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August 24, 2021

**TO:**

Amador County Office of Education, School District, Public, and Private Schools

**SUBJECT:**

Health Officer's Order - Youth Extracurricular Activities and Youth Sports

This guidance supersedes any previous guidance related to Youth Sports guidance. This is interim guidance until the CPDH releases updated Youth Sports and Extracurricular Activities Guidance.

**SUMMARY:**

This guidance provides requirements and general public health recommendations for extracurricular and optional organized youth activities, including all types of programs (e.g., before or after school, on school campuses or in the community, public or private) and all types of activities (e.g., sports [school-affiliated, community or private club], dance, choir, band, theater, etc.) that are not part of a required educational curriculum.

In workplaces, employers are subject to the Cal/OSHA COVID-19 Emergency Temporary Standards (ETS) and should consult those regulations for additional applicable requirements.

- a. Vaccination: COVID-19 vaccination is strongly recommended for all eligible people in California.
- b. Extracurricular activities should take place outdoors and/or distanced when feasible.
- c. Masks
  - i. Masks for these settings are optional outdoors, consistent with [CDPH Face Mask Guidance](#) for all settings.
    1. Due to increased exhalation that occurs during physical activity, some indoor sports can put players, coaches, trainers, and others who are not fully vaccinated at [increased risk](#) for getting and spreading COVID-19. Similar risks exist for other extracurricular activities, such as dance, choir, theater, and school clubs that meet indoors. Given this increased risk, **universal masking indoors, when in the presence of youth is**

**required except when actively participating in the sporting or extracurricular activity when a mask cannot be worn. This includes spectators/audience and game officials.**

- ii. For activities that cannot be done with face coverings (e.g., playing of wind instruments or participating in water-based sports) follow testing procedures below.
- d. Screening testing of participants
  - i. Testing of participants (youth, coaches, support staff, volunteers, etc.) shall be in accordance with the CDC recommendations for K-12 Schools by Level of Community Transmission ([current CDC recommendations for screening testing](#)). In areas of high transmission, the CDC recommendation would be to cancel high risk sports and extracurricular activities (see Table 2 below).
    - 1. In lieu of canceling sports, commence and continue twice weekly antigen testing or once weekly PCR testing of persons age 12 and older who are not fully vaccinated within 72 hours of competition (see Table 1 below).
    - 2. It is recommended that children under age 12 also be tested as described above in number 1, but testing is not required for this age group
    - 3. Individuals who have had a positive COVID-19 test in the past 90 days are excluded from testing with documentation of positive test result.
- e. Recommendations for staying home when sick and getting tested:
  - i. Follow [CDPH Guidance if you have COVID-19 symptoms](#).
  - ii. Youth and adults with symptoms of COVID-19 infection should not to return to play or attendance until they have met the following CDPH criteria:
    - 1. At least 24 hours have passed since resolution of fever without the use of fever-reducing medications; and
    - 2. Other symptoms have improved; and
    - 3. They have a negative test for SARS-CoV-2, OR a healthcare provider has provided documentation that the symptoms are typical of their underlying chronic condition (e.g., allergies or asthma) OR a healthcare provider has confirmed an alternative named diagnosis (e.g, Streptococcal pharyngitis, Coxsackie virus), OR at least 10 days have passed since symptom onset.
- f. Follow [CDPH Self-Isolation Instructions](#) for adults who are who are symptomatic and/or exposed to a COVID-19 case.
- g. Follow [CDPH Guidance for K-12 Schools](#) for youth who are symptomatic and/or exposed to a COVID-19 case.

- h. Ventilation recommendations:
  - i. For indoor spaces, ventilation should be optimized, which can be done by following [CDPH Guidance on Ventilation](#).
- i. Hand hygiene recommendations
  - i. Teach and reinforce washing hands, avoiding contact with one's eyes, nose, and mouth, and covering coughs and sneezes among students and staff.
  - ii. Promote hand washing throughout the day, especially before and after eating, after using the toilet, and after handling garbage, or removing gloves.
  - iii. Ensure adequate supplies to support healthy hygiene behaviors, including soap, tissues, no-touch trashcans, face coverings, and hand sanitizers with at least 60 percent ethyl alcohol for staff and children who can safely use hand sanitizer.
- j. Cleaning recommendations
  - i. In general, cleaning once a day is usually enough to sufficiently remove potential virus that may be on surfaces. Disinfecting (using disinfectants on the U.S. Environmental Protection Agency COVID-19 list) removes any remaining germs on surfaces, which further reduces any risk of spreading infection.
  - ii. For more information on cleaning a facility regularly, when to clean more frequently or disinfect, cleaning a facility when someone is sick, safe storage of cleaning and disinfecting products, and considerations for protecting workers who clean facilities, see [Cleaning and Disinfecting Your Facility](#).
  - iii. If a facility has had a sick person with COVID-19 within the last 24 hours, clean AND disinfect the spaces occupied by that person during that time.
- k. Vaccination verification considerations
  - i. For guidance on vaccine verification, or for information on how to obtain a copy of your vaccine records, see [CDPH Guidance on Vaccine Records](#).

*Rita H Kerr, M.D.*

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Rita H. Kerr, M.D.  
Health Officer

8/24/2021

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Date

**Table 1. Screening Testing for K-12 Schools by Level of Community Transmission**

	<b>Low Transmission<sup>1</sup> Blue</b>	<b>Moderate Transmission Yellow</b>	<b>Substantial Transmission Orange</b>	<b>High Transmission Red</b>
<b>Students</b>	Do not need to screen students.	<b>Offer screening testing for students</b> who are not fully vaccinated at least once per week.		
<b>Teachers and staff</b>	<b>Offer screening testing for teachers and staff</b> who are not fully vaccinated at least once per week.			
<b>High risk sports and activities</b>	<b>Recommend screening testing for high-risk sports<sup>2</sup> and extracurricular activities<sup>3</sup></b> at least once per week for participants who are not fully vaccinated.		<b>Screening testing for high-risk sports and extracurricular activities</b> twice per week if using rapid Antigen tests, or weekly within 72 hours of competition for unvaccinated participants.	
<b>Low- and intermediate-risk sports</b>	Do not need to screen students participating in low- and intermediate-risk sports. <sup>2</sup>	<b>Recommend screening testing for low- and intermediate-risk sports</b> at least once per week for participants who are not fully vaccinated.		

<sup>1</sup> [Levels of community transmission](#) defined as total new cases per 100,000 persons in the past 7 days (low, 0-9; moderate 10-49; substantial, 50-99, high,  $\geq 100$ ) and percentage of positive tests in the past 7 days (low,  $< 5\%$ ; moderate, 5-7.9%; substantial, 8-9.9%; high,  $\geq 10\%$ .)

<sup>2</sup> Examples of low-risk sports are diving and golf; intermediate-risk sport examples are baseball and cross country; high-risk sport examples are football and wrestling (See Table 2 for a more complete listing).

<sup>3</sup> High-risk extracurricular activities are those in which increased exhalation occurs, such as activities that involve singing, shouting, band, or exercise, especially when conducted indoors.

**Table 2. Sports with High and Low Risk of Transmission**

Outdoor sports with low risk of transmission	Outdoor sports with intermediate risk of transmission	Outdoor sports with high risk of transmission	Indoor sports with intermediate risk of transmission	Indoor sports with high risk of transmission
<ul style="list-style-type: none"> <li>• Archery</li> <li>• Badminton (singles)</li> <li>• Biking</li> <li>• Bocce</li> <li>• Corn hole</li> <li>• Cross country</li> <li>• Dance (no contact)</li> <li>• Disc golf</li> <li>• Equestrian events (including rodeos) that involve only a single rider at a time</li> <li>• Fencing</li> <li>• Golf</li> <li>• Ice and roller skating (no contact)</li> <li>• Lawn bowling</li> <li>• Martial arts (no contact)</li> <li>• Physical training programs (e.g., yoga, Zumba, Tai chi)</li> <li>• Pickleball (singles)</li> <li>• Rowing/crew (with 1 person)</li> <li>• Running</li> <li>• Shuffleboard</li> <li>• Skeet shooting</li> <li>• Skiing and snowboarding</li> <li>• Snowshoeing</li> <li>• Swimming and diving</li> <li>• Tennis (singles)</li> <li>• Track and field</li> <li>• Walking and hiking</li> </ul>	<ul style="list-style-type: none"> <li>• Badminton (doubles)</li> <li>• Baseball</li> <li>• Cheerleading</li> <li>• Dodgeball</li> <li>• Field hockey</li> <li>• Gymnastics</li> <li>• Kickball</li> <li>• Lacrosse (girls/women)</li> <li>• Pickleball (doubles)</li> <li>• Softball</li> <li>• Tennis (doubles)</li> <li>• Volleyball</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Football</li> <li>• Ice hockey</li> <li>• Lacrosse (boys/men)</li> <li>• Rugby</li> <li>• Rowing/crew (with 2 or more people)</li> <li>• Soccer</li> <li>• Water polo</li> </ul>	<ul style="list-style-type: none"> <li>• Badminton (doubles)</li> <li>• Cheerleading</li> <li>• Dance (intermittent contact)</li> <li>• Dodgeball</li> <li>• Kickball</li> <li>• Pickleball (doubles)</li> <li>• Racquetball</li> <li>• Squash</li> <li>• Tennis (doubles)</li> <li>• Volleyball</li> <li>• Badminton (singles)</li> <li>• Bowling</li> <li>• Curling</li> <li>• Dance (no contact)</li> <li>• Gymnastics</li> <li>• Ice skating (individual)</li> <li>• Physical training</li> <li>• Pickleball (singles)</li> <li>• Swimming and diving</li> <li>• Tennis (singles)</li> <li>• Track and field</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Boxing</li> <li>• Ice hockey</li> <li>• Ice skating (pairs)</li> <li>• Martial arts</li> <li>• Roller derby</li> <li>• Soccer</li> <li>• Water polo</li> <li>• Wrestling</li> </ul>