

COVID-19 Youth Health Information Act

As students return to school, it is important to determine how to ensure a safe return to classrooms and activities, including exercise and physical activities. According to the American Academy of Pediatrics (AAP), “Approximately 35 to 45 million youth six to eighteen years of age participate in some form of athletics. The COVID-19 pandemic has affected many aspects of the lives of children and families, including your sport activity.” As the COVID-19 pandemic continues, many have seen the complications it can cause. As a result of AB 856, information and guidelines regarding the safe return of students to exercise and physical activity after exhibiting signs or symptoms of, or testing positive for COVID-19 are posted to the internet for schools and educators, parents/guardians, and youth as specified in California *Education Code (EC)* sections 33477.3 and 33477.9. <https://www.cde.ca.gov/pd/ca/pe/covidyouthhealthact.asp>

Medical Consult and Return to Play Information: Any student showing signs or symptoms of COVID-19, or who has tested positive for COVID-19, within the prior six months should consult with their medical provider prior to returning to P.E. or sports activities, and follow “gradual return to play” protocol recommended by the American Academy of Pediatrics.

<https://epsavealife.org/wp-content/uploads/2021/09/AB856FactSheet.pdf>

Understanding the Risks: As the COVID-19 pandemic continues, many parents wonder if it’s safe for their children to participate in organized sports and other physical activities. Families need to understand the rules everyone must follow during the COVID-19 pandemic to prevent the virus from spreading. It is also important to consider how many people are infected with the virus in your community, and what is best for your family. Please see more information on the American Academy of Pediatrics website.

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Youth-Sports-and-COVID-19-Understanding-the-Risks.aspx>

COVID-19 Return to Sports and Physical Activity: This guidance applies to children and adolescents who are participating in and/or returning to physical activity, inclusive of but not limited to, organized sports and physical education class within school. Pediatricians should consider any children or adolescents who participate in any physical activity, organized or not, to fall within the context of this guidance.

<https://www.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>