



COUNTY OF FRESNO COVID-19 Guidance

Return to Play: Youth and School-Based Sports

**Date: 6/23/2020
(Current Status: Phase 2)**

Promotion, preservation and protection of the community's health

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OVERVIEW

The below guidelines are designed to ensure a safe and healthy return to play for youth and school-based sports. No games or competition are permitted at this time. Modifications for conditioning, practices, and scrimmages are outlined below. These guidelines may be altered at any time by Fresno County Department of Public Health (FCDPH) based on new recommendations from the Centers for Disease Control and Prevention (CDC) and California Department of Public Health (CDPH).

Coaches, staff, parents and athletes should be educated on social distancing, infection prevention measures, and these return to play protocols before starting any type of physical education program or activity.

SCREENING

In all phases, it is very important that no one who is exhibiting symptoms of COVID-19 be permitted to expose others to the disease.

All coaches and students will do a self-assessment for signs/symptoms of COVID-19 prior to reporting to the activity each day. Coaches are recommended to do daily checks and confirm that the participants have done their self-assessment and document the results on the attendance roster. Rosters should be kept and stored securely so a record remains detailing everyone who was present in case a student develops COVID-19. It is recommended that participants temperature be taken with a no-touch thermometer prior to beginning any activity.

The self-assessment must include the following symptoms. Send home athletes and staff with any of the following symptoms, or who report contact with a COVID19 positive individual within the last 14 days.

- **Fever above 100.4°**
- **Cough**
- **Shortness of Breath**
- **Sore Throat**
- **Chills**
- **Muscle Pains**
- **Repeated Shaking/Tremors**
- **New Loss of Taste/Smell**
- **Headache**

If any individual exhibits any of the following symptoms (or has had contact with someone who has) they may not return to any activity in any phase without written clearance from their physician.



*Preparticipation examinations may be waived for 30 days consistent with CIF Pre-Participation Exam guidance https://cifstate.org/covid-19/Resources/Physical_Exam_Waiver_Final.pdf. Preparticipation exams may be waived for 30 days for participants entering the ninth grade if there is a signed statement from the parents attesting that the participant has not been admitted to a hospital overnight in the last year, has never been admitted overnight to a hospital except for an acute illness or injury that has now resolved, has never had an unexplained loss of consciousness, and is not taking any medications on a regular basis.

*May not apply to youth sports

Gatherings and Social Distancing

In accordance with social distancing (distancing of 6 feet or greater between individuals) and gathering guidelines issued by FCDPH, CDPH, and the CDC, the following are some things to consider:

- Students/athletes should be placed in pods (a group of no more than 10 students) when participating in any workout/activity.
- Pods should consist of the same students. For example, if a student is absent the pod will not add a student to reach the number 10.
- Social distancing should be practiced by students and coaches even within a pod
- Spacing of pods should be implemented
- Stagger start times between pods
- Students and coaches should not gather before or after activity
- Physical contact (i.e., high-fives, fist/chest bumps, and hugs) should be discontinued
- Face coverings/masks guidance should be followed as directed by [CDPH guidance for the use of face coverings](#). Cloth face coverings/masks are acceptable and “medical grade” masks are not required. It is recommended that coaches, officials, students, and other personnel always wear a face covering/mask and especially when social distancing is not possible. All participants should follow FCDPH, CDC, and CDPH guidance.

Facilities

Gyms/Fitness Facilities/Weight Rooms:

- All facilities should follow all [Industry Guidance: Fitness Facilities](#).
- Weightlifting equipment should be wiped down thoroughly before and after an individual uses the equipment.
- Facilities should follow all physical distancing guidelines and adhere to CDPH guidance.
- Free weight exercises that require a spotter are not permitted in the phases described below

Locker Rooms:

- Locker rooms cannot be utilized during these Phases.
- Students should report in fitness attire prior to activity and return home to shower or change attire after participation.

Pools:

- For activities and pool facilities to open, they must abide by the information stated by Environmental Health Division. Facilities need to complete a form and submit to Environmental Health.
- Facilities should review the section on Additional Consideration for Swimming Pool/Aquatic Venues under the [Industry Guidance: Fitness Facilities](#).
- The form you must complete for the reopening of pool facilities is: <https://www.co.fresno.ca.us/home/showdocument?id=45167>
- To submit a completed form, you may email information to EnvironmentalHealth@fresnocountyca.gov or submit via fax at (559) 455-4646.

Equipment

- No shared athletic equipment (i.e., towels, clothing, shoes, balls, or sports specific equipment) between students.
- Individual clothing should be washed and cleaned after every workout.

- Athletic equipment should be cleaned after each use and prior to next workout.
- Athletic equipment shared between a pod should be cleaned and disinfected before being used by another pod.
- All students should bring their own water bottle(s). No sharing of water bottles.
- Hydration stations (i.e., water cows, water fountains, etc.) may be utilized only to fill water bottles. One designated person fills up each individual participant bottle as they come forward. This person must wear a mask and must clean their hands prior or wear gloves while using the hydration station. Any hydration station that is handled by the designated person must be cleaned prior to and after each use.

Cleaning and Disinfecting

Cleaning/disinfecting protocols should be created and followed for all athletic facilities including but not limited to reception areas, locker rooms (not permitted in these phases), restrooms, changing areas, gyms, weight rooms, athletic equipment, etc.

- Facilities should review and follow cleaning and disinfecting protocols for [Industry Guidance: Fitness Facilities](#) issued by the State of CA.
- Facilities should review and follow the cleaning and disinfecting protocols for [Industry Guidance: Office Workspaces](#) issued by the State of CA.

Individuals should wash their hands for a minimum of 20 seconds with soap and water or use hand sanitizer with at least 60% ethanol or 70% isopropanol before and after any activity.

