

Recreational Softball COVID Guidelines

Oakland Girls Softball League

January 23, 2023

Overview

OGSL has always strived to provide low-cost, safe, and supportive opportunities for girls in Oakland to participate in team sports. We believe that softball training can contribute to the physical and emotional well-being of our children, especially during these trying times.

The goal of this document is to provide the basis for youth softball players in Oakland to continue to compete in a manner consistent with state and local public health guidance. OGSL realizes that changing guidance and schedules are challenging for players and families and we ask for your patience and understanding.

OGSL strongly recommends that all eligible players, coaches, and family members be vaccinated and boosted against COVID-19.

General Practices

Water: Each player should bring their own labeled water bottle.

Modifications to activities and guidelines: OGSL retains the right to reschedule, suspend, or cancel on field activities in response to changing COVID conditions or public health guidance. In addition, the guidelines set forth in this document may change during the season and players and parents will need to follow the most current guidance available.

What to do in Case of Illness

We strongly urge parents to err on the side of caution. If you are unsure if your player is unwell, do not send your player to the field.

Illness: Players should not come to training if they are feverish or feel ill (any illness, mild or severe, COVID or otherwise). Players and family members should refer to the “[CDC Coronavirus Symptoms](#)” guidance if they feel ill.

If a Player/Coach Tests Positive for COVID-19:

- The player/coach must isolate per local guidelines and at a minimum self-isolate for 5 days after start of symptoms or after date of first positive test if no symptoms. They can return to practice/games after 5 days and OGSL is strongly urging the player/coach to have a negative COVID test before returning to practice/games (either at-home antigen or PCR test).
- If unable to test, choosing not to test, or testing positive on Day 5 (or later), isolation can end after Day 10 if fever-free for 24 hours without the use of fever-reducing medications.
- If fever is present, isolation should be continued until 24 hours after fever resolves.
- If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving or until after Day 10.

If a Player/Coach has an Exposure to someone with COVID-19:

- Test within 3–5 days after last exposure.
- Per CDPH masking guidance, close contacts should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease (see masking section below for additional information).
- If symptoms develop, test, and stay home and if test result is positive, follow isolation recommendations above

Source:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx> Prevention First