

# **Southeast Japanese School & Community Center**

14615 Gridley Road, Norwalk, California 90650

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TO: Judo, Karate, Kendo and Basketball

Effective September 9, 2021 **(Revised 9/15/21)**

This is an update on the Center's protocols for contact sports based on our interpretation of the Los Angeles County Health Departments guidelines for youth sports.

Your activity is considered high risk. The following protocols are in addition to our existing protocols.

## **COVID-19 testing protocols**

### **Must ask all participants and coaches if they are vaccinated or not.**

Participant must show proof they are fully vaccinated. Do not keep a copy of the proof of full vaccination shown nor copies of weekly test results.

1. Fully vaccinated people do not need to be tested weekly
2. Non-vaccinated people must be tested weekly (PCR or Antigen) within 3 days prior to attending class
  - a. If test is negative tell COVID-19 manager or club manager/coach. Showing proof is not required but recommended.
  - b. If test positive don't come and self- quarantine for 10 days. Take another COVID-19 test (PCR or antigen) after quarantine period and if negative wait 3 days before returning to practice.

If a person tests positive after attending a class, Covid manager(s) must be notified, and all people who were in contact must take a COVID-19 test (PCR or Antigen) 5 days after contact and must wait 3 days after the negative test to return. If positive, must self-quarantine for 10 days and retake COVID-19 test (PCR or antigen). If test is negative, must wait 3 days before returning.

### **Club management must maintain records of all participants, coaches and assistants' vaccination status and weekly COVID-19 testing compliance.**

### **Physical training – no contact**

Activities, that are for physical conditioning with no contact is low risk and there is no requirement to screen participants as vaccinated and non-vaccinated nor require weekly testing for non-vaccinated people.

## **COVID-19 Committee**

Revised 9/10/21