

Reopening Protocol for Community Sporting Events: Appendix DD Effective Date: 12:01am on Thursday, May 06, 2021

COVID-19 continues to pose a high risk to communities and requires all people to follow precautions and to modify operations and activities to reduce the risk of spread. This protocol provides direction on organized community endurance and running/walking events to reduce the risk of spread of COVID-19 during these events. In addition to the conditions imposed on these specific activities by the State Public Health Officer, these types of activities must also be in compliance with the conditions laid out in this protocol checklist for Community Sporting Events. For the purposes of this Protocol, Community Sporting Events are defined as outdoor community sporting events such as runs, walks, triathlons, marathons, half-marathons, and endurance races. This protocol does not apply to [youth or adult recreational sports](#) or to collegiate or professional sports.

In Yellow Tier, Community Sporting Events are limited to 500 participants per hour and a total of 1,500 participants. If all participants either have tested negative for COVID-19 or are fully vaccinated, events may have a maximum of 3,000 participants. Full vaccination or COVID-19 testing of all participants is strongly encouraged, even if not used to increase the maximum number of participants for the event. Thirty days prior to holding a community sporting event with more than 100 participants, the event organizer must submit an online application to EH, using the online [Proposed Community Sporting Event Form](#). Applications will be reviewed in the order received. The online application requires applicants to describe the proposed event or competition and the modifications made to comply with this Appendix and other applicable infection control requirements. The Los Angeles County Department of Public Health (LACDPH) will acknowledge receipt of the application and contact the applicant within 5 business days after receipt.

The following requirements apply to all community sporting events:

- Participants, staff and volunteers must be pre-registered; day-of event registration is not permitted. Participants are limited to California residents only, except that fully vaccinated persons from out-of-state may also register to participate.
- All contacts between participants, staff and volunteers should be monitored to ensure contact tracing is effective if necessary.
- Steps must be taken to limit mixing of households.
 - Any pre- or post-event social gatherings must adhere to the current County [Guidance for Informal Social Gatherings](#).
 - Aid stations should be managed/spaced in a way that prevents gathering at stations and enables physical distancing between participants, staff and volunteers.
- Indoor expos and indoor retail sales and marketing to the public or participants is not permitted prior to, during or in conjunction with the event.
- Alcohol is NOT permitted to be sold, consumed or provided during or after the event.
- Festivals and live entertainment are not permitted.
- Any award ceremonies that are held must comply with the County DPH [Protocol for Live Events and Performances \(Seated Outdoor\)](#).

In the protocols that follow, the term “household” is defined as “persons living together as a single living unit” and shall not include institutional group living situations such as dormitories, fraternities, sororities, monasteries, convents, or residential care facilities, nor does it include such commercial living arrangements such as boarding houses, hotels, or motels.¹ The terms “staff” and “employee” are meant to include coaches, employees, support staff, volunteers, interns and trainees, scholars and all other individuals who carry out work at the site or for the

¹ Los Angeles County Code, Title 22. §22.14.060 - F. Family definition. (Ord. 2019-0004 § 1, 2019.)
https://library.municode.com/ca/los_angeles_county/codes/code_of_ordinances?nodeId=TIT22PLZO_DIV2DE_CH22.14DE_22.14.060F

recreational sport activity. The term “participants”, “family members”, “visitors” or “customers” should be understood to include members of the public and others who are not staff or employees who spend time at the business or site or take part in the activities. The terms “establishment”, “site”, and “facility” both refer to the building, grounds, and any adjacent buildings or grounds at which permitted activities are conducted. “LACDPH” or “Public Health” is the Los Angeles County Department of Public Health.

For the purposes of this Protocol, people are considered fully vaccinated against COVID-19²:

- 2 weeks or more after their second dose in a 2-dose COVID-19 vaccine series, such as the Pfizer or Moderna, or
- 2 weeks or more after a single-dose COVID-19 vaccine, such as Johnson & Johnson (J&J)/Janssen.

Verification of full vaccination must be submitted at the point of registration check-in for the event. See details below for acceptable proof of full vaccination against COVID-19.

