

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

Recent Updates: (Changes are highlighted in yellow)

4/14/2021:

- Spectators and observers are permitted in strict accordance with the CA Department of Public Health (CDPH) protocol for [Outdoor Seated Live Events and Performances](#).
- Inter-team competitions, meets, races, or similar events are permitted to occur only with other teams within the state, and with a maximum of two teams unless otherwise approved by the Pasadena Public Health Department.

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](#).

Additional information and answers to questions available at the CDPH [Youth Sports Q&A](#).

Inter-team competitions, meets, races, or similar events are permitted to occur only with other teams within the state.

- No tournaments or events that involve more than two teams may occur. Exceptions may be made, with authorization from the Pasadena Public Health Department for events being held in Pasadena and each of the local health departments where teams originate from, for 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. Requests may be submitted to the Schools Technical Assistance Team, anreyes@cityofpasadena.net.
- A single team may only play another single team within the same day.

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

Spectators and observers are permitted pursuant to the CDPH protocol for [Outdoor Seated Live Events and Performances](#). If the protocols cannot be fully implemented, spectators are limited to age-appropriate supervision, only, in accordance with the CDPH [Outdoor and Indoor Youth and Recreational Adult Sports](#).

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 A HIGH
QUALITY MASK**



**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: <input type="text"/>	
Person in Charge/Youth or Adult Sports Coordinator: <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 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 daily symptom checks (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) before or upon arrival. The screening prior to arrival must include asking if the employee has had contact with a person known to be infected with COVID-19 in the last 10 days, and whether the individual is currently under isolation or quarantine orders. Consult the CDC website for the most current list of COVID-19 [symptoms](#).
- These checks can be done remotely or in person upon arrival.
- Notify employees that they are not to come to work if sick or if they are exposed to a person who has COVID-19. Employers must comply with [Cal-OSHA requirements for quarantine and isolation](#), if stricter than the Pasadena Public Health Department (PPHD). For the purposes of PPHD, employees who are [fully vaccinated](#) for COVID-19 (2 or more weeks after a 2-dose vaccine series OR 2 or more weeks after a single dose vaccine) do not need to quarantine after exposure to someone with COVID-19 if asymptomatic, and may come to work if asymptomatic. The local Health Officer Order requires everyone to self-isolate when sick with COVID-19. It also requires individuals to self-quarantine for 10 days from last contact with someone with COVID-19, unless fully vaccinated. Anyone who is a close contact with someone with COVID-19 must check for symptoms for 14 days regardless of vaccination status. The employee must isolate from others immediately if symptoms develop within 14 days of exposure. Quarantine must be maintained for 10 days, even if test results are negative (no virus detected).
- 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

- Ensure to implement all protocols as outlined in the CPDH guidance: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>

Face Masks*

- 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 masks must not be used. Only individuals who have been instructed not to wear a face mask by their medical provider due to a medical condition, mental health condition, or disability that prevents wearing a face mask 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 masks. It is preferable for participants to wear a face mask 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 mask 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 masks.

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

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>