

Protocol for Youth and Adult Recreational Sports: Appendix W

Recent Updates:

- 5/5/21 - This protocol is effective as of May 5, 2021. Los Angeles County, including Long Beach, is subject to the Yellow Tier under the State's Blueprint to a Safer Economy. Changes highlighted in yellow.
- 4/16/21 - Tournaments or sporting events that involve more than two teams are authorized by the Long Beach Department of Health and Human Services (LBDHHS) in the circumstances outlined in this Protocol. Spectators are permitted pursuant to the CDPH Outdoor Seated Live Event Guidance and CDPH Indoor Seated Live Event Guidance.

The requirements in this Protocol are specific to:

- All adults playing recreational sports
- All organized youth sports, including, K-12 school programs, community-sponsored recreational programs, private leagues and clubs

For the purposes of this Protocol, Youth Sports are defined as sports activities or leagues established for individuals aged 18 years old and younger. **This protocol does not apply to collegiate or professional sports or to community events such as marathons, half-marathons, and endurance races.**

In addition to the conditions imposed on youth and adult recreational sports by the State Health Officer, which may be found at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>, youth and adult recreational sports must also be in compliance with the conditions laid out in this Protocol. This protocol must be implemented and be made available upon request to any City official, including any plan required hereunder.

A City permit must be issued for youth and adult sports activities that take place at City parks, beaches and City-operated swimming pools.

Youth and adult recreational sports occurring at a pool must comply with the Protocols for Public Swimming Pools (Appendix K), where applicable.

For purposes of this Protocol:

- "Establishment" means school, league, or a team that operates independent from a school or league.
- "LBDHHS" means the Long Beach Department of Health and Human Services.
- "Low-Contact Sports" means 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 allow for consistent wearing of face coverings when within six feet of other people. Examples may be found in Section A of this Protocol.
- "Moderate-Contact Sports" means team sports that can be played with only incidental or intermittent close contact between participants. Examples may be found in Section A of this Protocol.
- "High-Contact Sports" means 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. Examples may be found in Section A of this Protocol.
- "Team" means as a group of players forming one side in a competitive sport. A "team" shall not include multiple groups or levels from the same league or institution (e.g. Freshman, Junior Varsity, and Varsity teams from the same school or league are considered different teams).

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- The terms “staff” and “employee” are meant to include coaches, employees, support staff, volunteers, interns and trainees, scholars and all other individuals who carry out work at the site or for the recreational sport activity.
- The term “participants”, “family members”, “visitors” or “customers” should be understood to include members of the public and others who are not staff or employees who spend time at the business or site or take part in the activities.
- The term “competitions” is limited to competitions between two teams.

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

- Risk increases when face masks are not worn correctly and consistently, and physical distancing is not maintained.
- Risk increases with increasing levels of contact between participants; closer contact (particularly face- to-face contact), and the frequency and total duration of close contact, increases the risk that respiratory particles will be transmitted between participants.
- Risk increases with greater exertion levels; greater exertion increases the rate of breathing and the quantity of air that is inhaled and exhaled with every breath.
- Risk increases with mixing of cohorts and groups, particularly when from different communities (during or outside of sports play); mixing with more people increases the risk that an infectious person will be present.

Youth and adult sports include varied activities that have different levels of risk for transmission of COVID-19. Outdoor activities present significantly lower risk of transmission relative to comparative indoor activities, based on current scientific evidence. Competition between different teams also increases mixing across groups and outside of communities, which also contributes to the potential for spread of the COVID-19 disease. Youth and adult sports are classified in this Protocol by their level of contact and transmission risk.

Please note: This document may be updated as additional information and resources become available so be sure to check the Long Beach COVID-19 website at www.longbeach.gov/covid19 regularly for any updates to this document.

This checklist covers:

- (1) Workplace policies and practices to protect employee and customer health
- (2) Measures to ensure physical distancing
- (3) Measures to ensure infection control
- (4) Communicating the public
- (5) Measures to ensure equitable access to critical services

These five key areas must be addressed as your facility develops any reopening protocols.

All businesses or organizations covered by this protocol must implement all applicable measures listed below and be prepared to explain why any measure that is not implemented is not applicable.

Business name:

Facility Address:

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A. YOUTH AND ADULT RECREATIONAL SPORTS PERMITTED BY CURRENT TIER OF LA COUNTY/LONG BEACH - RED

Since LA County is in the Yellow Tier under the [Blueprint for a Safer Economy](#), sports in the **Yellow**, Orange, Red and Purple Tiers are permitted pursuant to this Protocol. This table may also be found in the CDPH Guidance for Outdoor and Indoor Youth and Recreational Adult Sports.

Widespread Tier (Purple) 1	Substantial Tier (Red) 2	Moderate Tier (Orange) 3	Minimal Tier (Yellow) 4
<p>Outdoor low-contact sports</p> <ul style="list-style-type: none"> • Archery • Badminton (singles) • Biking • Bocce • Corn hole • Cross country • Dance (no contact) • Disc golf • Equestrian events (including rodeos) that involve only a single rider at a time • Fencing • Golf • Ice and roller skating (no contact) • Lawn bowling • Martial arts (no contact) • Physical training programs (e.g., yoga, Zumba, Tai chi) • Pickleball (singles) • Rowing/crew (with 1 person) • Running • Shuffleboard • Skeet shooting • Skiing and snowboarding • Snowshoeing • Swimming and diving • Tennis (singles) • Track and field • Walking and hiking 	<p>Outdoor moderate-contact sports</p> <ul style="list-style-type: none"> • Badminton (doubles) • Baseball • Cheerleading • Dodgeball • Field hockey • Flag football • Gymnastics • Kickball • Lacrosse (girls/women) • Pickleball (doubles) • Sideline cheer • Softball • Tennis (doubles) • Volleyball 	<p>Outdoor high-contact sports</p> <ul style="list-style-type: none"> • Basketball • Football • Ice hockey Lacrosse (boys/men) • Rugby • Rowing/crew (with 2 or more people) • Soccer • Water polo <p>Indoor low-contact sports</p> <ul style="list-style-type: none"> • Badminton (singles) • Bowling • Curling • Dance (no contact) • Gymnastics • Ice skating (individual) • Physical training • Pickleball (singles) • Swimming and diving • Tennis (singles) • Track and field 	<p>Indoor moderate-contact sports</p> <ul style="list-style-type: none"> • Badminton (doubles) • Cheerleading • Dance (intermittent contact) • Dodgeball • Kickball • Pickleball (doubles) • Racquetball • Sideline cheer • Squash • Tennis (doubles) • Volleyball <p>Indoor high-contact sports</p> <ul style="list-style-type: none"> • Basketball • Boxing • Ice hockey • Ice skating (pairs) • Martial arts • Roller derby • Soccer • Water polo • Wrestling

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B. GENERAL REQUIREMENTS FOR ALL SPORTS

This Section applies to all sports permitted to operate pursuant to this Protocol.

- Permitted Activities for All Sports
 - 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 sport.
- Limitations on observers
 - Observers for all sports maintain at least 6 feet from non-household members.
 - For Youth and Adult Sports - Spectators are permitted pursuant to the CDPH Outdoor Seated Live Events and Performances Guidance which may be found at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx> and CDPH Indoor Seated Live Events and Performances Guidance which may be found at <https://files.covid19.ca.gov/pdf/guidance-live-performances-indoor--en.pdf>.
 - For Youth Sports - 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.
- Face Coverings
 - Face coverings must be worn when not participating in the activity (e.g., on the sidelines).
 - Face coverings must be worn by coaches, support staff and observers at all times.
 - Face coverings worn by participants during practice, conditioning and during competition, even during heavy exertion as tolerated. See the [American Academy of Pediatrics Interim Guidance on Return to Sports](#) for specific exceptions where the face covering may become a hazard.
 - For Moderate-Contact and High-Contact Sports, face coverings should be required during play to the greatest extent possible and are strongly encouraged.
- Physical distancing
 - Maintain at least six feet of distance between sport participants and others to the maximum extent possible, including when on the sidelines.
 - Maintain at least 6 feet of distance between coaches and participants and facilitate physical distancing between participants to the maximum extent possible (e.g., staggered starts instead of mass starts for races).
- Hand Hygiene and Equipment Sanitation
 - When equipment is shared during an activity, participants 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 during practice and play if the above hand hygiene practices are followed.
 - No sharing of drink bottles and other personal items and equipment.
- Limits on Mixing by Participants
 - Mixing with other households prior to and post any practice or competition must strictly adhere to current gathering requirements in the Long Beach Safer-At-Home Order.
 - Limit participation by athletes and coaches during practice and competition to one team, and refrain from participating with more than one team over the same season or time period. For larger teams, limit mixing by establishing stable smaller training groups for drills and conditioning.
 - Review practice or game footage virtually, to the greatest extent possible. If not feasible, then it should

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be conducted outdoors, with all participants wearing face coverings and following appropriate physical distancing measures.

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. See the [American Academy of Pediatrics Interim Guidance on Return to Sports](#) for additional guidance for more serious infections.

Vaccination

- 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. The protocols continue to apply even if team members have been vaccinated.

Travel Considerations

- Teams shall not participate in out-of-state games and tournaments as several multistate outbreaks have been reported around the nation, including California residents.
- 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 immediate household.

Sports indoors

- Limit indoor sports activities (practice, conditioning) to 50% of maximum indoor capacity. Indoor capacity shall include all athletes, coaches, and observers.
- Associated indoor activities for the team (e.g., dinners, film study) are prohibited if engaged in competition given evidence that transmission is more likely to occur in these indoor higher risk settings.
- Ventilation in indoor venues (gyms or other fitness centers) increased to the maximum extent possible.

Testing

- Regular and postseason antigen or PCR testing of sports participants and coaches weekly while participating in Outdoor High-Contact sports is strongly encouraged.
- If competing, testing must be performed with test results made available within 24 hours of play.

Limitations for Inter-Team Competitions and Tournaments

- Inter-team competitions (i.e. between two teams), meets, races, or similar events are permitted to occur only with other teams from within the State. .
 - The Table in Section A applies to the locations/counties in which the teams, schools, clubs, leagues, and similar organizations are functionally based (e.g., where the players reside, where facilities are located, etc.).
 - LBDHHS shall be notified of any cross-country competition in the City of Long Beach. LBDHHS reserves the right under its discretion to deny the competition at any time in Long Beach. If a cross-country competition is permitted in Long Beach, any participating teams are required to adhere to this Protocol.
- 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, except as permitted by this Protocol
- Tournaments or sporting events that involve more than two teams are authorized by the Long Beach Department of Health and Human Services (LBDHHS) in the circumstances outlined

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below.

- Sports where individual competitors from multiple teams are routine, such as, track and field, cross-country, golf, skiing/snowboarding, tennis, swimming/diving/surfing, biking and equestrian events
 - Inter-team competitions, meets, races, or similar events are permitted to occur only with other teams within the State. Teams must adhere to current CDPH Travel Advisory recommendations when determining travel for competition in other counties.
 - Game start times should be staggered to limit the number of people at the facility and competing at one time.
 - Teams participating in inter-team competitions will follow the more stringent rules if the participating teams are coming from counties that may be at different case rate thresholds.
 - Food and beverages may only be consumed in designated eating areas.
 - The teams adhere to the requirements set forth in this Protocol, including but not limited to requirements regarding wearing face coverings, maintaining physical distancing, and adhering to spectator capacity limits.
 - To the extent that a tournament or sporting event can occur outdoors, the event should occur outdoors.
- Only one competition, per team (or individual for singles games), per day maximum to be played. (e.g. no round robins or multiple matches in the same day)

C. MEASURES THAT ENSURE EQUITABLE ACCESS TO CRITICAL SERVICES

- Services that are critical to the customers/clients have been prioritized.
- Transactions or services that can be offered remotely have been moved on-line.
- Measures are instituted to assure access to goods and services for customers who have mobility limitations and/or are at high risk in public spaces.

D. RESOURCES

- American Academy of Pediatrics Interim Guidance on Return to Sports - services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports
- CDPH Guidance on Outdoor and Indoor Youth and Recreational Adult Sports - <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>
- Long Beach Quarantine Order - <http://www.longbeach.gov/globalassets/health/media-library/documents/diseases-and-condition/information-on/novel-coronavirus/health-orders/isolation-health-order>
- Long Beach Isolation Order - <http://www.longbeach.gov/globalassets/health/media-library/documents/diseases-and-condition/information-on/novel-coronavirus/health-orders/isolation-health-order>

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

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

Business Contact Name: _____

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Phone number:

Date Last Revised:

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