

## What to know about

# Youth Sports & Extracurricular Guidance

The County of SLO Public Health Department has released new guidance to help school leaders, coaches, parents and others understand the requirements and recommendations for keeping kids safe and reducing the spread of COVID-19 during youth activities. This guidance applies to **all sports and organized activities for youth**, at school and in the community. See the [full guidance at EmergencySLO.org/schools](https://www.emergencySLO.org/schools) for complete details.

### This guidance summarizes and clarifies State and County requirements.

- The document brings together related requirements from the California Department of Public Health, Cal/OSHA, and the local County Health Officer Order requiring masking in indoor public places.
- This is based on risk for different activities, including setting (outdoor or indoor), whether participants are vaccinated, and whether masks are worn.

### Indoor youth activities: masks are required, with few exceptions.

- [Masks are required](#) for all individuals (vaccinated and not vaccinated) in all indoor settings.
- Exceptions identified by the American Academy of Pediatrics include indoor activities where masks could pose a safety hazard, including competitive cheer; gymnastics involving apparatus or aerials; wrestling; and water sports. These players and staff must test weekly if playing indoors without masks.
- It is recommended to move these activities outdoors.

### Outdoor youth activities: masks are strongly recommended in crowded settings outdoors.

- When using indoor facilities, like locker rooms and gyms, [masks are required](#) for everyone.
- Masks are strongly recommended in crowded settings outdoors.
- Organizers are encouraged to provide a designated outdoor area for eating and drinking, and another for congregating or mingling.

### You can take additional steps to help keep everyone more safe.

- Avoid traveling together to and from activities. If you do, always wear masks, allow outside air to circulate as much as comfortable, and maintain distance as much as possible.
- Any participant with even one [symptom of COVID-19](#) should not participate in activities and should be tested for COVID-19, even if they are vaccinated. It is better to miss one or two days to get tested than be responsible for an outbreak that shuts down a team or activity for two weeks.
- For exposures on a K-12 campus, refer to the [County of SLO Decision Pathways for Schools](#) on isolation and quarantine. For exposures elsewhere, refer to [CDPH Guidance for Isolation and Quarantine for COVID-19](#).