



## Norcal Athletics Covid 19 Health And Safety Plan

Check off all items below that apply and list other required information.

*Business/Entity name:*

*Contact name:*

*Entity Address:*

*Contact telephone:*

*(You may contact the person listed above with any questions or comments about this plan.)*

- Business is familiar with and complies with all requirements set forth in Health Officer Directive.
- Sports activity is allowed in under the current health orders and directives.
- Personnel and Participants are screened for COVID-19 symptoms and exposure.
- No coordinating, arranging, or engaging in travel outside of the San Francisco Bay Area to participate in athletic activity that is not allowed in the State of California.
- Face coverings are worn by everyone at all times, unless specific exceptions apply.
- Groups are limited to no more than 25 Participants outdoors or 16 Participants and Personnel indoors (or limited exception for sports that need more participants to compete applies and Health Officer has approved plan).
- Youth participants participate in only two Sports Program in any three-week period.
- Mixing with other Households before or after any practice or competition strictly adheres to current health orders and directives regarding gatherings.
- When equipment is shared during an activity, Participants perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity.
- Locker rooms comply with health and safety requirements.
- Spectators: No spectators for adult sports; limited to Household members and only as needed for age-appropriate supervision.
- If competitions are involved: no out-of-state games or tournaments; compete only with other teams in San Francisco or the three adjacent counties (Marin, Alameda, and San Mateo); only one event per day (no double headers).
- For youth sports, parent/guardian has signed informed consent document.

# HSP

Health and Safety  
Plan

## Checklist

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- Ventilation signage is posted and at least one ventilation strategy is implemented in locker rooms (if used);
- Other required signage is posted;
- Handwashing station, hand sanitizer, or sanitizing wipes are provided for Personnel and Participants;
- Personnel regularly clean and disinfect high touch surfaces and shared equipment.

### **Additional Measures**

Explain: