



Cypress Youth Baseball

COVID exposure and Returning to Play After Infection

What if the player or a family member exhibits signs or symptoms of COVID-19 or tests positive?

- All parents/guardians need to report if the player or any household contact is exhibiting any signs or symptoms of COVID-19 or tests positive for COVID-19, even if asymptomatic.
- Symptoms include: Fever of 100.4 F (38 C) or higher, Chills, Muscle Aches, Cough, New loss of taste or smell, Sore throat, Shortness of breath, Uncharacteristic throbbing headache, Fatigue, Congestion, Runny Nose, Nausea, Vomiting, Diarrhea
- No one with symptoms of COVID-19 or who is in isolation or quarantine for COVID-19 is permitted to attend practices or games/scrimmages.
- Anyone with symptoms of COVID-19 should consult their physician for testing and notify their manager, coach, and/or board member of their symptoms and test results.
- These players will be held out of ALL practices and games until the [CDC-recommended isolation or quarantine](#) period has expired.
- If the test result for COVID-19 is positive, the team manager and a CYB Board member will be notified so contact tracing and appropriate quarantining can be performed.
- The player's physician or local health department can assist in determining when it is safe for players and exposed contacts to return to practice, and [guidelines from the CDC](#) should be followed to determine clearance.
- Players recovering from COVID-19 will have different paths to return to sports based on the severity of their illness.

What to do if a player tests positive for COVID-19?

- Parents/guardians of players who test positive for COVID-19 will notify the team manager, coach, and/or a board member immediately.
- Contact tracing and required quarantine for exposed team members and staff will be completed.
- The player may be considered for return to play/practice after 10 days have passed from date of the positive test result and a minimum of 24 hours symptom free off-fever reducing medications has elapsed.
- Players who test positive for COVID-19 and had respiratory symptoms should not exercise heavily until they are cleared by a physician.
- After their isolation time is completed, it is *suggested* they visit with their primary care physician (PCP) who will complete physical examination and provide appropriate clearance for them to exercise.



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- The AAP recommends not returning to sports/physical activity until the individual can perform normal activities of daily living and displays no concerning signs/symptoms.
- For players with severe COVID-19 symptoms (ICU stay and/or intubation) or multisystem inflammatory syndrome in children (MIS-C), it is recommended they be restricted from exercise for a minimum of 3 to 6 months and obtain clearance prior to resuming training or competition.

After testing positive for COVID-19, are there symptoms to watch for while playing and exercising?

- All individuals and their parents/guardians should monitor for **chest pain, shortness of breath out of proportion for upper respiratory tract infection, new-onset palpitations, or syncope** when returning to exercise. If any of these signs and/or symptoms occur, the AAP recommends another evaluation by the PCP.
- See the [American Academy of Pediatrics Interim Guidance on Return to Sports \[1\]](#) for additional guidance for more serious infections.