

Youth Sports: What is Allowed

On July 30, the California Department of Health started allowing Training, Conditioning, and Physical Education with Limitations.

Sports and Physical Education are PERMITTED ONLY WHEN:

- (1) Activity allows Physical Distancing of, at least six feet between participants.
- (2) Activity is held within a stable cohort, such as a class, that limits the risks of transmission. Activities should take place outside to the maximum extent practicable.

Sports and Physical Education are NOT PERMITTED WHEN:

- (1) Sports cannot be conducted with Sufficient Distancing or cohorting.
- (2) There are outdoor & indoor sporting events, assemblies, and other activities that require close contact or promote congregating.

For more information, please visit:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Youth-Sports-FAQ.aspx>

