

PUBLIC HEALTH REOPENING PROTOCOL OUTDOOR AND INDOOR YOUTH AND RECREATIONAL ADULT SPORTS

Recent Updates: (Changes are highlighted in yellow)

2/25/2021:

- Includes link to the California Department of Public Health (CDPH) guidance for Outdoor and Indoor Youth and Recreational Adult Sports that applies in the Pasadena Public Health jurisdiction. The state guidance must be followed IN ADDITION to Pasadena requirements in this protocol.
- Quarantine period reduced from 14 days to 10 days in accordance with the updated Centers for Disease Control and Prevention (CDC) guidance.
- Updated to reflect the Centers for Disease Control and Prevention definition of a 'close contact'.

COVID-19 continues to pose a severe risk to communities and requires all people in California to follow recommended precautions. This guidance provides direction on outdoor and indoor youth and recreational adult sports activities to support a safe environment for these sports. The guidance applies to all organized youth sports and recreation — including school and community-sponsored programs, and privately-organized clubs and leagues — and adult recreational sports (hereafter youth and adult sports). This guidance does not apply to collegiate or professional sports. Additionally, this guidance does not apply to community events, such as marathons, half-marathons, and endurance races.

California Department of Public Health (CDPH) Guidance for Outdoor and Indoor Youth and Recreational Adult Sports (effective on February 26, 2021)

In addition to the guidance in this document, sports activities must adhere to the CDPH guidance for [Outdoor and Indoor Youth and Recreational Adult Sports](#).

All sports activities must occur outdoors while in Tier Purple and Tier Red of the state's [Blueprint for a Safer Economy](#).

Competitions, meets, races, and similar events are allowed with the following restrictions*:

- Both teams are located in the same county and the sport is allowed based on the current tier; out of state travel is prohibited
- A maximum of two teams compete at one time, and only one competition per team, per day is played
- Spectators are prohibited except when necessary for age-appropriate supervision of minors

* The status of return-to-competition is subject to change at any time given the level of COVID-19 transmission in California.

Youth and Adult Sports Coordinator – Designate a Sports Coordinator who is onsite and responsible to ensure players, coaches, and staff are compliant with protocols during both practice and competition.

Steps to Reopen

- ✓ Follow all directives in the CDPH Guidance for [Outdoor and Indoor Youth and Recreational Adult Sports](#)
- ✓ Review, sign, and implement all of the protocols in this checklist
- ✓ Follow additional protocols relevant to operations: <https://www.cityofpasadena.net/covid-19/#guidance-faq-protocols>
 - Schools and School-based Programs K-12 – Public Health Reopening Protocol
 - Office Workspace – Public Health Reopening Protocol
 - Fitness Facilities – Public Health Reopening Protocol
 - Public Pools – Public Health Reopening Protocol.
- ✓ Provide a copy of the Public Health Reopening Guidance to each staff member, family, and youth or adult participant, and conduct education about these protocols.

Monitoring Protocol

- ☑ Instruction and information signage is posted throughout the outdoor facility (indoor activity is not allowed at this time) regarding infection control, physical distancing and the use of face masks. Online outlets of the youth and adult recreational sports program (website, social media etc.) provide clear information about physical distancing, use of face masks and other issues.
- ☑ Signs are posted that instruct visitors that they should stay home if sick with respiratory symptoms.
- ☑ Coaches and league managers monitor compliance of posted restrictions.
- ☑ Participants are asked to leave if not complying with these restrictions

Helpful Contact Information

If you have questions, or if you observe a violation, you can request information or submit a complaint through the Citizen Service Center. Call 626-744-7311 or visit <https://www.cityofpasadena.net/CSC>.

Key Practices



COVER YOUR COUGH WITH YOUR
ELBOW OR TISSUE (THEN DISPOSE
AND WASH YOUR HANDS)



STAY HOME IF
YOU ARE SICK



PRACTICE PHYSICAL
DISTANCING OF 6 FEET
OR MORE



WASH YOUR HANDS WITH
SOAP AND WATER FOR 20
SECONDS, FREQUENTLY



COVER NOSE AND
MOUTH WITH CLEAN
FACE COVERING



PERFORM DAILY
HEALTH SCREENINGS

PUBLIC HEALTH REOPENING PROTOCOL CHECKLIST

All Youth and **Adult** Sports Teams must implement all applicable measures listed below and be prepared to explain why any measure that is not implemented is not applicable.

Designate one individual to be in charge of planning and implementation of all items.

Submission of this protocol to the Pasadena Department of Parks, Recreation and Community Services is required for **all organized and recreational youth sports and adult recreational sports** activities at City-operated parks. Submission of protocol for **recreational** sports activities at other facilities to a City department is not required unless explicitly requested.

| PERSON RESPONSIBLE FOR IMPLEMENTING PROTOCOLS | |
|--|-----------|
| Youth or Adult Sports Team/League Name: | |
| New Horizon School Youth Sports & Spiritual Connection Program | |
| Person in Charge/ Youth or Adult Sports Coordinator : | |
| Jessica Cheeseman / Kim Klosterman | |
| Title: | |
| Coach /Director of Finance & Operations | |
| Phone Number: | Date: |
| 626-795-5186 x. 1131 | 2/25/2021 |

REDUCING RISK OF COVID-19 TRANSMISSION

Player and Coach Safety

- ☒ Connect staff and families to resources to access health insurance, a primary care doctor, and COVID-19 testing prior to reopening, such as calling 211 or 626-744-6068 for information on health insurance and primary care physicians, or visiting <https://www.cityofpasadena.net/public-health/>.
- ☒ Designate one **person to serve as the youth or adult** sports coordinator, who acts as the liaison to the Pasadena Public Health Department in the event of an outbreak. **These steps must** be taken immediately upon notification of any member of the sports community (coach, staff, player, participant or visitor) tests positive for, or has symptoms consistent with COVID-19:
 - Send the individual home immediately if they arrive sick or become sick during the day, ensuring physical distancing, that they are wearing a face **mask** (provide with a surgical mask if possible), and privacy is maintained. Encourage individual to contact their medical provider. If the illness is work-related, the employer should facilitate appropriate care for the staff member, the worker's compensation process, leave time, and California Occupational Safety and Health Administration (OSHA) record keeping.

- For anyone who is waiting to be picked up from the youth or adult sports site due to symptoms of COVID-19 or history of close contact with someone with COVID-19, place that person in an isolation area with monitoring, where applicable, preferably in an area where others do not pass. Provide divided spaces for those who are asymptomatic, separated from those who are symptomatic. Make sure that the person keeps a face mask on (provide with a surgical mask if possible). When a parent/guardian arrives to pick up a youth player, have the player walk, supervised, to meet them, if possible, since the parent may also have COVID-19.
 - Providing fact sheets/information, in an appropriate language, on maintaining isolation and quarantine in accordance with Health Officer Orders and CDC guidance.
 - If there is an exposure to COVID-19 infection in a stable cohort in a youth or adult sports program, all members of the stable cohort (coach, staff, and players, etc.) will require immediate self-quarantine.
 - Making an immediate report to the Pasadena Public Health Department any time a player or staff member with COVID-19 (confirmed by a lab test or physician diagnosis) was at the site while sick or up to 48 hours before showing symptoms. The youth or adult sports coordinator must call (626) 744-6089 or email nursing@cityofpasadena.net and provide all information requested by the Health Department. Testing resources can be found by calling the individual's physician, and also at <https://www.cityofpasadena.net/covid-19/> and <https://covid19.lacounty.gov/>.
 - Work with the Pasadena Public Health Department to investigate any COVID-19 illness. The youth or adult sports coordinator should designate trained staff to compile player and personnel records, and staffing/player attendance logs to provide information as quickly as possible to the Health Department, including accurate contact information (phone, address, email) of all staff, players, and visitors and who had close contact (within 6 feet for a cumulative total of 15 minutes or more over a 24-hour period, regardless of whether a mask was worn).
- ☒ Workplace leave policies have been reviewed and modified to ensure that employees are not penalized when they stay home due to illness.
- ☒ All staff and players have been told not to come if sick, or if they have been exposed to a person who has COVID-19 or are in the same youth or adult sports stable cohort as a person with COVID-19.
- ☒ All people present, including but not limited to staff, coaches, participants, observers and supervising adults/parents, must wear face masks at all times. This includes when not participating in the activity (e.g., on the sidelines), and during practice, conditioning and 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 mask may become a hazard. Everyone must be instructed to wash or replace face masks daily.
- ☒ Staff, coaches, and participants have been reminded to adhere to personal prevention actions including:
- Stay home when you are sick.
 - 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 **at a minimum** 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 distances in relation to other staff and players. Always maintain the recommended minimum 6 feet separation from others unless specific assignments require less distancing and wear a face **mask** when near or with others.
- Disinfect frequently touched objects and surfaces.

Health Screening

- ☒ Conduct symptom checks for all persons before or upon arrival (fever of 100°F or above, cough, shortness of breath or difficulty breathing, fatigue, sore throat, chills, headache, muscle or body aches, a new loss of taste or smell, congestion or runny nose, nausea, vomiting, or diarrhea), **and ask whether the individual is currently under isolation or quarantine orders, or has been in contact with someone with COVID-19.** Consult the CDC website for the most current list of COVID-19 [symptoms](#).
- ☒ These checks can be done remotely or in person upon arrival.
- ☒ Institute a plan in the event that one or more individuals is diagnosed (by a physician or lab test) with COVID-19. The plan should include immediate isolation of the individual at home and self-quarantine of everyone that came into contact **(within 6 feet for a cumulative total of 15 minutes or more over a 24-hour period, regardless of whether a mask was worn) or was in the same stable cohort with the ill person.** The plan should also include options for all **individuals** identified as contacts to be tested for COVID-19 with an FDA-approved PCR test (not a blood test). However, contacts must still maintain quarantine for **10** days, even with a negative test.
- ☒ In addition, conduct visual wellness checks of all staff, adults and youth, during activities and take temperatures with a no-touch thermometer, if possible.
- ☒ Require any player or coach diagnosed with COVID-19 to stay home for at least **10** days and until 24 hours after fever and symptoms resolve (without use of fever-reducing medications).
- ☒ Review and modify workplace leave policies to ensure that staff are not penalized when they stay home due to illness.

