

COVID-19 Physical Distancing & Safety Plan Youth Sports Conditioning

Background:

COVID-19, also known as the novel coronavirus, is a respiratory illness that is spread through the air via respiratory droplets from an infected person or by touching contaminated surfaces.

Preventing the transmission of COVID-19 requires a combination of prevention measures including: physical distancing, wearing face coverings, sanitizing surfaces, and staying home when not feeling well. **PLEASE NOTE: Physical distancing alone is insufficient to prevent transmission of COVID-19.**

Requirements may change. Please refer to the State of California COVID-19 Industry Guidance for the most current information.

Youth Sports General Guidelines

Tier 1 – Purple

If Sacramento County is in Tier 1 (Purple) youth sports conditioning is allowed **outdoors only**.

Tiers 2-4 – Red, Orange, Yellow

If Sacramento County is in Tiers 2-4 (Red, Orange, or Yellow) youth sport conditioning may take place indoors following the [fitness facility guidance](#).

Sacramento County tier - Please check to see which color tier Sacramento County is listed under before adjusting operations. Sacramento County's status can be found at <https://www.saccounty.net/COVID-19/Pages/default.aspx>

Physical distancing - At least **6 ft. of distance** must be maintained between participants.

Youth sports conditioning must be conducted in a cohort. A cohort is a stable group of **no more than 25 children or youth** and no more than two supervising adults in a supervised environment (or a configuration of no more than 27 individuals total in the cohort). The group stays together for all activities, including meals and recreation. Each group avoids contact with anyone not in their group.

The members of a cohort may be changed only after the member or group has not been in contact with any part of any cohort for 14 days. Examples:

- Cohorts may be assembled into different groups after a two week hiatus where no practices/conditioning takes place.
- A player who is removed from all practices and conditioning for 14 days may be placed into any existing cohort as long as cohort size is not exceeded.

Tournaments, events, or competitions are not permitted, regardless of whether teams are from the same school or from different schools, counties, or states.

Each organization shall complete a Physical Distancing and Safety Plan for Youth Sports

A template is provided on the following pages.

COVID-19 Physical Distancing & Safety Plan for Youth Sports

This checklist is intended to assist youth sports facilities with implementing a plan to prevent the spread of COVID-19.

PROGRAM NAME: _____

ADDRESS: _____

Develop, Implement, and Maintain a Written Plan

- Identify the person in charge of creating and implementing the plan.
- Establish the capacity and registration that accommodates physical distancing requirements of 6 ft.
- Divide participants into smaller cohort sports groups of no more than 25 youths and 2 adults (or a configuration of no more than 27 individuals total in the cohort). These groups should be consistent and rostered as such.
- Describe how training and communication with employees will be conducted.
- Describe how the organization will self-check for compliance with safety measures and the process for correcting any safety measures that are not being implemented properly.
- Follow all applicable measures of the Sacramento County [Public Health Order](#).
- Develop a plan for employees that report positive COVID-19 results.
- Develop a plan for the possibility of repeated closures due to COVID-19 illnesses.
- Provide a copy of this plan to all staff, volunteers, parents and guardians, and youth participants. A copy of this plan must be posted at each practice area entrance.
- Ensure external community organizations that use the facilities also follow this plan.
- Require all parents, guardians, and youth participants to sign a commitment to abide by the plan requirements prior to being allowed to participate or enter the practice area. This form will also outline the common symptoms of COVID-19.
[COVID-19 Symptoms](#) [COVID-19 Fact Sheet](#)
- Acknowledge and support decisions made by youth, parents, guardians, and adult leaders who are uncomfortable participating for any reason.

Employee & Volunteer Health Protocols

- Train all employees and volunteers on the following:
 - [Preventions, transmission, and care of COVID-19 illness](#)
 - [Cleaning and disinfecting](#)
 - [Hand Hygiene](#)
 - [Respiratory etiquette](#)
 - [CDPH Guidance for the Use of Face Coverings](#)
 - [Physical distancing](#)
- Screen employees and volunteers before entering practice areas.
[COVID-19 Symptoms](#)
- Ensure space is available to isolate ill staff and participants (restrooms and supervision).
- Establish procedures for contacting emergency personnel or a family member to transport anyone who is sick to their home or a healthcare provider.
- Immediately isolate and request appropriate transportation for those who are sick to their home or a healthcare provider.

- Provide adequate personal protective equipment (PPE) for staff who supervise and care for ill participants, staff, and volunteers.
- Wait more than 24 hours before cleaning and disinfecting areas used by an ill person.
- Ensure safe and correct use and storage of [EPA approved list of disinfectants](#), including storing products securely away from children.
- Do not allow participants or staff with new or worsening symptoms of COVID-19 to return until:
 - In the case of a person who was symptomatic with mild to moderate illness and thinks or knows they had COVID-19, they must isolate at home. The person may return to work when **all three** of the following criteria are met:
 1. At least 10 days have passed since symptoms first appeared; or
 2. At least 24 hours have passed since last fever without the use of fever reducing medications, and
 3. Symptoms have improved (e.g., cough, shortness of breath, etc.)
 - In the case of a person with no symptoms of illness, but tested positive for COVID-19, the employee may return to work when there has been 10 days since the first positive test **and** they continue to have no symptoms.
 - If the case of a person who has been exposed to someone who has tested positive for COVID-19, the employee may return to work following a 14 day quarantine if there have been no symptoms.
 - An exposure is defined as someone who has had close contact (less than 6 feet) for at least 15 minutes. More information on when to quarantine can be found at the [CDC website](#).
 - In the case of a person who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return until they have completed the same three step criteria listed above; if the individual has symptoms that could be COVID-19 and wants to return before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.

Practice Area Health Protocols

- Each organization shall identify how the organization will provide for disinfecting of practice and drill areas and regular cleaning of high-tough surfaces.
- Frequently clean and disinfect any regularly touched surfaces (equipment, doorknobs, tables, chairs, restrooms, etc.).
- Frequently disinfect any items that come into contact with participants.
- Make hand sanitizer, disinfecting wipes, soap, and water, or similar disinfectant readily available. Place readily visible signage to remind everyone of best hygiene practices.
- Restroom: the facility will post hand washing flyers on doors and in bathrooms that include symptoms of COVID-19.

Participant Protocols

- Screen participants before entering any practice area or field for [COVID-19 Symptoms](#)
- The use of face coverings shall not be used as a modification to circumvent 6 ft distancing requirements. If social distancing cannot be maintained by the nature of the activity, the methods should be modified.
- Stagger drop-off and pickup times to avoid large groups and allow for screening.

