

City of Daly City
Department of Library and Recreation Services
Guide to Reopening for Youth Athletic Use

Under the guidance of the California Department of Public Health and in line with the Blueprint for a Safer Economy, the following guidance and rules are tools for allowing the reopening of indoor/outdoor facilities. To ensure safety for youths, adults, and staff, the following measures must be followed in order to reduce the overall risk of COVID-19. These guidelines may change at any time to correlate with the recommendations of the CDPH. Some of the general rules are:

- Participants in youth activities should wear face coverings when participating in the activity, even with heavy exertion as tolerated, both indoors and outdoors (unless the face covering could become a hazard), and face coverings must be worn when not participating in the activity (e.g., on the sidelines).
- Avoid equipment sharing, and if unavoidable, clean and disinfect shared equipment between use by different people to reduce the risk of COVID-19 spread. If equipment is shared, it must be disinfected between use by different people to reduce the risk of COVID-19 spread.
- Youth sports programs and schools should provide information to parents or guardians regarding this and related guidance, along with the safety measures that will be in place in these settings with which parents or guardians must comply.
- Athletes and coaches should cohort by team, and refrain from participating with more than one team over the same season or time period (notwithstanding competitions permitted as outlined below).
- For youth sports (age 18 years and under), immediate household members may observe practices and games as needed for age-appropriate supervision, but observers should be limited to ensure physical distance can be maintained, reduce potential crowding, and maintain indoor and outdoor capacity limits allowed by Tiers.

GENERAL INFORMATION

ORGANIZATION/ APPLICANT RESPONSIBILITIES

Once an understanding of the guidance set forth from the California Department of Health is met, each individual team has to comply with the following responsibilities and sign a waiver confirming that they understand the guidelines and that if any of the responsibilities are not met, an immediate termination of the agreement will occur. Please review the following responsibilities in terms of holding a youth practice:

- Participants in youth activities should maintain at least six feet of distance from others to the maximum extent possible, including when on the sidelines. Coaches should avoid contact with participants and facilitate physical distancing between participants to the maximum extent possible (e.g., staggered starts instead of mass starts for races).
- Inter-team competitions (i.e., between two teams) may resume in California beginning January 25, 2021, based on the guidelines outlined in this document. The status of return-to-competition is subject to change at any time given the level of COVID-19 transmission in California.
- Teams must not participate in out-of-state tournaments; several multi-state outbreaks have been reported in CA residents and around the nation.
- Inter-team competitions, meets, races, or similar events are authorized only if (a) both teams are located in the same county and the sport is authorized in the Table below; or (b) teams are located in immediately bordering counties and the sport is authorized in both counties.
- Players, coaches, and employees are discouraged from making unnecessary physical contact with one another (for example, high-fives, handshakes, fist bumps).
- Players and coaches should use hand sanitizer when hand-washing is not practicable. If necessary, designate a specific pick-up and drop-off area where social distancing is possible.
- Children and teens with symptoms of COVID-19 should not attend practices or competition. They should consult their physician for testing and notify their coach, athletic trainer and/or school administrator of their symptoms. Youths recovering from COVID-19 will have different paths to return to sports based on the severity of their illness. Those who are asymptomatic or have mild symptoms should not exercise until cleared by a physician.

SPORTS RISK PROFILES

In general, the more people from outside their household with whom a person interacts, the closer the physical interaction is, the greater the physical exertion is, and the longer the interaction lasts, particularly when indoors, the higher the risk that a person with COVID-19 infection may spread it to others.

Youth and adult sports include varied activities that have different levels of risk for transmission of COVID-19. Outdoor activities that allow for consistent wearing of face coverings and physical distancing are lower risk than indoor activities that involve close contact between sports participants and high exertion that increases spread of exhaled particles and limits the ability to wear face coverings consistently. The competition between different teams also increases mixing across groups and outside of communities, which also contributes to the potential for spread of COVID-19 disease.

Youth and adult sports are classified below by their level of contact and transmission risk. This classification applies to competition or training/practice with others. It does not apply to individual conditioning or exercise. See table on page 3 for examples of sports allowed.

