

## USTA NorCal COVID-19 Recommended Guidelines

All previous COVID-19 protocols regarding tennis play have been retired per the State of California's Health and Human Services Agency, the Department of Public Health. Each county in the NorCal region now has specific regulations on tennis play to safeguard against the spread of COVID-19 and variants.

USTA NorCal strongly recommends that all participants who are eligible for vaccination and booster shots, as well as coaches, staff and volunteers, be vaccinated against COVID-19 as soon as possible. Having everyone fully vaccinated will greatly decrease the risk of transmission of the virus among teammates and between teams, and will protect teams against severe illness, hospitalization, and death. It will also decrease disruption in team activities, since fully vaccinated individuals are not required to quarantine if they are close contacts to a case of COVID-19.

USTA NorCal also strongly recommends testing of participants and personnel not fully vaccinated for COVID-19. Spectators should wear masks for outdoor play when physical distancing of spectators is not feasible. For indoor tennis play, all spectators should wear masks at all times. Facilities are free to enforce their own COVID-19 safety regulations consistent with state and local laws and regulations. While a facility may elect to only permit vaccinated players to enter their facilities, USTA NorCal strongly encourages each facility to also permit unvaccinated players who test negative for COVID-19 within a 48-hour window to enter facilities.

Every player should be required to wear a face mask when indoors. It is recommended, but not required, that face masks be worn outdoors by all athletes, coaches and spectators when physical distancing is not feasible. If a player has trouble breathing while they are practicing or competing in a mask, they should remove their face mask to catch their breath. Players should be sure to keep their distance from other people while their mask is off. Tennis matches should be rescheduled to the extent a player in an upcoming match contracts COVID-19 and does not have a negative COVID-19 test result before the upcoming match.

Further, based on the CDC's guidelines for ensuring that athletes do not contract and/or spread COVID-19, USTA NorCal strongly recommends that tennis clubs (1) maintain careful rosters of which players, family members, coaches, and ancillary staff attend each practice and game; (2) timely notify all attendees of a COVID-19 contraction or outbreak where the person or persons involved participated in leagues; (3) make sure that coaches, staff, officials, players, and families know that sick individuals should not attend the sports activity, and that they should notify sports program administrators (such as the COVID-19 point of contact for your program) if they or someone in their household become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone suspected or confirmed to have COVID-19; (4) close off areas used by a sick person within the last 24 hours and do not use these areas until after cleaning and disinfecting them; and (5) notify local health officials of anyone with COVID-19.

For specific recommendations on what steps to take if a player contracts or is exposed to COVID-19, please reference our COVID-19 FAQs below. NorCal strongly supports only outdoor play at this time as it is the best practice to avoid health, safety and liability risks.

**Disclaimer:** *Note that the above recommended regulations on tennis play are minimum standards recommended by USTA NorCal. USTA NorCal strongly recommends that each facility refer to their local county and city ordinances*

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*for specific COVID-19 regulations as they pertain to local jurisdictions.*

### USTA NorCal COVID-19 FAQ Sheet

Q: Does USTA have a requirement(s) on the vaccination status of players?

A: No, we currently do not have a requirement for players to be vaccinated to play in our Adult League program with the exception of league matches that occur in a city or county with vaccination requirements for tennis play.

Q: Do Captains need to know the vaccination status of the player?

A: It is the Captain's job to know the vaccination status of players if they are required to have proof of vaccination at a facility requiring vaccination proof.

Q: Can Captains request the vaccination status of their teams or other teams?

A: Yes, a captain can request the vaccination status of their team and other teams.

Q: Can players ask opponents about their vaccination status, proof, or refuse to play if not available or not vaccinated?

A: Yes, a player can ask an opponent for their vaccination status or for proof of vaccination. However, it is at the opponent's discretion if they provide such information.

Q: Would players be in HIPPA violation by asking for positive/negative results? Vaccination status?

A: No. The HIPPA Privacy Rule does not prohibit any person (e.g., an individual or an entity such as a business), from asking whether an individual has received a particular vaccine, including COVID-19 vaccines.

The HIPPA Privacy Rule does not apply when an individual:

- Is asked about their vaccination status by a school, employer, store, restaurant, entertainment venue, or another individual.
- Asks another individual whether they are vaccinated.
- Asks a company whether its workforce members are vaccinated.

The same privacy rules apply to questions regarding positive and negative results. With that being said, an individual can refuse to answer questions about both their vaccination status and their COVID-19 test results.

Q: Is it okay that a facility is mandating only USTA NorCal players (and not their own members) to be fully vaccinated?

A: Yes, private facilities are fully within their right to only require that USTA NorCal players be vaccinated as long as the facility is not in a county where vaccinations are mandatory for all.

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Q: My player was exposed or is testing positive, so how long do they need to quarantine?

A: The information below explains the various scenarios of a player's exposure to COVID-19, the player's testing positive, and how long the player is required to quarantine.

### **Testing positive (vaccinated or unvaccinated)**

If an individual tests positive for COVID-19, regardless of their vaccination status, they should isolate for a 5-day period. If, at the end of the 5-day isolation period, the individual is fever-free for a 24-hour period (without the use of fever-reducing medication), and the individual's symptoms are improving, this person may end their isolation and return to play. If an individual did NOT develop symptoms during their 5-day isolation period, then they may end their isolation period 5 full days after their positive test. If an individual was severely ill with COVID-19 during their 5-day isolation period, then they should isolate for at least 10 days and consult with their doctor before ending isolation. Day 0 is your first day of symptoms or a positive viral test.

### **Indirectly/Directly exposed (and NOT up to date on vaccinations)**

If an individual is exposed to COVID-19, whether directly or indirectly, the CDC recommends that individuals wear a mask around others for 10 days. Individuals are also expected to take a COVID-19 test on the 5th day.

### **Indirectly/Directly exposed (and ARE up to date on vaccinations)**

If a vaccinated individual is exposed to COVID-19, whether directly or indirectly, the CDC recommends no quarantine period unless the individual develops symptoms. Even if an individual does not develop symptoms, they are expected to get tested at least 5 days after a close contact encounter with someone with COVID-19.

### **Indirectly/Directly exposed (had confirmed COVID-19 within the past 90 days i.e. you tested positive using a viral test)**

If this individual is exposed to COVID-19, whether directly or indirectly, the CDC recommends no quarantine period unless the individual develops symptoms. These persons are not required to be tested.

Q: What is a "close contact" or "exposure?"

A: The CDC defines a "close contact" as "someone who was within six feet of an infected individual for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before the illness onset (or, for asymptomatic patients, 2 days prior to specimen collection) until the time the patient is isolated."

Q: I've tested positive for COVID-19 infection; how soon do I need to be tested again?

A: Once you've tested positive for the virus, you do not need to be tested again for 90 days from symptom onset, if you became ill, or from the date of your positive test, if you remained asymptomatic.

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However, if you develop symptoms of COVID-19 during that three-month period, and if clinicians cannot identify another cause for these symptoms, you may need to be re-tested at that time.

Q: If I have a positive COVID-19 test, will I need a negative COVID-19 test before I can return to league play?

A: No, individuals who test positive for COVID-19 will not need a negative test to return to play. However, depending on their vaccination status and symptoms, individuals may be required to quarantine for at least 5 days after positive test.

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