



DEPARTMENT OF
HEALTH AND HUMAN SERVICES

Promoting and protecting health, well-being, self-sufficiency, and safety of all in Marin County.

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Public Health Update

COVID-19 Guidance for K-12 School and Youth Performing Arts, Sports and Extracurricular Activities in Marin County

Guidance

Marin County Public Health is updating guidance for high-risk performing arts, sports, and extracurricular activities in Marin County. The recommendations in this guidance apply to all high-risk K-12 and youth extracurricular activities that are operated or supervised by schools and that occur on school or community sites.

High-risk activities are those in which increased exhalation occurs, such as activities that involve singing, shouting, band, or exercise, especially when conducted indoors.

High-risk indoor sports include basketball, boxing, ice hockey, martial arts, soccer (futsal), volleyball, and wrestling.

Reference: Centers for Disease Control and Prevention (CDC) [Scientific Brief: SARS-CoV-2 Transmission](#)



COVID-19 County Check

● Low

In Marin County, California, community level is **Low**.

Level of Community Transmission ● Substantial

Access at: <https://www.cdc.gov/coronavirus/2019-ncov/science/community-levels.html>

Recommendations

1. Review and implement recommendations from [California Department of Public Health \(CDPH\) COVID-19 Public Health Guidance for K-12 Schools in California, 2021-22 School Year](#)
2. Face Coverings
 - a. Indoor mask use remains an effective layer in protecting against COVID-19 infection and transmission.
 - b. Masks are strongly recommended indoors for high-risk activities, including:
 - all participants, teachers, referees, officials, coaches, other support staff, and spectators.

- when participants are not actively practicing, conditioning, competing, or performing.
- while on the sidelines, in team meetings, and within locker rooms and weight rooms.
- when actively practicing, conditioning, performing, or competing indoors, even during heavy exertion, as practicable.

3. Unmasked High-Risk Activities

Individuals using instruments indoors that cannot be played with a mask (e.g., wind instruments) are strongly recommended to use bell coverings and maintain a minimum of 3 feet of physical distancing between participants.

4. COVID-19 Vaccines and Boosters

All participants, teachers, referees, officials, coaches, other support staff, and spectators should get vaccinated, boosted (if eligible), and stay [up to date](#).

5. COVID-19 Testing

If participants cannot wear masks, they should consider screening testing at least once weekly, unless they had COVID-19 in the past 90 days.

- An FDA-authorized antigen test is recommended for screening testing.
- Confirmatory molecular testing (e.g., PCR) is not recommended if antigen tests are used.

6. Isolation and Quarantine

- Marin Schools and Youth Performing Arts, Sports and Extracurricular Activities should follow [Marin County Public Health Isolation, Quarantine, and Travel Guidance](#).