



7001-A East Parkway, Suite 600A  
Sacramento, CA 95823  
Phone (916) 875-5881  
Fax (916) 875-5888  
www.scph.com

## COVID-19 Physical Distancing & Safety Plan Youth Sport 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.

Youth sport conditioning in Sacramento County is permitted with restrictions. The attached checklist is intended to assist with implementing a plan to prevent the spread of COVID-19.

Requirements may change. Please check Official California State Government webpages for the most current information.

### COVID-19 Physical Distancing & Safety Plan for Youth Sports

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

**PROGRAM NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

### Develop, Implement, and Maintain a Written Plan

- Games, scrimmages, etc. are not allowed.**
- Identify the person in charge of creating and implementing the plan.
- Establish the capacity and registration that accommodates physical distancing requirements of six ft.
- Divide participants into smaller cohort sports groups (stable groups) limiting group participation to 10 (not including coaches). These groups should be consistent and rostered as such.  
*A cohort is a group of people engaged in some common purpose*
- Describe how training and communication with employees will be conducted.
- Describe how the facility 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 facility 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 facility. 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](#)
  - [Proper use, removal and washing of cloth face coverings](#)
  - [Physical distancing](#)
- Screen employees and volunteers before entering any facility or field.  
[COVID-19 Symptoms](#)
- Require face coverings while **outdoors** in public spaces when maintaining a physical distance of 6 ft. from persons who are not members of the same household or residence is not feasible. Require face while **indoors** when inside of, or in line to enter, any public space. Some individuals may be [exempt from wearing a face covering](#).
- 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 employees or volunteers with new or worsening symptoms of COVID-19 to return until:
  - In the case of an individual who was diagnosed with COVID-19, **all three** of the following criteria are met:
    1. At least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever reducing medications)
    2. The individual has improvement in symptoms (e.g., cough, shortness of breath, etc.) and
    3. At least 10 days have passed since symptoms first appeared; or
  - In the case of an employee or volunteer 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.

## Facility Health Protocols

- Each Facility/Organization shall identify how the organization will provide for disinfecting of practice and drill spaces 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 facility or field
  - [COVID-19 Symptoms](#)
- ❑ Require face coverings while **outdoors** in public spaces when maintaining a physical distance of 6 ft. from persons who are not members of the same household or residence is not feasible. Require face while **indoors** when inside of, or in line to enter, any public space. Some individuals may be [exempt from wearing a face covering](#).
- ❑ The use of face coverings shall not be used as a modification for close proximity in sports play. Face coverings shall not be used during physical exertion. If social distancing cannot be maintained by the nature of the sport, the methods should be modified.
- ❑ Stagger drop-off and pickup times to avoid large groups and allow for screening.
- ❑ The facility will develop a specific plan for drop off and pick up that adheres to social distancing guidelines including not allowing carpooling for unrelated participants from different households, designation of lanes or direction to enter and exit for drop off and pick up.
- ❑ Staff will create clean pathways into and out of the facility or field so that cohort youth sports groups are not coming into contact with other cohort youth sports groups upon entering or exiting the facility.
- ❑ Avoid hosting activities that promote group (cohort) gatherings greater than 10, where people from unrelated households will not be able to maintain 6 ft. social distancing.
- ❑ All organized youth sports program activities are to focus on individual fitness and skills training for the cohort youth sports groups in a socially distant environment when feasible.
- ❑ Instruct participants and staff that all sport recognition protocols involving physical contact such as hugs, high fives, etc. are not allowed. Facility shall encourage the use of non-contact recognition during practice and drills that meet social distancing guidelines of six ft. or greater.
- ❑ Require all participants to wash or sanitize their hands before entering the facility. Hand sanitizer shall be available for each cohort youth sports group throughout the facility.
- ❑ Provide contactless payment or prepayment options whenever possible.
- ❑ Participants will handle and care for their own equipment. Staff or volunteers will not be allowed to handle it.
- ❑ 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 facility or on the field if proper space is maintained between all items.
- ❑ All unnecessary equipment will not be available to participants or removed from the facility such as chairs, tables, etc.
- ❑ Practice or drill times will be monitored to regulate the number of youth participants at the facility at one time to ensure social distancing between cohort groups.
- ❑ Participants with a cohort sport group may not arrive at the facility until the previous group has completely left.
- ❑ Have participants bring their own meals as feasible, and practice physical distancing when eating or within their smaller group, instead of in a communal dining hall or cafeteria.

- 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 offered at any event, 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.
- No seating will be available in the facility and all gathering areas will be closed.
- At no time will the cohort youth groups or the staff assigned to that group be allowed to intermingle or move between groups.
- Participants will be required to dispose of their own trash into no-touch garbage cans. Remove lids if present.
- Limit the number of participants in the facility at any one time that allows for participants and staff to maintain at least six ft. distance from one another at all times.
- 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 six 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 to enter or exit the facility.
- Sport 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 necessary for practice and drills 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.
- Each facility will require hand washing or use of hand sanitizer before allowing participation, directly after participation, and breaks will include hand washing or use of hand sanitizer during the practice/drill. Breaks will be organized so that designated cohort groups will not intermingle and social distancing of six ft. or greater can be achieved.
- A maximum of 10 participants in the cohort sport youth group is allowed. Participants cannot be added to this roster.
- Designated and separated practice areas and equipment for each cohort sports youth group will be pre-positioned to maintain safe social distancing.
- All equipment will be placed so that it can be retrieved without touching other equipment.
- Trash can should be touchless. Remove lids if present.
- Facility staff will monitor participant compliance of this safety plan while on the property.
- 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.
- Parent/guardian should drop off and pick up kids. If parent/guardian choose to stay and observe, they may do so from pre-designated areas, while keeping proper distancing from athletes and other parents/guardians.
- Physical distancing will be enforced by staff.
- Any additional sport specific or facility specific measures not included here should be listed on separate pages, which the facility should attach to this document.

## **Resources:**

[Sacramento County Public Health](#)  
[Sacramento County COVID-19 updates](#)