

PLEASANT VALLEY RECREATION AND PARK DISTRICT

Adult Sport Leagues 2021 Adult Sport Leagues- Softball, Kickball, Basketball, Dodgeball
Activity Date(s) Activity Name

Information about COVID-19 and Risks of Participation

The current pandemic health emergency is related to the highly contagious novel coronavirus (“COVID-19”). COVID-19 is an illness caused by a virus that can spread from person to person, primarily through respiratory droplets. Recent data suggest that there can be transmission of COVID-19 through respiratory droplets of those with mild (or no) symptoms or those who do not feel ill. COVID-19 symptoms can range from mild (or no) symptoms to severe illness. Symptoms of COVID-19 may include, among other symptoms, fever or chills, cough, shortness of breath or difficulty breathing, fatigue, headache, congestion or runny nose, muscle or body aches, sore throat, new loss of smell or taste, nausea or vomiting, and diarrhea. The estimated incubation period is between 2 and 14 days with a median of 4 to 5 days. It is important to note that some people become infected and do not develop any symptoms or feel unwell.

The impact of COVID-19 on the health of the public is not yet fully known. COVID-19 is a new disease and there are limited data and information about the impact of many underlying medical conditions on the risk for severe illness from COVID-19. Severe illness from COVID-19 is defined as hospitalization, admission to the intensive care unit (ICU), intubation or mechanical ventilation, or death.

Among adults, the risk for severe illness from COVID-19 increases with age, with older adults at highest risk. Additionally, adults of any age with the following conditions are at increased risk of severe illness from the virus that causes COVID-19: cancer; chronic kidney disease; COPD (chronic obstructive pulmonary disease); Down Syndrome; heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies; immunocompromised state (weakened immune system) from solid organ transplant; obesity; severe obesity; pregnancy; sickle cell disease; smoking; and type 2 diabetes. Adults of any age with other medical conditions not listed here might be at increased risk for severe illness from the virus that causes COVID-19. As more data become available, additional risk factors for severe COVID-19 may be identified.

While fewer children have been sick with COVID-19 compared to adults, children can be infected with the virus that causes COVID-19, can get sick from COVID-19, and can spread the virus that causes COVID-19 to others. Children, like adults, who have COVID-19 but have no symptoms can still spread the virus to others. Most children with COVID-19 have mild symptoms or have no symptoms at all. However, some children can get severely ill from COVID-19 and might require hospitalization, intensive care, or a ventilator to help them breathe. In rare cases, they might die. Babies under one year old and children with certain underlying medical conditions might be at increased risk for severe illness from COVID-19. Children with the following conditions, among others not listed here, might be at increased risk for severe illness: asthma or chronic lung disease; diabetes; genetic, neurologic, or metabolic conditions; sickle cell disease; heart disease since birth; immunosuppression (weakened immune system due to certain medical conditions or being on medications that weaken the immune system); medical complexity (children with multiple chronic conditions that affect many parts of the body, or are dependent on technology and other significant supports for daily life); and obesity. The Centers for Disease Control and Prevention (CDC) and partners are investigating a rare but serious medical condition associated with COVID-19 in children called Multisystem Inflammatory Syndrome in Children (MIS-C). It is not yet known what causes MIS-C and who is at increased risk for developing it.

While there are now authorized and recommended vaccines to prevent COVID-19 in the United States, there is currently a limited supply of these vaccines. In addition, multiple variants of the virus that causes COVID-19 have been documented in the United States and globally during this pandemic. Therefore, the

best way to prevent illness is to avoid being exposed to the virus that causes COVID-19. The CDC also advises, among other precautionary measures, that individuals should:

- cover their mouth and nose with a mask when around others;
- stay at least six feet away from others who do not live with them;
- avoid crowds;
- avoid indoor spaces that do not offer fresh air from the outdoors as much as possible, and if indoors, bring in fresh air by opening windows and doors, if possible;
- wash their hands often with soap and water for at least 20 seconds or use a hand sanitizer that contains at least 60% alcohol if soap and water are not readily available;
- cover coughs and sneezes; clean and disinfect frequently touched surfaces daily;
- monitor their health daily; and
- stay home and isolate from others when sick.

Additional information regarding COVID-19, is available online with the following public health resources:

- CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- State of California website at <https://covid19.ca.gov/>
- California Department of Public Health website at <https://www.cdph.ca.gov/>
- County Public Health website <http://www.vchca.org/agency-divisions/public-health>

Although PLEASANT VALLEY RECREATION AND PARK DISTRICT has implemented certain preventative measures consistent with applicable rules, regulations, federal and state orders and guidance, and guidance from public health officials related to COVID-19, PLEASANT VALLEY RECREATION AND PARK DISTRICT cannot ensure that participants and/or their families or others in the participant’s household will not become infected with COVID-19. Moreover, PLEASANT VALLEY RECREATION AND PARK DISTRICT cannot protect against exposure to or infection by COVID-19 that occurs due to the actions, omissions, and/or negligence of participants or others, PLEASANT VALLEY RECREATION AND PARK DISTRICT staff members.

California Public Health Guidance for Organized Sports and Recreation

COVID-19 continues to pose a severe risk to communities and requires all people in California to follow recommended precautions. The California Department of Public Health (“CDPH”) issued revised public health guidance for youth and adult sports on February 19, 2021. The guidance is intended to provide direction on all organized youth and recreational adult sports activities to support a safe environment for these sports. *A copy of the most recent version of these materials is enclosed for your information.*

Additionally, the guidance applies to all **organized** youth sports and recreation— including school- and community-sponsored programs, and privately-organized clubs and leagues — and adult recreational sports. The guidance may be subject to change as new information becomes available. You are encouraged to regularly consult updated health guidance information as well as specific guidance for sports and recreation including the following websites:

- American Academy of Pediatrics website at <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>
- CDPH website at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>