



Memo

TO: CIF SAN DIEGO SECTION PRINCIPALS/ ATHLETIC DIRECTORS

FROM: JOE HEINZ, COMMISSIONER
TODD CASSEN, ASSISTANT COMMISSIONER

SUBJECT: CIF SAN DIEGO SECTION UPDATE

DATE: MARCH 5, 2021

San Diego Section Leaders:

We hope this message finds you well. Over the last couple weeks, our entire office has been thoroughly impressed with all the work you have taken on to return high school athletics to your local community and our entire section as a whole. From Cross Country, Swim & Dive, Golf, Tennis, Track & Field, and more recently Football, Gymnastics, Soccer, and Girls' Volleyball, it truly has taken a team effort to make these opportunities possible for our student athletes. In just over a week, we will be officially opening the Seasons of Sport for Badminton, Baseball, Boys' & Girls' Basketball, Competitive Sport Cheer, Boys' & Girls' Lacrosse, Roller Hockey, Softball, and Boys' & Girls' Wrestling. Hard to believe that we will have 17 different athletic opportunities for the student athletes and coaches of our section to participate in, ALL going at the same time. Simply would not be possible without our Section's Outstanding Athletic Leaders like yourself, who work tirelessly behind the scenes on behalf of their entire community. Please know how much we honor, respect, and appreciate all you do on behalf of our student athletes, and all stakeholders across the San Diego Section.

Yesterday evening we were alerted to an update of the Youth Sports Guidance released by the California Department of Public Health. The updated guidance provides a pathway for our Indoor Sports (Badminton, Basketball, Gymnastics, Volleyball, Wrestling) to participate in a season of sport, as long as a member school agrees to the conditions developed for athletics at the collegiate level in California. Here is the exact language included in the updated CDPH Guidance:

A team in any sport, including indoor sports, may return to competition and contact practice at any time (i.e., earlier than otherwise authorized by this Guidance), if the team adheres the additional requirements imposed on collegiate sports, as specified in the Institutions of Higher Education Guidance, dated September 30, 2020.



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In accordance with this guidance, member schools would need to develop a Site Specific “Return to Play” Safety Plan, that includes regular COVID-19 Testing for Student Athletes, Coaches, and Support Staff, along with adhering with the appropriate Isolation and Quarantine procedures set by the state.

We have requested further guidance on the COVID-19 Testing Requirements, as well as IF spectators would be permitted for these contests, once we receive the response, we will send any updated information. Here is a link to the states updated [CDPH Youth Sports Guidance](#).

Master Calendar Updates:

Season 1 Outdoor Sports Already in Play (Cross County, Field Hockey, & Swim/Dive): Schools & Teams should continue to practice and compete based upon the previously set schedule developed by each conference for their teams.

Roller Hockey: Due to COVID-19 related delays in available Roller Hockey designated facilities, we have tentatively scheduled the season to open on April 5, 2021. More information will be released as it becomes available.

Football: Reminder that COVID-19 Testing Requirements remain in place until the point in which the county of residence reaches an Adjusted Case Rate less than 7 per 100,000. Testing – antigen or PCR (regular and postseason antigen or PCR testing of sports participants and coaches weekly. If competing, testing performed with test results made available within 24 hours of play)

Indoor Sports of Gymnastics, & Girls Volleyball: A reminder that “competition between teams is permitted only if the team can provide COVID-19 testing and results of all athletes and support staff within 48 hours of each competition.” (In accordance with CDPH Youth Sports Guidance Dated March 5, 2021)

Even though the San Diego Section has chosen sport specific dates to open the Seasons of Sport, each individual member school or district may elect to open their seasons at a later date.

Season 2 Updates:

Season 2 Sports Already in Play (Golf, Soccer, Tennis, Track & Field): Schools & Teams should continue to practice and compete based upon the previously set schedule developed by each conference for their teams.

Season 2 Outdoor Sports Set to Begin on March 13th (Baseball, Boys’ & Girls’ Lacrosse, Softball): No Changes to the Official First Day of Practice, which was previously scheduled for Saturday, March 13, 2021. Schools & Teams should prepare for practices and competitions based upon the previously set schedule developed by each conference for their teams.



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Season 2 Indoor Sports Set to Begin on March 13th (Badminton, Boys' & Girls' Basketball, Competitive Sport Cheer, Boys' Volleyball, Boys' & Girls' Wrestling): Member schools would need to develop a Site Specific "Return to Play" Safety Plan, that includes regular COVID-19 Testing for Student Athletes, Coaches, and Support Staff, along with adhering with the appropriate Isolation and Quarantine procedures set by the state. (In accordance with CDPH Youth Sports Guidance Dated March 5, 2021)

Boys' & Girls' Water Polo: (Season to officially open on Saturday, April 17, 2021): Reminder that COVID-19 Testing Requirements remain in place until the point in which the county of residence reaches an Adjusted Case Rate less than 7 per 100,000. Testing – antigen or PCR (regular and postseason antigen or PCR testing of sports participants and coaches weekly. If competing, testing performed with test results made available within 24 hours of play)

Covid-19 Testing Options: While it is not in the purview of the CIF-SDS to recommend any testing options, over the last week we were made aware of the following options for schools across the state:

- [Valencia Branched Labs](#) - State provided option for Football and Water Polo as per CDPH Guidance
- [Local Community Based Health Partners:](#) We have heard from several schools and districts who have chosen to partner with their local, community-based health organizations to meet the testing requirements set by the state.

Reminders:

1. All Teams may continue to follow the Out of Season guidance (CIF-SDS Bylaw 600.2 or CIF State Bylaw 501 G) as they await the opportunity to officially begin their season.
2. Even when the San Diego Section has determined the official start date to open a Seasons of Sport, each individual member school or district may elect to open their seasons at a later date.
3. At this time, we are awaiting additional information on the required COVID-19 Testing Requirements and Spectator Availability for Indoor Sports. Once we have any additional information, we will send it your way.

Thank you, and please do not hesitate to contact our office should you have any questions.

Respectfully,

Joe Heinz

CIFSDS Commissioner



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March 5, 2021

The following is the interpretation of the CIF with respect to when outdoor and indoor sports may resume according to the updated youth sports guidance document issued by the California Department of Public Health on March 4, 2021.

Outdoor Sports:

CIF member schools in counties with an adjusted case rate of 14 or less per 100,000 may begin all outdoor sports, including CIF high contact outdoor sports, following the updated CDPH youth sports guidance published on February 19, 2021.

With respect to testing, CIF member schools must conduct weekly antigen or PCR testing in the sports of water polo and football when the adjusted case rate of their county is between 14 and 7 per 100,000. Please go to the link below for more information regarding the state testing program and FAQs regarding testing protocols:

<https://testing.covid19.ca.gov/school-testing/>

Indoor Sports (and Outdoor Sports in counties with an adjusted case rate of greater than 14 per 100,000):

CIF member schools may elect to resume all indoor sports, and outdoor sports in counties with an adjusted case rate of greater than 14 per 100,000, if the team adheres to the additional requirements as specified in the Institutions of Higher Education (IHE) Guidance dated September 30, 2020. Please go to the CDPH youth sports guidance document updated on March 4, 2021 (under the Section entitled, "Conditions for Return to Play if Not Otherwise Authorized") for a summary of these requirements.

With respect to testing under the IHE Guidance, all high risk (as defined in IHE Guidance) indoor sports and high risk outdoor sports in counties that still have an adjusted case rate of greater than 14 per 100,000 must conduct either daily antigen testing or periodic PCR testing* until their county reaches the appropriate tier to begin the indoor sport or the adjusted case rate of 14 or less per 100,000 for outdoor sports. However, as stated above in the Outdoor Sports section, the CIF sports of water polo and football must continue to test while the adjusted case rate of their county is between 14 and 7 per 100,000.

*The CIF is awaiting clarification and guidance from the CDPH regarding the definition of "periodic" PCR testing.

This is not meant to be inclusive of all details in the updated CDPH guidance but a summary of the main areas that distinguish between the youth sports guidance and the IHE guidance with respect to when outdoor and indoor sports may resume and the type and frequency of the testing required. Please go to the link below for more information and to view the CDPH guidance document in its entirety.

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>

This document is a summary of the CIF's interpretation of the updated CDPH guidance for outdoor and indoor youth sports. This summary is not intended as legal advice.