

## PUBLIC HEALTH PROTOCOL YOUTH SPORTS LEAGUES, ORGANIZED YOUTH SPORTS, AND SCHOOL SPORTS TEAMS

Recent Updates: (Changes are highlighted in yellow)

9/16/2021

- Updated quarantine timeline and clarified testing recommendations for close contacts to a confirmed case to match CA Department of Public Health updated guidance.

This Public Health Protocol for Youth Sports Leagues, Organized Youth Sports, and Sports Teams includes requirements and recommendations for youth sports leagues (including organized youth sports and school sports teams) to enhance safety for participants, coaches, and communities, and to lower the risk of COVID-19 transmission within the team and league. Given the increase in community transmission of COVID-19 and the predominance of the more easily spread Delta variant, these measures are currently necessary.

These requirements apply only to teams and sport activities based in Pasadena and not to teams or players coming to Pasadena for a competition from other jurisdictions. Routine screening testing is required, as described below. The screening testing requirements may be modified by the Pasadena Public Health Department (PPHD), if availability of and access to testing and/or rates of community transmission of COVID-19 change.

In addition:

- Youth sports leagues must follow the Pasadena [Health Officer Order](#) requiring the use of face masks in all indoor public settings and the [COVID-19 Exposure Management Plan Guidance for Youth Recreational Sports Programs](#).
- Youth sports leagues that employ coaches or other support staff must also adhere to the Cal/OSHA [COVID-19 Prevention Emergency Temporary Standards](#) (ETS) and follow the Pasadena Public Health Department [General Guidance for Employers](#).
- Youth sports leagues operating concession stands must have a Health Permit from the Pasadena Environmental Health Division and should review and follow the guidance for [Providing Food and Beverage Services](#).

This document may be updated as new information and resources become available. Go to <https://www.cityofpasadena.net/covid-19/#guidance-faq-protocols> for updates and other resources.

## Key Practices



### GET VACCINATED AGAINST COVID-19



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 A HIGH QUALITY MASK



PERFORM DAILY HEALTH SCREENINGS

## 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>.

*All Youth 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 City of Pasadena Parks, Recreation and Community Services Department is required for recreational sports activities at City-operated parks. Submission of protocol for recreational sports activities at other facilities is not required unless explicitly requested.*

PERSON RESPONSIBLE FOR IMPLEMENTING PROTOCOL	
Youth Sports Team/League Name:	
Person in Charge:	
Title:	
Phone Number:	Date:

## Vaccinate

- ❑ It is strongly recommended that all student athletes ages 12 years and older, coaches and team staff are fully vaccinated. Vaccination is safe and the most effective way to protect sports participants, their families, and the community from illness, hospitalization and death. Policies that result in high vaccination rates among players, coaches and staff in your youth sports league will reduce disruption to team activities, because fully vaccinated individuals are not required to quarantine if they exposed to someone with COVID-19, as long as they remain asymptomatic and continue to test negative. Find a vaccination site at <https://www.cityofpasadena.net/public-health/covid-19-vaccine/#vaccination-sites>.
- ❑ Youth sports leagues, team organizers, or coaches should maintain records of all athletes' and staff/coaches'/volunteers' vaccination status and weekly COVID-19 testing compliance. They do not need to keep a copy of the proof of full vaccination shown nor copies of test results.
  - If the youth sports league, team organizer, or coach does not have record of the vaccination status on a player or the player declines to state, that individual is required to complete the screening testing as identified below.

## Wear Masks

- ❑ Everyone, including but not limited to sports participants/athletes, coaches, staff and spectators, are required to bring and [wear masks indoors](#), regardless of vaccination status.
- ❑ Youth sports participants must wear a face mask in all indoor settings, even while engaging in physical activity.
- ❑ Coaches must wear masks at all times indoors, even when engaged in intense physical activity.
- ❑ Face masks may be removed temporarily to eat or drink. When actively eating or drinking, maintain a 6-foot distance from others at an area designated for food or drink, and replace mask immediately when not eating or drinking. It is preferable to limit eating to outdoors.
- ❑ Participants who are engaged in indoor water sports such as swimming, water polo, or diving, may remove their face masks while they are in the water. Face masks must be worn when participants are not in the water.
- ❑ Encourage participants to bring more than one mask to practice or games in case their mask gets wet or soiled during play.
- ❑ Make masks available for those who arrive without them.
- ❑ If the sports league employs coaches or other support staff, employers are required by [Cal/OSHA Emergency Temporary Standards](#) to provide unvaccinated employees working in indoor settings, upon request, with the correct-size respirator along with basic instructions on how to achieve a good seal. Respirators must be replaced if they get damaged, deformed, dirty, or difficult to breathe through. For more information about free and low-cost Personal Protective Equipment (PPE) for businesses and organizations see: <http://publichealth.lacounty.gov/docs/FreeAndLowCostPPE.pdf>
- ❑ Employees who work in a setting where they are in close contact with other people who may not be fully vaccinated should be encouraged to [wear a higher level of protection](#), such as “double-masking” (wearing a cloth mask OVER a surgical mask), or a respirator (such as a N95 respirator). This is particularly important if the employee is not fully vaccinated or is fully vaccinated but has underlying medical conditions that put them at higher risk, and is working in an indoor setting, a crowded outdoor setting, or in a shared vehicle.
- ❑ When outdoors, masks are recommended in crowded spaces and places, including among spectators at sporting events where distancing is not practical or possible. At outdoor sporting events attended by more than 10,000 individuals, universal masking is required by all

spectators and employees regardless of vaccination status, except for the limited time when actively eating or drinking per the [Health Officer Order](#).

### Screen for Symptoms and Isolate

- ❑ Ask participants and families to self-screen for COVID-19 symptoms prior to attending youth sports activities. [Symptoms of COVID-19](#) include, but are not limited to, fever and chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.
- ❑ Post [signage](#) to remind everyone who enters your establishment that they should NOT enter if they have symptoms of COVID-19 or if they are under isolation or quarantine orders.
- ❑ Youth sports programs must exclude or isolate any participant, coach, or spectator who has symptoms of COVID-19.
  - Take action to isolate participants who begin to have COVID-19 symptoms during youth sports activities, from other participants, coaches and spectators.
  - Notify [Pasadena Public Health Department](#) officials, staff, and families immediately of any confirmed or suspected cases of COVID-19.

### Reduce Crowding, Especially Indoors

- ❑ If possible, hold youth sports activities outdoors where the risk of COVID-19 transmission is much lower.
- ❑ If youth sports activities must be held indoors, take steps to reduce the number of participants, coaches and spectators in the indoor area.
- ❑ Physical distancing is an infection control best practice that may be implemented as an additional safety layer to reduce the spread of COVID-19. During practices, encourage activities that do not involve sustained person-to-person contact between participants and/or coaching staff, and limit such activities in indoor settings. Instead, consider focusing on skill-building activities.
- ❑ Consider limiting the number of participants who visit the restroom or locker room at any given time.
- ❑ Non-athletic team events, such as team dinners or other social activities, should be minimized and only happen if they can be held outdoors with distancing and preferably, masking.

### Require Screening Testing for COVID-19

- ❑ **The CDC recommends that all unvaccinated participants in any youth sports test at least weekly in communities experiencing high rates of transmission.** Although unvaccinated persons are at higher risk of infection, the virus that causes COVID-19 may infect any member of the youth sports league, even fully vaccinated members. Any infected person can potentially transmit the virus to others. One strategy to accurately identify infected individuals and then quickly isolate them is to conduct routine **periodic testing for COVID-19 for both unvaccinated (required) and fully vaccinated persons (recommended)** with an FDA-approved diagnostic test (PCR) test once per week, or an antigen test at a greater frequency (e.g., at least twice per week). General guidance and recommendations about testing including the types of tests available can be accessed at our [testing information](#) website.
- ❑ Persons who show proof that they have recovered from/completed isolation for laboratory confirmed COVID-19 within the past 90 days should not be included in periodic COVID-19 screening testing if the person is asymptomatic. Screening for people who were previously infected with COVID-19 (and are not fully vaccinated) should start 90 days after the first day of symptoms or from the day of collection of first positive test (if they were asymptomatic).

- ❑ Youth sports leagues, team organizers, or coaches should maintain records of all athletes' and staff/coaches'/volunteers' vaccination status and weekly COVID-19 testing compliance and any testing done after having exposure to a COVID-19 case. They do not need to keep a copy of the **original** proof of full vaccination nor **store** copies of test results.
  - The following are acceptable as proof of "full vaccination": 1) A photo identification of the individual and 2) their vaccination card (which includes name of person vaccinated, type of COVID-19 vaccine provided and the date the last dose was administered) OR a photo of the individual's vaccination card as a separate document OR a photo of the individual's vaccine card stored on a phone or electronic device OR documentation of full vaccination from a healthcare provider (which includes name of person vaccinated and confirms that the attendee is fully vaccinated against COVID-19).
  - For the purposes of this Protocol, people are considered "fully vaccinated" against COVID-19:
    - 2 weeks or more after their second dose in a 2-dose COVID-19 vaccine series, such as the Pfizer or Moderna, or
    - 2 weeks or more after a single-dose COVID-19 vaccine, such as Johnson & Johnson (J&J)/Janssen, or
    - 2 weeks or more after completion of COVID-19 vaccine series listed for emergency use by the World Health Organization (e.g., AstraZeneca/Oxford). See WHO's [website](#) for more information about WHO-authorized COVID-19 vaccines.
- ❑ With current [high levels of community COVID-19 transmission](#) in Pasadena and LA County, the following testing requirements apply to all participating athletes and staff/coaches/volunteers. See Table 1 below for examples of sports in different risk categories.
  - Persons who show proof that they are **fully vaccinated** against COVID-19 may participate in weekly routine screening testing to reduce risk of COVID-19 transmission on the team and disruption of sports activities. This can also be an effective tool to help prevent COVID-19 exposures in the classroom and disruption to school instruction.
  - People who have recovered from/completed isolation for laboratory confirmed COVID-19 within the past 90 days should not be included in routine COVID-19 screening testing if asymptomatic. Screening for people who were previously infected with COVID-19 should start 90 days after the first day of symptoms or the day of collection of first positive test.
  - **Indoor Moderate or High Risk Sports for children of all ages and staff/coaches/volunteers. A weekly negative test result is required for all participants who are not fully vaccinated, including children who are playing and staff/coaches/volunteers;** weekly school testing fulfills this obligation where applicable. Testing two times per week is strongly recommended for unvaccinated participants. **It is recommended that fully vaccinated people test weekly.**
  - **Outdoor Moderate or High Risk Sports for youth ages 12 years and older and staff/coaches/volunteers. A weekly negative test result is required for all participants who are not fully vaccinated, including youth ages 12 years and older who are playing and staff/coaches/volunteers;** weekly school testing fulfills this obligation.
  - **Weekly testing for children under age 12 years playing Outdoor Sports is recommended.** This recommendation is in alignment with the CDC recommendation for communities experiencing high transmission, since children under age 12 are not

yet eligible for vaccination. Weekly school testing fulfills this recommendation where applicable.

- If team players under age 12 years are regularly transported via buses/vans, a weekly negative test result is recommended; weekly school testing fulfills this obligation where applicable.
- If children under age 12 years are participating in multi-county, multi-day competitions of Moderate or High Risk Outdoor sports, a negative test within a 3-day window period prior to their first game at the competition is recommended.
  - The 3-day window period is the 3 days before the inter-team competition. A 3-day timeframe instead of 72 hours provides more flexibility to the athlete or staff member. By using a 3-day window period, test validity does not depend on the time of the competition or the time of day that the test was administered. For example, if the competition is at 1pm on a Friday, the athlete or staff member could participate in the competition with a negative test that was taken any time on the prior Tuesday or after.
  - If there is a positive case among players, coaches and/or staff, everyone (regardless of vaccination status) is required to have a weekly negative test result for two weeks from exposure to the case and must test negative prior to competitions. Unvaccinated contacts will be quarantined in accordance with the [Health Officer Quarantine Order](#).
- ❑ Whenever a confirmed case is identified on any of your teams, follow instructions listed in the [COVID-19 Exposure Management Plan Guidance for Youth Recreational Sports Programs](#) and ensure that all unvaccinated close contacts quarantine along with any symptomatic vaccinated close contacts.

### Maximize Ventilation

- ❑ If youth sports activities are taking place indoors, prior to the start of practice the youth sports organizations must verify with building maintenance or the property manager that the building's HVAC system is in good, working order and receives regularly scheduled maintenance.
- ❑ Consider installing portable high-efficiency (HEPA) air cleaners, upgrading the building's air filters to the highest efficiency possible, and making other modifications to increase the quantity of outside air and ventilation in the indoor space.
- ❑ When conditions allow, increase fresh outdoor air by opening windows and doors, adhering to fire and other safety standards. Consider using fans to increase the effectiveness of open windows - position window fans to blow air outward, not inward.
- ❑ Decrease occupancy in areas where outdoor ventilation cannot be increased.
- ❑ If your team or youth sports league utilizes transport vehicles, such as buses or vans, it is recommended to open windows to increase airflow from outside when it is safe to do so (and everyone is required to wear masks in the vehicle).
- ❑ See State [Interim guidance for Ventilation, Filtration, and Air Quality in Indoor Environments](#) and CDC [Ventilation in Schools and Child Care Programs](#) websites.

### Support Handwashing

- ❑ Place handwashing stations or hand sanitizer at convenient locations and post signage promoting use.
- ❑ Encourage frequent handwashing.

## **Communicate**

- For ticketed events, communicate requirements for masking and recommendations for physical distancing before ticket is issued.
- Post [signage](#) so that visitors who are entering your facility are aware of your policies, including the requirement that everyone must wear a face mask while indoors.
- Use your online platforms to communicate your COVID-19 safety policies to the public.

## **Take Additional Precautions for Team Travel and Multi-Team Tournaments**

- When traveling in vehicles with other members of the youth sports team not from the same household, wear masks during the entire trip and keep windows open. This includes when carpooling in family vehicles.
- If traveling outside of Pasadena or Los Angeles County for an event, adhere to the [Travel Advisory](#) and Guidance.
- When traveling overnight, it is recommended that team members not from the same household sleep in separate rooms and keep masks on whenever visiting other members' hotel rooms.
- Socializing with other teams is strongly discouraged.
- If your team or league utilizes transport vehicles, such as buses or vans, it is recommended to use and enforce the same seating for the duration of the season and maintain records of the seating chart, if needed for contact tracing.

**Table 1. Examples of Sports Stratified by Risk Level Depending on Degree of Participant Contact**

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