



Consistent with the State’s Framework for a Safer Economy, San Francisco is allowing certain businesses and other activities to reopen or expand starting March 24, 2021. The decisions to reopen balance the public health risks of COVID-19 transmission with the public health risks of economic and mental health stress.

Even though COVID-19 case rates have come down significantly, and more people are vaccinated, there remains a risk that people who you come into contact with when you are outside your Residence may have COVID-19. Most COVID-19 infections are caused by people who have no symptoms of illness. Due to limited supply of vaccine, only a minority of San Franciscans are fully vaccinated. We also have confirmed there are new, more contagious virus variants in the San Francisco Bay Area and that some of these variants are more likely to cause serious illness and death in unvaccinated people.

The opening or expansion of sectors does not necessarily signify that these activities are “safe.” The purpose of the required safety protocols contained in the order and directives is to make these activities and sectors safer for workers and the public. But reopening and expansion requires that all individuals and businesses use particular care and do their part to make these activities as safe as possible by strictly and consistently wearing Face Coverings and following Social Distancing Requirements and all other safety protocols.

People at risk for severe illness with COVID-19—such as unvaccinated older adults, and unvaccinated individuals with health risks—and members of their household are urged to defer participating at this time in activities with other people outside their household where taking protective measures of wearing face masks and social distancing may be difficult, especially indoors or in crowded spaces.

DIRECTIVE OF THE HEALTH OFFICER No. 2021-01b

**DIRECTIVE OF THE HEALTH OFFICER OF
THE CITY AND COUNTY OF SAN FRANCISCO REGARDING REQUIRED BEST
PRACTICES FOR YOUTH AND ADULT RECREATIONAL SPORTS**

(PUBLIC HEALTH DIRECTIVE)

DATE OF DIRECTIVE: March 23, 2021

By this Directive, the Health Officer of the City and County of San Francisco (the “Health Officer”) issues specific direction that Participants and Hosts in recreational sports gatherings, as described below, must follow as part of the local response to the Coronavirus Disease 2019 (“COVID-19”) pandemic. This Directive constitutes guidance as provided under Sections 4 and 11 and Appendix C-2 of Health Officer Order No. C19-07u issued on March 23, 2021 (the “Stay-Safer-At-Home Order”) and, unless otherwise defined below, initially capitalized terms used in this Directive have the same meaning given them in that order. This Directive goes into effect at 8:00 a.m. on Wednesday, March 24, 2021, and remains in effect until suspended, superseded, or amended by the Health Officer. This Directive has support in the bases and justifications set forth in the Stay-Safer-At-Home Order. As further provided below, this Directive automatically incorporates any revisions to the Stay-Safer-At-Home Order or other future orders issued by the Health Officer that supersede that order or reference this Directive. This Directive is intended to promote best practices as to Social Distancing Requirements and sanitation measures, helping prevent



Health Officer Directive No. 2021-01b

the transmission of COVID-19 and safeguard the health of workers, customers, and the community.

UNDER THE AUTHORITY OF CALIFORNIA HEALTH AND SAFETY CODE SECTIONS 101040, 101085, AND 120175, THE HEALTH OFFICER DIRECTS AS FOLLOWS:

