

## COVID and Sports FAQs

*June 15, 2021*

*\*Updates in italics\**

### Youth Sports:

**1. Are there any resources for school districts to offer testing for athletes and coaches?**

Yes, CDPH has provided resources and additional information on testing through the [COVID-19 Testing Task Force](#).

**2. Who is responsible for collecting test results for athletes and coaches?**

Organizations (e.g. Little League, AYSO) and teams are responsible for collecting test results.

**3. Who is responsible for managing the collection of test results?**

Organizations and teams can designate someone to collect and manage the test results.

**4. What do I do if an athlete or coach tests positive?**

For K-12 school-based teams, please report through your school liaison. For other organized teams, please complete this [Intake Form](#).

**5. What forms of test results can organizations accept?**

Test results can be sent via email, text message or paper format. Test results need to have proof of identity attached to it such as the athlete's name, date of birth and phone number.

**6. How long should test results be filed and kept?**

Test results should be kept for 2 weeks post-game/competition prior to being shredded or deleted. A test result record document should be kept until the end of the season.

**7. Should test results be made available before OR after the competition?**

The test results need to be made available 48 hours before the competition to be eligible to compete. It is important that test results are received before the competition because it will ensure the athletes have received a recent negative test before they compete. Allowing a test

result to be submitted after the competition would defeat the purpose of the testing. An athlete could unknowingly be positive and be transmitting the virus to others at the competition and find out after the fact the test was positive.

**8. How long before the competition should testing be completed?**

Testing can be done 1 week before a competition to meet the testing requirement and results from that test can be used for any competitions that week. A rapid antigen test will provide results the same day if an athlete needs to have their test results submitted the same day or next day. PCR testing can take 48-72 hours for results, sometimes longer, depending on the volume of testing being done. Therefore, PCR testing should be done at least four days before competition to ensure results are received on time. If the test results from a PCR test are not received on time, a rapid antigen test can be completed to ensure results are received within 24 hours of the competition.

**9. Can teams compete in multiple competition per day?**

A single team may only play another single team within the same day.

**10. Can inter-team competition occur within the state?**

Inter-team competitions, meets, races, or similar events are permitted to occur only with other teams within the state. Local Health Departments are to be notified of any cross-county competitions within their jurisdiction and reserve the right under their own discretion to deny the competition at any time in their jurisdiction.

**11. What is the current guidance regarding tournaments?**

CDPH has provided updated guidance regarding tournaments to say that there are no limitations on tournaments when **all teams** are following the more rigorous Institute for Higher Education requirements for return to play. Local health officer authorization remains intact. Any sports teams that want to have a tournament in the county will need to get authorization from

VCPH by emailing their request to [covidschools@ventura.org](mailto:covidschools@ventura.org). All teams participating will need to follow the Institutes for Higher Education guidance in order to participate which can be found [here](#) beginning on page 27.

**12. What sports are allowed?**

*All sports are permitted to practice and compete at this time. Youth sports must continue to follow the CDPH youth sports guidance found [here](#).*

**13. Is testing required?**

*Testing may be required per the higher education guidance for teams that are participating in tournaments. See Institutes of Higher Education guidance for more information [here](#). See updated testing information from CDPH [here](#).*

**14. What do teams do when an asymptomatic athlete or coach tests positive with an antigen test in their weekly routine testing?**

VCPH has created a decision tree to help athletic teams know what to do in these situations.

This decision tree can be viewed on the Ventura County Recovers website – [COVID-19 Routine Testing Decision Tree](#).

**15. Are athletes or coaches able to participate in more than one sport at a time?**

Athletes and coaches should treat their team as a cohort and should only participate on one team over the same season or period of time.

**16. Is anyone allowed to watch youth or recreational adult sports?**

*Yes, spectators are permitted at this time. The CDPH Beyond the Blueprint guidance should be followed which can be found [here](#).*

**17. Do previously COVID-19 positive athletes or coaches need to continue to test?**

Once an individual has tested positive, they could continue to test positive for 90 days without being infectious. For this reason, VCPH follows the CDC's guidelines that individuals who have



tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms.