



TULARE COUNTY  
HEALTH & HUMAN SERVICES AGENCY

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California Department of Public Health (CDPH) released an updated version of its youth and recreational sports guidance on March 4, 2021. Tulare County will continue to follow CDPH guidance on youth sports.

At this time, schools are advised to consider the applicable tier-based guidance as the safest course of action to prevent transmission of COVID-19. If a school chooses to not follow tier-based guidance, then they may return using guidance for collegiate athletics in Institutions of Higher Education Industry Guidance. This should include all aspects outlined in the guidance such as testing and the creation of both a return to play safety plan and a site-specific plan.

Schools are responsible for reviewing and following available CDPH guidance for each specific sport. Schools are also advised to follow all infection prevention measures outlined in the guidance as they work best when used in conjunction with one another rather than as substitutes for each other. Special attention should be paid to strict masking for all participants (including during play\*), social distancing, stable cohorts, ventilation, and limiting the number of persons as much as possible. Outdoor activities generally carry significantly lower risk of transmission than indoor activities.

It should be noted that risk persists even with implemented precautions and all persons involved should be aware of the increased likelihood of transmission in contact sports. Informed consent of student participants, families, and staff is a consideration and is required under certain portions of the guidance. Schools are responsible to ensure that good contact tracing processes and exposure notification measures are in place for when a case of COVID-19 is identified. This should include a predetermined plan for timely communication with the other team or school in competitions. Schools may utilize available community testing resources or may procure their own resources to meet testing requirements specified within the guidance.

Schools should also consider the potential impact of resuming sports in their COVID-19 safety plans given the expected return to in-person learning in the coming weeks.

Please see the full CDPH guidance here:

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

\*Per American Association of Pediatrics, specifically exempt sports for in-play masking include water sports, wrestling, cheerleading, and gymnastics due to potential safety hazard (masks should still otherwise be worn on sidelines or when not engaged in these activities).

*American Association of Pediatrics. COVID-19 Interim Guidance: Return to Sports and Physical Activity.*

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>

*CDPH, COVID-19 Industry Guidance: Institutions of Higher Education.*

<https://files.covid19.ca.gov/pdf/guidance-higher-education--en.pdf>

*CDPH, Outdoor and Indoor Youth Recreational Sports.*

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

*CDPH, COVID-19 and Reopening In-Person Instruction Framework & Public Health Guidance for K-12 Schools in California, 2020-2021 School Year.*

[https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Consolidated\\_Schools\\_Guidance.pdf](https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Consolidated_Schools_Guidance.pdf)