

## Reopening Protocol for Youth and Adult Recreational Sports Leagues: Appendix S

**Effective Date: 12:01am on Saturday, May 08, 2021**

### Recent Updates: (Changes highlighted in yellow)

#### 5/8/2021:

- Effective date changed to immediately permit inter-team competitions with other California teams. Restriction limiting competition to only teams within the same county or bordering counties has been lifted.
- The effective date for routine periodic COVID-19 testing for medium-contact and high-contact youth sports teams/leagues participating in indoor competition and contact practice remains effective on Tuesday, May 11, 2021.
- Correction of 4<sup>th</sup> bullet below: Indoor physical conditioning, skill building, and training must limit occupancy to 50% capacity and comply with the County [Reopening Protocol for Gyms and Fitness Establishments: Appendix L](#).
- Observers and spectators are now permitted for indoor youth and adult sports in compliance with the [LA County DPH Protocol for Indoor Live Seated Events](#).
- Clarification of requirements regarding multi-team tournaments, meets, or events occurring within Los Angeles County versus those occurring outside Los Angeles County.

#### 5/7/2021:

- Moderate and High-Contact Sports Teams/leagues that participate in indoor competitions and contact practice must continue to adhere to the additional requirements imposed on collegiate sports as described in the California Guidance for Institutes of Higher Education, dated September 30, 2020.
- Regular testing is strongly encouraged for moderate and high-contact outdoor sports due to increased likelihood of transmission among sports teams.
- Concessions sales at youth and adult recreational sports competitions that are held outdoors must follow the requirements related to food as laid out in the County Protocol for Live Events and Performances (Outdoor Seated).
- Indoor sports must limit occupancy in indoor sports facilities to 50% occupancy based on applicable building or fire code.

COVID-19 continues to pose a high risk to communities and requires all people to follow precautions and to modify operations and activities to reduce the risk of spread. This protocol provides direction on organized youth and adult recreational sports activities to reduce the risk of spread of COVID-19 during these sports. 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 organized sports activities or leagues established for individuals aged 18 years and younger.

Note that this protocol applies to organized 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. **This protocol does not apply to collegiate or professional sports or to community events such as marathons, half-marathons, and endurance races.** Those events must follow the [County Protocol for Community Sporting Events](#).

Physical conditioning, practice, skill-building, and training and competitions may resume for all indoor and outdoor youth and adult recreational sports, in compliance with the [State's Guidance](#) and this protocol. It is a strong recommendation that all sports activities be held outdoors where the risk of spread is lower.

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Indoor moderate-contact and indoor high-contact youth recreational sports activities may resume indoor competition and contact practice, including indoor physical conditioning, skill-building, training, contact practice and competition if the team adheres to the additional requirements imposed on collegiate sports, as specified in the California Institutions of Higher Education Guidance, dated September 30, 2020, and is in compliance with the requirements laid out in this protocol. The collegiate sports requirements include regular testing, the implementation of a Return to Play Safety Plan and a Site-Specific Safety Plan for every facility. If the competitions and contact practice are only held outdoors, the additional collegiate sports requirements imposed do not apply. Indoor physical conditioning, skill building, and training must still comply with the County Reopening Protocol for Gyms and Fitness Establishments: Appendix L. Observers and spectators are permitted for outdoor youth and adult sports in compliance with the LA County DPH Protocol for Outdoor Live Seated Events. Observers and spectators are permitted for indoor youth and adult sports in compliance with the LA County DPH Protocol for Indoor Live Seated Events. Review and implement the requirements of the applicable protocol if observers or spectators will be present.

The risk of spread of COVID-19 from an infected person, even if they feel well to others who are not fully vaccinated is affected by the following factors:

- Risk increases substantially when indoors.
- Risk increases when face masks are not worn correctly and consistently, and physical distancing is not maintained.
- Risk increases with increasing levels of contact between participants; closer contact (particularly face-to-face contact), and the frequency and total duration of close contact, increases the risk that respiratory particles will be transmitted between participants.
- Risk increases with greater exertion levels; greater exertion increases the rate of breathing and the quantity of air that is inhaled and exhaled with every breath.
- Risk increases with mixing of cohorts and groups, particularly when from different communities (during or outside of sports play); mixing with more people increases the risk that an infectious person will be present.

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 protocol 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.<sup>1</sup> The terms "staff" and "employee" are meant to include coaches, employees, support staff, volunteers, interns and trainees, scholars and all other individuals who carry out work at the site or for the recreational sport activity. 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 "establishment", "site", and "facility" both refer to the building, grounds, and any adjacent buildings or grounds at which permitted activities are conducted. "LACDPH"

<sup>1</sup> 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\\_22.14.060F](https://library.municode.com/ca/los_angeles_county/codes/code_of_ordinances?nodeId=TIT22PLZO_DIV2DE_CH22.14DE_22.14.060F)

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or "Public Health" is the Los Angeles County Department of Public Health.

For the purposes of this Protocol, people are considered "fully vaccinated" against COVID-19<sup>2</sup>:

- 2 weeks or more after their second dose in a 2-dose COVID-19 vaccine series, such as the Pfizer or Moderna, or
- 2 weeks or more after a single-dose COVID-19 vaccine, such as Johnson & Johnson (J&J)/Janssen.

**Table 1: Youth and Adult Recreational Sports Permitted by Current Tier of County<sup>3</sup>**

Widespread Tier (Purple)	Substantial Tier (Red)	Moderate Tier (Orange)	Minimal Tier (Yellow)
<b>Outdoor low-contact sports:</b> <ul style="list-style-type: none"> <li>• Archery</li> <li>• Badminton (singles)</li> <li>• Band</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>• Drumline</li> <li>• Equestrian events (including rodeos) that involve only a single rider at a time)</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 (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</li> </ul>	<b>Outdoor moderate-contact sports:</b> <ul style="list-style-type: none"> <li>• Badminton (doubles)</li> <li>• Baseball</li> <li>• Cheerleading</li> <li>• Dodgeball</li> <li>• Field hockey</li> <li>• Flag Football</li> <li>• Gymnastics</li> <li>• Kickball</li> <li>• Lacrosse (girls/women)</li> <li>• Pickleball (doubles)</li> <li>• Sideline Cheer</li> <li>• Softball</li> <li>• Tennis (doubles)</li> <li>• Volleyball</li> </ul>	<b>Outdoor high-contact sports:</b> <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> <b>Indoor low-contact sports:</b> <ul style="list-style-type: none"> <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>	<b>Indoor moderate-contact sports:</b> <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>• Sideline Cheer</li> <li>• Squash</li> <li>• Tennis (doubles)</li> <li>• Volleyball</li> </ul> <b>Indoor high-contact sports:</b> <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>

<sup>2</sup> This applies to COVID-19 vaccines currently authorized for emergency use by the Food and Drug Administration: Pfizer-BioNTech, Moderna, and Johnson and Johnson (J&J)/Janssen COVID-19 vaccines. This can also be applied to COVID-19 vaccines that have been authorized for emergency use by the World Health Organization (e.g., AstraZeneca/Oxford). See WHO's [website](https://www.who.int/news-room/qa-questions/covid-19-vaccines) for more information about WHO-authorized COVID-19 vaccines.

<sup>3</sup> 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>.

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Widespread Tier (Purple)	Substantial Tier (Red)	Moderate Tier (Orange)	Minimal Tier (Yellow)
<div>diving</div> <ul style="list-style-type: none"> <li>Tennis (singles)</li> <li>Track and field</li> <li>Walking and hiking</li> </ul>			

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.

Youth and Adult Recreational Sports operators, coaches, and participants for golf and tennis must also refer to the County's Golf Course and Tennis Courts 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 elements of the following:

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

These elements 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**

- ☐ Recreational sports participants and teams may engage in training, conditioning, skills-building activities, and competitions as described below. As much as possible, participants, coaches, and support staff are to maintain a) a physical distance of at least six feet between each other at all times and b) an eight feet distance between each other during times of heavy physical exertion.
- ☐ All sports participants are required to wear an appropriate face mask that covers the nose and the mouth at all times during practice and conditioning, even during heavy exertion as tolerated to protect the safety of all participants. During competitions, face masks must be worn when not participating in the activity (e.g., on the sidelines). For more information on face masks, please visit: <http://publichealth.lacounty.gov/acd/ncorona2019/masks/>. Exceptions to wearing a face mask are when the face mask may become a hazard, when in the water, while eating/drinking, or when engaging in solo physical exertion (such as jogging by oneself, alone). For more information on face masks, please visit: <http://publichealth.lacounty.gov/acd/ncorona2019/masks/>. 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 and/or remove their face mask 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. Participants must remain physically distanced from others at any time their face mask is temporarily removed. Masks that restrict airflow under heavy exertion (such as N-95 masks) are not advised for exercise.

- ☐ All **coaches, support staff, family members, observers, and visitors** are required to wear an appropriate face mask that covers the nose and the mouth at all times. This applies to all adults and to children 2 years of age and older. Masks with one-way valves must not be used. Individuals who have been instructed not to wear a mask by their medical provider 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.
- ☐ All involved have been told not to come to work or participate if sick, or if they are or have recently been exposed to a person who has COVID-19, such that they are required to quarantine. Everyone understands to follow LACDPH guidance for self-isolation and quarantine, if applicable. Workplace leave policies for employees have been reviewed and modified to ensure that employees are not penalized when they stay home due to illness.
- ☐ Entry Screening is conducted, in compliance with the LACDPH Entry Screening guidance, before participants, coaches, and support staff may participate in youth and adult recreational sports activities each day. 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 COVID-19 case in the last 10 days, they can be cleared to participate for that day.
  - If the person was not fully vaccinated against COVID-19 and has had contact to a known 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. A fully vaccinated person or a person who has recovered from a laboratory confirmed case of COVID-19 within the prior 90 days, does not need to quarantine after exposure to a known COVID-19 case within the previous 10 days, provided that they remain asymptomatic. Those who develop symptoms of COVID-19 must isolate themselves.
  - 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.
  - For **Youth sports**, refer to the DPH guidance on Screening and Exposure Decision Pathways for Symptomatic Persons and Contacts of a Potentially Infected Persons at Educational Institutions for determining the next steps for persons who have not been tested for COVID-19 but screen positive for symptoms during entry screening and their contacts.
- ☐ 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.
- ☐ **Team transportation:**
  - Bus/van travel by teams may pose a higher risk of transmission. If teams travel by bus/vans, observe the following safety measures:
    - A maximum of 1 student or adult participant per bus seat.
    - Face masks required at all times.



- Use of alternating rows is strongly recommended but not required.
- Open windows for full duration of the trip unless not feasible.
- Travel via private car must be limited to only those within the immediate household, those that the student normally carpool with to and from school on a daily basis, **or those who are fully vaccinated against COVID-19.**
- All recreational sports activities that can be held outdoors should take place in outdoor settings to lower the risk of transmission for participants, coaches, support staff, and observers, if allowed. 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.
- **Informed Consent for Youth Sports**
  - Due to the nature and risk of transmission of COVID-19 while participating in indoor sports and Outdoor High-Contact and Moderate-Contact sports (as defined in Table 1), these teams must implement and strictly adhere to an informed consent process for participants and their parents/guardians. Informed consent must provide information regarding this risk to all adult participants and all parents/guardians of minors participating in such sports. Adult participants and parents/guardians of minors must affirm their understanding and acknowledgement of the risks by signing a consent form. A sample consent form may be found at: [http://publichealth.lacounty.gov/media/coronavirus/docs/community/Sports\\_InformedConsentExample.pdf](http://publichealth.lacounty.gov/media/coronavirus/docs/community/Sports_InformedConsentExample.pdf).
- **Recommended Routine Testing for Sports**
  - Outdoor, High-Contact, and Outdoor, Moderate-Contact Sports Teams (as defined in Table 1) are strongly encouraged to implement a weekly testing program (antigen or PCR testing for COVID-19) for participants and coaches **who are not fully vaccinated** during regular and post-season play. Persons who show proof that they are fully vaccinated against COVID-19<sup>4</sup> or that they have recovered from/completed isolation for laboratory confirmed COVID-19 within the past 90 days should not be included in periodic COVID-19 screening testing if the person is asymptomatic. Screening for not fully vaccinated persons who were previously infected with COVID-19<sup>5</sup> should start 90 days after the first day of symptoms from the or the day of collection of first positive test (if they were asymptomatic).
  - If competing, **COVID-19 test results or proof of full vaccination against COVID-19 should** be made available and reviewed by the coaches within a 24-hour period in advance of play. If a youth participant is being tested for COVID-19 on a weekly basis, then that weekly testing is sufficient and meets the testing requirements for that week and any competitions that occur during that week.
    - Antigen tests results should always be interpreted in the context of the exposure history, clinical presentation of the person being tested. A **positive antigen result in an asymptomatic person without a known exposure should be confirmed with a PCR test.** A negative antigen test result in a person with COVID-19 symptoms is a presumptive negative and should be confirmed with a PCR test; the symptomatic person should continue to isolate while awaiting the PCR test result.
    - If a test result is not available within 24 hours in advance of play, the person should not be allowed to play **or participate.** If the COVID-19 test result is indeterminate or positive, the person must be sent home immediately to isolate. Provide them with the isolation

<sup>4</sup> The following are acceptable as proof of "full vaccination": 1) A photo identification of the attendee and 2) their vaccination card (which includes name of person vaccinated, type of COVID-19 vaccine provided and date last dose administered) OR a photo of the attendee's vaccination card as a separate document OR a photo of the attendee's vaccine card stored on a phone or electronic device OR documentation of full vaccination from a healthcare provider (which includes name of person vaccinated and confirms that the attendee is fully vaccinated against COVID-19).

<sup>5</sup> The following is acceptable as proof of previous COVID-19 infection (previous positive viral test result) and completion of isolation within the last 90 days: a photo identification and a paper copy or digital copy on their phone of their positive COVID-19 antigen or PCR test taken or a within the last 90 days, but not within the last 10 days. Persons must have completed their [isolation requirement](#) prior to participating.

instructions found at [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation).

- Note: Testing will be required **should** the adjusted case rate for the County exceed 7 cases per 100,000 population.

- ❑ **Indoor medium-contact and high-contact youth sports teams/leagues** may resume **indoor** competition and contact practice, including indoor physical conditioning, skill-building, training, contact practice and competition, if the team adheres to the additional requirements imposed on collegiate sports, as specified in the California [Institutions of Higher Education Guidance](#), dated September 30, 2020, including the following:

- Conduct Routine Periodic COVID-19 Testing:

- Participants, coaches, and support staff must be tested **for COVID-19 regularly, effective at 12:01am on Tuesday, May 11, 2021**. This includes baseline testing and ongoing screening testing. Based on current evidence and standards, both daily antigen testing, and periodic PCR testing are acceptable methods for both baseline and ongoing screening testing.
  - If following a daily antigen testing protocol, the protocol must begin with a PCR test followed by daily antigen testing. Any positive antigen test must trigger a PCR test for confirmation. PCR testing is required for symptomatic athletes and staff and should be conducted within 24 hours of symptoms being reported.
  - For high-risk contact sports (basketball, field hockey, football, ice hockey, lacrosse, rowing, rugby, soccer, squash, volleyball, water polo, and wrestling), competition between teams is permitted only if the team can provide COVID-19 testing and results of all athletes and support staff within 48 hours in advance of each competition.
  - Antigen tests results should always be interpreted in the context of the exposure history and the clinical presentation of the person being tested. **A positive antigen result in an asymptomatic person without a known exposure should be confirmed with a PCR test. A negative antigen test result in a person with COVID-19 symptoms is a presumptive negative and should be confirmed with a PCR test; the symptomatic person should continue to isolate while awaiting the PCR test result.**
  - If testing and results are not available within 48 hours prior to play, practice or competition the person must not be allowed to play. If the COVID-19 test result is indeterminate or positive, the person must be sent home immediately to isolate. Provide them with the isolation instructions found at [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation).
  - **Persons who show proof that they are fully vaccinated against COVID-19<sup>6</sup> or that they have recovered from/completed isolation for laboratory confirmed COVID-19 within the past 90 days<sup>7</sup> should not be included in periodic COVID-19 screening testing. Screening for persons previously infected with COVID-19 should start after 90 days from the first day of symptoms or day of collection of first positive test (if they were asymptomatic).**

- Adopt and Adhere to a Return to Play Safety Plan

The entity sponsoring the sports team (e.g., school, league, or team) must adopt and follow a "Return to Play" Safety Plan and file it along with a Site-Specific Safety Plan with LACDPH at least 14 days prior to restarting any indoor sports activities. Submit both plans to the following e-mail address: [ehmail@ph.lacounty.gov](mailto:ehmail@ph.lacounty.gov). LACDPH will acknowledge receipt of

<sup>6</sup> The following are acceptable as proof of "full vaccination": 1) A photo identification of the attendee and 2) their vaccination card (which includes name of person vaccinated, type of COVID-19 vaccine provided and date last dose administered) OR a photo of the attendee's vaccination card as a separate document OR a photo of the attendee's vaccine card stored on a phone or electronic device OR documentation of full vaccination from a healthcare provider (which includes name of person vaccinated and confirms that the attendee is fully vaccinated against COVID-19).

<sup>7</sup> The following is acceptable as proof of previous COVID-19 infection (previous positive viral test result) and completion of isolation within the last 90 days: a photo identification and a paper copy or digital copy on their phone of their positive COVID-19 antigen or PCR test taken or a within the last 90 days, but not within the last 10 days. Persons must have completed their [isolation requirement](#) prior to participating.

the sports team's plans and the permitted start date for indoor recreational activities. LACDPH may conduct a site visit to determine compliance with the Return to Play Safety Plan and the Site-Specific Safety Plan.

- The Return to Play Safety Plan must include written documentation of the following elements:
  - A description of the team's plan for meeting the routine testing requirements;
  - A plan for entry screening for all workers, team support staff, and participants prior to entering the facility, practice, and competition.
  - A plan for reviewing test results and reporting positive results to LACDPH as required by this Protocol;
  - A plan for complying with LACDPH contact tracing efforts;
  - A plan for ensuring that team participants are cohorted as much as possible;
  - A plan for ensuring that, when traveling to away games, the team must remain in the team cohort, with no mixing with the local teams or other members of the host community.
  - A description of efforts that the team will make to comply with other aspects of this Protocol; and
  - A plan for communicating team safety modifications to participants, their families, and the public as needed.

○ Adopt and Adhere to a Site-Specific Safety Plan

- The entity sponsoring the sports team (e.g., school, league, or team) must establish a written, facility-specific COVID-19 prevention plan at every facility the team uses, perform a comprehensive risk assessment of all work and athletic areas, and designate a person at each facility to implement the plan.
- The entity sponsoring the sports team must designate a person responsible for responding to COVID-19 concerns for athletics overall, and for each team or sport, as applicable.
- The entity sponsoring the sports team must train and communicate with workers, worker representative (as applicable) and participants on the plan and make the plan available to workers and their representatives; and
- The entity sponsoring the sports team must regularly evaluate the facility for compliance with the plan and document and correct deficiencies as identified.
- The HVAC system has been inspected by an HVAC Specialist within 30 days of reopening for indoor sports and is in good, working order; to the maximum extent possible, ventilation has been increased. Effective ventilation is one of the most important ways to control small aerosol transmission.

○ Limit Indoor Occupancy:

Indoor physical conditioning, skill building, and training must still comply with requirements and capacity limits of the County [Reopening Protocol for Gyms and Fitness Establishments: Appendix L](#). Observers and spectators are permitted for indoor youth and adult sports in compliance with the requirements and specific capacity limits of the [LA County DPH Protocol for Indoor Live Seated Events](#). Review and implement the requirements and capacity limits of that protocol if observers or spectators will be present.

NOTE: If the moderate-contact and high-contact youth sports competitions and contact practice are only held outdoors, these additional collegiate sports requirements imposed do not apply. Indoor physical conditioning, skill building, and training must still comply with the requirements in the [Reopening Protocol for Gyms and Fitness Establishments: Appendix L](#).

- ❑ Except for the activities described above, all other indoor activities are not permitted at this time. Transmission is more likely to occur in indoor settings. This includes both sports activities among teams



that are not following the additional requirements above as well as associated indoor activities such as team dinners or film study.

- ☐ **Inter-team competitions** (defined as competitions between 2 teams only) are permitted for Outdoor and Indoor Sports **teams** that have completed all of the **specified** requirements as described above under the following conditions:

- **Inter-team competitions may be held between two teams only.**
- **Inter-team competitions are permitted to occur only with other teams within California.**
- **Tournaments or events that involve more than two teams are not currently permitted in California.** Exceptions may be made, only with written authorization from LACDPH and each of the local health departments from where teams originate and for sports where single or double competitors from multiple teams are routine such as: track and field; cross-country; golf; skiing/snowboarding; tennis; swimming/diving/surfing; biking, volleyball and aquatic events.
- Applications for exceptions for proposed events and competitions **within Los Angeles County** that are between more than two teams or multiple single or double competitors must be completed using this link: [Request for Exception to the Two Team Competition Rule for Tournaments or Events](#). The online Request Form should be submitted at least 14 days prior to the proposed event or competition. Applications will be reviewed in the order received. The online application requires applicants to describe the proposed event or competition and the modifications made to comply with this Appendix S and other applicable infection control requirements. LACDPH will acknowledge receipt of the application and contact the applicant within 5 business days after receipt.
- Teams located and originating in Los Angeles County may participate in events and competitions that are between more than two teams or multiple single or double competitors taking place **outside Los Angeles County** if all the following conditions are met:
  - The event has received approval from the Local Health Department in the county where it will be held.
  - Any team that has experienced one or more confirmed cases of COVID-19 among team members or support staff within the 14 days preceding the planned event, or has team members or support staff under quarantine due to close contact to a confirmed case, within the 14 days preceding the planned event, may NOT participate without consultation and clearance from the LACDPH ACDC-Education unit to determine which players and staff may remain eligible to compete and which must be excluded from participation. Note that each situation is unique and exclusion of the entire team from the event is one possible determination based on the need to maintain safety for all participants. ACDC-Education unit may be contacted at [ACDC-Education@ph.lacounty.gov](mailto:ACDC-Education@ph.lacounty.gov).
- Teams adhere to current [CDPH Travel Advisory](#) recommendations when determining travel for competition in other counties.
- **Teams must not participate in out-of-state tournaments or competitions.**
- A team is defined as a group of players forming one side in a competitive game or sport.
- Only one competition, per team, per day maximum may be played.

- ☐ **Special Situations, including Sideline Cheer, Band and Drumline:**

- Sideline cheer is considered comparable to competitive cheer as a moderate contact sport, and, as such, must follow all requirements of other outdoor moderate contact sports. Outdoor sideline cheer is permitted at an outdoor competition between two teams participating in a different sport.
- Band and drumline are considered low contact youth recreational activities, which must follow all relevant infection control requirements. Outdoor band and drumline are permitted at an outdoor competition between two teams competing in a different 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.

- ☐ Outdoor concession stands whose operator has a valid public health permit issued by LACDPH may operate in compliance with the requirements for concessions found in the Protocol for Outdoor Seated Live Events, **Appendix Z**. Patrons who purchase concessions must eat or drink in a designated outdoor dining area or in their outdoor seats while physically distanced from those not within their household. To obtain a public health permit, please send an email to LACDPH at [ehmail@ph.lacounty.gov](mailto:ehmail@ph.lacounty.gov).
- ☐ **Observers and spectators** are permitted for outdoor youth and adult sports in compliance with the [LA County DPH Protocol for Outdoor Live Seated Events](#). In **Yellow** Tier, the maximum occupancy limit for outdoor sporting events that are held in venues is 67% of the maximum venue occupancy based on applicable building and/or fire code. **Review and implement the requirements of that protocol if observers will be present.**
- ☐ **Observers and spectators** are permitted for indoor youth and adult sports in compliance with the [LA County DPH Protocol for Indoor Live Seated Events](#). The maximum occupancy limit for indoor sporting events that are held are based on the maximum venue occupancy, which is based on applicable building and/or fire code. **Review and implement the requirements of that protocol if observers will be present.** Consider offering video streaming of games so that they can be watched "live" from home.
- ☐ 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.
- ☐ Recreational sports teams that have indoor facilities, including but not limited to bathrooms and locker rooms, may allow employees, coaches, support staff, **and participants** to access indoor areas of the facility to use the restroom or take breaks, **to utilize locker rooms and showers**, to conduct essential office operations and to move supplies and materials in and out of the building each day. **Occupancy in indoor restrooms, locker rooms and showers must be limited to 50% occupancy based on applicable building or fire code.** 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, **locker room or shower areas**. 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 **at the frequency listed below, but no less than once per day**, on the following schedule:

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- Locker rooms \_\_\_\_\_
  - Restrooms \_\_\_\_\_
  - Other \_\_\_\_\_
- ☐ 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 [2021 COVID-19 Supplemental Paid Sick Leave Law](#).
- ☐ Upon being informed that one or more employees, coaches, support staff, or participants test positive for 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 exposure to the case(s).
- ☐ 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](#).
- ☐ **COVID-19 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, coaches, support staff, and participants 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. This can be completed online using the secure web application: <http://www.redcap.link/lacdpheducationsector.covidreport>. If online reporting is not possible, download and complete the [COVID-19 Case and Contact Line List for the Education Sector](#) and send 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 one (1) business day of notification of the case. In the event that three (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 using 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](http://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.

☐ **Returning to Sports After Infection:**

- People recovering from COVID-19 should not resume exercise until cleared by a physician and will have different paths to return to sports based both on the severity of their illness and their underlying health. A graduated return-to-play/exercise protocol, which introduces and increases physical activity in a stepwise fashion may be warranted and recommended once an athlete has been cleared by a physician. See the “What to do if a participant had COVID-19 or has it during the season?” in the [Academy of Pediatrics Interim Guidance on Return to Sports and Graduated return to play guidance following COVID-19 infection](#) for additional guidance.
- No one with symptoms of COVID-19 or who is in isolation or quarantine for COVID-19 is permitted to attend practices or competitions.
- Anyone with symptoms of COVID-19 should consult their physician for testing and notify their coach, athletic trainer and/or school administrator of their symptoms and test results.

- ☐ Employees who have contact with others are offered, at no cost, an appropriate mask that covers the nose and mouth. For more information on face masks, please visit: <http://publichealth.lacounty.gov/acd/ncorona2019/masks/>. The mask 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, as appropriate, 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.
  - If you have symptoms of COVID-19, 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 of COVID-19, 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

- ☐ Commonly used items are sanitized **at least once per day**.
- ☐ Commonly used equipment is sanitized before and after each use.
- ☐ Restrooms located at sports fields, facilities or venues that are accessible to the public should remain open to the public **during operating hours** and **should be checked regularly and cleaned and disinfected at least once per day or more often if determined necessary due to high usage, using EPA approved disinfectants and following the manufacturer's instructions for use.**
- ☐ 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. See the County DPH COVID-19 Guidance webpage for additional resources and examples of signage that can be used by businesses.
- ☐ 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.
- ☐ A copy of this protocol or, if applicable, the printed Los Angeles County COVID-19 Safety Compliance Certificate is maintained by the sponsoring entity (school, league or team, as applicable). For more information or to complete the COVID-19 safety compliance self-certification program, visit <http://publichealth.lacounty.gov/eh/covid19cert.htm>. Sports teams must keep a copy of the Protocols onsite for review, upon request.

**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:**

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## Attachment A: Example of an Informed Consent Form

NOTE: The example of an informed consent form below is solely intended to provide one example of what could be included in a consent form for youth and adult athletes participating in moderate-contact and high-contact sports. This includes (1) an acknowledgement of the risks associated with participating in sports activities during a pandemic and (2) an acknowledgement of the Team's COVID-19 safety protocols, including the need to screen for symptoms prior to participating in any team activities and to report all confirmed COVID-19 cases and their close contacts to Public Health. Persons operating and administering youth and adult sports teams and leagues should consult their legal counsel prior to implementing any informed consent process.

Dear Athlete and if Athlete is a minor, Parent/Guardian,

The State of California recently announced that effective February 26, 2021, moderate-contact and high-contact youth and adult recreational sports may resume, including competitions, if permitted by local health authorities and if in compliance with both Los Angeles County and State requirements for these sports.

[Team] is taking reasonable measures to prevent the spread of COVID-19 infection, including tracking/tracing, and following applicable state and County public health orders and protocols. However, the possibility of transmission cannot be eliminated. Athletes and their families must be aware of and acknowledge the risks before participating in athletics.

By initialing and signing this Informed Consent Agreement, you acknowledge, accept, and agree to all the following (Athlete and, if the Athlete is a minor, Parent/Guardian must Initial and Sign):

- Participation in athletics is purely voluntary.  
Parent Initial: \_\_\_\_\_ Athlete Initial: \_\_\_\_\_
- Youth Athlete has permission to participate in athletic meetings, practices, and competitions as directed by the coaching staff.  
Parent Initial: \_\_\_\_\_ Athlete Initial: \_\_\_\_\_
- Neither the Athlete nor Parent/Guardian will attend meetings, practice and/or competitions if any of the following apply:
  - A. The Athlete or any member of their household is exhibiting one symptom(s) of COVID-19 that first appeared within the last 10 days: fever (at or over 100.4°F or 38°C) or chills, cough, shortness of breath or difficulty breathing, feeling tired, muscle or body aches, headache, sore throat, nausea or vomiting, diarrhea, congestion or runny nose, or new loss of taste or smell. The Athlete or Parent/Guardian, if the Athlete is a minor, will check Athlete's temperature at home prior to attending meetings, practices, and/or competitions; and Athlete will not attend if their temperature is at or over 100.4°F or 38°C.
  - B. The Athlete or any member of their household has been diagnosed with COVID-19 or has a suspected diagnosis of COVID-19 or pending COVID-19 test.
  - C. The Athlete or any member of their household has spent time with another individual who has been diagnosed with COVID-19 or has a suspected diagnosis of COVID-19.
  - D. The Athlete or any member of their household is currently under isolation or quarantine orders.Parent Initial: \_\_\_\_\_ Athlete Initial: \_\_\_\_\_

- If the Athlete tests positive for COVID-19 or has been identified as being exposed to an individual that

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has tested positive for COVID-19, the Athlete or Parent/Guardian, if the Athlete is a minor, agrees to immediately inform [Team Officials] and acknowledges that the [Team Officials] must contact the Los Angeles County Department of Public Health (LACDPH) to provide information regarding the confirmed positive test, including Athlete's name and contact information. I consent to the [Team] providing such information to LACDPH or any other the administrative body as required by law. I agree to willingly cooperate with any contact tracing that is deemed necessary by the [Team Officials] and / or LACDPH.

Parent Initial: \_\_\_\_\_ Athlete Initial: \_\_\_\_\_

- We are aware that the Athlete may be exposed to COVID-19 while participating in or attending meetings, practices and/or competitions. We understand that this exposure carries a risk of infection, serious illness, or death for both the athlete and their household members.

Parent Initial: \_\_\_\_\_ Athlete Initial: \_\_\_\_\_

- We acknowledge [Team], the Governor, State Department of Health, LACDPH, or other administrative body with authority over [Team] may determine to cancel a competition or the season at any time. We also acknowledge [Team] must comply with any mandates issued by any entity with the authority over athletics and agree to comply with any such directives even if issued after signature to this agreement.

Parent Initial: \_\_\_\_\_ Athlete Initial: \_\_\_\_\_

- Athlete and Parent/Guardian, if the Athlete is a minor, is/are aware that practices, games, spectating, and/or transportation will look different than prior years, including the need for physical distancing and the correct and consistent use of face masks. We agree to comply with the direction provided by the coaching staff and acknowledge that the failure to do so may result in the Athlete being refused participation at practice, competitions, and/or the entire sport season.

Parent Initial: \_\_\_\_\_ Athlete Initial: \_\_\_\_\_

- Athlete is voluntarily participating in athletics. Athlete or Parent/Guardian, if the Athlete is a minor, agrees to assume any and all risks of infection, injury, or death, whether those risks are known or unknown.

Parent Initial: \_\_\_\_\_ Athlete Initial: \_\_\_\_\_

I/WE HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM/WE ARE AWARE OF THE RISKS OF PARTICIPATING IN ATHLETICS DURING THE COVID-19 PANDEMIC. I AM/WE ARE AWARE THAT THIS FORM CONTAINS A RELEASE OF LIABILITY AND WAIVER OF ALL CLAIMS. I AM/WE ARE SIGNING THIS AGREEMENT VOLUNTARILY, FULLY AWARE OF THE RISKS AND MY RELEASE AND WAIVER OF ANY CLAIM AGAINST THE [TEAM], ITS EMPLOYEES, AGENTS, BOARD MEMBERS, OR OTHER RELATED ENTITIES.

Athlete Printed Name: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Printed Name: \_\_\_\_\_

Parent Signature,  
if the Athlete is a minor: \_\_\_\_\_

Date: \_\_\_\_\_