



Outdoor & Indoor Youth Recreational Adult Sports

The purpose of these tables is to clarify which youth and recreational adult sports are permitted. Updated **April 6, 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. Inter-team competitions, meets, races, or similar events are permitted to occur only with other teams within the state. 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</u> can be played. 	<ul style="list-style-type: none"> 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



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Number of athletic/ sports cohorts (teams)	<ul style="list-style-type: none"> The limit of one cohort (team) per season for coaches and athletes is strongly encouraged. Refrain from participating with more than one team over the same season. For large teams, limit mixing by making smaller stable training groups for practice. 	Same
Duration of athletic/ sports cohort (team)	<ul style="list-style-type: none"> One team per season for sports participants and coaches is strongly encouraged. 	<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.
Observers/ spectators	<ul style="list-style-type: none"> For indoor youth sports events (18 and under) observers are limited to the immediate household members of players for practice and competitions (games) for the strict purpose of age-appropriate supervision. Follow the Indoor Seated Live Events and Performance Guidance. For outdoor sports events observers and spectators are permitted to attend competitions (games), as long as the Outdoor Seated Live Events and Performance Guidance is followed. The number of observers should be limited to ensure outdoor and/or indoor capacity limits are maintained, and physical distancing is upheld. 	Same
Face coverings	<ul style="list-style-type: none"> Face coverings are to be worn by players during practice, conditioning, and competitions (games) as tolerated. 	<ul style="list-style-type: none"> Players must wear face coverings during practice, conditioning, and competitions. As tolerated means that players can remove their face covering for a brief time if necessary, to catch their breath or



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		<p>if they have difficulty breathing. Players must make their best effort to always keep face coverings on.</p> <ul style="list-style-type: none"> • Specific exceptions for when face coverings may become a hazard can be viewed here.
<p>Guidance for outdoor moderate contact sports played out of tier</p>	<ul style="list-style-type: none"> • 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. • 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. 	<p>same</p>
<p>Guidance for indoor low-contact, moderate-contact and high-contact sports played out of tier</p>	<ul style="list-style-type: none"> • Ventilation in indoor sports venues should be increased to the maximum extent possible. • Periodic testing of players and support staff must be ongoing. Daily antigen testing and periodic PCR testing are both acceptable. • Any positive antigen test must be confirmed with a PCR test. PCR testing is required for symptomatic players and staff 	<ul style="list-style-type: none"> • Please view the County’s indoor ventilation guidance here. • Weekly PCR testing with results available within 48 hours of a competition is required. • If a team prefers antigen testing, then the suggested minimum frequency is twice (2X) a week. However, positives must be confirmed with PCR testing.



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	<p>within 24 hours of reported symptoms.</p> <ul style="list-style-type: none"> Teams must adopt and follow a Return to Play Safety Plan as outlined in the State’s guidance. Teams must establish a written, facility specific COVID-19 prevention plan as outlined in the State’s guidance. Teams must health screen all staff and players entering the facility as outline in the State’s guidance. Teams must comply with the State’s Institutions of Higher Education guidance for collegiate athletics. 	
<p>Testing is <u>required</u> for high-risk contact sports such as basketball, field hockey, football, ice hockey, lacrosse, rowing, rugby, soccer, squash, volleyball, water polo and wrestling:</p>	<ul style="list-style-type: none"> Weekly antigen or PCR testing is required. It is required that if there is a competition (game), then testing performed with test results should be available within 48 hours of each competition. Testing is required for all players 13 and older and coaches in counties with case rates between 7 and 14 per 100,000. 	<p>Same</p>
<p>Concessions</p>	<ul style="list-style-type: none"> For concessions see the Outdoor Seated Live Events and Performances Guidance or the Indoor Seated Live Events and Performances Guidance. 	<ul style="list-style-type: none"> 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.



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		<ul style="list-style-type: none"> 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 Economy and all Local Health Officer Orders.
Returning to sports after COVID-19 infection	<ul style="list-style-type: none"> Follow state guidance and report COVID-19 cases to your local health department. 	<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.
Unorganized sports, which include passive, drop-in, and open play:	<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.

Explanatory Tier Sports Table

	Purple	Red	Orange	Yellow
Category of Outdoor Sport by Tier	Outdoor low-contact sports.	Outdoor moderate-contact sports.	Outdoor high-contact sports & Indoor low-contact sports.	Indoor moderate-contact sports.



<p>Played Within Tier</p>	<ul style="list-style-type: none"> Comply with the State’s section on the General Requirements for All Sports guidance. Strongly encouraged to comply with the State’s section on Other General Guidance. 	<ul style="list-style-type: none"> Comply with the State’s section on the General Requirements for All Sports guidance. Strongly encouraged to comply with the State’s section on Other General Guidance. 	<ul style="list-style-type: none"> Comply with the State’s section on the General Requirements for All Sports guidance. Strongly encouraged to comply with the State’s section on Other General Guidance. 	<ul style="list-style-type: none"> Comply with the State’s section on the General Requirements for All Sports guidance. Strongly encouraged to comply with the State’s section on Other General Guidance.
<p>Played in Less Restrictive/Out of Tier</p>	<p>Not Applicable</p>	<ul style="list-style-type: none"> Informed consent is required and must be collected. Comply with the State’s section on the General Requirements for All Sports guidance. Strongly encouraged to comply with the State’s section on Other General Guidance. 	<ul style="list-style-type: none"> Informed consent is required and must be collected. Comply with the State’s section on the General Requirements for All Sports guidance. Strongly encouraged to comply with the State’s section on Other General Guidance. Testing is required for certain high contact sports. See the above Outdoor & Indoor Youth Recreational Adult Sports table for more details. 	<ul style="list-style-type: none"> Informed consent is required and must be collected. Comply with the State’s section on Conditions for Return to Play if not Otherwise Authorized guidance. Comply with the State’s Higher Education guidance on Collegiate Athletics.
<p>Category of Indoor Sport</p>	<p>Not Applicable</p>	<p>Not Applicable</p>	<p>Indoor low-contact sports as defined in the State’s Youth and Adult Recreational Sports Permitted by Current Tier of County table.</p>	<p>Indoor moderate & high-contact sports as defined in the State’s Youth and Adult Recreational Sports Permitted by Current Tier of County table.</p>



Public Health Department: Main Line (510) 267-8000
 COVID-19 Information: (510) 268-2101

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<p>Played in Less Restrictive/Out of Tier</p>	<p>Not Applicable</p>	<p>Not Applicable</p>	<ul style="list-style-type: none"> • Comply with the State’s section on Conditions for Return to Play if not Otherwise Authorized guidance. • Comply with the State’s Higher Education guidance on Collegiate Athletics. • Testing is required. See the above Outdoor & Indoor Youth Recreational Adult Sports table for more details. 	<ul style="list-style-type: none"> • Comply with the State’s section on Conditions for Return to Play if not Otherwise Authorized guidance. • Comply with the State’s Higher Education guidance on Collegiate Athletics. • Testing is required. See the above Outdoor & Indoor Youth Recreational Adult Sports table for more details.