Low-Contact Sports - Individual or small group sports where contact within six feet of other participants can be avoided. Some of these sports have relatively low exertion rates that allow for consistent wearing of face coverings when within six feet of other people.

Moderate-Contact Sports - Team sports that can be played with only incidental or intermittent close contact between participants.

High-Contact Sports - Team sports with frequent or sustained close contact (and in many cases, face-to-face contact) between participants and high probability that respiratory particles will be transmitted between participants. Indoor sports are higher risk than outdoor sports due to reduced ventilation.

PERMITTED YOUTH SPORTS BY COUNTY TIER

Physical conditioning, practice, skill building, and training that can be conducted outdoors with six feet of physical distancing, and within stable cohorts are authorized regardless of county tier status.

ATHLETIC RESERVATION & PERMIT PROCEDURES

The following items are control measures being implemented during the reservation and permit process to protect players, families, and the Daly City community, and slow the spread of COVID-19. **The City of Daly City Department of Library and Recreation Services reserve the right to revise these control measures at any time.**

- To consider your reservation for approval, the following documents are required:
 - Permit/Application for Use of Facilities
 - COVID Return to Play Protocol Plan (Written proposal with activities you plan to provide in compliance with mandates regarding physical distancing and sharing equipment.
 - COVID-19 Waiver Form
- Reservations must be made 2 weeks ahead of the start date. No reservations are allowed less than 2 weeks before their start date.
- Organizations must provide their COVID Return to Play Protocol Plan before permits are issued. City staff will review the plan to ensure compliance.
- City staff will monitor all field, diamond and court usage to ensure return-to-play protocols are being adhered to, and that facilities are operating in a way that complies with all local and state guidelines. City staff reserve the right to cancel a permit at any time if it's in the best interest of public health.
- Teams that are in violation of COVID protocols will receive two warnings. After the second warning, the organization's permit will be cancelled.
- If organizations choose to not return due to concerns over COVID-19, a partial or full refund will be issued. All request for refunds will be reviewed accordingly.

For more information about our guidelines or for any questions/concerns, email active@dalcycity.org.

TABLE: YOUTH SPORTS PERMITTED BY CURRENT TIER OF COUNTY

PURPLE TIER	RED TIER	ORANGE TIER	YELLOW TIER
<p>Outdoor low-contact sports</p> <ul style="list-style-type: none"> • Archery • Badminton • Biking • Bocce • Corn hole • Cross country • Dance (no contact) • Disc golf • Golf • Lawn bowling • Martial arts (no contact) • Physical training programs (e.g., yoga, Zumba, Tai chi) • Pickleball (singles) • Rowing/crew (with 1 person) • Running • Shuffleboard • Swimming and diving • Tennis • Track and field • Walking and hiking 	<p>Outdoor moderate-contact sports</p> <ul style="list-style-type: none"> • Baseball • Cheerleading • Dodgeball • Field hockey • Gymnastics • Kickball • Lacrosse (girls/women) • Pickleball (doubles) • Softball 	<p>Outdoor high-contact sports</p> <ul style="list-style-type: none"> • Basketball • Football • Ice hockey • Lacrosse (boys/men) • Rugby • Rowing/crew (with 2 or more people) • Soccer • Volleyball • Water polo <hr/> <p>Indoor low-contact sports</p> <ul style="list-style-type: none"> • Badminton • Curling • Dance (no contact) • Gymnastics • Ice skating (individual) • Physical training • Pickleball (singles) • Swimming and diving • Tennis • Track and field • Volleyball 	<p>Indoor moderate-contact sports</p> <ul style="list-style-type: none"> • Cheerleading • Dance (intermittent contact) • Dodgeball • Kickball • Pickleball (doubles) • Racquetball • Squash <hr/> <p>Indoor high-contact sports</p> <ul style="list-style-type: none"> • Basketball • Boxing • Ice hockey • Ice skating (pairs) • Martial arts • Soccer • Water polo • Wrestling