



## **SOUTH PORTLAND RECREATION ACTION PLAN FOR YOUTH BASKETBALL LEAGUES 2021-2022**

### **In the Event of a Positive Test of Player, Coach or Referee:**

1. Confirm with Individual/Parent/Guardian the positive test.
2. Inform Individual/Parent/Guardian that they must remain out of basketball until RETURN TO PLAY - POSITIVE Protocols (see below) are met 5 days from when symptoms started, in compliance with CDC recommendations. If no symptoms, 5 days from test.
3. Recommend participation in contact tracing through Maine CDC Sara Alert: a. <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus/contact-tracing.shtml>

### **In the Event of a Close Contact (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone with COVID-19:**

1. Quarantine (see below) unless you have been fully vaccinated. People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have symptoms. If symptoms are present, quarantine and follow the RETURN TO PLAY - QUARANTINE guidelines (see below).
2. Fully vaccinated people should get tested 5-7 days after their exposure, even if they do not have symptoms.

### **RETURN TO PLAY – POSITIVE by Player, Coach or Referee who Tests Positive:**

If a Player, Coach or Referee has COVID-19 or has symptoms, they need to stay home and away from all South Portland Recreation programming and others until ALL 3 of the following have happened:

1. At least 5 days have passed from when symptoms started. If no symptoms, 5 days from test.
2. Symptoms have improved
3. They have NOT had a fever without taking fever reducing medicine (like Tylenol or Advil) for 24 hours.

### **RETURN TO PLAY - QUARANTINE by Player, Coach of Referee in Quarantine:**

1. Individual/Parent/Guardian must self-quarantine for 5 days from the time of their last exposure.
2. Obtain a COVID-19 test between days 5 and 7 to identify new infections as soon as possible.
3. All individuals in quarantine should continue to monitor themselves for symptoms suggestive of COVID-19.
4. Fully vaccinated people do not need to quarantine. CDC recommends testing 5-7 days after exposure.

**We understand that COVID-19 protocols are constantly evolving, so thank you for your cooperation and diligence in keeping those involved in our programming safe. If you have any questions, please contact Anthony Johnson at [ajohnson@southportland.org](mailto:ajohnson@southportland.org).**