- 1. This Directive applies to all individuals who participate (“Participants”) and individuals who organize and host (“Hosts”) recreational organized youth sports, dance and exercise—including school- and community-sponsored programs, and private clubs and leagues—and recreational organized adult group sports, dance, and exercise activities (collectively, “youth and adult sports”) in the City and County of San Francisco (the “City”) as allowed under the Stay-Safer-At-Home Order (“Order”).**
- 2. Attached as Exhibit A to this Directive is a list of best practices that apply to Participants and Hosts engaged in youth and adult sports (the “Best Practices”). All Participants and Hosts must comply with all applicable requirements listed in the Best Practices.**
- 3. Before hosting or otherwise facilitating youth or adult sports activities, Hosts must create, adopt, and implement a written health and safety plan (a “Health and Safety Plan”). The Health and Safety Plan must be substantially in the form attached to this Directive as Exhibit B.**
- 4. Organized youth sports must occur as part of a supervised school program, childcare program, or out of school time program as defined in section 5(d) of the Order.**
- 5. If an aspect, service, or operation of the youth or adult sport activity is also covered by another Health Officer directive (all of which are available at <http://www.sfdph.org/directives>), Hosts and Participants must comply with all applicable directives, and the Host must complete all relevant Health and Safety Plan forms.**
- 6. Hosts must (a) make the Health and Safety Plan available to anyone interested in participating in the youth and adult sports program and to any involved Personnel on request, (b) provide a summary of the plan to all Personnel working on site or otherwise in the City in relation to its operations, and (c) post the plan at the entrance to any other physical location that such Host operates within the City. Also, each such Host must provide a copy of the Health and Safety Plan and evidence of its implementation to any City authority enforcing this Order upon demand.**
- 7. Each Host subject to this Directive must provide items such as Face Coverings (as provided in Health Officer Order No. C19-12 and any future amendment to that order), hand sanitizer or handwashing stations, or both, and disinfectant and related supplies to any of that Host’s Personnel and to Participants, all as required by the Best Practices. If any Host is unable to provide these required items to Personnel or Participants or otherwise fails to comply with required Best Practices or fails to abide by its Health and Safety Plan, then it must cease operating until it**



Health Officer Directive No. 2021-01b

can fully comply and demonstrate its strict compliance. Further, any youth or adult sport activity organized by such Host where the Host has failed to comply is subject to immediate closure and the fines and other legal remedies described below, as a violation of the Stay-Safer-At-Home Order.

8. For purposes of this Directive, “Personnel” includes all of the following people who provide goods or services associated with the Host in the City: employees; contractors and sub-contractors (such as those who sell goods or perform services onsite or who deliver goods for the business); vendors who are permitted to sell goods onsite; volunteers; and other individuals who regularly provide services onsite at the request of the Host such as coaches, including volunteer coaches and assistant coaches. “Personnel” includes “gig workers” who perform work via the business’s app or other online interface, if any.
9. This Directive and the attached Best Practices may be revised by the Health Officer, through revision of this Directive or another future directive or order, as conditions relating to COVID-19 require, in the discretion of the Health Officer. All Participants and Hosts must stay updated regarding any changes to the Stay-Safer-At-Home Order and this Directive by checking the Department of Public Health website (www.sfdph.org/healthorders; www.sfdph.org/directives) regularly.
10. Implementation of this Directive augments—but does not limit—the obligations of each Host under the Stay-Safer-At-Home Order including, but not limited to, the obligation to prepare, post, and implement a Social Distancing Protocol under Section 4.d and Appendix A of the Stay-Safer-At-Home Order. The Host must follow these Best Practices and update them as necessary for the duration of this Directive, including, without limitation, as this Directive is amended or extended in writing by the Health Officer and consistent with any extension of the Stay-Safer-At-Home Order, any other order that supersedes that order, and any Health Officer order that references this Directive

This Directive is issued in furtherance of the purposes of the Stay-Safer-At-Home Order. Where a conflict exists between this Directive and any state, local, or federal public health order related to the COVID-19 pandemic, including, without limitation, the Social Distancing Protocol, the most restrictive provision controls. Failure to carry out this Directive is a violation of the Stay-Safer-At-Home Order, constitutes an imminent threat and menace to public health, constitutes a public nuisance, and is a misdemeanor punishable by fine, imprisonment, or both.

Susan Philip, MD, MPH,
Acting Health Officer of the
City and County of San Francisco

Date: March 23, 2021



Exhibit A to Health Officer Directive No. 2021-01b (issued 3/23/21)

Best Practices for Participants and Hosts Involved in Outdoor Gatherings

In addition to preparing, posting, and implementing the Social Distancing Protocol (Appendix A of Health Officer Order No. C19-07u), each Host that operates in the City must comply with each requirement listed below and prepare a Health and Safety Plan substantially in the format of Exhibit B, below. Participants and Hosts must also comply with each of the applicable requirements listed below.