Reduced Contact

- ☒ **Limit observation of youth sports (age 18 years and under) to immediate household members, and for the strict purpose of age appropriate supervision only. This includes observation of practice and competition. Observers/spectators must wear a mask at all times and must maintain a 6-foot physical distance from non-household members. Observers should refrain from shouting, singing, or chanting as these activities increase the volume and spread of respiratory droplets.**
- ☒ **Observers/spectators are not permitted for adult recreational sports.**
- ☒ Physical distancing of six (6) feet between each participant and between participants, coaches

and support staff should be maintained at all times to the extent practicable.

- ☒ Until further notice, all recreational sports activities must only take place outdoors. Teams may utilize a canopy, or other sun shelter, but only if the sides of the canopy or sun shelter are not closed, there is sufficient outdoor air movement, and the structure classifies as an outdoor structure per the [State Guidance on Use of Temporary Structures](#). The movement of wind and air in and through outdoor spaces can help reduce the concentration of virus in the air and limit spread of the virus from one person to another.
- ☒ Reconfigure any areas where players are seated off-field or off-court (e.g., bench, dugout, bullpen) to create additional seating such that players and employees are able to maintain a physical distance of 6 feet while in the area.
- ☒ Group gatherings are prohibited, and benches and tables must be removed or cordoned off so they cannot be used for gathering or spectator seating.
- ☒ Redesign youth sports activities for smaller groups and rearrange 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.
- ☒ Discourage players, coaches, and employees from making unnecessary physical contact with one another (for example, high-fives, handshakes, fist bumps) to limit the potential for disease to spread.
- ☒ Participants, coaches, and support staff should ensure that players remain in a stable cohort in order to limit the risk of transmission and refrain from participating with more than one team over the same season or time period (see CDC [Guidance on Schools and Cohorting](#)).
- ☒ Encourage players to bring their own pre-filled reusable or purchased water bottles. Water fountains are available to fill water bottles only. Players should not drink from the same beverage container or share beverages.
- ☒ Water fountains are available to fill water bottles only.
- ☒ For Youth or Adults Sports teams that have indoor facilities, including but not limited to bathrooms and locker rooms, employees, coaches, and support staff may continue to access indoor areas of the facilities to use the restroom or take breaks, to conduct essential office operations and to move supplies and materials in and out of the building each day. Participants and visitors may not enter the facilities at any time or for any reason, except to individually use an indoor restroom. Participants and visitors waiting to use the indoor restroom must wait outside until the restroom is not occupied. 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. Showers must remain closed.

Face Coverings*

- ☒ All players, coaches, family members and observers are required to wear an appropriate face mask with 2 or more layers that covers the nose and the mouth at all times, except while swimming, showering, eating/drinking, or engaging in solo physical exertion (such as jogging by one's self). This applies to all adults and to children 2 years of age and older. Masks with one-

way valves and single layer cloth face coverings must not be used. Only individuals who have been instructed not to wear a face covering by their medical provider due to a medical condition, mental health condition, or disability that prevents wearing a face covering are exempt from wearing one. Reference CDC guidance for better masks:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html>

- ☒ Activities that require heavy exertion should be conducted outside in a physically distanced manner, at least eight (8) feet apart, without face coverings. It is preferable for participants to wear a face covering and maintain physical distancing, and modify activities to an exertion level that is safe for participants. Players should take a break from exercise if any difficulty in breathing is noted, and should change their face covering if it becomes wet and sticks to the player's face and obstructs breathing. Respirators that restrict airflow under heavy exertion (such as N-95 respirators) are not advised for exercise.
- ☒ Modify all activities to an appropriate level of exertion that does not pose a health risk to participants who are wearing face coverings.

** Individuals with chronic respiratory conditions, or other medical conditions that make use of a face covering hazardous are exempted from this requirement. Children under age 2 years should not wear a face covering. Refer to the [Face Covering FAQs](#) document for additional information on use and care of the face covering.*

Hand Hygiene

- ☒ Players and coaches 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 should 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.

Sanitization and Cleaning

- ☒ 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.
- ☒ Sanitize commonly used items regularly.

Sanitize equipment at a minimum after each practice, game, or competition. When feasible, sanitize equipment after each use by a different person.

Review the CDPH guidance for youth and adult recreational sports. Ensure to implement all state requirements and adhere to all restrictions prior to resuming activities:

📄 <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>