Types of Sports

Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors. Examples include:

- **Cross Country**
- **Track and Field (individual races)**
- **Throwing Events (Javelin, shot put, discus)**
- **Individual Swimming**
- **Golf**
- **Sideline Cheer**
- **Cross Country Running (with staggered starts)**

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants or intermittent close contact or group sports or sports that use equipment that can't be cleaned between participants. Examples include:

- **Basketball**
- **Volleyball***
- **Baseball***
- **Softball***
- **Soccer**
- **Water Polo**
- **Gymnastics***
- **Tennis***
- **Swimming Relays**
- **Pole Vault***
- **High Jump***
- **Long Jump***

**Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants*

Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Examples include:

- **Wrestling**
- **Football**
- **Competitive Cheer**
- **Dance**

Phase 1

- No training whatsoever with any individual from outside your household.
- Virtual coaching only.
- Follow all social distancing and infection prevention guidelines.

Phase 2 (following the approval of FCDPH)

- No gathering of more than 10 students at a time (inside or outside)

- Workouts should be conducted in pods with the same students. Only individual drills are allowed. No team drills permitted.
- There must be a minimum distance of 6 feet between each individual. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.
- Vulnerable individuals should not participate in workouts/activities
- All equipment must be cleaned and disinfected before and after use as outlined under **Equipment** and **Cleaning and Disinfecting**
- The following activities are permitted in Phase 2 for the sports listed:

Sport	Activities under Phase 2
Cross Country	Runners should maintain physical distancing, no grouping
Track and Field	Runners should maintain physical distancing, no grouping. No sharing of equipment.
Swimming	Swimmers should maintain physical distancing, no grouping. No sharing of lanes
Golf	Maintain physical distancing, no grouping.
Tennis	Conditioning drills are permitted with no sharing of balls. Each player may use own can of balls to serve and uses racket to pass other balls (singles only), ball machine is permitted for one individual. Players may do individual drills.
Badminton	Conditioning, no sharing of birdies. Each player may use own can of birdies to serve and uses racket to pass other birdies (singles only). Players may do individual drills.
Volleyball	Conditioning, individual ball handling drills, each player has own ball.
Lacrosse	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a ball among team where multiple players may touch the ball
Soccer	Conditioning, individual ball skill drills, each player has own ball, feet only (no heading/use of hands), no contact.
Baseball/Softball	Conditioning and tee work. Players should not

	share gloves or other equipment. A layer may hit in cages, throw batting practice (with netting as backstop, no catcher).
Gymnastics	No sharing of equipment.
Field Hockey	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but no sharing of the same ball
Basketball	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s) but may not pass to others where multiple touching is apparent.
Water Polo	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s) but may not pass to others where multiple touching is apparent.
Wrestling	Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without any touching of another individual.
Competitive Cheer	Conditioning and individual technique/choreography work. No group or partner stunts permitted. Individual jumps, dance, tumbling without contact are allowed.
Football	Conditioning and individual drills. A player should not handle or pass balls to another individual. Physical contact with other players is not permitted, and no sharing of equipment such as sleds or tackling dummies. Personal protective equipment is not allowed.

Phase 3 (following the approval of FCDPH)

- No gathering of more than 10 students at a time indoors. Up to 50 individuals may gather outdoors. When gathering outdoors, students must remain with their pods.
- Workouts should be conducted in pods with the same students. Modified team practices may begin for lower and moderate risk sports within their pod. Higher risk sports should continue individual drills.
- No contact with other teams.

- There must be a minimum distance of 6 feet between each individual. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.
- Vulnerable individuals should not participate in workouts/activities.
- All equipment must be cleaned and disinfected before and after use as outlined under **Equipment** and **Cleaning and Disinfecting**.
- The following activities are permitted in Phase 3 for the sports listed:

Sport	Activities under Phase 3
Cross Country	Runners should maintain physical distancing, no grouping.
Track and Field	Runners should maintain physical distancing, no grouping. No sharing of equipment.
Swimming	Swimmers should maintain physical distancing. No sharing of lanes
Golf	Maintain physical distancing, no grouping.
Tennis	Conditioning and modified team drills are permitted. Each player may use own can of balls to serve and pass other balls within their pod.
Badminton	Conditioning and modified team drills are permitted. Players may use own can of birdies to serve and pass other birdies within pod.
Volleyball	Conditioning, ball handling drills, and players can share balls within their pod.
Lacrosse	Conditioning and ball skill drills, no contact. A player may shoot with a ball(s). A pod may practice/pass a within their pod.
Soccer	Conditioning and modified team drills such as ball skill drills. Feet only (no heading/use of hands), no contact. A pod may practice/pass a within their pod.
Baseball/Softball	Conditioning and tee work. Players should not share gloves or other equipment. A player may hit in cages, throw batting practice (with netting as backstop, no catcher).
Gymnastics	No sharing of equipment. No contact.
Field Hockey	Conditioning and modified team ball skill drills, no contact. A player may shoot/pass within their own pod.

Basketball	Conditioning and modified team ball skill drills, but no contact. A player may shoot and pass within own pod.
Water Polo	Conditioning and modified team ball skill drills, but no contact. A player may shoot with a ball(s) and pass within own pod.
Wrestling	Conditioning, mirror drills with spacing, no contact. Wrestlers may perform drills without any contact of another individual.
Competitive Cheer	Conditioning and individual technique/choreography work. No group or partner stunts permitted. Individual jumps, dance, tumbling without contact are allowed.
Football	Conditioning and individual drills. A player may pass within own pod. Physical contact with other players is not permitted, and no sharing of equipment such as sleds or tackling dummies. Players are permitted to wear their own protective equipment.