



TULARE COUNTY HEALTH & HUMAN SERVICES AGENCY

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On February 19th the California Department of Public Health (CDPH) released updated guidance regarding Outdoor and indoor Youth and Recreational Adult Sports.

Tulare County remains in the purple tier and will follow all applicable CDPH guidance regarding youth sports.

Current restrictions:

- Out-of-state tournaments are not permitted
- Inter-team competitions may only be from the same county or immediate bordering counties (the sport must be permitted in both counties) and cannot exceed travel by 120 miles.
- Competitions must be between only two teams; multi-team competitions or tournaments are not authorized at this time. Additionally, support teams/groups that are not competing (i.e. cheerleading or band supporting football) are not allowed to be simultaneously present at a 1:1 competition
- Athletes are only allowed to participate on one team per season.

Conditions for Sports Allowed in Less Restrictive Tiers

Outdoor moderate contact sports are allowed in purple tier once the adjusted case rate is equal to or below 14 per 100k with a required informed consent form for each athlete. The approved moderate contact sports are as follows:

Badminton (doubles)	Field hockey	Softball
Baseball	Gymnastics	Tennis (doubles)
Cheerleading	Kickball	Volleyball
Dodgeball	Pickleball (doubles)	Lacrosse (girls/women)

Outdoor high contact sports allowed in the orange tier are allowed in purple tier and red tier once the adjusted case rate is equal to or below 14 per 100k with a required informed consent form for each athlete. In addition, Football, rugby, and water polo require testing. The approved outdoor high contact sports are as follows:

Basketball	Ice hockey	*Rugby	Soccer
*Football	Lacrosse (boys/men)	Rowing/crew	*Water polo

**Mandatory testing requirement (ages 13 up). Football, rugby, and water polo are likely to be played unmasked with close, face-to-face contact therefore they will require regular and postseason antigen or PCR testing of athletes and coaches weekly. If competing against another team, testing must be performed with test results made available within 24 hours of play.*



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Additional general guidance that should be implemented to the greatest extent possible:

- **Face masks** should be worn by athletes, coaches, and volunteers at all times for group training, competition, and on the sidelines. Exemptions include watersports while in the water, cheerleading, gymnastics, and wrestling due to choking hazard during training and competition but remain required when on the sidelines.
- **Limit observation of youth sports** (age 18 years and under) to immediate household members, and for the strict purpose of age appropriate supervision. This includes observation of practice and competition. Limit number of observers to ensure physical distance can be maintained, reduce potential crowding, and ensure face masks are worn at all times including while outdoors.
- **Travel** for members of a team may pose a greater risk. To mitigate COVID-19 transmission risk during bus/van travel, employ universal masking, physical distancing and open windows the full duration of the trip. Plan for proper communication of all travel rules, protocols and expectations to everyone in the travel party. When feasible, teams should aim to travel and play the same day to avoid overnight stays. Travel by private car limited to only those within the immediate household.
- **Inter-County competitions** with neighboring counties are supposed to be communicated to the Public Health Department. Schedules indicating proposed competitions can be emailed to TCCovidSchools@tularecounty.ca.gov.
- **Equipment** such as balls or other object can be shared and used by multiple players during practice and play if use of hand sanitizer and hand washing is occurring beforehand, during breaks or halftime, and after game.

The full CDPH Guidance can be found at the following link:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>

Thank you

Tulare County Public Health