

Marin County Athletics Guidelines for Safe Interscholastic Sports During COVID

Tier 2 Red- Substantial

March 2021

The Marin County High School Athletic Training Task Force created these guidelines to promote health and safety for all student-athletes while participating in school athletic programs. These have been reviewed and approved by Marin County Health and Human Services.

Guidance in supporting all interscholastic sports programs and safe environments for players, coaches, athletic trainers, families, spectators, event/program/facility managers, workers, and volunteers is detailed below.

Leagues, coaches, parents, and athletes need to consider the following factors as they plan to return to play; smaller groups are safer than larger, outdoor settings are safer than indoor, shorter duration is safer than longer, and sports that can ensure distance of six feet or more are safer than close contact.

Marin County will be aligned with California Public Health Department recommendations for [Outdoor and Indoor Youth and Recreational Adult Sports](#) released on February 19, 2021. These guidelines will be revised as needed to match evolving state recommendations.

Classifications of Risk in Sports

In general, the more people from outside their household with whom a person interacts, the closer the physical interaction is the greater the physical exertion is, and the longer the interaction lasts, the higher the risk that a person with COVID-19 infection may spread it to others.

Youth and adult sports include varied activities that have different levels of risk for transmission of COVID-19. Outdoor activities present significantly lower risk of transmission relative to comparative indoor activities based on current scientific evidence. Competition between different teams also increases mixing across groups and outside of communities, which also contributes to the potential for spread of COVID-19 disease.

Youth and adult sports are classified below by their level of contact and transmission risk. This classification applies to competition or training, practice with others. It does not apply to individual conditioning or exercise.

The Tables below are not exhaustive but provide examples of sports with different levels of contact so that the level of risk can be assessed for other sports.

→ **Low-Contact Sports**

Individual or small group sports where contact within six feet of other participants can be avoided. Some of these sports have relatively low exertion rates that allow for consistent wearing of face coverings when within six feet of other people.

→ **Moderate-Contact Sports**

Team sports that can be played with only incidental or intermittent close contact between participants.

→ **High-Contact Sports**

Team sports with frequent or sustained close contact and in many cases face to face contact between participants and high probability that respiratory particles will be transmitted between participants.

Table: Youth and Adult Recreational Sports* Permitted by Current Tier of County

Widespread Tier (Purple)	Substantial Tier (Red)	Moderate Tier (Orange)	Minimal Tier (Yellow)
1	2	3	4
<p>Outdoor low-contact sports</p> <ul style="list-style-type: none"> • Archery • Badminton (singles) • Biking • Bocce • Corn hole • Cross country • Dance (no contact) • Disc golf • Equestrian events (including rodeos) that involve only a single rider at a time • Fencing • Golf • Ice and roller skating (no contact) • Lawn bowling • Martial arts (no contact) • Physical training programs (e.g., yoga, Zumba, Tai chi) • Pickleball (singles) • Rowing/crew (with 1 person) • Running • Shuffleboard • Skeet shooting • Skiing and snowboarding • Snowshoeing • Swimming and diving • Tennis (singles) • Track and field • Walking and hiking 	<p>Outdoor moderate-contact sports</p> <ul style="list-style-type: none"> • Badminton (doubles) • Baseball • Cheerleading • Dodgeball • Field hockey • Gymnastics • Kickball • Lacrosse (girls/women) • Pickleball (doubles) • Softball • Tennis (doubles) • Volleyball 	<p>Outdoor high-contact sports</p> <ul style="list-style-type: none"> • Basketball • Football • Ice hockey • Lacrosse (boys/men) • Rugby • Rowing/crew (with 2 or more people) • Soccer • Water polo <p>Indoor low-contact sports</p> <ul style="list-style-type: none"> • Badminton (singles) • Curling • Dance (no contact) • Gymnastics • Ice skating (individual) • Physical training • Pickleball (singles) • Swimming and diving • Tennis (singles) • Track and field • Bowling 	<p>Indoor moderate-contact sports</p> <ul style="list-style-type: none"> • Badminton (doubles) • Cheerleading • Dance (intermittent contact) • Dodgeball • Kickball • Pickleball (doubles) • Racquetball • Squash • Tennis (doubles) • Volleyball <p>Indoor high-contact sports</p> <ul style="list-style-type: none"> • Basketball • Boxing • Ice hockey • Ice skating (pairs) • Martial arts • Roller derby • Soccer • Water polo • Wrestling

Inter-team Competition

- Teams must not participate in out-of-state games and tournaments
- Inter-team competitions are approved between two Marin County teams if the sport is authorized to start permitted by current tier of county or within clearance by State public health guidance.

