

# **ARIZONA PICKLEBALL PLAYERS LEAGUE COVID POLICY - 2022**

We urge players participating in the Arizona Pickleball Players League (APPL) to follow CDC recommendations including giving serious consideration about the merits of the vaccination strategies. Recognizing that, for various reasons, not all players participating in APPL will be vaccinated and that there is still risk of contracting the virus, vaccinated or not, we strongly encourage players to exercise precaution for the sake of yourselves and others, and avoid prolonged close contact with people outside your "low risk" circle.

APPL recognizes that each Home Court facility may have rules regarding the mitigation of COVID in their community. These rules are to be followed by the Visiting Team and we suggest that the home team captain communicate these rules to the all visiting captains.

At present, there are no federal, state, or local requirements with regards to the wearing of masks or vaccines. If federal, state, or local requirements change, APPL will implement those changes. APPL will alert teams, captains, and players if this changes during the season.

APPL also reminds players that they compete in the league at their own risk.

APPL recommends players to follow the guidance of the CDC and NIH and get vaccinated in order to protect themselves and to thwart the community spread of Covid-19.

See additional information in the Appendix to this policy for guidance related to exposure to a COVID positive player and testing positive.

# APPENDIX

## WHAT SHOULD I DO IF EXPOSED TO A COVID POSITIVE PLAYER and WHAT IF I TEST POSITIVE

### EXPOSURE RISK – Close Contact

**Proximity, location and duration of exposure** are factors to keep in mind when defining close contact. For example, if you're in close contact with an infected person inside for long periods of time, your exposure risk goes up. It also goes up if the infected person is coughing, sneezing, singing or shouting because more respiratory droplets are being released. Kiss or hug an infected person or share a drink? That's considered close contact.

**Close Contact** is defined as being within 6 feet of a positive-tested player for a cumulation of 15 minutes. It should be assumed that if your APPL playing partner tests COVID positive, then you should consider yourself a Close Contact.

Exposure is defined as contact with someone infected with COVID-19 in a way that increases the likelihood of getting infected with the virus.

What to do if you feel you were exposed to a player who tested positive for COVID.

- We recommend you follow the guidelines in the link below
- <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

**To avoid the quarantine/testing process – be mindful of your exposure risk which includes the distance between you and ALL other players, including your teammates.**

### IF I TEST POSITIVE

- 1) Alert those you were in close contact with two days before symptoms.
- 2) Isolate yourself for 5 days where Day 1 is the first full day after your symptoms developed or your test specimen was collected.
- 3) Refer to the CDC Guidelines in the link below as to when you should end your isolation -

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>