



Calaveras Health and Human Services Agency

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EFFECTIVE: September 13, 2021

TO:

County Offices of Education and School Districts in Mariposa, Calaveras, Amador, and Tuolumne County Public & Private Schools

SUBJECT:

Guidance - Youth Extracurricular Activities and Youth Sports

This guidance supersedes any previous guidance related to Youth Sports guidance and is in addition to the recently updated CDPH K-12 guidance on September 1, 2021. This guidance will remain in place until further noted and will be continuously reassessed and weighted against the community spread and prevalence of the COVID-19 virus.

Summary

This guidance provides requirements and general public health recommendations for extracurricular and optional organized youth activities, including all types of programs that occur on school grounds (e.g., before or after school, on school campuses, public or private) or involve school students (regardless of the activity's location) that are not part of a required educational curriculum.

- a. In workplaces, employers are subject to the Cal/OSHA COVID-19 Emergency Temporary Standards (ETS) and should consult those regulations for additional applicable requirements.
- b. Vaccination: COVID-19 vaccination is strongly recommended for all eligible people in California.
- c. Extracurricular activities should take place outdoors and/or distanced when feasible.
- d. Masks
 - i. Due to increased exhalation that occurs during physical activity, some indoor sports can put players, coaches, trainers, and others 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, masks are required indoors for all individuals in K-12 schools. This applies to all teachers, staff, students, game officials, and visitors to schools - regardless of vaccination status and for scenarios outlined below in item ii. Masks are not required

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when actively participating in sports or extracurricular activities when a mask cannot be worn.

- ii. Given the prevalence of COVID-19 in the community, for outdoor sports, all individuals regardless of vaccination status are required to wear a face mask during any event in which there is sustained contact of 3 feet or less for a duration of 15 minutes or more in a 24-hour period. Examples include: between practice drills, on the sidelines, arriving at or departing from the playing facility, in a locker room, while not on the playing field. CDPH K-12 Face Coverings guidance requires that all persons wear a face mask at all times while riding on shared transportation for school-related activities.
- iii. For band and music classes during school hours, refer to the most updated CDPH school guidance.

e. Screening testing of student participants

- i. In areas of high transmission, the CDC recommendation would be to cancel high risk sports and extracurricular activities.
- ii. For extracurricular activities where face coverings are not worn, perform the following testing procedures.
 - 1. In lieu of canceling, student participants must commence and continue twice weekly antigen testing or once weekly PCR testing, within 72 hours of competition, performance or event, regardless of age or vaccine status.
 - 2. Tests performed at home do not meet the screening testing requirements.
 - 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.

f. 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 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.

g. Follow CDPH Guidance on Isolation and Quarantine for COVID-19 Contact Tracing for adults who are symptomatic and/or exposed to a COVID-19 case.

h. Follow CDPH Guidance for K-12 Schools for youth who are symptomatic and/or exposed to a COVID-19 case.

i. Ventilation recommendations:

- i. For indoor spaces, ventilation should be optimized, which can be done by following CDPH Guidance on Ventilation.

j. 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 trash cans, face coverings, and hand sanitizers with at least 60 percent ethyl alcohol for staff and children who can safely use hand sanitizer.

k. Cleaning recommendations

- i. In general, cleaning once a day is usually enough to sufficiently remove potential viruses 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.

l. 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*.