1. Section 1 – General Requirements For all Youth and Adult Sports Activities.

1.1. All people are strongly encouraged to minimize unnecessary interactions, and consistently follow all prevention guidelines including wearing Face Coverings with people outside one's household. Sports, dance, and exercise are higher risk for COVID-19 transmission, and have been linked to numerous outbreaks. Youth sports have been a significant source of COVID-19 spread among youth. These activities are higher risk for COVID-19 because people breathe much more air when exercising, and have close contact in many sports. During exercise, a person with COVID-19 breathes many more infectious droplets into the air. The infectious droplets in their breath travel further because they are breathing harder. People are also more likely to be infected during exercise because they are breathing more air. And the risks are generally much higher indoors than outdoors for these activities. If people intend to participate in a youth or adult sports activity, including parents or guardians of minors who wish to participate, they should consider the health risks relating to COVID-19 to themselves and others before doing so and should take all possible steps to mitigate those risks.

1.1.1. Those at higher risk for severe illness and death from COVID-19—such as unvaccinated older adults, and unvaccinated individuals with health risks—and members of their Household are encouraged to carefully consider the health risks relating to COVID-19 before deciding whether to participate in Sports Program. For more information on who is at higher risk for severe illness and death from COVID-19, see <http://www.sfdcp.org/vulnerable>.

1.1.2. Hosts must ensure COVID-19 symptom and exposure screening is completed for all Personnel using the "SFDPH Personnel Screening Form," available at <https://www.sfdph.org/dph/alerts/files/C19-07-Personnel-Screening-Attachment-A-1.pdf>.

1.1.3. Hosts must ensure COVID-19 symptom and exposure screening is completed for all adult Participants on the day of the sports activity using the "SFDPH Screening Form, for Non-Personnel," available at <https://www.sfdph.org/dph/alerts/files/C19-07-Non-Personnel-Screening-Attachment-A-2.pdf>. Any person who answers "yes" to a screening question must not be allowed to participate.

1.1.4. Hosts must ensure COVID-19 symptom and exposure screening is completed for all youth Participants on the day of the sports activity using the questions in SFDPH's "COVID-19 Health Checks for Children and Youth," available at <https://www.sfdph.org/dph/files/ig/Youth-Health-Checks.pdf>. Any person who answers "yes" to a screening question must not be allowed to participate.



1.2. Except as expressly provided in sections 1.11, 4.1, and 5.8, below, only the following **indoor** organized sports are allowed at this time, subject to compliance with all applicable requirements set forth in the Order, the State’s guidance on Outdoor and Indoor Youth and Recreational Adult Sports (referenced below) and this directive: All other youth and adult sports activities must occur completely outdoors. If necessary, Participants and Hosts may enter a building to access an outdoor area or use indoor bathroom or locker room facilities. Participants must not remain inside longer than necessary and must not congregate in or near restroom facilities or locker rooms. Hosts must take all reasonable precautions to prevent Participants from congregating indoors.

1.2.1. Physical conditioning, practice, skill-building, and training with physical distancing as described in section 5.9; and

1.2.2. Indoor low-contact sports—i.e., sports that allow participants to easily maintain physical distancing of at least six feet.

For an illustrative list of low-contact, moderate-contact, and high-contact sports, see CDPH’s guidance on Outdoor and Indoor Youth and Recreational Adult Sports, available at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx> (“CDPH Youth and Adult Sports Guidance”).

