

Reopening Protocol for Youth and Adult Recreational Sports Leagues

Recent Updates: (Changes highlighted in yellow)

2/16/21: Updated to align with State Guidance on recreational sports.

- Sports have been risk-stratified. Outdoor, low-contact sports may resume for all activities, including but not limited to practices, skills-building, training and two team competitions;
- Adult recreational sports may resume with required modifications;
- Competitions between a maximum of two teams are permitted for outdoor, low-contact sports only.

The requirements below are specific to Youth and Adult Recreational Sports (“Recreational Sports”) Programs permitted to be open by the Order of the State Public Health Officer. In addition to the conditions imposed on these specific programs by the State Public Health Officer, these types of programs must also be in compliance with the conditions laid out in this Checklist for Youth and Adult Recreational Sports. For the purposes of this Protocol, Youth Sports are defined as sports activities or leagues established for individuals aged 18 years old and younger.

Physical conditioning, practice, skill-building, and training that can be conducted outdoors, with 6 feet of physical distancing, and within stable cohorts are permitted. Competitions may resume for some sports in compliance with State Guidance and this protocol. At this time, all youth and adult recreational sports activities must take place outdoors.

In general, the more people from outside their household with whom a person interacts, the closer the physical interaction is, the greater the physical exertion is, and the longer the interaction lasts, particularly when indoors, the higher the risk that a person with COVID-19 infection may spread it to others.

Recreational Sports are classified in the Table below by their level of contact and transmission risk. Outdoor activities that allow for consistent wearing of masks and physical distancing by all are lower risk than indoor activities that involve close contact between sports participants and high exertion that increases the spread of exhaled respiratory droplets and particles and those that limit the ability to wear masks consistently. The competition between different teams and numerous participants also increases mixing and interactions across groups and outside of communities, which also contributes to the potential for spread of COVID-19 disease. Any tournaments or events that involve more than two teams are not currently permitted.

Please note that the list in the Table 1 below is not exhaustive but provides examples of sports with different levels of contact so that the level of risk and appropriate Tier can be assessed for other sports. Note that all sports that are permitted in lower tiers are also permitted in higher tiers.

In the protocols that follow, the term “household” is defined as “persons living together as a single living unit” and shall not include institutional group living situations such as dormitories, fraternities, sororities, monasteries, convents, or residential care facilities, nor does it include such commercial living arrangements such as boarding houses, hotels, or motels.¹ The terms “staff” and “employee” are meant to include employees, volunteers, interns and trainees, scholars and all other individuals who carry out work at the site. The term “participants”, “family members”, “visitors” or “customers” should be understood to include members of the public and others who are not staff or employees who spend time at the business or site or take part in the activities. The terms

¹ 1 Los Angeles County Code, Title 22. §22.14.060 - F. Family definition. (Ord. 2019-0004 § 1, 2019.)

https://library.municode.com/ca/los_angeles_county/codes/code_of_ordinances?nodeId=TIT22PLZO_DIV2DE_CH22.14DE_22.14.06

“establishment”, “site”, and “facility” both refer to the building, grounds, and any adjacent buildings or grounds at which permitted activities are conducted. “LACDPH” or “Public Health” is the Los Angeles County Department of Public Health.

Table 1: Youth and Adult Recreational Sports Permitted by Current Tier of County²

