



DEPARTMENT OF
HEALTH AND HUMAN SERVICES

Promoting and protecting health, well-being, self-sufficiency, and safety of all in Marin County.

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Public Health Update

COVID-19 Interim Guidance for K-12 School and Youth Performing Arts, Sports and Extracurricular Activities in Marin County

Background

On January 12th, California Department of Public Health (CDPH) updated its [K-12 Schools Guidance 2021-2022 Questions & Answers](#) to provide guidance on school-based and non-school based extracurricular activities. On January 25th, Marin County Public Health updated Marin County School Guidelines ("[32 Point Plan](#)"). COVID-19 transmission is decreasing in Marin. Marin school environments remain stable, which allows further relaxing of [public health guidance](#) related to performing arts, sports and extracurricular activities. As always, local school districts, schools, and organizations may adopt more restrictive policies.

Marin County Public Health recommends the following precautions for all youth performing arts, sports, and extracurricular activities in Marin County.

Guidance

1. **Masks are required indoors for all participants, coaches, personnel, and spectators.**

Everyone must wear face masks indoors, regardless of vaccination status, in accordance with the [CDPH Guidance for the Use of Face Coverings](#) (updated January 5, 2022). Masks are required for all persons, as *practicable*, while playing all indoor sports, exercising, or conditioning. Masks, however, must be worn in locker rooms.

If a mask cannot be worn due to heavy exertion, individuals should undergo screening testing at least once weekly. An FDA-approved antigen test, PCR test, or pooled PCR test is acceptable for evaluation of an individual's COVID-19 status.

People are encouraged to wear a mask in crowded outdoor settings or during activities that involve sustained close contact with other people (including high-risk activities and sports).

High-risk activities are those in which increased exhalation occurs, such as activities that involve singing, shouting, band, or exercise, especially when conducted indoors.

High-risk sports include basketball, boxing, field hockey, football, ice hockey, lacrosse, martial arts, rowing (non-singles), rugby, soccer, squash, volleyball, water polo, and wrestling.

2. **COVID-19 Boosters**

COVID-19 booster shots are strongly recommended for all booster-eligible participants, including coaches, staff and volunteers. Groups, leagues, teams, and tournaments/events can require that all participants and

personnel be fully vaccinated and boosted for COVID-19.

3. COVID-19 Testing

Marin County Public Health only recommends surveillance testing for participants who cannot wear masks due to heavy exertion (see #1 above). Confirmatory molecular testing (e.g., PCR) is not recommended if antigen tests are used.

4. Isolation and Quarantine

Marin Schools and Youth Performing Arts, Sports and Extracurricular Activities must follow [Marin county's Isolation and Quarantine Guidance for Schools and Child Care](#). Teams and groups are no longer required to suspend activities if there is an outbreak (four or more epidemiologically linked cases). Teams with exposure events should notify competing teams that they are managing an exposure event or outbreak and attest to adherence to CDPH and Marin County Public Health guidance prior to inter-team play.

Marin County Public Health recommends same-day rapid antigen testing for all exposed persons, regardless of vaccination status, prior to participating in practices, rehearsals, games, performances, and tournaments.

Exposed individuals must follow quarantine guidance based on their vaccination status or history of past infection:

- Persons with a documented infection in the past 90 days do not need to quarantine. They do not need to test unless they develop symptoms consistent with reinfection.
- Fully vaccinated and/or boosted students do not need to quarantine. They should test on day 5 or sooner if they develop symptoms.
- Fully vaccinated booster eligible not yet boosted staff may participate if they have a negative diagnostic test on day 5, wear a well-fitting mask, and remain asymptomatic.
- Unvaccinated students should test on day 5 after the last exposure. They can remain in school but should not participate in extracurricular activities until negative test results are received. They should wear a well-fitted mask for 10 days after exposure, even during heavy exertion.
- Unvaccinated staff *must stay at home and quarantine*, test on day 5 and may return on day 6.