



Outdoor Youth & Recreational Adult Sports

The purpose of this table is to clarify which youth and recreational adult sports are permitted as of **February 26, 2021**.

Categories	State	Alameda County
Competitions (games)	<ul style="list-style-type: none"> Team competitions (games) for specific sports for youth and adults are permitted. Please view the California Department of Public Health’s (CDPH) permitted sports by tier here. Competitions are limited to teams located in the same county or from neighboring counties. Teams participating in cross county competitions will follow more stringent rules if the team is coming from a county with a different case rate threshold. No tournaments or events that involve more than two teams can take place. Exceptions can be made by local health departments for sports with individual competitors, such as track and field or swimming. <u>Only one competition per team, per day maximum can be played.</u> 	<ul style="list-style-type: none"> Team competitions are limited to teams in Alameda County or from bordering counties. This includes Contra Costa, San Francisco, San Mateo, San Joaquin, Santa Clara, and Stanislaus County. Sports with individual competitors, such as track and field, cross-country, golf, skiing and snowboarding, tennis, swimming, diving, surfing, biking, and equestrian events and competitions are limited to no more than five (5) teams. Cross county competitions taking place in Alameda County do not require notification to the Alameda County Public Health Department (ACPHD). Inter-team competitions will not need to notify or seek approval from ACPHD.
Definition of an athletic/sports cohort	<ul style="list-style-type: none"> For athletic guidance, a cohort is defined as one sports team. 	Same
Outdoor sports camps considerations	<ul style="list-style-type: none"> For athletic camps, follow the Indoor and Outdoor Recreational Youth and Adult Sports Guidance. For non-sports camps, follow the Child and Youth Cohort Guidance. 	Same
Number of athletic/sports cohorts (teams)	<ul style="list-style-type: none"> There is a limit of one cohort (team) per season for coaches and athletes. Refrain from participating with more than one team over the same season. 	Same



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	<ul style="list-style-type: none"> For large teams, limit mixing by making smaller stable training groups for practice. 	
Duration of athletic/sports cohort (team)	<ul style="list-style-type: none"> One team per season for sports participants and coaches. 	<ul style="list-style-type: none"> If there is no sports season, ACPHD strongly recommends staying with one cohort (team) for up to 3 weeks.
Moderate or high contact outdoor sport played out of tier:	<ul style="list-style-type: none"> Outdoor moderate-contact sports (red tier) can be played in the purple tier. Outdoor high-contact sports (orange tier) can be played in the purple or red tier with an adjusted case rate that is equal or less than 14 per 100,000. Informed consent must be collected. Provide information regarding risk to all parents/guardians of minors participating in such sports, and have each parent sign an informed consent indicating their understanding and acknowledgement of the risks indicated herein. 	Same
Testing is <u>strongly encouraged</u> for outdoor basketball, ice hockey, lacrosse, rowing/crew, and soccer:	<ul style="list-style-type: none"> Weekly antigen or PCR testing of sports participants and coaches is strongly encouraged. It is strongly encouraged that if there is a competition (game), then testing performed with test results should be available within 24 hours of the game. Testing is strongly encouraged when the adjusted case rates for the county is between 7-14 per 100,000. 	Same
Testing is <u>required</u> for outdoor football, rugby, and water	<ul style="list-style-type: none"> Weekly antigen or PCR testing is required. If more than 50% of participants are under the age of 13, then testing is 	Same



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<p>polo played out of tier:</p>	<p>not required, however coaches must be tested.</p> <ul style="list-style-type: none"> It is required that if there is a competition (game), then testing performed with test results should be available within 24 hours of the game. Testing is required when the adjusted case rates for the county is between 7-14 per 100,000. 	
<p>Concessions</p>	<ul style="list-style-type: none"> No guidance 	<ul style="list-style-type: none"> Follow the State’s Family Entertainment Center Guidance. To determine if concessions can be consumed indoors or outdoors, refer to the State’s Restaurant Industry Guidance and follow the guidance based on the County’s current tier. Use the same guidance to understand restrictions regarding the serving of prepackaged or non-prepackaged food. Prepare and implement a COVID-19 Site Specific Protection Plan. Train concessions stand employees on COVID-19 prevention, symptom screening, and the importance of face coverings, physical distancing, and frequent hand washing. Implement symptom screening for all concession stand employees. Ensure face coverings are worn by employees and customers. Comply with the Alameda County Department of Environmental Health Restaurant Operating Procedures During COVID-19. Comply with guidance for the California Blueprint for a Safer



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<p>Returning to sports after COVID-19 infection</p>	<ul style="list-style-type: none"> Follow state guidance and report COVID-19 cases to your local health department. 	<p>Economy and all Local Health Officer Orders.</p> <ul style="list-style-type: none"> If there are three (3) or more COVID-19 cases within a 14-day period for adult members of a sports team, report COVID-19 cases here. Report every single child and youth COVID-19 case by emailing safelearning@acgov.org and/or calling (510) 268-2101. Please use the form here to report a confirmed or suspected COVID-19 case for minors. In-depth child and student reporting guidance can be viewed here.
<p>Unorganized sports, which include passive, drop-in, and open play:</p>	<ul style="list-style-type: none"> The State strongly discourages unorganized youth & adult sports. 	<ul style="list-style-type: none"> Unorganized sports for children, youths and adults should be limited to participants from no more than three stable households. Strongly recommend outdoor sports only with face mask and where 6 feet distance between participants can be maintained to reduce risk. For unorganized swimming and aquatics please follow the Gym and Fitness Center Guidance.