1.3. The following **outdoor** organized sports are allowed at this time, subject to compliance with all applicable requirements set forth in the Order, the State’s guidance on Outdoor and Indoor Youth and Recreational Adult Sports (referenced below) and this directive:

1.3.1. Physical conditioning, practice, skill-building, and training with at least six feet of physical distancing;

1.3.2. Outdoor, low-contact sports—i.e., sports that allow participants to easily maintain physical distancing of at least six feet;

1.3.3. Outdoor moderate-contact sports—i.e., sports that can be played with only incidental or intermittent close contact between participants; and

1.3.4. Outdoor high-contact sports—i.e., sports that involve 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.

For an illustrative list of low-contact, moderate-contact, and high-contact sports, see CDPH’s guidance on Outdoor and Indoor Youth and Recreational Adult Sports, available at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx> (“CDPH Youth and Adult Sports Guidance”).

1.4. Hosts may not coordinate, arrange, or engage in travel outside of San Francisco so that its Participants or members can participate in athletic activity that is not allowed in San Francisco—e.g., playing a sport not currently allowed in San Francisco, or practicing or competing outside San Francisco without Face Coverings for a sport that is allowed in San Francisco with Face Coverings. (San Francisco sports programs should encourage teams they play in other adjoining counties to follow the same safety protocols.)



1.5. Face Covering Requirement.

1.5.1. Except as expressly provided below, Face Coverings—as defined in Health Officer Order C19-12—must be worn by Participants, Hosts, coaches, support staff, other Personnel, and observers/spectators at all times. The fit and quality of the mask are very important. Face coverings such as bandanas, balaclavas, ski masks, and scarves are not recommended because they do not offer the proper fit or quality that is needed to protect against COVID-19 transmission.

1.5.1.1. Participants in indoor and outdoor low-contact water-based sports—such as swimming, diving, and synchronized swimming—should not wear a Face Covering while in the water, but must wear a Face Covering at all times when out of the pool.

1.5.1.2. Participants in outdoor water polo should not wear a Face Covering while in the water, but must wear a Face Covering at all times when out of the pool.

Because water polo is a high-contact sport where Face Covering cannot be worn safely, Participants in outdoor water polo must be tested for COVID-19 (a) before beginning to participate in the program, and (b) three times a week using PCR testing or daily with antigen testing. If following a daily antigen testing protocol, the protocol must begin with a PCR test followed by daily antigen testing. Any positive antigen test must trigger a PCR test for confirmation. PCR testing is required for symptomatic athletes and staff and should be conducted within 24 hours of symptoms being reported.

For clarity, indoor water polo is not allowed at this time.

1.5.1.3. Participants in outdoor low-contact sports may lower or remove their Face Covering during competition with another team if they can easily maintain six feet of physical distance from others for the entire time the face covering will be lowered or removed. Face Coverings must be worn at all other times. For example, cross-country runners must wear Face Coverings at all time during practices but may lower them when running a race if they are at least six feet away from all others.

1.5.2. Participants may need to limit vigorous exercise while wearing Face Coverings. If a Face Covering becomes difficult to breathe through due to wetness, the athlete should change to a clean, dry mask at least six feet away from others. If an athlete in a moderate-contact or high-contact sport is actively participating in practice or contests and having trouble breathing, they may remove the Face Covering on the sideline at least six feet away from others (subject to the need for medical attention).

1.5.3. Except as provided in Section 1.5.1.1, above, if a sport cannot be played safely with Face Coverings (e.g., indoor water polo), it cannot be played at this time.

1.6. Size Limitation.

1.6.1. Except as expressly provided in section 3.4, below, **outdoor** sports teams and other organized **outdoor** group sports and physical activities—including, for



example, running groups and dance classes (“Sports Programs”)—are limited to no more than 25 Participants (excluding coaches and Personnel).

1.6.2. Except as expressly provided in section 3.8, below, **indoor** sports teams and other organized **indoor** group sports and physical activities—including, for example, non-contact dance classes (“Sports Programs”)—are limited to no more than 16 individuals total (including coaches and Personnel).

1.7. Limitations on Mixing By Participants.

1.7.1. Except as expressly provided in section 2, below, Participants from different Sports Programs are not allowed to play against or with each other.

1.7.2. Sports Programs may not allow guest players, substitutes, or anyone who is not a member of the program to participate in group activities.

1.7.3. Coaches and other Personnel may work with more than one Sports Program as long as they wear Face Coverings and maintain at least six feet of physical distance from all Participants at all times.

1.7.4. During water breaks and snacks, Participants must maintain at least six feet of physical distance.

1.7.5. Avoid carpooling and shared buses/vans when possible, and if not possible to avoid, then wear Face Coverings at all times and keep windows open to the extent feasible.

1.7.6. Transmission often occurs *off-the-field*, especially when groups let their guard down and socialize or eat together. Mixing with other Households before or after any practice or competition must strictly adhere to current health orders and directives regarding gatherings. Post-game group snacks or group consumption of beverages are not allowed at this time.

1.8. Hygiene and Equipment Sanitation.

1.8.1. No sharing of drink bottles and other personal items and equipment, except solely as provided in sections 1.8.1.2 and 1.8.1.3 below.

1.8.2. When equipment is shared during an activity, Participants must perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity.

1.8.3. Balls or other objects or equipment can be touched by multiple players during practice and play if the above hand hygiene practices are followed. Clean and disinfect shared equipment regularly.

1.9. Locker Rooms and Showers. Locker rooms may reopen subject to the health and safety conditions set forth in Health Officer Directive No. 2020-27 (section 1.1.2).

1.9.1. Locker rooms are high risk for transmission of COVID-19. Participants and staff must use locker rooms only to change or use restroom facilities, and must observe occupancy limits. Participants must not remain inside longer than necessary and



must not congregate in or near locker rooms. Hosts must take all reasonable precautions to prevent Participants from congregating indoors. Locker rooms should not be used for coaching or for pregame, halftime, or post-game talks.

1.9.2. Participants should arrive dressed to play to the greatest extent possible.

1.9.3. Different teams or groups may not use a locker room at the same time.

1.10. Independent Exercise in Gyms and Fitness Centers. Adults and youth may exercise individually indoors in gyms and fitness centers in compliance with the requirements in Health Officer Directive 2020-31, including Face Covering requirements and the requirement to maintain at least 12 feet of physical distance from other people when performing any activity that increases breathing rate or intensity, and at least six feet of physical distance for other people at all other times.

2. Section 2 – Additional Requirements for Competitions and Tournaments.

2.1. Teams must not participate in any out-of-state games and tournaments; several multistate outbreaks have been reported around the nation, including California residents.

2.2. Teams may compete with other teams in San Francisco or the three adjacent counties: Marin, Alameda, and San Mateo. Teams are not allowed to compete with teams from counties other than these three, at this time.

2.3. A team may compete with only one other team per day. No tournaments or events that involve more than two teams are allowed, except for outdoor low-contact sports where individual competitors from multiple teams are routine such as: track and field; cross-country; golf; skiing/snowboarding; tennis; swimming/diving/surfing; biking and equestrian events.

2.4. Hosts must keep detailed rosters of all players and staff involved in competition, including information needed to notify people of COVID-19 exposure if a competitor or coach tests positive for COVID-19 (e.g. starting heat and wave times for races, tennis doubles partners, golfers sharing same the tee time).

2.5. If more than one match will be held at the same location in a day, it is recommended that matches be scheduled far enough apart—in space or time—that teams that are not competing will not interact with each other, for example, when leaving and arriving at the location.

2.6. For (a) indoor moderate and high contact sports allowed to resume under section 5.8, below, and (b) outdoor water polo competition between teams is permitted only if the team can provide COVID-19 testing and results of all athletes and support staff within the 48 hours prior to each competition.

3. Section 3 – Additional Requirements for Youth Sports Programs.

3.1. Youth participating in outdoor Sports Programs or indoor low-contact Sports Programs may participate in only two Sports Program in any three-week period. Youth who participate in a moderate or high-contact indoor Sport Program under section 5.8, below, may not participate in any other Sports Program in any three-week period.



- 3.2. Participants may not move from one Sports Program to another more often than once every three weeks.
- 3.3. Single a la carte classes for youth (e.g., non-cohorted individual drop-in classes) are not allowed at this time.
- 3.4. Due to the nature and risk of transmission while participating in outdoor high-contact and moderate-contact sports, Hosts of high-contact and moderate-contact Sports Programs or activities must require the parent/guardian of each child (i.e., any Participant under the age of 18) who participates in the program to sign an acknowledgement of health risks containing the following language:

The collective effort and sacrifice of San Francisco residents staying at home limited the spread of COVID-19. But community transmission of COVID-19 within San Francisco continues, including transmission by individuals who are infected and contagious, but have no symptoms. Infected persons are contagious 48 hours before developing symptoms (“pre-symptomatic”), and many are contagious without ever developing symptoms (“asymptomatic”). Pre-symptomatic and asymptomatic people are likely unaware that they have COVID-19.

Sports, dance, and cardio/aerobic exercise are higher risk for COVID-19 transmission, and have been linked to numerous outbreaks. In other parts of the U.S., youth sports have been a significant source of COVID-19 spread among youth. The risks are generally much higher indoors than outdoors for these activities. But these activities are higher risk for COVID-19 in any environment because people breathe much more air when exercising, and have close contact in many sports. During exercise, a person with COVID-19 breathes many more infectious droplets into the air. The infectious droplets in their breath travel further because they are breathing harder. People are also more likely to be infected during exercise because they are breathing more air.

The availability of organized youth sports activities hosted by a school program, childcare program, or out of school time program, is an important step in the resumption of activities. But the decision by the Health Officer to allow organized youth sports activities that follow required safety rules, does not mean that attending and participating in organized youth sports activities is free of risk. Enrolling a child in organized youth sports could increase the risk of the child becoming infected with COVID-19. Moderate-contact and high-contact sports, which can require frequent, close contact between participants, increase the risk of COVID-19 transmission. While the majority of children that become infected do well, there is still much more to learn about coronavirus in children, including about the risks of Multisystem Inflammatory Syndrome in Children (MIS-C) and COVID-19 associated myocarditis, which can result in sudden death during exercise.

Each parent or guardian must determine for themselves if they are willing to take the risk of enrolling their child in organized youth sports, including whether they need to take additional precautions to protect the health of their child and others in the household. They should carefully review the SFPDH COVID-19 youth safety guidance at <http://www.sfdcp.org/CovidSchoolsChildcare>. They should particularly consider the risks to household members who have a higher risk of severe COVID-19 illness, including older adults and other people with chronic conditions or compromised immune systems. Parents and guardians may want to



discuss these risks and their concerns with their pediatrician or other health care provider.

More information about COVID-19 and MIS-C, is available on the Centers for Disease Control and Prevention website at <https://www.cdc.gov/coronavirus/2019-ncov/>. See sfdcp.org/covid19hcp for a list of groups at higher risk for severe COVID-19

I understand the risks associated with enrolling my child in organized youth sports, and agree to assume the risks to my child and my household. I also agree to follow all safety requirements that the Host of the organized youth sports activity imposes as a condition of enrolling my child.

- 3.5. Youth athletes who test positive for COVID-19 must be must be evaluated by a health care provider for possible cardiac symptoms and cleared in writing by a health care provider before returning to exercise as recommended by the American Academy of Pediatrics. See <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>.
- 3.6. Observation of youth sports must be limited to Household members and is allowed only as needed for age-appropriate supervision. No other spectators are allowed. Observers must maintain at least six feet of physical distance and comply with all other Social Distancing Requirements at all times. Observers may cheer or shout as long as they wear face Coverings and maintain at least six feet of physical distance from members of other Households while outdoors and twelve feet when indoors.
- 3.7. School affiliated teams that must have more than 25 Participants in an **outdoor** sport team to compete in the sport may exceed 25 Participants if the school submits proposed safety plan that is first approved by the Health Officer or the Health Officer's designee. The proposed plan must include the number of proposed Participants, an explanation of why that number of Participants is required, and a description of the health and safety protocols the team will use to decrease the risk of transmission. Plans must be submitted to schools-childcaresites@sfdph.org.
- 3.8. Teams that must have more than 16 Participants and Personnel in an **indoor** sport team to compete in the sport may exceed 16 Participants if the school submits proposed safety plan that is first approved by the Health Officer or the Health Officer's designee. The proposed plan must include the number of proposed Participants, an explanation of why that number of Participants is required, and a description of the health and safety protocols the team will use to decrease the risk of transmission. Plans must be submitted to schools-childcaresites@sfdph.org.

4. Section 4 – Additional Requirements for Adult Sports Programs.

- 4.1. Adults may participate in fitness classes at a gym or fitness center provided the class complies with all of the requirements in Health Officer Directive 2020-31, including Face Covering requirements and the requirement to maintain at least 12 feet of physical distance from other people when performing any activity that increases breathing rate or intensity, and at least six feet of physical distance for other people at all other times.
- 4.2. Adults may participate in more than one Outdoor Fitness Class (as defined in section 9 of Appendix C-1 to Health Officer Order C-19-07) in a three-week period, provided the



Outdoor Fitness Class complies with all of the requirements in section 9 of Appendix C-1 to Health Officer Order C-19-07, including as it is amended in the future.

- 4.3. No spectators are allowed at this time (if a Participant is a parent or guardian of minor children or caregiver for another adult, the Participant may bring that child/adult with them; if the person is an adult who needs assistance, the person may bring a caregiver).

5. Section 5 – Additional Requirements for Indoor Sports Programs.

- 5.1. Indoor sports facilities may not exceed 25% capacity, up to 100 people total, including all Participants, coaches, other Personnel, and observers. This capacity limitation applies to the facility overall and to any individual rooms within the facility.
 - 5.1.1. More than one group of 16 may use the same space in an indoor sports facility at the same time as long as: (1) there are at least 12 feet of distance between the groups at all times; and (2) the total capacity remains below 25% or 100 people, whichever is lower.
 - 5.1.2. Two teams may compete against each other in an indoor sports facility as long as the total capacity remains below 25% or 100 people, whichever is lower.
- 5.2. One-on-one sports training (with one coach or trainer and one Participant) is allowed in indoor sports facilities as long as coach/Participant pairs maintain at least 12 feet of physical distance from other coach/participant pairs at all times and the total number of individuals—including all Participants, coaches, other Personnel, and observers—remains below the 25% capacity limit.
- 5.3. Indoor sports facilities must comply with the ventilation protocols at Section 4.i of the Stay-Safer-At-Home Order. Review SFDPH’s guidance for improved ventilation available at: <https://www.sfcddp.org/COVID-ventilation>. Facilities are strongly urged to implement at least one of the following ventilation strategies: (1) all available windows and doors accessible to fresh outdoor air are kept open; (2) fully operational HVAC system; or (3) appropriately sized Portable Air Cleaners.
- 5.4. Indoor sports facilities must post all COVID-19 related signage as required by Sections 4.g and 4.h of the Stay-Safer-At-Home Order. The County is making available templates for the signage available online at <https://sf.gov/outreach-toolkit-coronavirus-covid-19>.
- 5.5. All Personnel and Participants must wash or sanitize their hands upon entering the indoor facility.
- 5.6. Indoor sports facilities must provide a hand washing station, hand sanitizer, or sanitizing wipes for Personnel and Participants.
- 5.7. Personnel must regularly clean and disinfect high touch areas and shared equipment following CDC guidelines available at <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>.
- 5.8. Adults and youth in middle school or high school may participate in indoor moderate and high-contact organized sports under the following conditions:



- 5.8.1.** All Participants, coaches, and other Personnel must be tested for COVID-19 (a) before beginning to participate in the program, and (b) three times a week using PCR testing or daily with antigen testing. If following a daily antigen testing protocol, the protocol must begin with a PCR test followed by daily antigen testing. Any positive antigen test must trigger a PCR test for confirmation. PCR testing is required for symptomatic athletes and staff and should be conducted within 24 hours of symptoms being reported.
- 5.8.2.** The Sports Program must comply with all of the requirements set forth in the [CDPH Youth and Adult Sports Guidance](#), including the requirement to adopt a “return to play” safety plan and facility-specific COVID-19 prevention plan. The required plans must be posted online on the Sports Program’s website and made available in hard copy upon request. The Sports Program must inform all Personnel and Participants where the plans can be viewed or how they can be obtained.
- 5.8.3.** Indoor wrestling, indoor water polo and indoor and ice-hockey are not allowed at this time.
- 5.8.4.** Adults and youth engaged in moderate or high-contact indoor sports under this section must maintain at least 6 feet of physical distance from members of other Households whenever they are not actively engaged in playing the sport (e.g., on the sidelines).
- 5.9. Physical Distancing for Low-Contact Sports.**

 - 5.9.1.** Adults and youth engaged in low-contact sports and physical conditioning or training must maintain at least **6** feet of physical distance from members of other Households for non-aerobic activities that do not increase breathing rate or intensity, such as stretching, gentle yoga or meditation.
 - 5.9.2.** Adults and youth engaged in low-contact sports and physical conditioning or training must maintain at least **12** feet of physical distance from members of other Households while engaged in any activity that may increase breathing rate and/or intensity (including but not limited to cardio/aerobic activities or weight-lifting).

Health Officer Directive No. 2021-01b (Exhibit B)
Health and Safety Plan (issued 3/23/21)

Each Host must complete, post onsite, and follow this Health and Safety Plan.

Check off all items below that apply and list other required information.

Business/Entity name:

Contact name:

Entity Address:

Contact telephone:

(You may contact the person listed above with any questions or comments about this plan.)

- Business is familiar with and complies with all requirements set forth in Health Officer Directive No. 2021-01, available at <http://www.sfdph.org/directives>.
- Sports activity is allowed in under the current health orders and directives.
- Personnel and Participants are screened for COVID-19 symptoms and exposure.
- No coordinating, arranging, or engaging in travel outside of San Francisco to participate in athletic activity that is not allowed in San Francisco.
- Face coverings are worn by everyone at all times, unless specific exceptions apply.
- Groups are limited to no more than 25 Participants outdoors or 16 Participants and Personnel indoors (or limited exception for sports that need more participants to compete applies and Health Officer has approved plan).
- Youth participants participate in only two Sports Program in any three-week period.
- Mixing with other Households before or after any practice or competition strictly adheres to current health orders and directives regarding gatherings.
- When equipment is shared during an activity, Participants perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity.
- Locker rooms comply with health and safety requirements.
- Spectators: No spectators for adult sports; limited to Household members and only as needed for age-appropriate supervision.
- If competitions are involved: no out-of-state games or tournaments; compete only with other teams in San Francisco or the three adjacent counties (Marin, Alameda, and San Mateo); only one event per day (no double headers).
- For youth sports, parent/guardian has signed informed consent document.
- For indoor facilities:
 - Capacity is limited to 25% or 100 people, whichever is less;

Health Officer Directive No. 2021-01b (Exhibit B)
Health and Safety Plan (issued 3/23/21)

- Ventilation signage is posted and at least one ventilation strategy is implemented in locker rooms (if used);
- Other required signage is posted;
- Handwashing station, hand sanitizer, or sanitizing wipes are provided for Personnel and Participants;
- Personnel regularly clean and disinfect high touch surfaces and shared equipment.

Additional Measures

Explain: