

Youth Sports and Extracurricular Activities Guidance (excluding K-12 school-based extracurricular activities)

SOLANO PUBLIC HEALTH | September 7, 2021

For K-12 school guidance, as well as, recommendations and requirements for school-based extracurricular activities, visit:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>

This document incorporates Solano Public Health's guidance and recommendations regarding youth sports and extracurricular activities and acts as a supplement to the CDPH guidance for K-12 schools. The purpose of this guidance is to reduce the incidence and spread of COVID-19 infection in our communities by supporting a safer environment for all who participate in sports and other extracurricular activities. Following this guidance is important regardless of vaccination rates among adults or children.

I. Masks are required indoors for all participants, coaches, personnel, and spectators.

Everyone must wear face masks indoors, regardless of vaccination status. Masks are required for both competition and practice, during physical education, conditioning/weightlifting, and other indoor activities, in accordance with the [CDPH Guidance for the Use of Face Coverings](#), [Face Coverings Q&A](#), and the [CDPH COVID-19 K-12 School Guidance](#) that require all people to wear masks while in an indoor public settings, including school settings.

Exceptions:

In lieu of wearing masks during an indoor competition, participants must be asymptomatic and may present a negative rapid antigen or PCR test within 24 hours of the event.

- a. Participants in indoor water sports such as swimming, water polo, or diving, may remove their face masks while they are in the water. Participants must wear face masks when not in the water.
- b. Participants in wrestling or certain martial arts where masks cannot be worn during matches due to the risk of suffocation may be permitted not to wear a mask. Participants must wear masks when not actively engaged in a match.

Masks are recommended outdoors when distancing between households is not practical or possible, for example, for athletes on the sidelines or spectators in the stands.

II. Vaccination

COVID-19 vaccination is strongly recommended for all participants who are old enough to be eligible for vaccination, as well as coaches, staff, and volunteers. Leagues, teams, and tournaments/events can require that all participants and personnel be fully vaccinated for COVID-19.

Having all athletes and staff in your league fully vaccinated will greatly decrease the risk of transmission of the virus among teammates and between teams, and will provide excellent protection 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.

School and districts may choose to limit high-risk sports and extracurricular activities, which include indoor sports, outdoor football, water polo, and other activities that involve singing, shouting, band, or exercise, especially when conducted indoors, to youth who are fully vaccinated, as noted in [CDC Guidance for COVID-19 Prevention in schools](#).

III. Regular testing of unvaccinated participants and staff, including volunteers, in high-risk activities

If it is not feasible to limit participation to fully vaccinated individuals, perform regular COVID-19 screening testing (rapid antigen or PCR) in **unvaccinated** youth and staff involved with all indoor high-risk sports and extracurricular activities****. As noted above, a negative test is required if no masks will be used during indoor competitions. Where resources allow, consider testing for all sports and extracurricular activities. Testing is not required for asymptomatic people who are fully vaccinated or who have tested positive for COVID-19 within the last 90 days.

For more information, visit www.solanocounty.com/publichealth or call the Public Health Coronavirus Warm Line at 707-784-8988.

Testing Types and Frequency

- a. Once a week testing - a positive antigen or PCR test from someone who is asymptomatic (has no COVID-19 symptoms) should be treated as a positive result and patients should be advised to isolate until their isolation period is complete. The Federal Drug Administration (FDA) maintains diagnostic tests for COVID-19 granted Emergency Use Authorization (EUA) for [antigen](#) or [PCR](#) testing.
- b. Do not accept home/self-testing results unless it is monitored by school testing staff.
- c. Individuals who test positive should be sent directly home to isolate. They are not allowed to distance.
- d. Masks decrease these risks indoors. It is recommended that you relocate the following high-risk extracurricular group activities outdoors, when practical:

Cheer, stunt, drill team, etc.; Choir, or any singing; Drama and dance; Playing wind instruments (unless physical distancing and bell covers mouthpiece masks can be used)

- i. If these activities are operated or supervised by schools, refer to the [CDPH K-12 School Guidance](#).

IV. Prevent the spread of COVID off the field

Remind participants and families that COVID-19 often spreads off-the-field, especially in situations when groups let their guard down and eat or socialize together with their masks off (post-game parties, locker rooms, carpools).

A. Locker rooms

- Limit congregating in locker rooms
 - Players should arrive dressed to play as much as possible.
 - Use locker rooms only to change or use the restroom. Don't use the locker room for coaching or pregame, halftime or postgame talks.
 - Avoid having different teams use a locker room at the same time.
 - Ensure mask use in locker rooms.
 - Consider closing showers.

B. Transportation

- Team buses and vans
 - Masks are required
 - Keep windows open. Turn the fan on high and set it to outdoor air.
 - If more than one vehicle is used, have the same people ride together.
- Carpooling
 - Encourage participants and staff who carpool to ride with the same people each time travel occurs.
 - Everyone in the vehicle should wear a face mask.
 - Open the windows. Turn the fan on high and set it to outdoor air.

C. Travel

- When traveling overnight, team members not from the same household should sleep in separate rooms or in consistent groups when feasible. Keep masks on whenever visiting other members' hotel rooms.
- Socializing with other teams is strongly discouraged.
- Teams that travel out-of-state or outside the Bay Area are encouraged to follow CDC recommendations for quarantine after travel

**High-contact indoor sports include basketball, boxing, futbol (indoor soccer), ice hockey, martial arts with sparring, water polo, wrestling and partner dance.*

***Moderate-contact sports include cheer, kickball; volleyball; racquetball or squash; doubles tennis, pickleball or badminton.*

****Non-contact sports/activities include singing, choir or any singing, drama, band, dance, cheer, drill team, stunt and playing wind instruments.*

*****Extracurricular activities include indoor sports, outdoor football, water polo, and other activities that involve singing, shouting, band, or exercise, especially when conducted indoors.*

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