



Humboldt-Del Norte High School Sports League

HDNL Return to Play Policy Proposal:

Overview

Humboldt-Del Norte Sports League's *Return to Play Policy* is in alignment with current best practices regarding COVID-19 as articulated by local, state, and federal health officials. This *HDNL Return to Play Policy* comprises of the most up-to-date information from the California Department of Public Health (CDPH), the Center for Disease Control and Prevention (CDC), the California Interscholastic Federation (CIF), the National Federation of State High School Associations (NFHS), and the California Community College Athletic Trainers' Association (CCCATA) guidelines for schools/athletic programs to meet student and staff health and safety needs given the current and continuing COVID-19 conditions.

The information provided in this document is meant as a *summary* of the most current regulations and information available. For further insight and details, please refer to the CDPH's *Outdoor and Indoor Youth Sports Guidance* (released March 4, 2021), CIF's *COVID-19 Guidelines and Modifications* documents, as well as guidance from Texas' *UIL COVID-19 Risk Mitigation Guidelines* (updated December 4, 2020).

It is understood that this is a fluid situation, which demands that we stay flexible and prepared to adjust. As new information arises, the HDNL understands that progression through different sports or tiers may be slowed, reversed, or halted at any time based on state and local guidelines.

The HDNL understands that new information and research is being disseminated regularly, and protocols and procedures must be adjusted to reflect those changes.



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California Department of Public Health (CDPH) Youth Sports Guidance¹

Sports Risk Profiles

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

Youth and adult sports include varied activities that have different levels of risk for transmission of COVID-19. Outdoor activities that allow for consistent wearing of face coverings and physical distancing are lower risk than indoor activities that involve close contact between sports participants and high exertion that increases the spread of exhaled particles and limits the ability to wear face coverings consistently. The competition between different teams also increases mixing across groups and outside of communities, which also contributes to the potential for spread of COVID-19 disease.

Youth and adults sports are classified below by their level of contact and transmission risk. This classification applies to competition or training/practice with others. It does not apply to individual conditioning or exercise.

- **Low-Contact Sports**
 - Individual or small group sports where contact within six feet of other participants can be avoided. Some of these sports have relatively low exertion rates that will allow for consistent wearing of face coverings when within six feet of other people.
- **Moderate-Contact Sports**
 - Team sports that can be played with only incidental or intermittent close contact between participants.
- **High-Contact Sports**
 - Team sports with frequent or sustained close contact (and in many cases, face-to-face contact) between participants and high probability that respiratory particles will be transmitted between participants.



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General Guidance for Youth Sports Participants, Coaches, and Support Staff

Irrespective of setting (outdoor or indoor), case rate, or sport played, the following general guidance requirements must be adhered to at all times:

- **Face Coverings**
 - Face coverings to be worn when not participating in the activity (e.g., on the sidelines) and during all practice and competitions as tolerated, even during heavy exertion.
 - Face coverings to be worn by coaches, support staff and observers at all times, and in compliance with the CDPH Guidance for the Use of Face Coverings.
- **Physical Distancing**
 - Participants in youth sports should maintain at least 6 feet of distance from others to the maximum extent possible, including when on the sidelines. Coaches should avoid contact with participants, and facilitate physical distancing between participants to the maximum extent possible (e.g., staggered starts).
 - When observing, individuals must stay at least 6 feet from non-household members.
 - Mixing with other households prior to and post any practice or competition must strictly adhere to current gathering guidance.
- **Hygiene and Equipment Sanitation**
 - Shared equipment should be cleaned and disinfected before use by another person, group or team.
 - When equipment is shared during an activity, participants should perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity.
 - Balls or other objects or equipment can be touched by multiple players and used during practice and play if the above hand hygiene practices are followed.
 - Drink bottles should not be shared, and other personal items and equipment should not be shared.
- **Cohorting**
 - Athletes and coaches should cohort by team, and refrain from participating with more than one team over the same season or time period (notwithstanding competitions permitted as outlined below).
 - Limit participation by athletes and coaches during practice and competition to one team, participating with more than one team over the same session or time period is currently not allowed by County Health.
 - For larger teams, limit mixing by establishing stable smaller training groups for drills and conditioning.



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- Review practice or game footage virtually, to the greatest extent possible. If not feasible, then it should be conducted outdoors, with all participants wearing face coverings and following appropriate physical distancing measures.
- **Observers**
 - Limit observation of youth sports (age 18 years and under) to immediate household members, and for the strict purpose of age appropriate supervision.
 - This includes observation of practice and competition.
 - Limit number of observers to ensure physical distance can be maintained, reduce potential crowding, and maintain indoor and outdoor capacity limits.
 - Consider Video streaming of games so that they can be watched “live” from home.
- **Indoor Venues**
 - **Purple (Widespread) Tier:**
 - Limit attendance to age-appropriate supervision only (2 household members per participant)
 - Social distancing, designated entrances for home/away teams, etc.
 - **Red (Substantial) Tier:**
 - Limit attendance to 10% capacity
 - Social distancing, designated entrances for home/away teams, designated areas for eating and drinking, etc.
 - **Orange (Moderate) Tier:**
 - Limit attendance to 15% capacity
 - Social distancing, designated entrances for home/away teams, designated areas for eating and drinking, etc.
 - **Yellow (Minimal) Tier:**
 - Limit attendance to 25% capacity
 - Social distancing, designated entrances for home/away teams, designated areas for eating and drinking, etc.
- **Outdoor Venues**
 - **Purple (Widespread) Tier:**
 - Attendance up to 100 people
 - Assigned seating to maximize social distancing
 - **Red (Substantial) Tier:**
 - Limit attendance to maximum of 20% capacity
 - Social distancing to be observed
 - **Orange (Moderate) Tier:**
 - Limit attendance to 33% capacity
 - Social distancing to be observed



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- **Yellow (Minimal) Tier:**
 - Limit attendance to 67% capacity
 - Social distancing to be observed
 - **Permitted Youth Sports by County Tier**
 - Physical conditioning, practice, skill-building, and training that can be conducted *outdoors*, with 6 feet of physical distancing, and within stable cohorts are authorized regardless of county tier status
 - **Inter-Team Competitions**
 - Teams must not participate in out-of-state games and tournaments; several multistate outbreaks have been reported around the nation, including California residents.
 - Inter-team competitions, meets, races, or similar events are authorized only if:
 - Both teams are located in the same county and the sport is permitted in the county's Tier Status
 - Or if both teams are located in immediately bordering counties and the sport is authorized in both counties by Tier Status
 - Humboldt, Del Norte, and Trinity County qualify for this exception
 - Teams adhere to current CDPH travel Advisory recommendations when determining travel for competition in neighboring counties.
 - No tournaments or events that involve more than two teams to occur.
 - Exceptions may be made, with authorization from the local health department where the event is being held and each of the local health departments where teams originate from, for sports where individual competitors from multiple teams are routine such as: track and field, cross-country, golf, skiing/snowboarding, tennis, swimming/diving/surfing, biking, an equestrian events.
 - Only one competition, per team, per day maximum to be played.
 - **Travel Guidelines**
 - Bus/van travel for members of a team may pose a greater risk. To mitigate COVID-19 transmission risk during bus/van travel, employ universal masking, physical distancing and windows to remain open the full duration of the trip unless not feasible.
 - Plan for proper communication of all travel rules, protocols, and expectations to everyone in the travel party. When feasible, teams should aim to travel and play the same day to avoid overnight stays.
 - Travel by private car limited to only those within the same household.
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- **Vaccination of Eligible Households**

- Sports participants, including coaches and support staff, are strongly encouraged to be vaccinated once eligible as vaccines will protect residents and reduce the likelihood of transmission from infected persons to others.