For purposes of this Protocol, people are considered to have tested negative for COVID-19 if the person has received a negative test result from:

- a COVID-19 PCR test taken within 72 hours before event start time, or
- a COVID-19 antigen test taken within 24 hours of start of the event.

Results of the person’s test must be available prior to the start of the event and submitted at the point of registration check-in for the event. See details below for acceptable proof of testing negative for COVID-19.

Please note: This document may be updated as additional information and resources become available so be sure to check the LA County website <http://www.ph.lacounty.gov/media/Coronavirus/> regularly for any updates to this document.

This checklist covers elements of the following:

- (1) Protecting and supporting individuals’ health
- (2) Ensuring appropriate physical distancing
- (3) Ensuring proper infection control
- (4) Communicating with the public
- (5) Ensuring equitable access to services

These elements must be addressed as your program develops any reopening protocols.

All Community Sporting Events must implement all applicable measures listed below and be prepared to explain why any measure that is not implemented is not applicable.

Community Sporting Event name: _____

Community Sporting Event Contact Name
and Facility Address: _____

² This applies to COVID-19 vaccines currently authorized for emergency use by the Food and Drug Administration: Pfizer-BioNTech, Moderna, and Johnson and Johnson (J&J)/Janssen COVID-19 vaccines. This can also be applied to COVID-19 vaccines that have been authorized for emergency use by the World Health Organization (e.g., AstraZeneca/Oxford). See [WHO’s website](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/immunization) for more information about WHO-authorized COVID-19 vaccines.

A. POLICIES AND PRACTICES TO PROTECT STAFF AND PARTICIPANTS HEALTH

- ❑ Community Sporting Event participants and observers may attend and participate in community sporting events in compliance with this protocol. As much as possible, participants, volunteers, support staff, and observers are to maintain a) a physical distance of at least six feet between each other at all times and b) at least an eight feet distance between each other during times of heavy physical exertion.

Advanced Event Registration:

- ❑ All participants, staff and volunteers must be pre-registered for the community sporting event. Day-of event registration is not permitted.
- ❑ Participants should be made to attest that whether or not they are a California resident at the time of registration. Information must be prominently placed on all communications, including the Registration system, to ensure that participants are aware of Registration requirements.
- ❑ Only fully vaccinated persons from out of state may register for, visit, or attend activities or events that are restricted to in-state visitors. Fully vaccinated out of state persons must review the current [County Travel Advisory](#) and adhere to any applicable requirements and recommendations. Such persons must show the event operator or organizer proof of each participant's proof of full vaccination prior to being permitted to participate.
- ❑ Events are limited to 500 participants per hour and a total of 1,500 participants. If all participants show the event operator or organizer proof they have tested negative for COVID-19³ or proof they are fully vaccinated against COVID-19 at the point of registration check-in for the event, events may have a maximum of 3,000 participants.
 - Participants that have attested to full vaccination must show the event operator/organizer the required verification, which is a photograph identification and a proof of vaccination, such as the vaccination card (which includes the name of person vaccinated, type of vaccination provided and date last dose administered) or a photo of a vaccination card as a separate document or a photo of the attendee's vaccine card stored on a phone or electronic device or documentation of vaccination form a healthcare provider at the point of registration check-in for the event.
 - The following are acceptable as proof of a negative COVID-19 test result: a photograph identification printed document (from the test provider or laboratory) OR an email or text message displayed on a phone or electronic device from the test provider or laboratory. The information provided should include name of person tested, type of test performed, and date of negative test result (for PCR, date of negative test result must be within prior 72 hours; for antigen, date of negative test result must be within prior 24 hours). Results of the test must be available prior to entry into the event or venue and must be submitted at the point of registration check-in for the event.

Safety Measures:

- ❑ All **community sporting event participants** are required to wear an appropriate face mask that covers the nose and the mouth at all times during the event, even during heavy exertion as tolerated to protect the safety of all participants. For more information on face masks, please visit: <http://publichealth.lacounty.gov/acd/ncorona2019/masks/>. Exceptions to wearing a face mask are when the face mask may become a hazard (such as when it is raining and the face mask becomes saturated with water), while eating/drinking, or when engaging in solo physical exertion (such as jogging by oneself, alone). Masks with one-way valves must not be used. Only individuals who have been instructed not to wear a mask by their medical provider due to a medical condition, mental health condition, or disability that prevents wearing a mask are exempt from wearing one. Participants should take a break from exercise and/or

³ Testing must be conducted within 72 hours before event start time, if using PCR. Antigen tests are acceptable and must be conducted within 24 hours of start of the event. Results of the test must be available prior to entry into the event or venue. Verification: The following are acceptable as proof of a negative COVID-19 test result: printed document (from the test provider or laboratory) OR an email or text message displayed on a phone or electronic device from the test provider or laboratory. The information provided should include name of person tested, type of test performed, and date of negative test result (for PCR, date of negative result must be within prior 72 hours; for antigen, date of negative result must be within prior 24 hours).

remove their face mask if any difficulty breathing is noted and should change their mask or mask if it becomes wet and sticks to the participant's face and obstructs breathing. Participants must remain physically distanced from others at any time their face mask is temporarily removed. Masks that restrict airflow under heavy exertion (such as N-95 masks) are not advised for exercise.

- ❑ All **employees, volunteers, support staff, observers, and visitors** are required to wear an [appropriate face mask](#) that covers the nose and the mouth at all times. This applies to all adults and to children 2 years of age and older. Masks with one-way valves must not be used. Individuals who have been instructed not to wear a mask by their medical provider must wear a face shield with a drape on the bottom edge, to be in compliance with State directives, as long as their condition permits it. A drape that is form fitting under the chin is preferred.
- ❑ All involved have been told not to come to the community sporting event if sick, or if they are exposed to a person who has COVID-19. Everyone understands to follow LACDPH guidance for self-isolation and quarantine, if applicable. Workplace leave policies for employees have been reviewed and modified to ensure that employees are not penalized when they stay home due to illness.
- ❑ **Entry Screening** is conducted, in compliance with the LACDPH [Entry Screening guidance](#), before participants, coaches, support staff, volunteers, and observers may participate in the community sporting event. Checks must include a check-in concerning fever, chills, cough, shortness of breath, difficulty breathing and a new loss of taste or smell, and whether the person is currently under isolation or quarantine orders. These checks can be done in person or through alternative methods such as on-line check in systems or through [signage](#) posted at the entrance to the facility stating that visitors with these symptoms should not enter the premises.
 - Negative Screen (cleared): If the person has no symptoms, is not currently under isolation or quarantine orders, and no contact to a known COVID-19 case in the last 10 days, they can be cleared to participate for that day.
 - Positive Screen (not cleared):
 - If the person was not fully vaccinated against COVID-19 and had contact to a known COVID-19 case in the last 10 days or is currently under quarantine orders, they may not enter, and must be sent home immediately and asked to quarantine at home. Provide them with the quarantine instructions found at ph.lacounty.gov/covidquarantine.
 - If the person is showing any of the symptoms noted above or is currently under isolation orders, they must be sent home immediately and asked to isolate at home. Provide them with the isolation instructions found at ph.lacounty.gov/covidisolation.

COVID-19 Case Reporting:

- ❑ The **Community Sporting Event Organizer** is required to report all COVID-19 infections in a community sporting event to the Department of Public Health within 1 business day of notification of the case. In the event that 3 or more cases are identified among the members of the adult sports team within a span of 14 days, the coach or league should immediately report this cluster online to the Department of Public Health at www.redcap.link/covidreport. The Department of Public Health will work with the site to determine whether the cluster is an outbreak that will require a public health outbreak response.

Event Staff/Volunteers:

- ❑ All who have contact with others are offered, at no cost, an appropriate mask that covers the nose and mouth. For more information on face masks, please visit: <http://publichealth.lacounty.gov/acd/ncorona2019/masks/>. The mask must be worn by the employee at all times during the workday when in contact or likely to come into contact with others. Employees who have been instructed by their medical provider that they should not wear a mask must wear a face shield with a drape on the bottom edge, to be in compliance with State directives, as long as their condition permits it. A drape that is form fitting under the chin is preferred. Masks with one-way valves must not be used.

- All are instructed to wash, as appropriate, or replace their masks daily.
- All have been reminded to adhere to personal prevention actions including:
 - Stay home when you are sick.
 - If you have symptoms of COVID-19, stay home until at least 10 days have passed since your symptoms first appeared AND at least 24 hours after recovery, which means your fever has resolved without the use of fever-reducing medications and there is improvement in your symptoms (e.g., cough, shortness of breath).
 - If you tested positive for COVID-19 but never had any symptoms, you must stay home until:
 - 10 days after the date of the first positive test, but
 - If you develop symptoms of COVID-19, you need to follow the instructions above.
 - Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer that contains at least 60% alcohol. Wash your hands before meals, after using the restroom and after coughing and sneezing.
 - Cover your coughs and sneezes with a tissue, and then dispose of the tissue and clean your hands immediately. If you do not have a tissue, use your elbow (not your hands).
 - Do not touch your mouth, eyes, nose with unwashed hands.
 - Avoid contact with people who are sick.
 - Avoid sharing items such as phones or other devices. If devices must be shared be sure to wipe them down with a disinfectant wipe before and after sharing.
 - Constantly observe your work distances in relation to other staff and participants. Always maintain the recommended minimum 6 feet separation from others unless specific work assignments require less distancing and wear a face cloth covering when working near or with others.
 - Disinfect frequently touched objects and surfaces. This should be done at least once per day during business hours.
- Workers are provided information on employer or government-sponsored leave benefits the employee may be entitled to receive that would make it financially easier to stay at home. See additional information on government [programs](#) supporting sick leave and worker's compensation for COVID-19, including employee's sick leave rights under the [2021 COVID-19 Supplemental Paid Sick Leave Law](#).
- Upon being informed that one or more event staff, volunteers, or participants test positive for COVID-19 (case), the event organizer/operator has a plan or protocol in place to inform the case(s) to immediately [isolate themselves at home](#) and to notify all employees, coaches, support staff, or participants that had an exposure to the case(s) to immediately [self-quarantine](#).
- The event plan should consider a protocol for all quarantined individuals to have access to or be tested for COVID-19 in order to determine whether there have been additional workplace exposures, which may require additional COVID-19 control measures. See the LACDPH guidance on [responding to COVID-19 in the workplace](#).

Participant Distancing:

- Maintain at least 6 feet of distance and facilitate distancing between participants to the maximum extent possible. Stagger starts instead of holding mass starts for races, ensure distancing at start and finish areas.
- In tents or canopies, provide a single, clearly designated entrance and separate exit to help maintain physical distancing guidelines.
- Consider an option of mailing awards and/or picking them up individually from a station. If awards presentations are held, they must comply with the LA County DPH Protocol for [Live Events and Performances](#) (Outdoor Seated).

- Finish times (for timed events) may be sent via email and/or text message and available via QR codes that are posted around the finish line.

Event Transportation:

- Bus/van travel by event participants (e.g., from parking areas to starting lines) may pose a higher risk of transmission. If participants travel by bus/vans, observe the following safety measures:
 - A maximum of 1 participant per bus seat.
 - Face masks are required at all times.
 - Use of alternating rows is strongly recommended but not required.
 - Open windows for full duration of the trip unless not feasible.

Outdoor Event Structures:

- Events may utilize a canopy, or other sun shelter, but only if the sides of the canopy or sun shelter are not closed, there is sufficient outdoor air movement, and the structure classifies as an outdoor structure per the [State Guidance on Use of Temporary Structures](#). The movement of wind and air in and through outdoor spaces can help reduce the concentration of virus in the air and limit spread of the virus from one person to another.

Observers:

- Observers are limited to current [County gatherings guidance](#) limitations.
- Observers must wear a mask at all times and must maintain at least a 6-foot physical distance from non-household members. Observers should refrain from shouting, singing, or chanting as these activities increase the volume and spread of respiratory droplets. Provide signage or visual cues to observers so they are able to maintain a 6-foot physical distance from others.
- Consider live streaming of events so that they can be watched from home.

Aid Stations and Post-Race Refreshment

- Aid stations should be managed/spaced in a way that prevents gathering at the stations and enables physical distancing between participants, staff, and volunteers. Consider using more aid station tables than is typical to enable participants to easily access fluids or fuel without crowding.
- Aid stations must be staffed in a way that permits volunteers to maintain 6 feet of physical distance from one another at all times.
- Train event staff/volunteers to encourage participants who stop or slow down to receive fluids or fuel to move beyond the aid station to prevent crowding and ensure physical distancing between participants and event staff/volunteers.
- Post-race refreshments may be served to participants; however, food and drinks may only be consumed in on-site designated outdoor eating/drinking areas that conform with LA County DPH [Protocol for Restaurants](#).

Cleaning and Disinfecting:

- When choosing cleaning products, use those approved for use against COVID-19 on the Environmental Protection Agency (EPA)-approved list “N” and follow product instructions. These products contain ingredients which are safer for individuals with asthma.
- Use disinfectants labeled to be effective against emerging viral pathogens, following label directions for appropriate dilution rates and contact times. Provide employees training on the hazards of the chemicals, manufacturer’s directions, and Cal/OSHA requirements for safe use.
- When equipment is shared during an activity, participants, volunteers, and support staff perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before, during breaks, at half time, and after the conclusion of the activity. Use hand sanitizer when handwashing is not practicable. Alcohol-based hand sanitizer must be rubbed into hands until completely dry. Note: frequent

handwashing is more effective than the use of hand sanitizers, especially when hands are visibly dirty.

- Participants, volunteers, and support staff are discouraged from making unnecessary physical contact with one another (for example, high-fives, handshakes, fist bumps) to limit the potential for disease to spread.
- Restrooms and/or porta potties will have a 4:1 ratio of restrooms to handwash stations of either/or, soap and water or hand sanitizer. The number of restrooms and/or porta potties will be decided at the local level and dependent upon event type and size.
- Sanitation stations will be made available throughout the footprint in high traffic areas including but not limited to: check-in, restrooms, parking lots, start and finish lines, etc.
- Copies of this Protocol have been distributed to all employees, volunteers, and participants.

B. ADDITIONAL MEASURES FOR INFECTION CONTROL

- Commonly used items are sanitized at least once per day or more frequently if determined is necessary.
- Commonly used equipment is sanitized at least once per day.
- Restrooms located at facilities or venues that are accessible to the public should remain open to the public and must be sanitized at least once per day or more frequently, if necessary, during operating hours.
- Water fountains are available to fill water bottles only.

C. MEASURES THAT COMMUNICATE TO THE PUBLIC

- Instruction and information [signage](#) are posted throughout the facility to remind everyone to maintain physical distancing of six feet, the need to wear a mask, the importance of regular handwashing and the need to stay home if they are feeling ill or have symptoms of COVID-19. See the County DPH COVID-19 Guidance webpage for additional resources and examples of signage that can be used by businesses.
- Online outlets of the community sporting event (website, social media, etc.) provide clear information about physical distancing, use of masks and other instructions.
- Signs are posted that instruct visitors that they must stay home if sick with respiratory symptoms or if they are currently required to self-isolate or self-quarantine.
- Event operators/organizers and facility operators monitor compliance of posted restrictions.
- People are asked to leave if not complying with these safety modifications and requirements.
- A copy of this protocol, if applicable, the printed Los Angeles County COVID-19 Safety Compliance Certificate is maintained by the event organizer. For more information or to complete the COVID-19 safety compliance self-certification program, visit <http://publichealth.lacounty.gov/eh/covid19cert.htm>. Sports teams must keep a copy of the Protocols onsite for review, upon request.

Any additional measures not included above should be listed on separate pages, which the community sporting event organizer should attach to this document.

You may contact the following person with any questions or comments about this protocol:

Sporting Event Organizer Contact Name: _____

Phone number: _____

Date Last Revised: _____