- Inter-team competitions between Marin County, Sonoma County, Contra Costa County, and San Francisco County (immediately bordering counties) are approved when the sport is authorized in both counties (e.g., a Marin County baseball team can only compete with a San Francisco baseball team if both counties are in Tier 2/Red).
- Inter-team competitions are not approved in other counties; other counties cannot travel to Marin for inter-team competitions (except the immediately bordering counties listed above).
- Tournaments or events that involve more than two teams are not allowed in Marin County.
- Only one competition per team per day maximum is allowed.

Team Practice

- Game like drills within practice is allowed within the tier that competition is allowed. (e.g., in the red tier baseball can practice game like drills during practice but yellow tier sports like indoor basketball cannot). This includes inter-squad scrimmage.

Cohort/ Team Guidelines

- Limit participation by athletes and coaches during practice and competition to one team, and refrain from participating with more than one team over the same season or time period. For larger teams, limit mixing by establishing stable smaller training groups for drills and conditioning.
- At this time, it is highly recommended that athletes refrain from doing more than one team for a period of time or season.
- Review practice or game footage virtually to the greatest extent possible. If not feasible, then it should be conducted outdoors, with all participants wearing face coverings and following appropriate physical distancing measures.

Health Screening

Marin County Public Health requires [daily home symptom screening](#) before participating in conditioning, practice, and competition as well as any one coming on campus/site. Please work with your school's Public Health Liaison and/or Athletic Trainer to help with this process.

Contacting Tracing/Investigating

Keeping very accurate attendance and health screens will be very important for contacting tracing.

For school-based programs, if there is a close contact and/or exposure immediately inform the school's athletic director(s), athletic trainer(s), and school's Covid Coordinator/ Public Health Liaison (PHL). The school's athletic trainer/nurse/PHL will then work to help coordinate contacting investigation with Marin County Public Health.

Coaches Guidelines

- Coaches must wear an appropriate face covering and social distance at all times.
- At this time, public health is recommending that coaches and athletic trainers are tested once a month.
- At this time, it is highly recommended that coaches refrain from doing more than one team for a period of time or season.

Facial Covering

Face coverings worn by participants during practice, conditioning and during competition, even during heavy exertion, as tolerated. See the [American Academy of Pediatrics](#)

[Interim Guidance on Return to Sports \[1\]](#) for specific exceptions where the face covering may become a hazard. See more information about [Face Coverings and Mask on our Marin County website](#) and [CDC's Your Guide to Masks](#).

For outdoor low-contact sports, participants should wear masks. During high-intensity activities like running, in which wearing a mask may cause difficulty breathing, the participant may lower or remove their face mask if they can easily maintain 6-foot distancing from others. Face masks must be worn at all other times.

Cleaning Procedures

Daily cleaning is important to reducing the transmission of COVID, especially within athletics. Please include cleaning protocols for all athletic equipment, seating areas, commonly touched items, bathrooms, and any equipment used by referee/umpires. Education of personal equipment cleaning should be discussed with athletes.

Indoor Activity Guidelines by Tier

Tier 2, Red, indoor activity is allowed following the restrictions from California State Public Health Department [Gym & Fitness Center Guidance Capacity](#).

- [Indoor Activity is allowed at 10% Capacity of Facility's Fire Code](#)
- It is important to keep as much physical distance within members of the cohorts/team.
- Hand Washing and Hand Sanitizer protocols to be followed.
- Face coverings are mandatory at all times
 - If mask and face coverings breaks are needed athletes must step outside and keep physical distancing at all times.