- **Returning to Sports After Infection**

- 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.
- Youths recovering from COVID-19 will have different paths to return to sports based on the severity of their illness. Those who are asymptomatic or have mild symptoms should not exercise until cleared by a physician.
 - See the attached document from American Academy of Pediatrics² for further information as well as the attached document adapted from the American Medical Society for Sports Medicine³ and the American College of Cardiology⁴ outlining the need for cardiac screening in Appendix 2 as well as the CIF's adaptation in Appendix 3 and 4.

- **Play in Less Restrictive Tiers: Outdoor High-Contact Sports**

- Outdoor high-contact sports (orange tier) can be played in the purple or red tier with an adjusted case rate equal to or less than 14 per 100,000 under the following conditions:
 - Signed Informed Consent by parents/guardians outlining the dangers of playing high-contact sports during the age of COVID-19.
 - Testing - antigen or PCR (regular and postseason antigen or PCR testing of sports participants and coaches weekly. If competing, testing performed with test results made available within 24 hours of play)
 - **NOTE: the testing requirement above shall only apply in the following situations:**
 - For football, rugby and water polo as these are high contact sports that are **likely to be played unmasked**, with close, face-to-face contact exceeding 15 minutes
 - When adjusted case rates for the county are between 14-7 per 100,000
 - For sport participants 13 years of age or above as evidence shows that younger children do not seem to be major sources of transmission--either to each other or to adults.



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- **Play in Less Restrictive Tiers: Outdoor Moderate-Contact Sports**

- Outdoor moderate-contact sports (red tier) can be played in the purple tier with an adjusted case rate equal to or less than 14 per 100,000 under the following conditions:
 - Implement and strictly adhere to the following additional general guidance:
 - Informed consent

If competition for high- and moderate-contact sports is permitted to resume in a county pursuant to this updated guidance, competition is not required to cease if the county's adjusted case rate exceeds the 14 per 100,000 threshold.

- **Conditions for Return to Play if Not Otherwise Authorized (i.e., Indoor Sports)**

- Schools must adhere to the additional requirements imposed on collegiate sports, as specified in the Institutions of Higher Education Guidance (released September 30, 2020)⁷
 - **Spectators¹**
 - 2 spectators per participant and/or 10% indoor venue capacity to be admitted.
 - **Testing**
 - Regular periodic COVID-19 testing of athletes and support staff must be established and implemented *prior* to return to practice (this does not include physical conditioning, skill-building, and training that can be conducted *outdoors* with social distancing and within stable cohorts)
 - Baseline testing: if following daily antigen protocol, the protocol must begin with a negative PCR test followed by daily antigen testing
 - Periodic testing: schools may do twice weekly PCR testing or daily antigen testing with results made available within 48 hours of each competition.
 - Any positive antigen test will trigger a PCR test for confirmation.
 - PCR testing required for symptomatic athletes and support staff and should be conducted within 24 hours of symptoms being reported.
 - **Return to Play Safety Plan**
 - Schools must adopt, and its teams must follow a school-specific return to play safety plan.



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- Please refer to the American Academy of Pediatrics² and CIF's⁶ documents for return to play considerations after a positive case of COVID-19.
 - Schools must have in place a mechanism for notifying other schools should an athlete from one team test positive within 48 hours after competition with another team.
 - Schools must evaluate the availability of, and accessibility to, local contact racing resources.
 - **Site Specific Plan**
 - Schools must establish a written, facility-specific COVID-19 prevention plan at every facility, perform a comprehensive risk assessment of all work and athletic areas, and designate a persona at each facility to implement the plan.
 - Schools must designate a person responsible for responding to COVID-19 concerns for athletics overall, and for each team or sport, as applicable.
 - Schools must train and communicate with workers and athletes on the plan and make the plan available to workers.
 - Schools must regularly evaluate the facility for compliance with the plan and document and correct deficiencies identified.
 - Ensure indoor practice and game spaces are large indoor areas with good ventilation and air exchange⁷.
 - **Other Individual Control and Screening**
 - Schools must provide symptom and health screenings for all workers and athletes entering the facility or event.
 - Make sure the temperature/symptom screener avoids close contact with workers or athletes to the greatest extent possible.
 - If self-screening: schools must ensure that screening was performed prior to the worker or athlete leaving home and follows CDC guidelines.
 - **Isolation and Quarantine**
 - Athletes must commit to adherence with appropriate isolation and quarantine procedures.
 - All **symptomatic athletes and staff** must remain in isolation until test results are available, and repeat testing should be considered if initial testing is negative and symptoms continue and are consistent with COVID symptoms.
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- **All athletes and staff who test positive or are clinically diagnosed with COVID-19 disease must isolate:**
 - For 10 days after symptoms first appeared (or 10 days after specimen collection for their first positive test), AND
 - At least 24 hours have passed with no fever (without use of fever-reducing medications), AND
 - Other symptoms have improved.
- **Individuals who test positive for SARS-CoV-2 but never develop symptoms**, may return to work or school 10 days after the date of specimen collection for their first positive test for SARS-CoV-2 or in accordance with directives from the local health department.
- Individuals identified as **close contacts** (within 6 feet for at least 15 minutes) must follow state and local public health directives or orders for quarantine, **regardless of the frequency of testing** for those in the cohort or footprint.
 - Close contacts must quarantine for 14 days after the last exposure.
- Schools must take steps to assist with the contact tracing process including, but not limited to, film review of practice, if available, and extended assessment of contact associated with athletic participation so that all athlete contacts can be identified.
- Discontinuation of practice with contact and competition for the rest of the season may be considered by local health departments if more than 10% of athletes on a team test positive within a 14-day period⁷.
 - Example: for teams with less than 20 athletes total, if more than 5 members test positive, discontinuation of practice with contact and competition for the rest of the season may be considered⁷.
- **Travel for Competition**
 - When traveling to away games, teams must remain in a team cohort, with no mixing with the local teams or other members of the host community.



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HDNL Adapted Specific Guidance by Sport

Football

- **General Guidance¹**

- Signed informed consent needed for competition/play
- Weekly testing necessary for players/coaches when weekly adjusted case rates are between 7-14 per 100,000
 - Antigen testing preferred (results available in 15 minutes)
 - Need results within 24 hours of competition
 - *Testing will not be necessary if weekly adjusted case rates are below 7 per 100,000, but will need to resume if numbers rise above said threshold again.*
- **If a player, coach, or support staff member tests positive for COVID-19:**
 - The local health department must be contacted within 24 hours to report the positive and request a PCR test.
 - Humboldt County Public Health: (707) 268-2182
 - Del Norte County Public Health: (707) 464-3191
 - A confidential morbidity form will be filled out for each positive case
 - Copy of the confidential morbidity form will be faxed to County Public Health at their request.
 - All members of the cohort must quarantine a minimum of 10-14 days (as directed by the local health department) regardless of testing negative.
 - Additional testing may be encouraged at 7-10 days after the first positive test, but **does not negate the quarantine**.
 - For any athlete who tested positive, see return-to-play guidance from American Academy of Pediatrics for graduated return².

- **Practice Considerations¹**

- Face coverings to be worn by coaches, support staff and observers at all times.
- Face coverings to be worn when not participating in the activity (e.g., on the sidelines, when not actively participating in drill/workout/play, etc.)
- Physical distancing (at least 6 feet of distance from others) to be observed by all individuals when appropriate (e.g., on the sidelines, when not actively participating in drill/workout/play, etc.)
- When equipment is shared during an activity, participants should perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, and after the conclusion of the activity.



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- Balls or other objects or equipment can be touched by multiple players and used during practice and play if the above hand hygiene practices are followed.
 - Any shared equipment should be regularly disinfected before, during, and after practice sessions.
 - Drink bottles should not be shared, and other personal items and equipment should not be shared. Student athletes are encouraged to bring their own drinks to practices.
- **Pre-Game Considerations**
 - If using busses/vans for travel, employ universal masking, physical distancing, and the windows are to remain open the full duration of the trip¹.
 - Travel by private car limited to only those within the same household.
 - Visiting teams are to come dressed and prepared for warm-up prior to the game/competition. No access to the locker room will be available unless for restroom use.
 - **Each respective team is in charge of holding their athletes accountable with protocols and hygiene.**
 - All locker rooms, training rooms (if applicable), or shared spaces are to be sanitized *prior* to both team's arrival and to be sanitized after use^{1,5}.
 - Schools should make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available in shared spaces^{1,5}.
 - Separate space should be provided for officials' use during half-time, separate from both competing teams' meeting areas.
 - Officials are to remain masked when indoors, and must sanitize after their use of their designated space¹.
 - Press boxes should be arranged in a way to allow for social distancing (6 feet) between each individual with proper ventilation¹.
 - Individuals within the press box must wear masks and observe proper hand hygiene procedures.
 - Shared equipment must be sanitized before and after use.
 - **Observers/spectators are to be limited to 20% capacity¹**, as designated by the local health departments.
 - Each school's designated administrator is responsible for checking individuals at the entrance gate.
 - Schools may consider setting up separate entrances for each competing school's observers to limit exposure^{1,5}.
 - All observers are to maintain 6 feet of social distance between non-household members while wearing masks¹.
 - Concessions stands will not be permitted at this time.



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- Pre-game meetings will consist of only one captain per team, the head referee, and the umpire⁶.
 - Social distancing and mask wearing will be observed, no handshakes will be permitted.
- **Game/Competition Considerations**
 - Sideline Cheerleading to be permitted while observing social distancing and mask wearing (if in Red or Purple Tiers, no masks necessary in Orange and Yellow Tiers) throughout the competition¹.
 - It is recommended that cheerleaders be tested weekly if stunting in the 7-14 per 100,000 case rate threshold.
 - Each team may wish to have a minimum of 3 footballs to be used during their offensive play to be rotated through after each play⁶.
 - After each use, the football must be cleaned before entering back into play.
 - When not actively participating, athletes must be socially distanced and wearing their masks at all times^{1,5,6}.
 - The team boxes may be extended up to the 10 yard-line (for athletes only) to practice social distancing
 - Coaches and support staff must be wearing masks at all times and practicing social distancing of at least 6 feet.
 - Long sleeves are encouraged for players to reduce skin contact with the ball and other players⁶.
 - Officials are to wear face coverings at all times and practice social distancing^{1,5,6}.
 - Long sleeves may be worn for reduced contact.
- **Post-Game Considerations**
 - Post-game handshakes are ill-advised at this time^{1,5,6}.
 - Each team should practice proper hand hygiene if this were to occur.
 - No post-game showers are permitted at this time.
 - Teams are encouraged to change clothing and shower at home.
 - Locker rooms are to be disinfected after each teams' use¹.



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Soccer

- **General Guidance¹**

- Signed informed consent needed for competition/play.
- **If a player, coach, or support staff member tests positive for COVID-19:**
 - The local health department must be contacted within 24 hours to report the positive and request a PCR test.
 - Humboldt County Public Health: (707) 268-2182
 - Del Norte County Public Health: (707) 464-3191
 - A confidential morbidity form will be filled out for each positive case
 - Copy of the confidential morbidity form will be faxed to County Public Health at their request.
 - All members of the cohort must quarantine a minimum of 10-14 days (as directed by the local health department) regardless of testing negative.
 - Additional testing may be encouraged at 7-10 days after the first positive test, but **does not negate the quarantine**.
 - For any athlete who tested positive, see return-to-play guidance from American Academy of Pediatrics for graduated return².

- **Practice Considerations¹**

- Face coverings to be worn by coaches, support staff and observers at all times.
- **Face coverings to be worn by participants during practice, conditioning and during competition, even during heavy exertion as tolerated while in the Red and Purple Tiers.^{1,2}**
 - Use of face coverings may be discontinued during competition when in the lower, less stringent tiers (Orange and Yellow).
- Physical distancing (at least 6 feet of distance from others) to be observed by all individuals when appropriate (e.g., on the sidelines, when not actively participating in drill/workout/play, etc.)
- When equipment is shared during an activity, participants should perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, and after the conclusion of the activity.
 - Balls or other objects or equipment can be touched by multiple players and used during practice and play if the above hand hygiene practices are followed.
- Any shared equipment should be regularly disinfected before, during, and after practice sessions.
- Drink bottles should not be shared, and other personal items and equipment should not be shared. Student athletes are encouraged to bring their own drinks to practices.



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- **Pre-Game Considerations**

- If using busses/vans for travel, employ universal masking, physical distancing, and the windows are to remain open the full duration of the trip¹.
 - Travel by private car limited to only those within the same household.
- Visiting teams are to come dressed and prepared for warm-up prior to the game/competition. No access to the locker room will be available unless for restroom use.
 - **Each respective team is in charge of holding their athletes accountable with protocols and hygiene^{1,5}.**
- All locker rooms, training rooms, or shared spaces (if applicable) are to be sanitized *prior* to both team's arrival and to be sanitized after use^{1,5}.
- Schools should make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available in shared spaces¹.
- Separate space should be provided for officials' use during half-time, separate from both competing teams' meeting areas.
 - Officials are to remain masked when indoors, and must sanitize after their use of their designated space¹.
- Press boxes or score tables should be arranged in a way to allow for social distancing (6 feet) between each individual with proper ventilation¹.
 - Individuals within the press box or at the score table must wear masks and observe proper hand hygiene procedures.
 - Shared equipment must be sanitized before and after use.
 - Limit individuals in the press box or score table to the home team scorekeeper and timer.
- **Observers/spectators are to be limited to 20% capacity¹**, as designated by the local health departments.
 - Each school's designated administrator is responsible for checking individuals at the entrance gate.
 - Schools may consider setting up separate entrances for each competing school's observers to limit exposure^{1,5}.
 - All observers are to maintain 6 feet of social distance between non-household members while wearing masks¹.
- Concessions stands will not be permitted at this time.
- Pre-game meetings will consist of only one captain per team, the head or center referee, and the head coach from each team⁶.
 - Social distancing and mask wearing will be observed, no handshakes will be permitted.



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- **Game/Competition Considerations**

- Only coaches, game personnel and players permitted in the team bench area^{5,6}.
 - Social distance requirements must be observed by all in the team bench area.
 - Team bench areas may be located on opposite sides of the field to accommodate social distancing.
 - Spectators/observers are not permitted behind the team bench area.
- Each game will have a minimum of three game balls to utilize a three-ball rotation, ensuring that anytime a ball goes out of play it shall be sanitized thoroughly with a disinfectant wipe, diluted bleach solution, or other comparable disinfectant before its next use⁶.
- Athletes must practice social distancing and wearing their masks at all times to the largest extent possible^{1,5,6}.
 - When substituting, maintain social distance of at least 6-feet between referees, opponents, and/or teammates.
- Long sleeves and long pants of similar color to the team's uniform are permissible to reduce skin contact⁶.
- Officials are to wear face coverings at all times and practice social distancing^{1,5,6}.
 - Long sleeves may be worn for reduced contact.
- Athletes are to supply their own water or hydration bottles, no sharing between teammates^{1,5,6}.

- **Post-Game Considerations^{1,5,6}**

- Post-game handshakes are ill-advised at this time^{1,5,6}.
 - Each team should practice proper hand hygiene if this were to occur.
- Locker rooms are to be disinfected after each teams' use.



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Baseball/Softball

- **General Guidance¹**

- Signed informed consent needed for competition/play.
- **If a player, coach, or support staff member tests positive for COVID-19:**
 - The local health department must be contacted within 24 hours to report the positive and request a PCR test.
 - Humboldt County Public Health: (707) 268-2182
 - Del Norte County Public Health: (707) 464-3191
 - A confidential morbidity form will be filled out for each positive case
 - Copy of the confidential morbidity form will be faxed to County Public Health at their request.
 - All members of the cohort must quarantine a minimum of 10-14 days (as directed by the local health department) regardless of testing negative.
 - Additional testing may be encouraged at 7-10 days after the first positive test, but **does not negate the quarantine**.
 - For any athlete who tested positive, see return-to-play guidance from American Academy of Pediatrics for graduated return².

- **Practice Considerations^{1,5,6}**

- Face coverings to be worn by coaches, support staff and observers at all times.
- Face coverings to be worn when not participating in the activity (e.g., in the dugout, when not actively participating in drill/workout/play, etc.)
 - **If playing in a more restrictive tier (i.e., Purple Tier):** Face coverings to be worn by participants during practice, conditioning and during competition, even during heavy exertion as tolerated.^{1,2}
- Physical distancing (at least 6 feet of distance from others) to be observed by all individuals when appropriate (e.g., in the dugout, when not actively participating in drill/workout/play, etc.)
- When equipment is shared during an activity, participants should perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, and after the conclusion of the activity.
 - Balls or other objects or equipment can be touched by multiple players and used during practice and play if the above hand hygiene practices are followed.
- Any shared equipment should be regularly disinfected before, during, and after practice sessions.
- Drink bottles should not be shared, and other personal items and equipment should not be shared. Student athletes are encouraged to bring their own drinks to practices.



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- **Pre-Game Considerations**

- If using busses/vans for travel, employ universal masking, physical distancing, and the windows are to remain open the full duration of the trip¹.
 - Travel by private car limited to only those within the same household.
- Visiting teams are to come dressed and prepared for warm-up prior to the game/competition. No access to the locker room will be available unless for restroom use.
 - **Each respective team is in charge of holding their athletes accountable with protocols and hygiene^{1,5}.**
- All locker rooms, training rooms, or shared spaces (if applicable) are to be sanitized *prior* to both team's arrival and to be sanitized after use^{1,5}.
- Schools should make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available in shared spaces¹.
- Press boxes or score tables should be arranged in a way to allow for social distancing (6 feet) between each individual with proper ventilation^{1,6}.
 - Individuals within the press box or at the score table must wear masks and observe proper hand hygiene procedures.
 - Shared equipment must be sanitized before and after use.
 - Limit individuals in the press box or score table to one person from each team.
- **Observers/spectators are to be limited to capacity¹**, as designated by the local health departments (please see previous section on limitations of observers). Each school's designated administrator is responsible for checking individuals at the entrance gate.
 - Schools may consider setting up separate entrances for each competing school's observers to limit exposure^{1,5}.
- All observers are to maintain 6 feet of social distance between non-household members while wearing masks¹. non-household members while wearing masks.
- Concessions stands will not be permitted at this time.
- Coaches, game personnel and players only permitted in the dugout⁶.
 - Spectators shall not be permitted near the dugouts and/or the immediate area of the dugout.
- Pre-game meetings will consist of only the head coach of both teams and the game umpires⁶.
 - Social distancing and mask wearing will be observed, handshakes are ill-advised at this time^{1,5,6}
- No pre-game player introduction assemblies on the foul lines⁶.



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- **Game/Competition Considerations**

- Each team will provide sanitized balls (bucket) while on defense⁶.
 - Have a “dirty” ball bucket available, so they can be sanitized after the game
 - If a pitcher puts his/her hands to their mouth and touches the ball, “TIME” is called, the pitcher must sanitize their hands and a new ball is inserted before throwing the next pitch⁶.
- Minimize the sharing of playing equipment (bats, batting helmets, and catchers gear)⁶
 - Batting gloves are encouraged to minimize contact with bats, balls, and bases.
- When not actively participating, athletes must be socially distanced and wearing their masks at all times^{1,5,6}.
- Umpires are to wear face coverings at all times and practice social distancing^{1,5,6}.
- Athletes are to supply their own water or hydration bottles, no sharing between teammates^{1,5,6}.

- **Post-Game Considerations^{1,5,6}**

- Post-game handshakes are ill-advised at this time^{1,5,6}.
 - Each team should practice proper hand hygiene if this were to occur.
- Locker rooms are to be disinfected after each teams’ use.
- Sanitize all equipment after each game (balls, bats, catcher’s gear, bases, head table, dugout, etc.



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Volleyball

- **General Guidance¹**

- Signed informed consent needed for competition/play.
- Regular periodic COVID-19 testing of all athletes and support staff required (see “Conditions for Return to Play if Not Otherwise Authorized” section in General Guidance above)
 - Daily antigen testing OR twice weekly PCR testing with results made available within 48 hours of each competition.
 - Negative PCR test needed for baseline prior to beginning daily antigen testing and indoor practice.
- **Face coverings to be worn by athletes, coaches, and support staff at all times¹.**
- **If a player, coach, or support staff member tests positive for COVID-19:**
 - The local health department must be contacted within 24 hours to report the positive and request a PCR test.
 - Humboldt County Public Health: (707) 268-2182
 - Del Norte County Public Health: (707) 464-3191
 - A confidential morbidity form will be filled out for each positive case
 - Copy of the confidential morbidity form will be faxed to County Public Health at their request.
 - All members of the cohort must quarantine a minimum of 10-14 days (as directed by the local health department) regardless of testing negative.
 - Additional testing may be encouraged at 7-10 days after the first positive test, but **does not negate the quarantine**.
 - For any athlete who tested positive, see return-to-play guidance from American Academy of Pediatrics for graduated return².
- **Observers/spectators are to be limited to 10% capacity of the indoor venue**, as designated by the local superintendents.
 - Each school’s designated administrator is responsible for checking individuals at the entrance gate.
 - Schools may consider setting up separate entrances for each competing school’s observers to limit exposure^{1,5}.
 - All observers are to maintain 6 feet of social distance between non-household members while wearing masks¹.

- **Practice Considerations^{1,5,6}**

- Practice social distancing to the furthest extent possible^{1,5,6}.



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- When equipment is shared during an activity, participants should perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, and after the conclusion of the activity.
 - Balls or other objects or equipment can be touched by multiple players and used during practice and play if the above hand hygiene practices are followed.
- Any shared equipment should be regularly disinfected before, during, and after practice sessions.
- Drink bottles should not be shared, and other personal items and equipment should not be shared. Student athletes are encouraged to bring their own drinks to practices.
- **Pre-Game Considerations**
 - If using busses/vans for travel, employ universal masking, physical distancing, and the windows are to remain open the full duration of the trip¹.
 - Travel by private car limited to only those within the same household.
 - Visiting teams are to come dressed and prepared for warm-up prior to the game/competition. No access to the locker room will be available unless for restroom use.
 - **Each respective team is in charge of holding their athletes accountable with protocols and hygiene^{1,5}.**
 - All locker rooms, training rooms, or shared spaces (if applicable) are to be sanitized *prior* to both team's arrival and to be sanitized after use^{1,5}.
 - Schools should make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available in shared spaces¹.
 - Officials are to remain masked when indoors, and must sanitize after their use of their designated space¹.
 - Officials' tables should be arranged in a way to allow for social distancing (6 feet) between each individual^{1,6}.
 - Individuals at the score table must wear masks and observe proper hand hygiene procedures.
 - Shared equipment must be sanitized before and after use.
 - Limit individuals in the press box or score table to the home team scorer, libero tracker and timer.
 - Visiting team personnel are not deemed essential personnel and will need to find an alternative location.
 - Concessions stands will not be permitted at this time.
 - Pre-match conference will take place at center court with one coach and one referee positioned on each side of the net⁶ with social distancing observed.



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- Suspend roster submission at the pre-match conference. Rosters are submitted directly to the officials' table before the 10-minute mark⁶.
- No pre-game player introduction assemblies on the foul lines⁶.
- **Game/Competition Considerations**
 - Only coaches, game personnel and players permitted in the team bench area^{5,6}.
 - Social distance requirements must be observed by all in the team bench area.
 - Suspend the protocol of teams switching benched between sets⁶.
 - Linesmen must wear masks and maintain 6 feet of social distance from all participants, coaches, and officials at all times and practice proper hand hygiene^{1,5,6}.
 - When not actively participating, athletes must be socially distanced and wearing their masks at all times^{1,5,6}.
 - Athletes are to supply their own water or hydration bottles, no sharing between teammates^{1,5,6}.
- **Post-Game Considerations**^{1,5,6}
 - Post-game handshakes are ill-advised at this time^{1,5,6}.
 - Each team should practice proper hand hygiene if this were to occur.



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Track and Field

- **General Guidelines**^{1,5,6}
 - Masks shall be worn at all times by all individuals in attendance other than when engaged in high-intensity events or if the mask may pose a safety risk for visibility (e.g., sprints, hurdles, long distance events, pole vault, high jump)
 - Social distancing measures shall be in place at all times by all individuals in attendance other than when engaged in competition
- **Event Modifications**^{1,5,6}
 - To limit contact: athletes may provide their own implements (that pass inspection) and retrieve their own implements after all throws.
 - If athletes cannot provide their own implements, then it is recommended that implements be sanitized between use.
- **Pre- and Post-Meet Ceremony and Conference**
 - Handshakes are ill-advised at this time^{1,5,6}.
 - Each team should practice proper hand hygiene if this were to occur.
 - Follow social distancing guidelines during clerking at the start line, tabulations and posting of results, waiting for one's heat to begin, during award ceremonies, etc.^{1,5,6}
- **Equipment and Hand Sanitation**^{1,5,6}
 - Schools/competitors can bring their own batons, or they should be disinfected after each heat/race
 - Home sites should make hand sanitizer readily available at start/end lines and field event locations (i.e., pole vault, high jump, discus, shot put, etc.)



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Cross Country

- **General Guidelines:**^{1,5,6}
 - Cross country meets will use staggered, wave, or interval starts.
 - Masks shall be worn at all times by all individuals in attendance, other than when engaged in competition.
 - Social distancing measures shall be in place at all times other than when engaged in competition.
- **Event Modifications:**^{1,5,6}
 - Courses should be widened to ensure there is at least 6 feet width at its narrowest point.
 - Finish line area should be enlarged to provide for social distancing guidelines.
- **Pre-Post Meet Ceremony and Conference:**^{1,5,6}
 - Do not shake hands before or after races/events.
 - Follow social distancing guidelines at pre- and post-meet conferences, clerking at the start line, and tabulations and posting of results.
 - Officials continue to use their own personal equipment.
- **Water Bottles and Hydration Stations:**^{1,5,6}
 - Team members shall not share water bottles.
 - Hydration stations may be utilized but shall be touched only by a single appointed monitor.



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Golf

- **General Guidelines:**^{1,5,6}
 - Masks shall be worn at all times by all individuals in attendance.
 - Only essential personnel are permitted on the course. These are defined as players, coaches, athletic trainers, and officials.
 - Social distancing measures shall be in place at all times .
- **Event Modifications:**^{1,5,6}
 - Golf equipment--players should use their own equipment and golf balls. Players should not touch other players' equipment or golf balls.
 - Course equipment--players should not touch the flagstick, bunker rakes, or ball cleaning devices on the course.
- **Pre-Post Meet Ceremony:**^{1,5,6}
 - Replace handshakes before and after the match with a social distance acknowledgment of the team's choosing.
- **Water Bottles and Hydration Stations:**^{1,5,6}
 - Team members shall not share water bottles.
 - Hydration stations may be utilized but shall be touched only by a single appointed monitor.



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Tennis

- **General Guidelines:**^{1,5,6}
 - Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
 - Social distancing measures shall be in place at all times other than when engaged in competition.
- **Event Limitations**^{1,5,6}
 - 24 matches permitted during the season.
 - Only singles tennis is permitted in the Purple (Widespread) Tier.
- **Pre-Match Conference and Post-Match Ceremony:**^{1,5,6}
 - Limit attendees to the official and the head coach from each team.
 - All individuals maintain a social distance of 6 feet or greater.
 - Suspend handshakes and replace with a social distance acknowledgment of the team's choosing
- **Tennis Ball Sanitation:**^{1,5,6}
 - Practice caution with the tennis balls and avoid letting the participants touch them.
 - Try to restrict balls to a particular group, court, or team. Label balls with a permanent marker.
 - Consider spraying tennis balls briefly with a disinfectant spray (e.g., Lysol or Clorox) at the conclusion of play.
 - Using new balls on a very regular basis is highly encouraged.
- **Equipment and Accessories:**^{1,5,6}
 - Use alcohol-based disinfectant to clean all tennis gear, including racquets, towels, target cones, ball machines, etc.
 - Permissible face coverings are required to be worn at all times by all attendees present.
 - Gloves are permissible.
 - **Players shall utilize their own equipment bin for all personal gear on the sideline.**
- **Water Bottles and Hydration Stations:**^{1,5,6}
 - Team members shall not share water bottles.
 - Hydration stations may be utilized but shall be touched only by a single appointed monitor.
- **Officials' Uniform and Equipment:**^{1,5,6}
 - By state association adoption, long-sleeved shirts are permissible.
 - Face coverings are permissible.
 - Gloves are permissible.



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Basketball

- **General Guidelines:**^{1,5,6}
 - Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
 - Social distancing measures shall be in place at all times other than when engaged in competition.
- **Event Limitations**^{1,5,6}
 - 28 games permitted during the season.⁶
 - Please refer to the previous section outlining limitations of observers in each respective tier.
 - **All participants, staff, and officials must be counted towards capacity limits.**
 - **Basketball Cheer:**
 - Must follow all testing guidelines and procedures as basketball (i.e., baseline negative PCR, daily screening, etc.)
 - Please refer to “Conditions for Return to Play if Not Otherwise Authorized” guidelines from the Institutions of Higher Education document (page 8)
 - **Masks to be worn at all times** *except* when tumbling/stunting (poses an injury risk due to vision obstruction) and during half-time routines.
 - Stunting to be permitted.
- **Pre-Game Conference:**^{1,5,6}
 - Limit attendees to the referee and the head coach from each team.
 - All individuals maintain a social distance of 6 feet or greater.
- **Team Benches:**^{1,5,6}
 - Limit the number of bench personnel to observe social distancing to the best extent possible
 - Place team benches opposite the spectator seating whenever possible.
 - Personnel not in the game should adhere to any required local/state face covering requirements (see above).
- **Officials’ Table:**^{1,5,6}
 - Host should sanitize the table before and after games.
 - Limit to essential personnel which includes home team scorer and shot clock timer.
 - Table personnel should adhere to any required local/state face covering requirements (see above).



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- **Equipment and Accessories:**^{1,5,6}
 - Permissible face coverings are required to be worn at all times by all attendees present when not engaged in competition (i.e., player who is substituted out of game must immediately put on a face covering).
- **Water Bottles and Hydration Stations:**^{1,5,6}
 - Team members shall not share water bottles.
 - Hydration stations may be utilized but shall be touched only by a single appointed monitor.
- **Officials' Uniform and Equipment:**^{1,5,6}
 - Face coverings are required at all times.



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Wrestling

- **General Guidelines:**^{1,5,6}
 - Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
 - Social distancing measures shall be in place at all times other than when engaged in competition.
 - If conducting matches/practices *outside*, weekly testing to be administered based on county metrics as per Outdoor High Contact Sports guidance¹ ***regardless of designated tier color.***
 - Weekly testing necessary for players/coaches when weekly adjusted case rates are between 7-14 per 100,000
 - Antigen testing preferred (results available in 15 minutes)
 - Need results within 24 hours of competition
 - *Testing will not be necessary if weekly adjusted case rates are below 7 per 100,000, but will need to resume if numbers rise above said threshold again.*
- **Event Limitations**^{1,5,6}
 - 40 matches permitted during the season.⁶
 - Contests must be scheduled to allow for appropriate cleaning and sanitizing when a new team comes to the facility.
 - Please refer to the previous section outlining limitations of observers in each respective tier.
 - **All participants, staff, and officials must be counted towards capacity limits.**
 - Weigh-ins to be completed one team at a time.
 - When a wrestling room is available, the home team should use the wrestling room for their warm-up
- **Team Benches:**⁶
 - Adhere to physical distancing guidelines.
 - Only one coach and one athlete per team will be permitted on the mat during a match.
 - Personnel not in the game should adhere to any required local/state face covering requirements (see above).
- **Officials' Table:**^{1,5,6}
 - Limit to essential personnel only.
 - Table personnel should adhere to any required local/state face covering requirements (see above).



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- **Equipment and Accessories:**^{1,5,6}
 - Permissible face coverings are required to be worn at all times by all attendees present when not engaged in competition (i.e., a player who is substituted out of game must immediately put on a face covering).
- **Water Bottles and Hydration Stations:**^{1,5,6}
 - Team members shall not share water bottles.
 - Hydration stations may be utilized but shall be touched only by a single appointed monitor.
- **Officials' Uniform and Equipment:**^{1,5,6}
 - Face coverings are required at all times.



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American Academy of Pediatrics COVID-19 Guidance: Return to Sports²

What if the youth or a family member exhibits signs or symptoms of COVID-19 or tests positive?

- All parents/guardians need to report if the athlete or any household contact is exhibiting any signs or symptoms of COVID-19 or tests positive for SARS-CoV-2, even if asymptomatic.
 - These individuals should be held out of ALL practices and games until the CDC-recommended isolation or quarantine period has expired.
- If the test result for SARS-CoV-2 is positive, team officials and the health department should be notified so contact tracing and appropriate quarantining can be performed.
 - The local health department can assist in determining when it is safe for athletes and exposed contacts to return to practice, and guidelines from the CDC should be followed to determine clearance.

What to do if a participant had COVID-19 or has it during the season?

- In a SARS-CoV-2-positive child who is either **asymptomatic** or **mildly symptomatic** (<4 days of fever >100.4°F, short duration of myalgia, chills, and lethargy), there are limited data available and recommendations are based on expert opinion.
 - Individuals who test positive for COVID-19 should not exercise until they are cleared by a physician.
 - It is suggested that they visit with their primary care physician (PCP) who will review the local 14-point preparticipation screening evaluation with special emphasis on cardiac symptoms including **chest pain, shortness of breath out of proportion for upper respiratory tract infection, new-onset palpitations, or syncope** and perform a complete physical examination.
- For those with **moderate** symptoms of COVID-19 (≥4 days of fever >100.4°F, myalgia, chills, or lethargy or those who had a non-ICU hospital stay and no evidence of MIS-C), an ECG and cardiology consult is currently recommended after symptom resolution, and at a minimum of 10 days past the date of the positive test result.
 - Individuals who test positive for SARS-CoV-2 should not exercise until they are cleared by a physician. The cardiologist may consider ordering a troponin test and an echocardiogram at the time of acute infection.
 - Depending on the patient's symptoms and their duration, additional testing including a Holter monitor, exercise stress testing, or cardiac magnetic resonance imaging (MRI) may be considered



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- If cardiac workup is **negative**, gradual return to physical activity may be allowed after 10 days have passed from the date of the positive test result, and a minimum of 10 days of symptom resolution has occurred off fever-reducing medicine.
- For patients with **severe** COVID-19 symptoms (ICU stay and/or intubation) or **multisystem inflammatory syndrome in children (MIS-C)**, it is recommended they be restricted from exercise for a minimum of 3-6 months and definitely require cardiology clearance prior to resuming training or competition.
 - Coordination and follow-up cardiology care should be arranged prior to hospital discharge. Extensive cardiac testing should include but is not limited to: troponin tests, echocardiogram, and cardiac MRI.
- A graduated return-to-play protocol can begin once an athlete has been cleared by a physician (cardiologist for **moderate** to **severe** COVID-19 symptoms) and is asymptomatic when performing normal activities of daily living.
 - This progression should be performed over the course of a 7-day minimum
 - Consideration for extending the progression should be given to athletes who experienced **moderate** COVID-19 symptoms as outlined above.
- The following progression was adapted from Elliot N. et al, infographic, *British Journal of Sports Medicine*, 2020:
 - **Stage 1:** Day 1 and Day 2 - (2 Days Minimum) - 15 minutes or less
 - Light activity (walking, jogging, stationary bike), intensity no greater than 70% of maximum heart rate. NO resistance training.
 - **Stage 2:** Day 3 - (1 Day Minimum) - 30 minutes or less
 - Add simple movement activities (e.g., running drills). Intensity no greater than 80% of maximum heart rate.
 - **Stage 3:** Day 4 - (1 Day Minimum) - 45 minutes or less
 - Progress to more complex training. Intensity no greater than 80% of maximum heart rate. May add light resistance training.
 - **Stage 4:** Day 5 and Day 6 - (2 Days Minimum) - 60 minutes
 - Normal training activity. Intensity no greater than 80% of maximum heart rate.
 - **Stage 5:** Day 7 - Return to full activity/participation (i.e., contests/competitions)



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Appendix 1⁸

KEEP YOUTH ATHLETES SAFE

Reduce the Spread of COVID-19 in Youth Sports

Reduce physical closeness between players when possible

- Allow players to focus on building individual skills, like batting, dribbling, kicking, and strength training
- Limit full contact between players to game days (avoid during practice)
- Increase space between players in the practice areas, including on the sideline, dugout, and bench
- Avoid high fives, handshakes, fist bumps or hugs

Minimize sharing of equipment or gear

- Encourage players to bring their own equipment, like gloves, balls, and helmets (if possible)
- Clean and disinfect shared items between use

Limit travel outside of your area



STAY SAFE ON AND OFF THE FIELD



Stay home if you are sick.



Bring your own equipment and gear (if possible)



Cover your coughs and sneezes with a tissue or your elbow.



Wash your hands or use sanitizer before and after events and sharing equipment.



Tell a coach or staff member if you don't feel well.

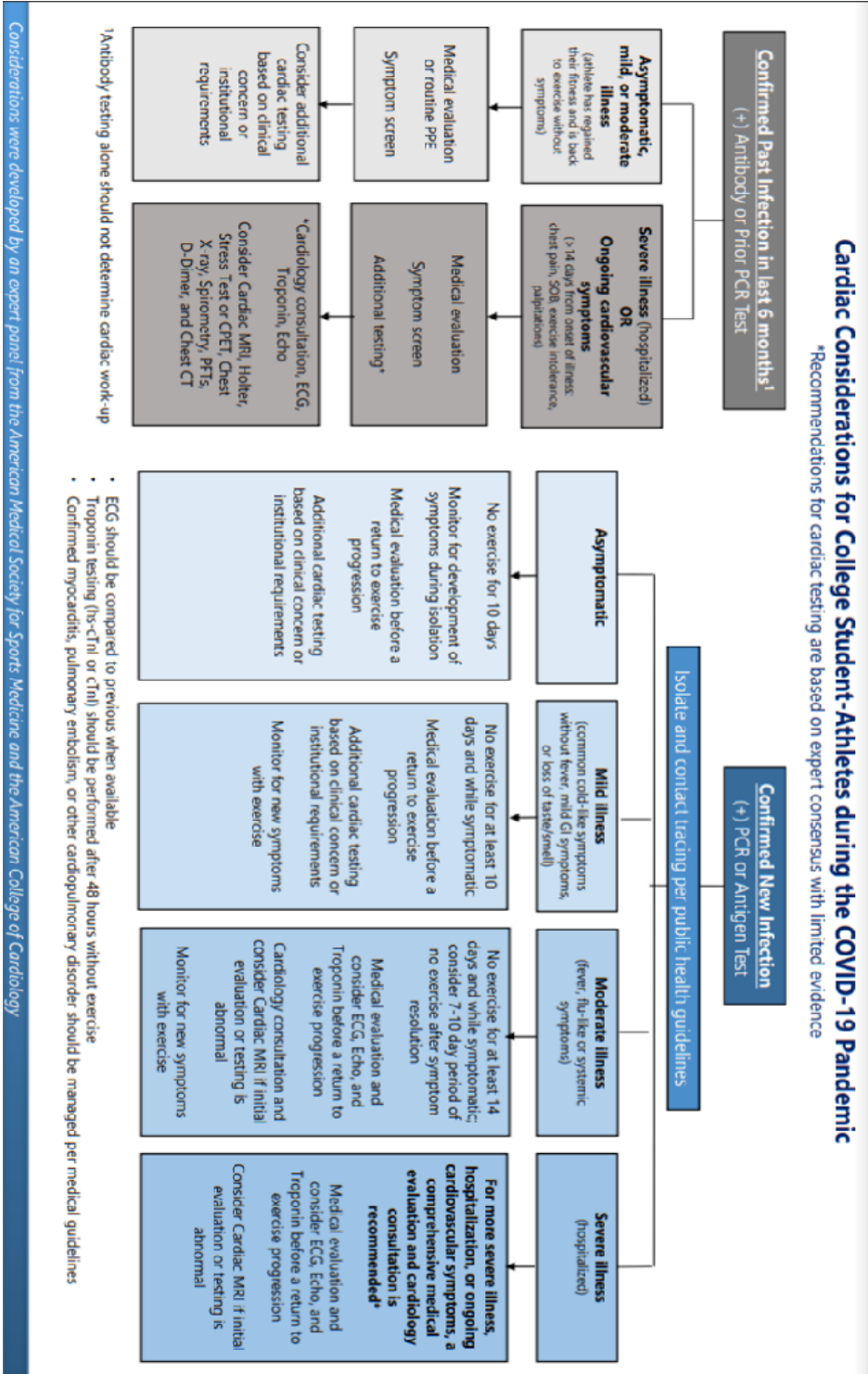


cdc.gov/coronavirus



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Appendix 2^{3,4}






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Appendix 3⁶

California Interscholastic Federation



**CIF Recommended Evaluation &
Cardiac Testing for COVID-19 (+) Athletes
Returning to Education-Based Athletics**

Applies to athletes ≤ 18 years old

Grading severity of illness

- **Asymptomatic**
 - o + COVID test, no symptoms
- **Mild (usually ≤ 3 days)**
 - o Loss of taste/smell (can last > 3 days, and often weeks to months)
 - o Cough (residual dry cough can last > 3 days, and often weeks)
 - o Sore throat
 - o Congestion
 - o Nausea/vomiting
 - o Abdominal pain
 - o Diarrhea
 - o Fatigue
 - o Headache
 - o Fever +/- chills
- **Moderate**
 - o Cardiopulmonary symptoms
 - § Shortness of breath
 - § Chest pain/pressure/tightness
 - § Palpitations
 - § Fainting
 - o Central nervous system
 - § Prolonged headache
 - o Systemic symptoms
 - § Prolonged fever +/- chills (> 3 days)
 - § Prolonged fatigue (> 3 days)
- **Severe**
 - o Any hospitalization
 - o New or recurrent symptoms concerning for multisystem inflammatory syndrome in children (MIS-C)
 - § Fever, rash, abdominal pain, vomiting, diarrhea, lethargy, and conjunctivitis
 - § Possible to appear weeks after infection or even without previous known infection

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Updated 2/22/2021



Humboldt-Del Norte High School Sports League

California Interscholastic Federation



If COVID-19 (+) Within the Prior 3 Months

Asymptomatic [COVID(+) test only]

- No testing needed
- Needs medical clearance before beginning GRTP [may be virtual if pre-participation evaluation (PPE) previously done]

Mild to Moderate

- Needs medical evaluation and clearance before beginning GRTP
- Strongly consider ECG, troponin, and echocardiogram in athletes with history of moderate disease symptoms, especially if cardiopulmonary symptoms present
 - If any abnormal testing, refer to Cardiology

Severe

- Needs medical evaluation and clearance before beginning GRTP
- Typically evaluated by Cardiology during hospitalization; strongly encourage outpatient Cardiology evaluation if not done in hospital
 - ECG, troponin, and echocardiogram at minimum
 - Additional testing performed as needed

Athlete aged ≤ 18 years old and COVID-19 + in the last 3 month

| Asymptomatic | Symptomatic (Mild/Moderate) | Severe Illness |
|--|--|---|
| Requires medical clearance (may be virtual) to begin GRTP* | Needs medical evaluation and clearance to begin GRTP* | 1. Any Hospitalization 2. Concern for MIS-C |
| No additional testing necessary | Strongly encourage cardiac testing (e.g., ECG, troponin, echocardiogram) for moderate illness, including the following symptoms, and referral to Cardiology for any abnormalities: <ul style="list-style-type: none">- Fever > 3 days- Cardiopulmonary symptoms- Hypoxia (O2 sat < 95%)- Prolonged symptoms (other than loss of taste/smell or dry cough) | Needs medical evaluation and clearance to begin GRTP* |
| | | Recommend Cardiology consultation (if not done during hospitalization) |
| | | Needs cardiac testing (e.g., ECG, troponin, echocardiogram) at minimum. |

