



DEPARTMENT OF  
**HEALTH AND HUMAN SERVICES**

Promoting and protecting health, well-being, self-sufficiency, and safety of all in Marin County.

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## Public Health Update

COVID-19 Interim Guidance for K-12 School and Youth Performing Arts, Sports and Extracurricular Activities in Marin County

### Background

On September 1<sup>st</sup>, California Department of Public Health (CDPH) updated its [K-12 Schools Guidance 2021-2022 Questions & Answers](#) to provide guidance on school-based and non-school based extracurricular activities.

Marin County Public Health is issuing additional guidance for performing arts, sports and extracurricular activities for public and private K-12 schools operating in Marin County, along with other youth performing arts, sports, and extracurricular activities outside of the school setting. The purpose of this guidance is to reduce the incidence and spread of COVID-19 infection in our community by supporting a safer environment for all who participate in performing arts, sports, and other extracurricular activities. Following this guidance is important regardless of the vaccination rates among adults or children. Please also review [Centers for Disease Control and Prevention \(CDC\) guidance for K-12 school setting](#) for further recommendations.

The latest surge of the COVID-19 pandemic, fueled by the highly infectious Delta variant, calls for measures to protect our younger population while taking into consideration community transmission rates as noted on [CDC COVID tracker](#) and case data on [Marin County Coronavirus Information](#).

Marin County Public Health recommends the following precautions for all youth performing arts, sports, and extracurricular activities in Marin County.

### Guidance

**1. Masks are required indoors for all participants, coaches, personnel, and spectators.**

Everyone must wear face masks indoors, regardless of vaccination status. Masks are required for both competition and practice, during physical education, conditioning/weightlifting, and other indoor activities, in accordance with the [CDPH Guidance for the Use of Face Coverings](#) and the [Marin County Public Health Officer order](#) requiring all people to wear masks while in an indoor public settings, including school settings.

Exceptions:

Participants in indoor water sports such as swimming, water polo, or diving, may remove their face masks while they are in

the water. Participants must wear face masks when not in the water.

Participants in wrestling or certain martial arts where masks cannot be worn during matches due to the risk of suffocation. Participants must wear masks when not actively engaged in a match.

Masks are recommended outdoors when distancing between households is not practical or possible, for example, for athletes on the sidelines or spectators in the stands.

## 2. Vaccination

It is safest to limit high-risk performing arts, sports and extracurricular activities, especially when conducted indoors, to youth who are fully vaccinated, as noted in [CDC Guidance for COVID-19 Prevention in Schools](#) (see below).

COVID-19 vaccination is strongly recommended for all participants who are eligible for vaccination, as well as coaches, staff and volunteers. Groups, leagues, teams, and tournaments/events can require that all participants and personnel be fully vaccinated for COVID-19.

Having all participants and staff fully vaccinated will greatly decrease the risk of transmission, and will provide excellent protection against severe illness, hospitalization, and death. It will also decrease disruption in group activities, since fully vaccinated individuals are not required to quarantine if they are close contacts to a case of COVID-19.

*High-risk activities are those in which increased exhalation occurs, such as activities that involve singing, shouting, band, or exercise, especially when conducted indoors.*

*High-risk sports include basketball, boxing, field hockey, football, ice hockey, lacrosse, martial arts, rowing (non-singles), rugby, soccer, squash, volleyball, water polo, and wrestling.*

## 3. Regular testing of unvaccinated participants and staff, including volunteers, in high-risk risk activities

If it is not feasible to limit participation to fully vaccinated individuals, perform regular COVID-19 screening testing in **unvaccinated** participants and staff involved with all indoor high-risk groups (e.g., choir / band), sports and extracurricular activities. Testing is not required for asymptomatic people who are fully vaccinated or who have tested positive for COVID-19 within the last 90 days.

Testing Types and Frequency:

- a. Once a week if using a PCR test, such as school-based Color or Cue PCR tests, or PCR testing performed at a clinic or medical facility.
- b. Twice a week if using a rapid antigen test, such as BinaxNOW.
  - A positive antigen test from someone who is asymptomatic (has no COVID-19 symptoms) should be retested with a PCR test within 24 hours to confirm. These tests should be treated as true positives and patients should be advised to isolate until confirmatory PCR results are back.
  - A negative antigen test in a symptomatic individual should be retested with a PCR test within 24-72 hours to confirm.
- c. Individuals who test positive should be sent directly home to isolate.

**4. Prevent spread of COVID-19 indoors**

When practicable, relocate the following high-risk activities outdoors while maintaining a minimum of 6 feet physical distance from others:

- Cheer, stunt, drill team, etc.
- Choir or any singing
- Drama and dance
- Band, especially playing wind instruments (regardless of bell covers and mouthpiece masks)

If indoors and singing or practicing / performing (e.g., drums, keyboards, etc.), everyone should be wearing a mask according to county mandate and state law. If indoors, performers who cannot wear a mask (e.g., woodwind) should maximize distance (> 6 feet) and use other protective equipment (e.g., bell covers). Ventilation should be optimized for all indoor practice and performance areas. Students / parents should be informed that music is considered a high-risk activity, esp. when indoors.

**5. Prevent spread of COVID-19 on and off-the-field**

Remind participants and families that COVID-19 can spread on and off-the-field, especially in situations when groups let their guard down and eat or socialize together with their masks off (unmasked huddles, post-game snacks, private, post-event gatherings, locker rooms, carpools).

## 6. Locker rooms

Limit congregating in locker rooms.

- Players should arrive dressed to play as much as possible.
- Use locker rooms only to change or use the restroom.
- Don't use the locker room for coaching or pregame, halftime or postgame talks.
- Avoid having different teams use a locker room at the same time.
- Ensure mask use in locker rooms.
- Consider closing showers.

## 7. Transportation

### Buses / Vans

- Masks are required pursuant to existing state and local orders.
- Keep windows open. Turn the fan on high and set it to outdoor air.
- If more than one vehicle is used, have the same people ride together.

### Carpooling

- Encourage participants and staff who carpool to ride with the same people each time travel occurs.
- Everyone in the vehicle should wear a face mask.
- Keep windows open. Turn the fan on high and set it to outdoor air.

## 8. Travel

Overnight travel is considered a high-risk activity and is not recommended. It is safest to limit high-risk activities to youth who are fully vaccinated.

- If practicable, participants from different households should sleep in separate rooms or in consistent groups.
- Keep masks on whenever visiting other participants' hotel rooms.
- Socializing with other teams is strongly discouraged.

## Additional References

[CDPH Guidance if you have COVID-19 symptoms](#)

[CDPH Self-Isolation Instructions](#)

[CDPH Face Mask Guidance](#)

[CDPH Guidance on Vaccine Records](#)

[CDPH Guidance on Ventilation](#)