



**County Health Officer Recommendations for
School Athletics, Assemblies, Cohorting, Singing/Playing Instruments and Desk Spacing
(October 30,2020)**

As schools in Contra Costa County begin to plan for and transition to in-person instruction, Contra Costa Health Services is providing the following updated [health guidance](#) about the topics below.

School Athletics

- *Allowed:* outdoor physical education where social distancing can be maintained and face coverings are worn
- *Allowed:* outdoor-only individual or team physical conditioning/training where social distancing can be maintained and face coverings are worn
- *Not allowed:* Team competition
- *Not allowed:* Indoor physical conditioning in a group setting is currently not allowed as it risks the mixing of established cohorts in an indoor setting

Assemblies/Gatherings

- Indoor school assemblies or gatherings where established cohorts are mixed or combined (even where physical distancing is maintained) are not allowed.
- Outdoor gatherings are discouraged, but they are allowed provided that face coverings are worn and at least 6 feet of physical distancing is maintained at all times.

Cohorting

- CCHS recommends that schools maintain small, stable cohort groups (no larger than 16 people, which includes at least 2 adults), but it's not required.
- We recognize there will likely be multiple cohorts, so stability in every classroom is important. Schools should consider assigned seating and assigned line placement as they are able.

Singing or Playing Instruments in an Outdoor School Setting

- Students, parents and school officials should be aware of the increased likelihood for transmission from exhaled droplets during singing and band practice, and physical distancing beyond 6 feet must be maintained for any of these activities.
- Outdoor singing and band practice provided that physical distancing and mask-wearing mandates are maintained
- Playing of wind instruments (any instrument played by the mouth, such as a trumpet or clarinet) is strongly discouraged

Desk Spacing

- Must maintain at least 4-6 feet of space between student desks. While four feet of space is allowed between student desks, six feet or more is preferred.



- At least 6 feet between adult and student desks or work-stations
- Face coverings must be worn at all times except when eating or drinking

Additional and Supporting Resources

- [CDPH Reopening In-Person Learning Framework for K-12 Schools](#)
- [CDPH Schools Guidance FAQs](#)
- [CCHS FAQs](#)