

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

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

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

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

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

- ❑ Any areas where participants are seated off-field or off-court (e.g., bench, dugout, bullpen) has been reconfigured to create additional seating such that participants and employees are able to maintain a

physical distance of 6 feet while in the area.

- ❑ Outdoor concession stands whose operator has a valid public health permit issued by LACDPH may operate in compliance with the requirements for concessions found in the Protocol for Outdoor Seated Live Events, **Appendix Z**. Patrons who purchase concessions must eat or drink in a designated outdoor dining area or in their outdoor seats while physically distanced from those not within their household. To obtain a public health permit, please send an email to LACDPH at ehmail@ph.lacounty.gov.
- ❑ **Observers and spectators** are permitted for outdoor youth and adult sports in compliance with the [LA County DPH Protocol for Outdoor Live Seated Events](#). In **Yellow** Tier, the maximum occupancy limit for outdoor sporting events that are held in venues is **67%** of the maximum venue occupancy based on applicable building and/or fire code. **Review and implement the requirements of that protocol if observers will be present.**
- ❑ **Observers and spectators** are permitted for indoor youth and adult sports in compliance with the [LA County DPH Protocol for Indoor Live Seated Events](#). The maximum occupancy limit for indoor sporting events that are held are based on the maximum venue occupancy, which is based on applicable building and/or fire code. **Review and implement the requirements of that protocol if observers will be present.** Consider offering video streaming of games so that they can be watched "live" from home.
- ❑ Participants, coaches, and support staff should cohort by team, and refrain from participating with more than one team over the same season or time period. For youth sports, see [CDC Guidance on Schools and Cohorting](#).
- ❑ Consider redesigning recreational sports activities for smaller groups and rearranging practice and play spaces to maintain physical separation.
- ❑ To the maximum extent practicable, participants are encouraged to bring their own equipment (for example, bats, golf clubs, rackets) to practice and not share equipment. Participants may engage in limited sharing of equipment, such as kicking a soccer ball between two participants, or throwing a baseball, football, or frisbee as part of skill-building exercises or during game play. If equipment must be shared, such as during game play, participants should perform hand hygiene before play, during breaks, at half time, and after the conclusion of the activity.
- ❑ Participants, coaches, and support staff should use hand sanitizer when handwashing is not practicable. Sanitizer must be rubbed into hands until completely dry. Note: frequent handwashing is more effective than the use of hand sanitizers, especially when hands are visibly dirty.
- ❑ Children under age 9 years should only use hand sanitizer under adult supervision. Call Poison Control if consumed: 1-800-222-1222. Ethyl alcohol-based hand sanitizers are preferred and should be used when there is the potential of unsupervised use by children. Isopropyl hand sanitizers are more toxic and can be absorbed through the skin.
- ❑ Participants, coaches, support staff, and employees are discouraged from making unnecessary physical contact with one another (for example, high-fives, handshakes, fist bumps) to limit the potential for disease to spread.
- ❑ Recreational sports teams that have indoor facilities, including but not limited to bathrooms and locker rooms, may allow employees, coaches, support staff, **and participants** to access indoor areas of the facility to use the restroom or take breaks, **to utilize locker rooms and showers**, to conduct essential office operations and to move supplies and materials in and out of the building each day. **Occupancy in indoor restrooms, locker rooms and showers must be limited to 50% occupancy based on applicable building or fire code.** The facility must monitor entry into the facility to limit restroom capacity, to prevent congregating indoors, and to ensure physical distancing among those who are in line to use the indoor restroom, **locker room or shower areas**. Stagger visits to the locker room or rest rooms to allow for physical distancing while indoors.
- ❑ Any locker rooms or restrooms that are in use are disinfected **at the frequency listed below, but no less than once per day**, on the following schedule:

- Locker rooms _____
- Restrooms _____
- Other _____
- ❑ When choosing cleaning products, use those approved for use against COVID-19 on the Environmental Protection Agency (EPA)-approved list “N” and follow product instructions. These products contain ingredients which are safer for individuals with asthma.
- ❑ Use disinfectants labeled to be effective against emerging viral pathogens, following label directions for appropriate dilution rates and contact times. Provide employees training on the hazards of the chemicals, manufacturer’s directions, and Cal/OSHA requirements for safe use.
- ❑ Custodial staff with the responsibility of cleaning and disinfecting the site must be equipped with proper protective equipment, including gloves, eye protection, respiratory protection, and other appropriate protective equipment as required by the product instructions. All products must be kept out of children’s reach and stored in a space with restricted access.
- ❑ All employees have been told not to come to work if sick, or if they are exposed to a person who has COVID-19. Employees understand to follow LACDPH guidance for self-isolation and quarantine, if applicable. Workplace leave policies have been reviewed and modified to ensure that employees are not penalized when they stay home due to illness.
- ❑ Workers are provided information on employer or government sponsored leave benefits the employee may be entitled to receive that would make it financially easier to stay at home. See additional information on government [programs](#) supporting sick leave and worker’s compensation for COVID-19, including employee’s sick leave rights under the [2021 COVID-19 Supplemental Paid Sick Leave Law](#).
- ❑ Upon being informed that one or more employees (coaches, support staff, or participants) test positive for COVID-19 (case), the team has a plan or protocol in place to have the case(s) [isolate themselves at home](#) and require the immediate [self-quarantine](#) of all employees, coaches, support staff, or participants that had a exposure to the case(s).
- ❑ The team or league’s plan should consider a protocol for all quarantined individuals to have access to or be tested for COVID-19 in order to determine whether there have been additional workplace exposures, which may require additional COVID-19 control measures. See the LACDPH guidance on [responding to COVID-19 in the workplace](#).
- ❑ **COVID-19 Case Reporting**
 - For **Youth Sports**, the coach or league is required to notify Los Angeles County Department of Public Health (LACDPH) of all confirmed cases of COVID-19 disease among employees, coaches, support staff, and participants who had been at the site at any point within 14 days prior to the illness onset date. The illness onset date is the COVID-19 test date or Symptom Onset Date of the infected person, whichever is earlier. This can be completed online using the secure web application: <http://www.redcap.link/lacdpheducationsector.covidreport>. If online reporting is not possible, download and complete the [COVID-19 Case and Contact Line List for the Education Sector](#) and send it to <mailto:ACDC-Education@ph.lacounty.gov>. The coach or league is required to report all COVID-19 infections in a youth sports program to the Los Angeles County Department of Public Health within one (1) business day of notification of the case. In the event that three (3) or more cases are identified among the members of the youth sports program within a span of 14 days, the coach or league should immediately report this cluster to the Department of Public Health using the same methods described above. The Department of Public Health will work with the site to determine whether the cluster is an outbreak that will require a public health outbreak response.
 - For **Adult Sports**, the coach or league is required to report all COVID-19 infections in an adult sports program to the Department of Public Health within 1 business day of notification of the case. In the event that 3 or more cases are identified among the members of the adult sports team within a span of 14 days, the coach or league should immediately report this cluster online to the

Department of Public Health at www.redcap.link/covidreport. The Department of Public Health will work with the site to determine whether the cluster is an outbreak that will require a public health outbreak response.

Returning to Sports After Infection:

- People recovering from COVID-19 should not resume exercise until cleared by a physician and will have different paths to return to sports based both on the severity of their illness and their underlying health. A graduated return-to-play/exercise protocol, which introduces and increases physical activity in a stepwise fashion may be warranted and recommended once an athlete has been cleared by a physician. See the “What to do if a participant had COVID-19 or has it during the season?” in the [Academy of Pediatrics Interim Guidance on Return to Sports and Graduated return to play guidance following COVID-19 infection](#) for additional guidance.
 - No one with symptoms of COVID-19 or who is in isolation or quarantine for COVID-19 is permitted to attend practices or competitions.
 - Anyone with symptoms of COVID-19 should consult their physician for testing and notify their coach, athletic trainer and/or school administrator of their symptoms and test results.
- Employees who have contact with others are offered, at no cost, an appropriate mask that covers the nose and mouth. For more information on face masks, please visit: <http://publichealth.lacounty.gov/acd/ncorona2019/masks/>. The mask must be worn by the employee at all times during the workday when in contact or likely to come into contact with others. Employees who have been instructed by their medical provider that they should not wear a mask must wear a face shield with a drape on the bottom edge, to be in compliance with State directives, as long as their condition permits it. A drape that is form fitting under the chin is preferred. Masks with one-way valves must not be used.
- Employees are instructed to wash, as appropriate, or replace their masks daily.
- Employees, coaches, support staff, and youth team members have been reminded to adhere to personal prevention actions including:
- Stay home when you are sick.
 - If you have symptoms of COVID-19, stay home until at least 10 days have passed since your symptoms first appeared AND at least 24 hours after recovery, which means your fever has resolved without the use of fever-reducing medications and there is improvement in your symptoms (e.g., cough, shortness of breath).
 - If you tested positive for COVID-19 but never had any symptoms, you must stay home until:
 - 10 days after the date of the first positive test, but
 - if you develop symptoms of COVID-19, you need to follow the instructions above.
 - Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer that contains at least 60% alcohol. Wash your hands before meals, after using the restroom and after coughing and sneezing.
 - Cover your coughs and sneezes with a tissue, and then dispose of the tissue and clean your hands immediately. If you do not have a tissue, use your elbow (not your hands).
 - Do not touch your mouth, eyes, nose with unwashed hands.
 - Avoid contact with people who are sick.
 - Avoid sharing items such as phones or other devices. If devices must be shared be sure to wipe them down with a disinfectant wipe before and after sharing.
 - Constantly observe your work distances in relation to other staff and participants. Always maintain the recommended minimum 6 feet separation from others unless specific work assignments require less distancing and wear a face cloth covering when working near or with others.
 - Disinfect frequently touched objects and surfaces. This should be done hourly during business hours.

- Copies of this Protocol have been distributed to all employees, participants, and families.

B. MAINTENANCE PROTOCOLS

- Commonly used items are sanitized **at least once per day.**
- Commonly used equipment is sanitized before and after each use.
- Restrooms located at sports fields, facilities or venues that are accessible to the public should remain open to the public **during operating hours** and **should be checked regularly and cleaned and disinfected at least once per day or more often if determined necessary due to high usage, using EPA approved disinfectants and following the manufacturer's instructions for use.**
- Water fountains are available to fill water bottles only.

C. MONITORING PROTOCOLS

- Instruction and information **signage** are posted throughout the facility to remind everyone to maintain physical distancing of six feet, the need to wear a mask at all times, the importance of regular handwashing and the need to stay home if they are feeling ill or have symptoms of COVID-19. See the County DPH COVID-19 Guidance webpage for additional resources and examples of signage that can be used by businesses.
- Online outlets of the recreational sports program (website, social media, etc.) provide clear information about physical distancing, use of masks and other issues.
- Signs are posted that instruct visitors that they must stay home if sick with respiratory symptoms or if they are currently required to self-isolate or self-quarantine.
- Coaches and league managers monitor compliance of posted restrictions.
- Participants are asked to leave if not complying with these restrictions.
- A copy of this protocol or, if applicable, the printed Los Angeles County COVID-19 Safety Compliance Certificate is maintained by the sponsoring entity (school, league or team, as applicable). For more information or to complete the COVID-19 safety compliance self-certification program, visit <http://publichealth.lacounty.gov/eh/covid19cert.htm>. Sports teams must keep a copy of the Protocols onsite for review, upon request.

Any additional measures not included above should be listed on separate pages, which the recreational sports coordinator should attach to this document.

You may contact the following person with any questions or comments about this protocol:

Recreational Sports Leadership Contact Name: _____

Phone number: _____

Date Last Revised: _____

Attachment A: Example of an Informed Consent Form

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

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

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

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

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

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

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ORDER OF THE HEALTH OFFICER



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

Parent Initial: _____ Athlete Initial: _____

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

Parent Initial: _____ Athlete Initial: _____

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

Parent Initial: _____ Athlete Initial: _____

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

Parent Initial: _____ Athlete Initial: _____

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

Parent Initial: _____ Athlete Initial: _____

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

Athlete Printed Name: _____

Athlete Signature: _____

Date: _____

Parent Printed Name: _____

Parent Signature,
if the Athlete is a minor: _____

Date: _____