

# PUBLIC HEALTH REOPENING PROTOCOL

## YOUTH SPORTS

Recent Updates: (Changes are highlighted in yellow)

11/10/2020:

- Sentence added to clarify that if there is exposure to COVID-19 infection in a stable cohort, all members of the cohort will require quarantine.

Note that this protocol applies to recreational youth sports leagues, club sports, travel sports, and sports sponsored by private and public schools serving students in TK-12 schools. It is not intended for use by adult sports leagues, including collegiate sports, or amateur adult sports, which must remain closed per the State Health Officer Order. **Until further notice, all youth sports activities must take place outdoors.**

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

### Steps to Reopen

- ✓ 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 and family and conduct education.

### 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 coverings. Online outlets of the youth sports program (website, social media etc.) provide clear information about physical distancing, use of face coverings 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

## Resources

- California Department of Public Health – FAQ's  
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Youth-Sports-FAQ.aspx>

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 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 youth sports activities at City-operated parks. Submission of protocol for youth sports activities at other facilities to a City department is not required unless explicitly requested.

PERSON RESPONSIBLE FOR IMPLEMENTING PROTOCOLS	
Youth Sports Team/League Name: <input type="text"/>	
Person in Charge: <input type="text"/>	
Title: <input type="text"/>	
Phone Number: <input type="text"/>	Date: <input type="text"/>

## 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 youth sports coordinator, who acts as the liaison to the Pasadena Public Health Department in the event of an outbreak. Steps to be taken immediately upon notification of any member of the youth sports community (coach, staff, player or visitor) tests positive for, or has symptoms consistent with COVID-19:
  - Sending individual home immediately if they arrive sick or become sick during the day, ensuring physical distancing, that they are wearing a face covering (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 sports site due to symptoms of COVID-19, or coming into 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 covering on (provide with a surgical mask if possible). When a parent/guardian arrives to pick up a 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 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 sports coordinator must call (626) 744-6089 or email [nursing@cityofpasadena.net](mailto: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 sports operator 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 of the infectious person for 15 minutes or more).
- 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.
  - Staff, coaches, and youth team members are instructed to wash or replace their face coverings daily.
  - Staff, coaches, and youth team members 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 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 cloth covering 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). Consult the CDC website for the most current list of COVID-19 [symptoms](#). These checks can be done remotely or in person upon arrival. The screening must include asking if the person (adults and middle and high school-age students, and for younger students, ask the parent) has had contact with a person known to be infected COVID-19 in the last 14 days. Quarantine (send home) everyone who came into close contact (within 6 feet for 15 minutes or more) with someone with confirmed COVID-19 within the past 14 days. They must maintain quarantine at home for 14 days and not return to the youth sports activity for 14 days from last contact with someone with COVID-19, regardless of any interim test results.
- In addition, conduct visual wellness checks of all staff and youth, during activities and take students' temperature with a no-touch thermometer, if possible.
- Require any player or coach diagnosed with COVID-19 to stay home for at least 10 days or until 24 hours after fever and symptoms resolve (without use of fever-reducing medications), whichever is longer.
- Review and modify workplace leave policies to ensure that staff are not penalized when they stay home due to illness.

### Reduced Contact

- Physical distancing of six (6) feet between each player and between players and coaches is required at all times. Youth sports activities are limited to activities that enable all players and coaches to maintain a physical distance of at least six feet between each other at all times, and an eight (8) feet distance during times of heavy physical exertion. These activities include but are not limited to training, conditioning, and skills-building activities. Contact sports cannot practice in the same manner as they used to practice prior to COVID-19. No physical contact
- Until further notice, all youth 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 and there is sufficient outdoor air movement.
- All youth sporting events, including tournaments, events or competitions are not permitted at this time. Practice games among players of the same team are allowed for non-contact sports only. Non-contact sports include those sports that allow all players in the game, scrimmage or match to maintain an 8-foot distance between one another during competition (for example, singles tennis matches, golf matches, some track and field events).
- 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, players are encouraged to bring their own equipment (for example, bats, golf clubs, rackets) to practice and not share equipment. If equipment must be shared, disinfect between use by different people to reduce the risk of COVID-19 spread.
- ❑ 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.
- ❑ Youth sports programs should ensure that players remain in a stable cohort in order to limit the risk of transmission (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.

#### **Face Coverings\***

- ❑ All players, coaches, family members and visitors are required to wear an appropriate face covering 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 may 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.
- ❑ 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.

## Restrooms/Locker rooms

- Sports teams that have access to indoor bathroom and locker facilities may access them for the purposes of engaging in hand hygiene, changing, showering, and utilizing the rest rooms. Stagger visits to the locker room or rest rooms to allow for physical distancing while indoors.
- Disinfect any locker rooms or restrooms that are in use, frequently.
- Place a trash can near the door if the door cannot be opened without touching the handle, so restroom users may use a paper towel to cover the doorknob. Maintain compliance with accessibility standards and fire code.
- Ensure that restrooms stay operational and stocked at all times.

## 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 commonly used equipment before and after each use by a different person.