*GRTP = graduated return to play

If COVID-19 (+) More Than 3 Months Ago

Severe illness

- Needs medical evaluation and clearance before beginning GRTP

If asymptomatic, mild or moderate illness and has regained fitness/back to full exercise without symptoms

- Meet school/district requirements e.g., routine PPE, medical clearance letter



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Appendix 4⁶



CIF COVID Graduated Return to Play (GRTP) Protocol



Instructions:

- This recommended CIF GRTP Protocol should be completed before returning to FULL COMPETITION no earlier than day 8.
 - An adult (e.g. parent) or school personnel (e.g., certified athletic trainer, AD, coach) should monitor you during this protocol.
 - This protocol can take longer than 7 days if instructed by your physician/healthcare provider.
 - The symptom-free period (part of the Rest Period) can also take longer than 7 days depending on the severity of your illness.
- If symptoms return at any time in this progression, IMMEDIATELY STOP any physical activity and follow up with your physician/healthcare provider. You will need to be cleared by your healthcare provider to return to the GRTP Protocol.
 - Symptoms can include chest pain, chest tightness, palpitations, lightheadedness, feeling faint or fainting, shortness of breath, fatigue
- Seek medical attention if you feel uncomfortable at any time during the progression.

| Days | Activity Description | Exercise Allowed | Objective of the Stage |
|---|--|--|---|
| Minimum 10 days | Rest Period: Limited physical activity for: –10 days from asymptomatic (+) test OR –10 days from onset of symptoms with at least 7 days with no symptoms (exception is loss of taste and smell) | <ul style="list-style-type: none"> • Activities of daily living (ADLs), walking okay • No activities requiring any exertion (weightlifting, jogging, P.E. classes) | <ul style="list-style-type: none"> • Recovery and/or reduction/elimination of symptoms to protect the cardiorespiratory system |
| Before starting, must be able to complete ADLs and walk ~1/4th mile without fatigue or breathlessness | | | |
| 1 | Light aerobic activity | <ul style="list-style-type: none"> • 10-15 minutes (min) of brisk walking or light stationary biking, light elliptical • No resistance training | <ul style="list-style-type: none"> • Increase heart rate to ≤ 50% of perceived maximum (max) exertion (e.g., < 100 beats per min) • Monitor for symptom return |
| 2 | Light aerobic activity | <ul style="list-style-type: none"> • 15-20 min of brisk walking or light stationary biking, light elliptical • No resistance training | <ul style="list-style-type: none"> • Increase load gradually • Increase heart rate to 50% max exertion (e.g., 100 bpm) • Monitor for symptom return |
| You should have medical clearance from your healthcare provider before continuing to day 3 below | | | |
| 3 | Moderate aerobic activity Light resistance training | <ul style="list-style-type: none"> • 20-30 min jogging, light biking, swimming • Body weight exercises (squats, planks, push-ups), max 1 set of 10, ≤ 10 min total | <ul style="list-style-type: none"> • Increase load gradually • Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm) • Monitor for symptom return |
| 4 | Strenuous aerobic activity Moderate resistance training | <ul style="list-style-type: none"> • 30-45 min running, biking, swimming • Weightlifting ≤ 50% of max weight | <ul style="list-style-type: none"> • Increase load gradually • Increase heart rate to > 75% max exertion • Monitor for symptom return |
| 5 | Non-contact training with sport-specific drills No restrictions for weightlifting | <ul style="list-style-type: none"> • 45-60 min of non-contact drills, sport-specific activities (cutting, jumping, sprinting) | <ul style="list-style-type: none"> • Coordination and skills/tactics • Acceleration/deceleration with total body movement • Monitor for symptom return |
| 6 | Limited practice including limited contact | <ul style="list-style-type: none"> • Controlled drills including contact drills (but no scrimmaging) | <ul style="list-style-type: none"> • Restore confidence and assess functional skills • Assess readiness for return to play |
| 7 | Full unrestricted practice | <ul style="list-style-type: none"> • Return to normal unrestricted training (with contact) | <ul style="list-style-type: none"> • Increase acceleration, deceleration and rotational forces • Monitor for symptom return |
| 8 | Return to play (competition) | <ul style="list-style-type: none"> • Normal game play (competitive event) | <ul style="list-style-type: none"> • Return to full sports activity without restrictions |

Athlete's Name: _____ Date of + COVID Test: _____ Symptoms? ☐ No ☐ Yes: Date of Symptom Onset _____

Adapted from Elliott N et al., BJSM 2020

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Humboldt-Del Norte High School Sports League

Appendix 5³

UNDERSTANDING RISK RELATED TO COVID-19 AND YOUTH SPORTS

Lower Risk
Higher Risk

| Category | Lower Risk | Higher Risk |
|-----------------------------|--|--|
| Type of Sport | Individual sports that allow for 6-8 feet between other competitors | Sports with frequent close contact |
| Sports Equipment | Sports where athletes do not share equipment | Sports which have shared equipment among athletes |
| Duration of Contact | Less than 10-15 minutes | Longer than 15 minutes |
| Type of Venue | Outdoor spaces, especially if large enough for physical distancing | Indoor spaces especially if smaller, crowded and poorly ventilated |
| Number of Athletes | Small teams, or groups less than 10 people, with no mixing of athletes | Large group events with many teams mixing play |
| Travel | Playing within team or staying in local community for games | Traveling and playing outside your community |
| Cloth Face Coverings | Cloth face coverings at all times | No cloth face coverings |
| Adherence | Teams, spectators and officials follow safety rules | Teams, spectators and officials do not follow safety rules |

Participating in youth sports can be very good for mental and physical health. However, it is important to know the risks of COVID-19 infection related to sports so you can make decisions that are best for your family.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN

NIA

NATIONAL INSTITUTE ON AGING

AMSSM

AMERICAN MEDICAL SOCIETY FOR SPORTS MEDICINE

Note: Organized sports or sporting events should only occur if permitted by local/state government.



Humboldt-Del Norte High School Sports League

Appendix 6⁸

Breaking Down the CDPH Indoor Sports Requirements into 4 Easy Steps

Site Specific Plan

Create a Covid-19 prevention plan (share with workers).

Designate a person at each facility to implement the plan and respond to concerns.

Regularly evaluate the facility for compliance with the plan.

Return to Play Safety Plan

Have parents sign the CDPH Covid-19 Sports Informed Consent

Create a plan for contact tracing. Film may be used. Contact = within 6 feet for 15 or more minutes. Follow local public health quarantine guidelines.

Create a system to notify other teams should an athlete test positive within 48 hours after competition.

No mixing with local teams or hosts when travel.

Screening

Screen for symptoms (workers and athletes) entering the facility/event

OR

Screen at home

Easily done using a Google Form (name, contact information, symptom check).

A QR code can be used to link to Google Form at facility on posted flyers.

Testing

Athletes and support staff

Daily antigen testing

OR

Periodic PCR testing within 48 hours of competition.

Go to testtodayca.com to get set up with Inspire Diagnostics. They will do all the testing and reporting for you at no cost to students, schools, or districts.



For more details, see the CDPH guidelines revised March 4, 2021:
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>



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