

Reopening Protocol for Youth and Adult Recreational Sports Leagues: Appendix S Effective Date: 12:01am on **Thursday, April 15, 2021**

Recent Updates: (Changes highlighted in yellow)

4/14/2021:

- Categorizes band and drumline as low contact outdoor recreational activities that may occur at competitions between two teams in a different sport.
- Clarifies required versus recommended safety measures for team bus transportation
- Observers are permitted for adult sports, provided that the host venues adhere to the modifications specified in the DPH Protocol for Outdoor Live Seated Events [and Performances](#). Venues that do not have fixed seating may not host observers for adult sports. Outdoor youth sports may permit observers who are not immediate family members provided that all observers are able to maintain at least a 6-foot physical distance from other household groups.
- Indoor sports must limit occupancy in indoor sports facilities to 25% occupancy based on applicable building or fire code.
- Concessions sales at youth or adult recreational sports competitions are prohibited.

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 old 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.**

Physical conditioning, practice, skill-building, and training that can be conducted outdoors, with 6 feet of physical distancing, and within stable cohorts are permitted for all organized recreational sports. Competitions may resume for all **outdoor** youth and adult recreational sports, including medium-contact and high-contact sports, in compliance with [State's Guidance](#) and this protocol.

Indoor youth and adult recreational sports activities **that are not otherwise permitted to resume indoor play in the current Tier**, including training, conditioning, contact practice and competitions may return to competition and contact practice only if the team adheres the additional requirements imposed on collegiate sports, as specified in the State's 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. Any indoor sports activities must also be limited, including all sport participants, coaches/trainers, support staff, and observers, to **25%** of indoor max occupancy of the facility, based on applicable building and zoning codes.

The risk of spread of COVID-19 from an infected person, even if they feel well, to others is affected by the following factors:

COUNTY OF LOS ANGELES DEPARTMENT OF PUBLIC HEALTH

ORDER OF THE HEALTH OFFICER



- 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 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 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” 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)
Outdoor low-contact sports: • Archery • Badminton (singles) • Band • Biking • Bocce	Outdoor moderate-contact sports: • Badminton (doubles) • Baseball • Cheerleading • Dodgeball • Field hockey	Outdoor high-contact sports: • Basketball • Football • Ice hockey • Lacrosse (boys/men) • Rugby	Indoor moderate-contact sports: • Badminton (doubles) • Cheerleading • Dance (intermittent contact)

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

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>.

COUNTY OF LOS ANGELES DEPARTMENT OF PUBLIC HEALTH
ORDER OF THE HEALTH OFFICER



Widespread Tier (Purple)	Substantial Tier (Red)	Moderate Tier (Orange)	Minimal Tier (Yellow)
• Corn hole • Cross country • Dance (no contact) • Disc golf • Drumline • Equestrian events (including rodeos) that involve only a single rider at a time) • 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 (singles) • Track and field • Walking and hiking	• Flag Football • Gymnastics • Kickball • Lacrosse (girls/women) • Pickleball (doubles) • Sideline Cheer • Softball • Tennis (doubles) • Volleyball	• Rowing/crew (with 2 or more people) • Soccer • Water polo Indoor low-contact sports: • Badminton (singles) • Bowling • Curling • Dance (no contact) • Gymnastics • Ice skating (individual) • Physical training • Pickleball (singles) • Swimming and diving • Tennis (singles) • Track and field	• Dodgeball • Kickball • Pickleball (doubles) • Racquetball • Sideline Cheer • Squash • Tennis (doubles) • Volleyball Indoor high-contact sports: • Basketball • Boxing • Ice hockey • Ice skating (pairs) • Martial arts • Roller derby • Soccer • Water polo • Wrestling

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:

COUNTY OF LOS ANGELES DEPARTMENT OF PUBLIC HEALTH
ORDER OF THE HEALTH OFFICER



- (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: Flintridge Preparatory School
Coach Name and Facility Address: Sean Beattie - Director of Athletics
4543 Crown Ave., La Canada, CA 91011

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 coverings 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 if sick, or if they are exposed to a person who has COVID-19. 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.

COUNTY OF LOS ANGELES DEPARTMENT OF PUBLIC HEALTH
ORDER OF THE HEALTH OFFICER



- ☑ 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 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 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.
 - ☑ 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, **or those that the student normally carpools with to and from school on a daily basis.**
- ☑ 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 outdoorspaces 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.

☑ **Routine Testing for Outdoor, High-Contact Youth Sports**

- ✓ Outdoor, High-Contact Sports teams (as defined in Table 1) are strongly encouraged to implement a weekly testing program (antigen or PCR testing) for participants and coaches during regular and post-season play. Weekly COVID-19 testing program (antigen or PCR testing) is recommended for football, rugby, and water polo teams and coaches, as these are high contact sports that are likely to be played unmasked, with close, face to face contact exceeding 15 minutes. If competing, test results must be made available and reviewed by the coaches within a 24-hour period in advance of play. If a youth participant is being tested 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 test results should always be interpreted in the context of the exposure history, clinical presentation of the person being tested, and prevalence of COVID-19 in the community. A health care provider should be consulted to determine whether confirmatory PCR testing should be performed after a negative antigen test in a person with COVID-19 symptoms or after a positive antigen result in an asymptomatic person without exposure.
 - If a test result is not available within 24 hours in advance of play, the person should 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.
 - Note: This testing recommendation applies only to teams with participants that are older than 13 years old. Teams that are made up of 50% or more participants who are 13 years old or younger may exempt participants from regular testing; however, coaches still need to be tested on a weekly basis.
 - Note: Testing will be required when the adjusted case rate for the County exceeds 7 cases per 100,000 population.

☑ **Indoor youth and adult sports teams/leagues** that are otherwise not permitted to resume activities indoors, based on the County's Tier, may resume 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 regularly. 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 test results should always be interpreted in the context of the exposure history, clinical presentation of the person being tested, and prevalence of COVID-

19 in the community. A health care provider must be consulted to determine whether confirmatory PCR testing should be performed after a negative antigen test in a person with COVID-19 symptoms or after a positive antigen result in an asymptomatic person without exposure.

- 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.

✓ 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. LACDPH will acknowledge receipt of 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

COUNTY OF LOS ANGELES DEPARTMENT OF PUBLIC HEALTH
ORDER OF THE HEALTH OFFICER



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:

- Any indoor sports activities conducted indoors must be limited, including all sport participants, coaches/trainers, support staff, and observers, to 25% of max occupancy of the competition space based on applicable building or zoning code occupancy, and in compliance with the County gyms and fitness center requirements.

✓ 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, Low-Contact Sports, Outdoor Moderate Contact Sports, Outdoor High Contact Sports (listed in Table 1) and Indoor Sports that have completed all of the additional requirements as described above 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.** 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 equestrian events.

✓ Applications for exceptions for proposed events and competitions 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—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.

✓ 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.

✓ 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.

N/A

○ 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.**

N/A

✓ 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

COUNTY OF LOS ANGELES DEPARTMENT OF PUBLIC HEALTH
ORDER OF THE HEALTH OFFICER



physical distance of 6 feet while in the area.

- ☑ **Observers** are permitted for outdoor youth and adult sports in compliance with the LA County DPH Protocol for Outdoor Live Seated Events. In Orange Tier, the maximum occupancy limit for outdoor sporting events that are held in venues is 33% of the maximum venue occupancy based on applicable building and/or fire code. For sporting events held at venues with no occupancy limit, attendance is limited such that all observers and spectators are able to maintain at least a 6-foot distance from others who are not in their household group.
- ☑ Observers are only permitted indoors for youth sports (age 18 and under). Observers for indoor youth sports must be limited to immediate household members and for the strict purpose of age appropriate supervision. Observers must wear a mask at all times and must maintain at least 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. 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.
- N/A ☑ 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.
- ☑ With the exception of Indoor Sports Teams that are following the additional collegiate sports requirements above, Recreational Sports teams that have indoor facilities, including but not limited to bathrooms and locker rooms, may allow employees, coaches, and support staff 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 N/A - Under Construction
 - Restrooms 10am, 1pm, 5pm

COUNTY OF LOS ANGELES DEPARTMENT OF PUBLIC HEALTH
ORDER OF THE HEALTH OFFICER



- 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 [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 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 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 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

N/A

COUNTY OF LOS ANGELES DEPARTMENT OF PUBLIC HEALTH
ORDER OF THE HEALTH OFFICER



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.

☒ **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/aod/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

COUNTY OF LOS ANGELES DEPARTMENT OF PUBLIC HEALTH
ORDER OF THE HEALTH OFFICER



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 located at sports fields, facilities or venues that are accessible to the public should remain open to the public and must be sanitized on an hourly basis during operating hours.
- ✓ 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:

Sean Beattie, Director of Athletics

Phone number:

818-790-1178

Date Last Revised:

4-16-21



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: _____

COUNTY OF LOS ANGELES DEPARTMENT OF PUBLIC HEALTH
ORDER OF THE HEALTH OFFICER



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