exposed individuals (Confirmed Positive and Directly Exposed).

We will NOT trace to any Secondary Contacts or beyond.

Confirmed Positive

A confirmed positive participant is anyone who has a confirmed positive PCR test result.

Any confirmed positive participant **MUST** quarantine from ALL HPBA events for at least 10 FULL days from the date their positive PCR test result was taken.

After 10 FULL days of quarantine, the confirmed positive may return to HPBA activities, regardless of any subsequent test results.

For example, if a participant tests positive via PCR test on March 1, they must quarantine from ALL HPBA events for 10 full days (March 2-11). They would be eligible to return to HPBA activities on March 12.

Direct Exposure

A directly exposed participant is anyone who was within 6', without a face covering and for approximately 15 minutes of any individual who reasonably later tested positive. **This includes any player or coach who was at a game or practice with a teammate who reasonably later tested positive.** This does not extend to opposing teams.

Any directly exposed participant **MUST** quarantine from ALL HPBA events for 14 FULL days from their last date of exposure to the confirmed positive.

For example, if a participant is at a team practice on March 1 and learns a teammate who was at the same practice tested positive on March 4, the participant must quarantine from ALL HPBA events for 14 full days from the last contact on March 1 (March 2-15). They would be eligible to return to HPBA events on March 16 provided they do not have any COVID symptoms.

Exception 1: If on/after five full days from the last date of exposure, the directly exposed participant takes a PCR test and gets a negative result, the participant may return to HPBA activities after 10 FULL days from their last exposure to the confirmed positive.

Exception 2: Any fully vaccinated individual is exempt from the quarantine requirements. A fully vaccinated individual is defined as anyone who received their final shot (i.e. the second shot for Pfizer or Moderna; the first shot for Johnson & Johnson) at least two weeks prior to the exposure date. These individuals must provide their vaccination card as proof of their vaccination dates.



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Quarantine vs. Isolation

The CDC guidelines make specific differentiation between quarantine and isolation. This is particularly important to understand within a family unit.

In summary, quarantine implies staying away from events outside of your home. Isolation implies removing direct exposure within your home.

HPBA recognizes that isolation may not be possible in some home settings. As such, we will never require any individual to isolate from their family members. However, absent isolation, a household member will be continually exposed to quarantined members within their household and the 14-day quarantine period for the direct exposure will not begin until the 10-day quarantine for the confirmed positive is complete. Thus, resulting in a total quarantine period of up to 24 days.

For example, if a child in the household tests positive on March 1 but another participant in the household tests negative. The confirmed positive must quarantine from all HPBA events for 10 full days, cleared on March 12. If the confirmed positive quarantines within the house, the other participants are exposed to the confirmed positive each day thru March 11 so their 14-day quarantine period would be March 12-25. They could return on March 26.

If the confirmed positive individual is "isolated" within the household, the 14-day quarantine period for the other participants within the house would be March 2-15. They could return on March 16.

Family Decisions

We encourage but do not require directly exposed participants to:

- Consult their family doctor
- Monitor for COVID symptoms
- Get a PCR test

Even if these other items are followed, for consistency purposes, they will not alter the guidelines as outlined in this document.