



**Alameda County Guidance Table pertaining to Youth Activities –
 Camps, Youth Sports, Outdoor Non-contact Fitness, Outdoor Lap Swimming
 Last Updated 9/11/2020**

Youth camps, activities and sports are an essential service to ensure children and youth are receiving education, recreation, socialization, and enrichment activities. The Alameda County Public Health Department wants to balance allowing these essential activities and services with the health protection of staff and children.

The following table summarizes the guidance that applies to Alameda County for reopening youth activities and is meant to help the public navigate and understand the local requirements for reopening. It reflects the requirements from both the local Public Health Department and the State for the following youth activities:

- Youth day camps and youth extracurricular programs, such as private and public camps, children’s activity centers and faith-based youth programs,
- Youth sports – single sport-focused activities in schools, physical education, and recreation-based programs,
- Outdoor non-contact fitness programs, including dance classes and
- Outdoor lap swimming and pools

As Alameda County moves forward to a different Tier or phase for reopening, the local requirements may change. To find more information and the most up-to-date resources, please visit the Alameda County COVID-19 website: <https://covid-19.acgov.org/recovery.page?> For further questions, please email the COVID Recovery Group: COVIDRecovery@acgov.org

Reopening sector	Youth Camps and Extracurricular Activities (effective 8/28/2020)	Youth Sports – in schools, physical education & recreational programs (effective 8/28/2020)	Outdoor Non-Contact Fitness (including dance classes)	Outdoor Lap Swimming and Pools (effective 8/28/2020)
Examples	Varied activities with play, including art, day camps, youth swim lessons	Single sport-focused activities, school and recreation-based, such as baseball, basketball, soccer, softball, tennis, and swim teams	Fitness classes offered through gyms or dance studios outdoors (usually pertains to adults)	Individuals, adults, and families/ household swimming at pools including HOAs (not a youth swim camp)



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Site Protection Plan	Requirements to Reopen: https://covid-19.acgov.org/covid19-assets/docs/shelter-in-place/20-14c-appendix-a-protection-plan-guidance-and-template-eng.pdf	Requirements to Reopen: https://covid-19.acgov.org/covid19-assets/docs/shelter-in-place/20-14c-appendix-a-protection-plan-guidance-and-template-eng.pdf	Requirements to Reopen: https://covid-19.acgov.org/covid19-assets/docs/shelter-in-place/20-14c-appendix-a-protection-plan-guidance-and-template-eng.pdf	Requirements to Reopen: https://covid-19.acgov.org/covid19-assets/docs/shelter-in-place/20-14c-appendix-a-protection-plan-guidance-and-template-eng.pdf
Cohort size/ Number of participants allowed	<ul style="list-style-type: none"> Stable Cohort of 14 children/youth plus 2 adults maximum for 3-week minimum period Children/Youth and Coaches can be part of 1 cohort activities 	<ul style="list-style-type: none"> Stable Cohort of 14 children/youth plus 2 adults maximum for 3-week minimum period Youth and Coaches can be part of 1 cohort activities 	<ul style="list-style-type: none"> Not a cohort; instructors/coaches can work with various groups 12 people total, including participants and instructor (Alameda County) 	<ul style="list-style-type: none"> 1 person per lane 2 lanes may be used together for “circle swim” for a maximum of 4 swimmers 1 swimmer/ household per 300 sq ft (17’ x 17’) of open pool 1 person or household per “small pool” (<600 sq ft)
Physical distancing & Face Coverings	<ul style="list-style-type: none"> Indoors or outdoors; conduct outdoors as much as possible Minimum of 6 feet of distance as much as feasible Limit sharing of balls and equipment within a cohort and disinfect after use Face Coverings to the extent feasible for children/youth age 3 and up. Adults/ instructors must wear face coverings at all times. No mixing of cohorts/ groups 	<ul style="list-style-type: none"> Indoors or outdoors; conduct outdoors as much as possible Dance studios must be outdoors with modifications (as of 9/2/2020) Minimum of 6 feet of distance Sports that cannot be played with sufficient distancing and cohorting are not permitted Limit sharing of balls and equipment within a cohort and disinfect after use 	<ul style="list-style-type: none"> Outdoor only Minimum of 6 feet distance required; increase distance during high-intensity workouts No sharing/ kicking of balls or equipment Face coverings at all times except high-intensity workouts 	<ul style="list-style-type: none"> Outdoor only Minimum of 6 feet distance Face Coverings required when not swimming. Adults/ staff must wear face coverings at all times.



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		<ul style="list-style-type: none"> • Face Coverings to the extent feasible for children/youth age 3 and up. Coaches must wear face coverings at all times. • No mixing of cohorts/ groups 		
Guidance	<p>AC Camps Guidance: https://covid-19.acgov.org/covid19-assets/docs/childcare-schools-colleges/guidnace-for-camps.pdf</p> <p>State: https://covid19.ca.gov/industry-guidance/</p> <p>https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/small-groups-child-youth.aspx</p> <p>FAQs: https://files.covid19.ca.gov/pdf/guidance-schools-cohort-FAQ.pdf</p>	<p>State: https://files.covid19.ca.gov/pdf/guidance-youth-sports--en.pdf</p> <p>FAQs: https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Youth-Sports-FAQ.aspx</p>	<p>Alameda County Appendix C: https://covid-19.acgov.org/covid19-assets/docs/shelter-in-place/20-14c-appendix-c-additional-businesses-eng-2020.09.02.pdf</p> <p>State Gyms and Fitness Center Guidance: https://files.covid19.ca.gov/pdf/guidance-fitness--en.pdf</p>	<p>Alameda County: https://covid-19.acgov.org/covid19-assets/docs/shelter-in-place/20-14c-outdoor-shared-pools-guidance-eng-2020.08.21.pdf</p> <p>Appendix C: https://covid-19.acgov.org/covid19-assets/docs/shelter-in-place/20-14c-appendix-c-1-additional-businesses-permitted-to-operate-eng.pdf</p>