County Health Officer Recommendations for School Athletics, Assemblies, Cohorting, and Singing/Playing Instruments (Nov. 6, 2020)

As schools in Contra Costa County begin to plan for and transition to in-person instruction, Contra Costa Health Services is providing the following updated health guidance about the topics below.

School Athletics
- **Allowed:** outdoor physical education where social distancing can be maintained
- **Allowed:** outdoor-only individual or team physical conditioning/training where social distancing can be maintained
- **Not allowed:** Team competition
- **Not allowed:** Indoor physical conditioning in a group setting is currently not allowed as it risks the mixing of established cohorts in an indoor setting

Assemblies/Gatherings
- Indoor and outdoor school assemblies are not allowed.

Cohorting
- CCHS recommends that schools maintain small, stable cohort groups (no larger than 16 people, which includes at least 2 adults), but it’s not required.
- We recognize there will likely be multiple cohorts, so stability in every classroom is important. Schools should consider assigned seating and assigned line placement as they are able.

Singing or Playing Instruments in an Outdoor School Setting
- Students, parents and school officials should be aware of the increased likelihood for transmission from exhaled droplets during singing and band practice, and physical distancing beyond 6 feet must be maintained for any of these activities.
- Outdoor singing and band practice provided that physical distancing and mask-wearing mandates are maintained
- Playing of wind instruments (any instrument played by the mouth, such as a trumpet or clarinet) is strongly discouraged

Additional and Supporting Resources
- [CDPH Reopening In-Person Learning Framework for K-12 Schools](#)
- [CDPH Schools Guidance FAQs](#)
- [CCHS FAQs](#)