



GAVIN NEWSOM

Governor

State of California—Health and Human Services Agency  
**California Department of Public Health**

Dear Parents/Guardians, (Indoor Sport Student-Athletes)

Please read the latest guidelines released on March 5 by the California Department of Health (CDPH) and the Governor's office (pages 2-3).

In compliance with these guidelines from CDPH, Pittsburg High School will offer free weekly testing to all of our student-athletes and support staff each Monday between 2:00pm-5:00 pm. These tests are required in order to compete in indoor sports (Boys/Girls Basketball, Boys/Girls Volleyball, Boys/Girls Wrestling) this year. We will test the entire season regardless of tier (per the guidelines).

- These tests are free for each student-athlete. The parents will not be billed, but the insurance company will.
- Therefore we will need the following for the first test scheduled for Monday, April 5 2021.

What is required for testing?

1. A photo copy of each student-athletes insurance card (front and back). These can be emailed to PUSD Athletic Administrative Assistant, Nubia Aguilar at [naguilar@pittsburgusd.net](mailto:naguilar@pittsburgusd.net) . Please just indicate in the subject line of the email the name of your student-athlete and which team they are on.  
(Ex: Subject Line: Matt Smith—JV Basketball). This only has to be done one time, we will make copies for each subsequent test.
2. Each week that your student-athlete tests, they will be required to submit a COVID-19 IgG/IgM Antibodies & RT-PCR Test Request Form. The student-athletes can fill out this information each week, but the request form does require a parent signature. You will see this form on the last page of this handout. If each parent/guardian can sign this form once, we will make copies in the athletics office and make sure that each student has this form provided to them each week so they can test. By signing, you would be giving your consent to test each week of the indoor seasons.

If you have any questions, or need any of this information clarified please call PUSD Athletics Coordinator, Greg Strom at 925.473.2399

Thank you, and we look forward to an exciting season!

Greg W. Strom

# Summary

COVID-19 continues to pose a severe risk to communities and requires all people in California to follow recommended precautions. This guidance provides direction on outdoor and indoor youth and recreational adult sports activities to support a safe environment for these sports. The guidance applies to all **organized** youth sports and recreation— including school- and community-sponsored programs, and privately-organized clubs and leagues — and adult recreational sports.

## Sports Risk Profiles

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 the COVID-19 disease.

## 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.

## Factors Affecting the Risk of Transmission

- Risk increases when face coverings are not worn, and physical distancing is not maintained.
- Risk increases with increasing levels of contact between participants; closer contact (particularly face-to-face contact), and the frequency and total duration of close contact, increases the risk that respiratory particles will be transmitted between participants.
- Risk increases with greater exertion levels; greater exertion increases the rate of breathing and the quantity of air that is inhaled and exhaled with every breath.
- Risk increases with mixing of cohorts and groups, particularly when from different communities (during or outside of sports play); mixing with more people increases the risk that an infectious person will be present.

## General Requirements for All Sports:

Irrespective of setting (outdoor or indoor) case rate or sport played, the following general guidance requirements must be adhered to at all times:

- Face coverings to be worn when not participating in the activity (e.g., on the sidelines).
- Face coverings to be worn by coaches, support staff and **observers** at all times, and in compliance with the CDPH [Guidance for the Use of Face Coverings](#).
- Observers maintain at least 6 feet from non-household members.
- No sharing of drink bottles and other personal items and equipment.
- Mixing with other households prior to and post any practice or competition must strictly adhere to current gathering guidance.

- Limit indoor sports activities (practice, conditioning) to comply with capacity limits (which shall include all athletes, coaches, and observers) indicated in current CDPH [Gym & Fitness Center Guidance Capacity](#).
- Associated indoor activities for the team (e.g., dinners, film study) are prohibited if engaged in competition given evidence that transmission is more likely to occur in these indoor higher risk settings.
- Teams must not participate in out-of-state games and tournaments; several multistate outbreaks have been reported around the nation, including California residents.

## Limitations on Observers

- Limit observation of youth sports (age 18 years and under) to **immediate household members**, and for the **strict purpose of age appropriate supervision**. Limit number of observers to ensure physical distance can be maintained, reduce potential crowding, and maintain indoor and outdoor capacity limits.

## Testing

- Regular periodic COVID-19 testing of athletes and support staff **must be established** and implemented prior to return to play (other than the “[p]hysical conditioning, practice, skill-building, and training that can be conducted outdoors, with 6 feet of physical distancing, and within stable cohorts” that is currently authorized in all tiers).
  - This includes baseline testing and ongoing screening testing. Based on current evidence and standards, both daily antigen testing and periodic PCR testing are acceptable testing methods for both baseline and ongoing screening 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 high-risk contact sports (basketball, field hockey, **football**, ice hockey, lacrosse, rowing, rugby, soccer, squash, volleyball, water polo, and wrestling), competition between teams is permitted only if the team can provide COVID-19 testing and results of all athletes and support staff within 48 hours of each competition.

For a complete listing of all the guidelines please go to the following website:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>