Widespread Tier (Purple)	Substantial Tier (Red)	Moderate Tier (Orange)	Minimal Tier (Yellow)
<p>Outdoor low-contact sports:</p> <ul style="list-style-type: none"> • Archery • Badminton • Biking • Bocce • Corn hole • Cross country • Dance (no contact) • Disc golf • Golf • Ice and roller skating (no contact) • Lawn bowling • Martial arts (no contact) • Physical training (e.g., yoga, Zumba, Tai chi) • Pickleball (singles) • Rowing/crew (with 1 person) • Running • Shuffleboard • Skeet shooting • Skiing and snowboarding • Snowshoeing • Swimming and diving • Tennis • Track and field • Walking and hiking 	<p>Outdoor moderate-contact sports:</p> <ul style="list-style-type: none"> • Baseball • Cheerleading • Dodgeball • Field hockey • Gymnastics • Kickball • Lacrosse (girls/women) • Pickleball (doubles) • Softball 	<p>Outdoor high-contact sports:</p> <ul style="list-style-type: none"> • Basketball • Football • Ice hockey • Lacrosse (boys/men) • Rugby • Rowing/crew (with 2 or more people) • Soccer • Volleyball • Water polo <p>Indoor low-contact sports:</p> <ul style="list-style-type: none"> • Badminton • Curling • Dance (no contact) • Gymnastics • Ice skating (individual) • Physical training • Pickleball (singles) • Swimming and diving • Tennis • Track and field • Volleyball 	<p>Indoor moderate-contact sports:</p> <ul style="list-style-type: none"> • Cheerleading • Dance (intermittent contact) • Dodgeball • Kickball • Pickleball (doubles) • Racquetball • Squash <p>Indoor high-contact sports:</p> <ul style="list-style-type: none"> • Basketball • Boxing • Ice hockey • Ice skating (pairs) • Martial arts • Roller derby • Soccer • Water polo • Wrestling

² California Department of Public Health’s *Outdoor and Indoor Youth and Recreational Adult Sports*, <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>.

Note that this protocol applies to youth **and adult recreational** sports leagues, club sports, travel sports, **sports events/meets/competitions** and sports sponsored by private and public schools serving students in TK-12 schools.

Youth and Adult Recreational Sports operators, coaches, and participants for swimming and diving must also refer to the County's Public Swimming Pool protocols, which are specific to those Recreational Sports.

Please note: This document may be updated as additional information and resources become available so be sure to check the LA County website <http://www.ph.lacounty.gov/media/Coronavirus/> regularly for any updates to this document.

This checklist covers:

- (1) Protecting and supporting employee and customer health
- (2) Ensuring appropriate physical distancing
- (3) Ensuring proper infection control
- (4) Communicating with the public
- (5) Ensuring equitable access to services

These five key areas must be addressed as your program develops any reopening protocols.

All **Recreational Sports Teams must implement all applicable measures listed below and be prepared to explain why any measure that is not implemented is not applicable.**

Recreational Sports Team/League name:

Coach Name and Facility Address:

A. MEASURES TO ENSURE PARTICIPANT, COACH, AND SUPPORT STAFF SAFETY

- Physical distancing of six (6) feet between each participant and between participants, coaches and support staff is required at all times.** **Recreational Sports** activities are limited to activities that enable all **participants, coaches, and support staff** to maintain a physical distance of at least six feet between each other at all times, and an eight feet distance during times of heavy physical exertion.
- These activities include but are not limited to training, conditioning, skills-building activities, **and competitions as described below.** Contact sports cannot practice in the same manner as they used to practice prior to COVID-19.
- All **participants, coaches, support staff,** family members and visitors are required to wear an appropriate mask that covers the nose and the mouth at all times, except while swimming, showering, eating/drinking, or engaging in solo physical exertion (such as jogging by one's self). This applies to all adults and to

children 2 years of age and older. Masks with one-way valves **must** not be used. Only individuals who have been instructed not to wear a mask by their medical provider due to a medical condition, mental health condition, or disability that prevents wearing a mask are exempt from wearing one. **Participants** should take a break from exercise if any difficulty breathing is noted and should change their mask or mask if it becomes wet and sticks to the **participant's** face and obstructs breathing. Masks that restrict airflow under heavy exertion (such as N-95 masks) are not advised for exercise.

- Entry Screening is conducted, in compliance with the LACDPH [Employee Screening guidance](#), before participants, coaches, and support staff may participate in youth and adult recreational sports activities. Checks must include a check-in concerning fever, cough, shortness of breath, difficulty breathing and fever or chills, and whether the person is currently under isolation or quarantine orders. These checks can be done in person or through alternative methods such as on-line check in systems or through [signage](#) posted at the entrance to the facility stating that visitors with these symptoms should not enter the premises.**
 - If the person has no symptoms, **is not currently under isolation or quarantine orders**, and no contact to a known or suspected COVID-19 case in the last 14 days, they can be cleared to participate for that day.
 - If the person has had contact to a known or suspected COVID-19 case in the last **10 days or is currently under quarantine orders, they must be** sent home immediately and asked to quarantine at home. Provide them with the quarantine instructions found at ph.lacounty.gov/covidquarantine.
 - If the person is showing any of the symptoms noted above **or is currently under isolation orders, they must** be sent home immediately and asked to isolate at home. Provide them with the isolation instructions found at ph.lacounty.gov/covidisolation.
- Until further notice, all recreational sports activities must only take place outdoors. Teams may utilize a canopy, or other sun shelter, but only if the sides of the canopy or sun shelter are not closed, there is sufficient outdoor air movement, and the structure classifies as an outdoor structure per the [State Guidance on Use of Temporary Structures](#). The movement of wind and air in and through outdoor spaces can help reduce the concentration of virus in the air and limit spread of the virus from one person to another.**
- Inter-team competitions (defined as competitions between 2 teams only) are permitted for Outdoor, Low-Contact Sports (listed in Table 1) under the following conditions:**
 - **Inter-team competitions may be held between two teams only. Tournaments or events that involve more than two teams are not currently permitted in California.**
 - **Inter-team competitions are permitted only if (a) both teams are located in the same county and the sport is authorized in Table 1; or (b) teams are located in immediately bordering counties and the sport is authorized in both counties in Table 1. The county is determined by where the team, school, club, league, and similar organizations are functionally based (e.g., where the participants reside, where the facilities are located, etc.).**
 - **Teams must not participate in out-of-state tournaments.**
 - **A team is defined as a group of players forming one side in a competitive game or sport.**
- Any areas where participants are seated off-field or off-court (e.g., bench, dugout, bullpen) has been reconfigured to create additional seating such that participants and employees are able to maintain a physical distance of 6 feet while in the area.**
- Observers are permitted for youth sports (age 18 years and under) practices and competitions for age-appropriate supervision. Observers must be limited to immediate household members. Observers must wear a mask at all times and must maintain a 6-foot physical distance from non-household members. Observers should refrain from shouting, singing, or chanting as these activities increase the volume and**

- spread of respiratory droplets.
- Observers are not permitted for adult recreational sports.
 - Participants, coaches, and support staff should cohort by team, and refrain from participating with more than one team over the same season or time period. For youth sports, see [CDC Guidance on Schools and Cohorting](#).
 - Consider redesigning recreational sports activities for smaller groups and rearranging practice and play spaces to maintain physical separation.
 - To the maximum extent practicable, participants are encouraged to bring their own equipment (for example, bats, golf clubs, rackets) to practice and not share equipment. Participants may engage in limited sharing of equipment, such as kicking a soccer ball between two participants, or throwing a baseball, football, or frisbee as part of skill-building exercises or during game play. If equipment must be shared, such as during game play, participants should perform hand hygiene before play, during breaks, at half time, and after the conclusion of the activity.
 - Participants, coaches, and support staff should use hand sanitizer when handwashing is not practicable. Sanitizer must be rubbed into hands until completely dry. Note: frequent handwashing is more effective than the use of hand sanitizers, especially when hands are visibly dirty.
 - Children under age 9 years should only use hand sanitizer under adult supervision. Call Poison Control if consumed: 1-800-222-1222. Ethyl alcohol-based hand sanitizers are preferred and should be used when there is the potential of unsupervised use by children. Isopropyl hand sanitizers are more toxic and can be absorbed through the skin.
 - Participants, coaches, support staff, and employees are discouraged from making unnecessary physical contact with one another (for example, high-fives, handshakes, fist bumps) to limit the potential for disease to spread.
 - For Recreational Sports teams that have indoor facilities, including but not limited to bathrooms and locker rooms, employees, coaches, and support staff may continue to access indoor areas of the facilities to use the restroom or take breaks, to conduct essential office operations and to move supplies and materials in and out of the building each day. Participants and visitors may not enter the facilities at any time or for any reason, except to individually use an indoor restroom. Participants and visitors waiting to use the indoor restroom must wait outside until the restroom is not occupied. The facility must monitor entry into the facility to limit restroom capacity, to prevent congregating indoors, and to ensure physical distancing among those who are in line to use the indoor restroom. Use of showers must remain closed. Stagger visits to the locker room or rest rooms to allow for physical distancing while indoors.
 - Any locker rooms or restrooms that are in use are disinfected frequently, on the following schedule:
 - Locker rooms _____
 - Restrooms _____
 - Other _____
 - Encourage participants to bring their own pre-filled reusable or purchased water bottles. Water fountains are available to fill water bottles only. Participants should not drink from the same beverage container or share beverages.
 - When choosing cleaning products, use those approved for use against COVID-19 on the Environmental Protection Agency (EPA)-approved list “N” and follow product instructions. These products contain ingredients which are safer for individuals with asthma.
 - Use disinfectants labeled to be effective against emerging viral pathogens, following label directions for appropriate dilution rates and contact times. Provide employees training on the hazards of the chemicals, manufacturer’s directions, and Cal/OSHA requirements for safe use.

- Custodial staff with the responsibility of cleaning and disinfecting the site must be equipped with proper protective equipment, including gloves, eye protection, respiratory protection, and other appropriate protective equipment as required by the product instructions. All products must be kept out of children's reach and stored in a space with restricted access.
- All employees have been told not to come to work if sick, or if they are exposed to a person who has COVID-19. Employees understand to follow **LACDPH** guidance for self-isolation and quarantine, if applicable. Workplace leave policies have been reviewed and modified to ensure that employees are not penalized when they stay home due to illness.
- Workers are provided information on employer or government-sponsored leave benefits the employee may be entitled to receive that would make it financially easier to stay at home. See additional information on government [programs](#) supporting sick leave and worker's compensation for COVID-19, including employee's sick leave rights under the [Families First Coronavirus Response Act](#) and employee's rights to workers' compensation benefits and presumption of the work-relatedness of COVID-19 exposures occurring between March 19 and July 5 pursuant to the Governor's Executive [Order](#) N-62-20.
- Upon being informed that one or more employees, coaches, **support staff, or participants** test positive for, or has symptoms consistent with COVID-19 (case), the team has a plan or protocol in place to have the case(s) [isolate themselves at home](#) and require the immediate [self-quarantine](#) of all employees, coaches, **support staff, or participants** that had a workplace exposure to the case(s). If there is an exposure to COVID-19 infection in a stable cohort in a youth sports program, all members of the stable cohort will require immediate self-quarantine.
- The team or league's plan should consider a protocol for all quarantined individuals to have access to or be tested for COVID-19 in order to determine whether there have been additional workplace exposures, which may require additional COVID-19 control measures. See the **LACDPH** guidance on [responding to COVID-19 in the workplace](#).
- Case Reporting:**
 - For **Youth Sports**, the coach or league is required to notify Los Angeles County Department of Public Health (LACDPH) of all confirmed cases of COVID-19 disease among employees and children who had been at the site at any point within 14 days prior to the illness onset date. The illness onset date is the COVID-19 test date or Symptom Onset Date of the infected person, whichever is earlier. Reporting of cases should be done within 1 business day of being notified of the case. This can be completed online using the secure web application: <http://www.redcap.link/lacdpheducationsector.covidreport> or by downloading and completing the [COVID-19 Case and Contact Line List for the Education Sector](#) and sending it to <mailto:ACDC-Education@ph.lacounty.gov>. The coach or league is required to report all COVID-19 infections in a youth sports program to the **Los Angeles County** Department of Public Health within 1 business day of notification of the case. In the event that 3 or more cases are identified among the members of the youth sports program within a span of 14 days the coach or league should immediately report this cluster to the Department of Public Health **the same methods described above**. The **Department of Public Health will work with the site to determine whether the cluster is an outbreak that will require a public health outbreak response.**
 - For **Adult Sports**, the coach or league is required to report all COVID-19 infections in an adult sports program to the Department of Public Health within 1 business day of notification of the case. In the event that 3 or more cases are identified among the members of the adult sports team within a span of 14 days the coach or league should immediately report this cluster online to the Department of Public Health at www.redcap.link/covidreport. The Department of Public Health will work with the site to determine whether the cluster is an outbreak that will require a public health outbreak response.
- Youths recovering from COVID-19 will have different paths to return to sports based on the severity of their illness. Those who are asymptomatic or have mild symptoms should not exercise until cleared by a**

physician. See the [Academy of Pediatrics Interim Guidance on Return to Sports](#) for additional guidance regarding more serious infections.

- Employees who have contact with others are offered, at no cost, an appropriate mask that covers the nose and mouth. The covering **must** be worn by the employee at all times during the workday when in contact or likely to come into contact with others. Employees who have been instructed by their medical provider that they should not wear a mask **must** wear a face shield with a drape on the bottom edge, to be in compliance with State directives, as long as their condition permits it. A drape that is form fitting under the chin is preferred. Masks with one-way valves **must** not be used.
- Employees are instructed to wash or replace their masks daily.
- Employees, coaches, **support staff**, and youth team members have been reminded to adhere to personal prevention actions including:
 - Stay home when you are sick.
 - Stay home until at least 10 days have passed since your symptoms first appeared AND at least 24 hours after recovery, which means your fever has resolved without the use of fever-reducing medications and there is improvement in your symptoms (e.g., cough, shortness of breath).
 - If you tested positive for COVID-19 but never had any symptoms, you must stay home until:
 - 10 days after the date of the first positive test, but
 - If you develop symptoms, you need to follow the instructions above.
 - Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer that contains at least 60% alcohol. Wash your hands before meals, after using the restroom and after coughing and sneezing.
 - Cover your coughs and sneezes with a tissue, and then dispose of the tissue and clean your hands immediately. If you do not have a tissue, use your elbow (not your hands).
 - Do not touch your mouth, eyes, nose with unwashed hands.
 - Avoid contact with people who are sick.
 - Avoid sharing items such as phones or other devices. If devices must be shared be sure to wipe them down with a disinfectant wipe before and after sharing.
 - Constantly observe your work distances in relation to other staff and **participants**. Always maintain the recommended minimum 6 feet separation from others unless specific work assignments require less distancing and wear a face cloth covering when working near or with others.
 - Disinfect frequently touched objects and surfaces. This should be done hourly during business hours.
- Copies of this Protocol have been distributed to all employees, **participants**, and families.

B. MAINTENANCE PROTOCOLS

- Group gatherings are prohibited, and benches and tables are removed or cordoned off because they can't be used.
- Commonly used items are sanitized regularly.
- Commonly used equipment is sanitized before and after each use.
- Restrooms are sanitized regularly.
- Water fountains are available to fill water bottles only.

C. MONITORING PROTOCOLS

- Instruction and information **signage** are posted throughout the facility to remind everyone to maintain physical distancing of six feet, the need to wear a mask at all times, the importance of regular handwashing and the need to stay home if they are feeling ill or have symptoms of COVID-19.
- Online outlets of the **recreational** sports program (website, social media, etc.) provide clear information about physical distancing, use of masks and other issues.
- Signs are posted that instruct visitors that they **must** stay home if sick with respiratory symptoms or if they are currently required to self-isolate or self-quarantine.
- Coaches and league managers monitor compliance of posted restrictions.
- Participants are asked to leave if not complying with these restrictions.

Any additional measures not included above should be listed on separate pages, which the **recreational sports coordinator should attach to this document.**

You may contact the following person with any questions or comments about this protocol:

**Recreational
Sports Leadership
Contact Name:**

**Phone
number:**

**Date Last
Revised:**
