

Roland Park Baseball Leagues

COVID-19 League Rules and Guidelines for Spring 2022

Effective March 5, 2022

Rules for COVID Exposure for RPBL Community

- If a player, coach, or umpire is exposed to a positive COVID case in their household, they must avoid RPBL activities for five days. The exposed individual should take a PCR test on day five and can return to RPBL activities with a negative test result, provided:
 - The individual remains asymptomatic
 - No one else in the household is exhibiting symptoms, tested positive or awaiting a test result.
 - If the individual has tested positive for COVID-19 in the last 90 days and has completed the appropriate isolation period, then the individual may attend RPBL activities.
- If a player, coach or umpire is exposed to a positive case at school/outside of the home:
 - If they are fully vaccinated and boosted, or have tested positive in the previous 90 days and completed the required isolation period, these individuals do not need to quarantine but should get tested on day five, follow COVID masking guidelines, and monitor closely for symptoms.
 - If the individual is not fully vaccinated or boosted, they should quarantine for five days and monitor closely for symptoms. After day five, they can return to RPBL activities with a negative test, no symptoms, and follow COVID masking guidelines.

Rules for those with COVID-19 Positive Test and/or Symptoms

- Individuals with COVID-19 Symptoms or a Positive Test must not attend any RPBL activities and complete isolation as follows:
 - Stay home and isolate for at least five full days from the date of symptom onset, if symptomatic, or the date of the positive test, if they have no symptoms.
 - Day one is considered the **first full day after symptoms started** in symptomatic persons, or the **first full day after the student tested positive** if asymptomatic.
 - For example, if an athlete starts feeling sick on Sunday or test positive on Sunday, day one would be that Monday.
 - After day 5, if the individual has no symptoms or if symptoms are improved with no fever for at least 24 hours, they may return to RPBL activities provided they wear a KN95 mask for an additional five days. If the individual is unable to wear a KN95 mask, they should remain home for a full 10 days.

Rules and Guidelines for Coaches

- Coaches will follow RPBL's Guidance for Quarantine for COVID exposure, symptoms, and/or a positive test.
- Any COVID exposure or infection must be reported to the RPBL Commissioner.
- Coaches must maintain attendance at all events in the event contact tracing is necessary.

Rules and Guidelines for Parents

- Parents will follow RPBL's Guidance for Quarantine for COVID exposure, symptoms, and/or a positive test.
- Any COVID exposure or infection must be reported to the team's coach and the RPBL Commissioner.

Rules and Guidelines for Umpires

- Umpires will follow RPBL's Guidance for Quarantine for COVID exposure, symptoms, and/or a positive test.
- Any COVID infection or exposure must be reported to the League Commissioner.

Rules and Guidelines for League Administration

- Require training for all coaches prior to them beginning with their teams.
- Establish COVID-19 protocols for the league that clearly define how infections and suspected exposures are handled by parents, coaches, players, and the League.
- Maintain a COVID Committee to address any infection or exposure.