Youth & Adult Sports – COVID19

Organized Sports Only:

- Organized Sports only
  - School
  - Community-based
- Youth and adult recreational sports
- **Outdoor Moderate** and **High Contact** sports allowed

Moderate (Outdoor)	High Contact (Outdoor)
• Baseball • Cheerleading Gymnastics • Kickball • Softball • Tennis (doubles) • Volleyball	• Basketball • Football • Soccer • Water Polo

Requirements

- **Face Coverings**
  - Athletes: encouraged during games, required during practice, conditioning, sidelines, etc.
  - All other observers must wear face coverings at all times
- **Social distancing** between observers
- **Limit Indoor Activities** to practice and conditioning
- **Spectators**
  - Youth (<18): immediate household only
  - Adults: no spectators permitted
- **Competitions**
  - No out-of-state
  - Limit to same county teams or bordering counties (must follow CDPH guidelines)
- **Testing**
  - Required for high contact sports weekly; if competing, testing within 24 hours of play.
- **Informed Consent**

Additional requirements at covid19.ca.gov