

**DIOCESE OF OAKLAND CYO
COVID-19 PROTOCOLS
Q&A FOR ATHLETIC DIRECTORS AND COACHES
(Masking Requirement Updated 3-11-22)**

1. Why are children participating in CYO Sports?

- The pandemic has shown that it is necessary for the health and well-being of our children to participate in active play, at school, in parks, at recreation facilities while learning and experiencing social interaction playing with their friends and others. The “Policies for Participation in CYO Sports” provides some guidance on how to play sports as safely as possible given our current knowledge. CYO volunteers, athletic directors and coaches, should strive to minimize risks and allow for fun experiences for their athletes, keeping in mind that the well-being of the child is of paramount importance.
- Our understanding of the risks and transmission of COVID-19 continues to change, resulting in modifications in procedures to minimize risk to our children and volunteers. These protocols may continue to adjust, especially to align with directives from Federal, State or our two county Health Care agencies.
- **The “Policies for Participation in CYO Sports” including the “Waiver and Release of Liability”** must be provided to parents/guardians, signed and returned to the AD at each parish/school prior to participation. Coaches must also receive, sign and return it prior to coaching.

2. How can we help to minimize risk to participants during CYO activities?

- **SYMPTOM-FREE PARTICIPATION:**
 - Parents in attendance at CYO events attest that they are symptom free, and their child is symptom free when participating in CYO events.
- **SIGN IN SHEETS:**
 - Coaches must maintain sign-in records for all practices, games and activities.
 - Attendance logs will be used to notify parents and coaches/volunteers in case of a positive COVID case.
- **PROOF OF VACCINATION:**
 - CYO coaches, volunteers and game officials will need to show proof of vaccination or provide proof of a negative COVID-19 test on a weekly basis.
 - The CYO athletic director should determine the person in the parish/school designated to track volunteers. The athletic director should provide a list of coaches to the designated person and work with them to ensure compliance.
 - Religious exceptions will NOT be granted for the vaccine by the Diocese of Oakland.

- **MASKS:**
 - Beginning March 12, 2022, the wearing of masks is optional at CYO activities in both outdoor and indoor settings.
 - Individual participants, coaches, game officials and spectators may continue to choose to wear masks depending on their personal preferences and circumstances since the county and State health guidelines still “strongly recommend” masking as a mitigation strategy. If masks are not worn due to heavy exertion, it is strongly recommended that individuals undergo screening testing at least once weekly, unless they had COVID-19 in the past 90 days.

- **GYM FACILITY ARRANGEMENTS:**
 - Signs should be posted on entry doors reminding masking requirement and social distancing.
 - Systems should be developed to prevent participants and spectators from congregating in indoor spaces, such as lobby areas, and grouping during entry and exiting.
 - Social distancing should be maintained for bench areas.
 - Individual gym requirements must be communicated and followed.

- **SHARED EQUIPMENT:**
 - Uniforms and other clothing, water bottles should not be shared.
 - Locker rooms should not be used and participants should come to the game dressed in uniform.

- **SOCIAL DISTANCING:**
 - Maintain social distancing when possible.
 - Benches during games should be socially distanced.
 - Pray before all activities but without hand holding, maintaining social distancing.
 - No shaking hands following a contest, but nodding, smiling or even elbow bumping is encouraged.

3. If a coach or a team member has tested positive for the COVID-19 virus, how will this be handled?

- **REPORTING:**
 - The coach should notify their CYO athletic director if any team member or coach tests positive. The athletic director should then notify Bill Ford, CYO Director, or Gloria Espinoza, Oakland Diocese Human Resources Director.
 - In a Catholic School setting, the principal should be notified.

- **ISOLATION:**
 - Participants and coaches who test positive for COVID-19 must isolate, per county instructions and inform the CYO athletic director for notification purposes.

- **NOTIFICATION:**
 - Notification should occur to “groups” of exposed students (e.g.: teammates)

rather than contact tracing to identify individual “close contact” (e.g.: those within 6 feet).

- Notification should be provided to all individuals considered exposed, including those who are vaccinated and/or recently infected.
- Exposed students, regardless of COVID-19 vaccination status should get tested for COVID-19 with at least one diagnostic test obtained within 3-5 days after last exposure, unless they had COVID-19 within the last 90 days.
- Exposed students who had COVID-19 within the last 90 days should monitor for symptoms. If symptoms develop, they should isolate and get tested with an antigen test
- Sample email messages are available from the CYO Office.
- In the case of exposure to an opposing team, the athletic director with the positive COVID case will notify the other team’s coach and/or athletic director of possible exposure.

- **CONFIDENTIALITY:**

- Make sure to NEVER mention who the infected person is but instead indicate that “someone” in the group has tested positive for the virus and “you or your child have/ been exposed”. We must respect everyone’s right to medical privacy under applicable laws.

4. In the event a participant or volunteer tests positive for COVID-19, how does quarantine work?

- **QUARANTINE REQUIREMENTS:**

- Quarantine requirements vary for exposed persons who are vaccinated and asymptomatic versus unvaccinated symptomatic or asymptomatic persons.
- **Exposure** is defined as being in contact with an infected case for 15 minutes or more, with or without a mask.
- CYO will comply with quarantine decisions made by the player’s school.

- **ISOLATION AND QUARANTINE REQUIREMENTS FOR ALAMEDA AND CONTRA COSTA COUNTIES:**

- See the attached chart “Isolation and Quarantine Recommendations for the General Public 1/6/22” for guidelines for isolation and quarantine following exposure or symptoms. These recommendations may change as the state and counties change their recommendations.

- **TESTING:**
 - Testing can be obtained by calling the medical provider or making an appointment at a test site approved by the county. Please refer to the following websites:
 - Alameda County: <https://covid-19.acgov.org/testing.page?>
 - Contra Costa County: <https://www.coronavirus.cchealth.org/get-tested>

5. What about Snack Bars, Food and Water?

- **FOOD FOR EVENTS:**
 - All persons preparing or serving food on parish or school property must wear face coverings and sanitary gloves while preparing or serving food.
 - All persons preparing or serving food at parish or school events will be required to self-attest in a signed document they have no COVID-19 symptoms.
- **WATER BOTTLES:**
 - Water bottles should be marked with the participant's name and never shared.
- **POST GAME EVENTS AND POST GAME SNACKS:**
 - Participants and families should be reminded that COVID often spreads off-the-field, especially in situations when groups let their guard down and eat or socialize together with their masks off (e.g., post-game parties, carpools)

6. What are important CDC safety guidelines?

According to CDC guidelines the things that you can do to be safer are as follows:

- Use of face coverings can reduce the spread of respiratory droplets that, in infected people, carry and spread COVID-19.
- In areas of substantial to high transmission, which includes both, Alameda and Contra Costa Counties, it is recommended that people who are not fully vaccinated wear a mask in crowded outdoor settings or during activities that involve sustained close contact with others who are not fully vaccinated.
- Wear a mask consistently and correctly over your nose and mouth.
- If you are not fully vaccinated and aged 2 or older, you must wear a mask in indoor public places.
- If you are fully vaccinated, to maximize protection from COVID and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission.
- Masks must be worn on all public transportation, including carpooling. This requirement is regardless of vaccination status.
- Maintain social distance from people who don't live with you.
- Avoid crowds and poorly ventilated places.
- Wash your hands frequently.

It is the responsibility of the CYO athletic directors, coaches and adult leadership:

- To make sure all participants understand COVID-19 protocols;
- To be make it clear that all who are experiencing symptoms stay home;
- To enforce the outlined policies and protocols for the safety of all involved; and
- To be informed that although the parish and Catholic school will do everything it can to prevent the spread of the COVID-19 virus, it cannot be guaranteed those attending events will not get infected.

If you have any other questions, please contact:

- Bill Ford: bford@oakdiocese.org and 510-628-2187
- Gloria Espinoza: gespinoza@oakdiocese.org and 510-267-8359

RESOURCES:

- **Interim COVID-19 Guidance for Youth Sports and Extracurricular Activities in Alameda County (9/3/21)** – <https://covid-19.acgov.org/covid19-assets/docs/schools/youth-sports-guidance%20-2021.09.03.pdf>
- **COVID-19 Public Health Guidance for K-12 Schools in California, 2021-22 School Year (9/22/21)** – <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>
- **Contra Costa Information on Schools, Childcare, Youth Sports & Activities** – <https://www.coronavirus.cchealth.org/for-schools-and-childcare>

Isolation and Quarantine Recommendations for the General Public 1/6/22

Table 1

| Persons Who Test Positive for COVID-19 (Isolation) | Recommended Action |
|--|--|
| <p>Everyone, regardless of vaccination status, previous infection or lack of symptoms.</p> | <ul style="list-style-type: none"> Stay home (PDF) for at least 5 days. Isolation can end after day 5 if symptoms are not present or are resolving and a diagnostic specimen* collected on day 5 or later tests negative. If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10. If fever is present, isolation should be continued until fever resolves. If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10. Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information) <p>*Antigen test preferred.</p> |

Table 2

| Persons Who are Exposed to Someone with COVID-19 (Quarantine) | Recommended Action |
|--|---|
| <ul style="list-style-type: none"> Unvaccinated; OR Vaccinated and booster-eligible but have not yet received their booster dose.** <p>(Refer to CDC COVID-19 Booster Shots to determine who is booster eligible)</p> | <ul style="list-style-type: none"> Stay home (PDF) for at least 5 days, after your last contact with a person who has COVID-19. Test on day 5. Quarantine can end after day 5 if symptoms are not present and a diagnostic specimen collected on day 5 or later tests negative. If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10. Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information). Strongly encouraged to get vaccinated or boosted. If testing positive, follow isolation recommendations above. If symptoms develop, test and stay home. |

** Workplace Setting (not applicable to healthcare personnel):

In a workplace setting, asymptomatic employees in this category are not required to stay home from work if:

- A negative diagnostic test is obtained within 3-5 days after last exposure to a case
- Employee wears a well-fitting mask around others for a total of 10 days
- Employee continues to have no symptoms.

Table 3

| Persons Who are Exposed to Someone with COVID-19 (No Quarantine) | |
|---|--|
| <ul style="list-style-type: none">• Boosted; OR• Vaccinated, but not yet booster-eligible. <p>(Refer to CDC COVID-19 Booster Shots to determine who is booster-eligible)</p> | <ul style="list-style-type: none">• Test on day 5.• Wear a well-fitting mask around others for 10 days, especially in indoor settings (see Section below on masking for additional information)• If testing positive, follow isolation recommendations above.• If symptoms develop, test and stay home. |

For full text:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx#appendix>