



COUNTY OF SAN LUIS OBISPO HEALTH AGENCY  
PUBLIC HEALTH DEPARTMENT

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## SCHOOL HEALTH NOTIFICATION

**Date:** August 19, 2021

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## COVID-19 Interim Guidance for K-12 School Sports and Extracurricular Activities in San Luis Obispo County

### 8/19/21 Revisions:

- Locker room access is no longer limited to restroom area only. Students may use the locker room to change clothes. Strict adherence to appropriate mask use is important. Do not use showers.
- Cheer and stunt may be performed indoors under the same mask and testing regimen as any other indoor sport.
- Cheer and stunt athletes performing outdoors are not required to maintain 6 feet distance from each other.

In the absence of guidance from the California Department of Public Health (CDPH), the County of San Luis Obispo Public Health Department (SLO PHD) is providing COVID-19 guidance on school sports and extracurricular activities for public and private K-12 schools operating in San Luis Obispo County. The purpose of this guidance is to reduce the incidence and spread of COVID-19 infection in our local schools by supporting a safer environment for all who participate in school sports and other extracurricular activities.

SLO PHD values the many benefits of extracurricular activities, including sports. However, this latest surge of the COVID-19 pandemic, fueled by the highly infectious Delta variant, necessitates we direct actions to protect our younger population. The virus has changed, and for the first time in this long-running pandemic, people under the age of 18 are becoming infected at the same rate as those over age 18.

Until superseded by the release of a CDPH Youth Sports Guidance, SLO PHD directs the following precautions, at a minimum, for all public and private K-12 in-person schools operating in SLO County:

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### Public Health Department

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[www.slopublichealth.org](http://www.slopublichealth.org)

- 1) Follow the universal indoor masking requirement in all indoor physical education, sports, conditioning/weightlifting, and other indoor extracurricular activities in accordance with the [CDPH Guidance for the Use of Face Coverings](#).
  - a) The [CDPH Guidance for the Use of Face Coverings](#) has the force of law and applies regardless of any other directions or recommendations from athletic associations or leagues.
- 2) Perform regular COVID-19 screening testing of unvaccinated athletes and staff involved with all indoor sports and outdoor football, and water polo.
  - a) Regular testing is not required for asymptomatic people who are fully vaccinated or for those who have tested positive for COVID-19 within the last 90 days.
- 3) Test Types and Frequency
  - a) Test twice a week if using a rapid antigen test, such as BinaxNOW.
    - A positive antigen test from someone who is asymptomatic (has no COVID-19 symptoms) should be retested with a PCR test to confirm.
    - A negative antigen test from someone who is symptomatic should be retested with a PCR test to confirm.
  - b) Test once a week if using a PCR test, such as school-based Color or Cue PCR tests, or PCR testing performed at a clinic or medical facility.
  - c) Do not accept home/self-testing results.
  - d) Regular testing is not required for asymptomatic people who are fully vaccinated or for people who have tested positive for COVID-19 within the last 90 days.
- 4) Ensure students and staff consistently wear masks in locker rooms and do not use showers.
- 5) Relocate the high-risk extracurricular group activities outdoors while maintaining a minimum of 6 feet physical distance from others.
  - a) High-risk activities include singing, chanting, shouting, or playing a wind instrument—regardless if bell covers and mouthpiece masks are used—such as choir, drama, band or music.
  - b) Masks are suggested but not required during outdoor group activities.
  - c) Activities that involve shouting or singing increase the risk of transmission if a participant is infectious, because respiratory droplets may be generated at higher rates and potentially travel greater distances.

This guidance and other information for K-12 schools in SLO County is available at [www.emergencyslo.org/schools](http://www.emergencyslo.org/schools).