



GUIDANCE FOR OPENING UP HIGH SCHOOL ATHLETICS

Outdoor Sports

The updated guidelines, which go into effect **Friday, February 26, 2021** can be accessed by clicking on the URL link below; we have also provided a hard copy attached to this memorandum.

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>

Details of the Updated CDPH Guidelines

- Outdoor High-Contact Sports (Orange Tier - Football, Lacrosse-B, Soccer-B/G, Water Polo-B/G) can be played in the purple or red tiers with an adjusted case rate equal to or less than 14 per 100,000, under the following conditions:
 - Each participant and their parent/guardian will be required to sign an informed consent letter.
 - Testing (antigen or PCR) •
 - Football and Water Polo ONLY
 - Sport Participants and Coaches
 - Weekly and **MUST** have results 24 hours prior to any competition (we are currently looking for further clarification from CDPH regarding sports that play multiple games within a week – is it once a week or before each competition?)
 - The testing mandate is while your adjusted case rate is between 14-7 per 100,000. Once below 7 per 100,000, you should be in the Red Tier and testing is no longer a requirement.
- Outdoor Moderate-Contact Sports (Red Tier - Baseball, Field Hockey, Lacrosse-G, Softball) can be played in the purple tier with an adjusted case rate equal to or less than 14 per 100,000, under the following conditions:
 - Each participant and their parent/guardian will be required to sign an informed consent letter.

NOTE: If competition for high and moderate contacts sports is permitted to resume in a county pursuant to the updated CDPH guidance (met the metric of an adjusted case rate to or less than 14 per 100,000), competition is not required to cease if the county's adjusted case rate exceeds 14 per 100,000.

General Guidance

- Face Coverings to be worn when not participating in the activity.
- Face coverings to be worn by coaches and support staff at all times.
- No fans or spectators are allowed at this time.
- No sharing of drink bottles and other personal items and equipment.
 - Teams can specify one person to hand out water from a central location. Must wear a mask and gloves to hand out water.
- Limit participation by athletes and coaches during practice and competition to one team, and refrain from participating with more than one team over the same season or time period. For larger teams, limit mixing by establishing stable smaller training groups for drills and conditioning.
- Review practice or game footage virtually, to the greatest extent possible. If not feasible, then it should be conducted outdoors, with all participants wearing face coverings and following appropriate physical

distancing measures.

- Inter-team competitions, meets, races, or similar events are permitted to occur only if
 - (a) both teams are located in the same county and the sport is authorized in the Tables below; or
 - (b) teams are located in immediately bordering counties and the sport is authorized in both counties.
- No tournaments or events that involve more than two teams to occur.
- Only one competition, per team, per day maximum to be played.

Hygiene and Equipment Sanitation

- When equipment is shared during an activity, participants perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity.
 - Balls or other objects or equipment can be touched by multiple players during practice and play if the above hand hygiene practices are followed.

Permitted Youth Sports by Case Rate Threshold

Physical conditioning, practice, skill-building, and training that can be conducted outdoors, with 6 feet of physical distancing, and within stable cohorts are authorized regardless of case rate or sport. Such activities may be conducted indoors consistent with restrictions by Tier in the Gym & Fitness Center Guidance Capacity.

Returning to Sports After Infection

- No one with symptoms of COVID-19 or who is in isolation or quarantine for COVID-19 is permitted to attend practices or competitions.
- Anyone with symptoms of COVID-19 should consult their physician for testing and notify their coach, athletic trainer and/or school administrator of their symptoms and test results.
- **Athletes who test COVID-19 positive must obtain a medical clearance prior to returning to sports. This form can be found in your www.FamilyID.com profile. After the doctor signs the form, it must be uploaded into your www.FamilyID.com profile. Coaches and Athletic Directors will ensure this takes place before student is released to return to participation.**