

Athletics – Mr. Aaron Skinner

Hello Cardinal Families!

Friday, February 19th, Governor Newsom and the California Department of Public Health provided an update to their Youth Sports Guidelines. The link to the document is here:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>. **These updates will not go into effect until Friday, February 26th, 2021.** I will

provide a brief summary of the update below:

First, they have reclassified some of the sports to the different colored tiers. The chart below details the updated chart and which sports are allowed in which colored tier.

Table: Youth and Adult Recreational Sports* Permitted by Current Tier of County

Widespread Tier (Purple) 1	Substantial Tier (Red) 2	Moderate Tier (Orange) 3	Minimal Tier (Yellow) 4
<p>Outdoor low-contact sports</p> <ul style="list-style-type: none"> • Archery • Badminton (singles) • Biking • Bocce • Corn hole • Cross country • Dance (no contact) • Disc golf • Equestrian events (including rodeos) that involve only a single rider at a time • Fencing • Golf • Ice and roller skating (no contact) • Lawn bowling • Martial arts (no contact) • Physical training programs (e.g., yoga, Zumba, Tai chi) • Pickleball (singles) • Rowing/crew (with 1 person) • Running • Shuffleboard • Skeet shooting • Skiing and snowboarding • Snowshoeing • Swimming and diving • Tennis (singles) • Track and field • Walking and hiking 	<p>Outdoor moderate-contact sports</p> <ul style="list-style-type: none"> • Badminton (doubles) • Baseball • Cheerleading • Dodgeball • Field hockey • Gymnastics • Kickball • Lacrosse (girls/women) • Pickleball (doubles) • Softball • Tennis (doubles) • Volleyball 	<p>Outdoor high-contact sports</p> <ul style="list-style-type: none"> • Basketball • Football • Ice hockey • Lacrosse (boys/men) • Rugby • Rowing/crew (with 2 or more people) • Soccer • Water polo <p>Indoor low-contact sports</p> <ul style="list-style-type: none"> • Badminton (singles) • Curling • Dance (no contact) • Gymnastics • Ice skating (individual) • Physical training • Pickleball (singles) • Swimming and diving • Tennis (singles) • Track and field • Bowling 	<p>Indoor moderate-contact sports</p> <ul style="list-style-type: none"> • Badminton (doubles) • Cheerleading • Dance (intermittent contact) • Dodgeball • Kickball • Pickleball (doubles) • Racquetball • Squash • Tennis (doubles) • Volleyball <p>Indoor high-contact sports</p> <ul style="list-style-type: none"> • Basketball • Boxing • Ice hockey • Ice skating (pairs) • Martial arts • Roller derby • Soccer • Water polo • Wrestling

Some of the major changes:

- 1) Outdoor Volleyball moved to Red Tier
- 2) Tennis singles now a Purple Tier and Doubles a Red Tier Sport.
- 3) Indoor Volleyball moved to the Yellow Tier.

Also, Outdoor High and Moderate-Contact Sports will be allowed to compete in the purple or red tier with an adjusted case rate equal to or less than 14 per 100,000. Currently, SB County is in the 20s, but is projecting to meet this metric by next week if the trend continues. For these sports that are being allowed to compete, there is a requirement to obtain an "Informed Consent" form parents of participants. I will have that ready to send out next week, and that will be required prior to participation.

Please see the document via the link above for more details, although most of the rest are logistical.

Last Chance for Spring Sports Survey

If your son or daughter has not completed the updated youth sports survey, please make sure that they do so even if they do not plan to participate in a sport! Results will be pulled on Monday! Students need to fill it out via their bishopdiego.org email address!

<https://forms.gle/TYWewL1j3oTDbv1s9>

Please don't hesitate to reach out if you have any questions!

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