- ❑ The organization will develop a specific plan for drop off and pick up that adheres to social distancing guidelines.
- ❑ Create pathways into and out of the practice areas so that cohort youth sports groups are not coming into contact with other cohort youth sports groups upon entering or exiting the area.
- ❑ Avoid hosting activities that promote interaction with people outside the cohort.
- ❑ Instruct participants and staff that physical contact such as hugs, high fives, etc. are not allowed.
- ❑ Hand washing stations and hand sanitizer shall be available for each cohort youth sports group.
- ❑ Require all participants to wash or sanitize their hands before entering practice area, directly after practice and at each break.
- ❑ If monetary transactions are handled on site, provide contactless payment or prepayment options whenever possible.
- ❑ Participants must be instructed to handle and care for their own equipment. Staff or volunteers will not be allowed to handle personal equipment.
- ❑ Remind participants to wash their hands/use hand sanitizer prior to and immediately following activities where equipment and/or balls are handled by multiple individuals.
- ❑ Remind participants that they should avoid touching their faces when engaging in activities where equipment and/or balls are handled by multiple individuals.
- ❑ All facilities and equipment will be washed and pre-sanitized before and after each use.
- ❑ All participant and staff personal items such as bags, cell phones, personal reusable water flasks/bottles and backpacks will only be allowed in the practice area if proper space is maintained between all items.
- ❑ Equipment should be set up and stored so that it can be retrieved without touching other equipment.
- ❑ Sports equipment must be designated and marked for each cohort youth sports group. This equipment must not be allowed to be used by any other cohort youth sports group.
- ❑ Sanitize all sports equipment for each cohort youth sports group after they are collected and before they are returned to circulation. The minimum equipment necessary must be used for practices and drills.
- ❑ All unnecessary equipment should be stored so that it is inaccessible to participants. (ie. chairs, tables, etc.)
- ❑ Schedule practice or drill times to ensure social distancing can be maintained between cohort groups.
- ❑ Participants with a cohort sports group may not arrive at the practice area until the previous group has completely left.
- ❑ At no time will the cohort youth groups or the staff assigned to that group be allowed to intermingle or move between groups.
- ❑ Breaks will be organized so that designated cohort groups will not intermingle and social distancing of 6 ft. or greater can be achieved
- ❑ Have participants bring their own meals if possible, and practice physical distancing when eating.
- ❑ Use disposable food service items (e.g., utensils and plates). If disposable items are not feasible, ensure that all non-disposable food service items are handled with gloves and washed with dish soap and hot water or in a dishwasher. Individuals should wash their hands after removing their gloves or after directly handling used food service items.
- ❑ If food is provided, have pre-packaged boxes or bags for each attendee instead of a buffet or family-style meal. Avoid sharing of foods and utensils and ensure the [safety of children with food allergies](#).
- ❑ Self-serve water dispensers will be temporarily closed.
- ❑ Participants will be required to dispose of their own trash into no-touch garbage cans. Remove lids if present.
- ❑ Where appropriate, prop open doors to the facility and restrooms.

- ❑ Limit the number of participants in the restrooms to allow for users to easily maintain at least 6 ft. of distance from one another at all times.
- ❑ Locker rooms shall not be used at this time.
- ❑ To assist with physical distancing, lines must be installed with six foot marker for staff and participant to maintain safe social distances.
- ❑ Trash can should be touchless. Remove lids if present.
- ❑ Only participants and staff will be allowed to attend the practices and drills. Cohort sports youth groups will not be allowed to mingle or leave the designated area for that group.
- ❑ If parent/guardian chooses to stay and observe, they may do so from pre-designated areas, while keeping proper distancing from athletes and other parents/guardians.
- ❑ Youth sports staff will monitor participant compliance of this safety plan while on the property and physical distancing requirements will be enforced.
- ❑ Any additional sport specific measures not included here should be listed on separate pages, which the organization should attach to this document.

Resources:

[Sacramento County Public Health](#)

[Sacramento County COVID-19 updates](#)

[CDPH Guidance Related to Cohorts](#)

[CDPH Guidance for Outdoor-Indoor Recreational Sports](#)

Document was prepared by Sacramento County's [Environmental Management Department](#)

Summary of Revisions

7/20/2020: Initial version

9/8/2020: Update to align with requirement restricting indoor practice. Include definition of cohort.

9/24/20: Added CDPH Guidance Related to Cohorts

10/1/2020: Updated guidance per current Public Health Order and movement into Red Tier.

10/21/20: Under "Participant Protocols", added instructions for handling equipment such as balls

11/3/20: Increased the number of students permitted to comprise a cohort to 25 plus 2 adults at the direction of Sacramento County Public Health.

12/2/20: Updated link for the CDPH Guidance for the Use of Face Coverings.

12/16/20: Updated to restrictions for Regional Stay at Home Order, dated 12/9/2020.

12/21/2020: Added additional language clarifying conditioning only, competition is not allowed at this time.

1/13/21: Removed Regional Stay at Home Order information from p.1 to align with public health order dated 1/13/21.

PHO: 1/13/2021