

**California Department of Public Health Guidance for
School Athletics, Assemblies, Stable Groups vs Cohorts, Singing/Playing
Instruments and Classroom Spacing (January 14, 2021)**

CDPH guidance for common school topics. For more information, please refer to the [CDPH COVID-19 and Reopening In-Person Instruction Framework & Public Health Guidance for K-12 Schools in California, 2020-2021 School Year](#) and the CDPH guidance on [Outdoor and Indoor Youth and Recreational Adult Sports](#)

School Athletics

- *Allowed:* outdoor physical education where social distancing can be maintained and face coverings are worn.
- *Allowed:* outdoor-only individual or team physical conditioning/training where social distancing can be maintained and face coverings are worn.
- *Allowed:* Beginning January 25, 2021, non-contact, interteam competition, such as track or cross-country, between no more than two teams.
- *Not allowed:* Interteam competition involving contact.
- *Not allowed:* Interteam non-contact involving more than two teams, such as tournaments.
- *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

- *Not allowed:* Indoor school assemblies or gatherings where established cohorts are mixed or combined (even where physical distancing is maintained).
- *Allowed:* Outdoor gatherings provided that face coverings are required and at least six feet of physical distancing is maintained at all times.

Stable Groups vs. Cohorts in School

- A [stable group](#) is a group of general education students with fixed membership that does not mix with any other groups for any activities.
- Stable groups are required for in-person instruction and must be implemented for all grade levels, regardless of COVID tier assignment.
- A [cohort](#) is a group of students and staff engaged in targeted services and special education. A cohort may not be larger than 16 people (which includes at least two adults).
- All schools must continue to adhere to strict masking, hygiene and physical distancing guidelines while students and staff members are present on campus.

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 are *permitted* provided that physical distancing and mask-wearing mandates are implemented to the maximum extent possible.
- Playing of wind instruments (any instrument played by the mouth, such as a trumpet or clarinet) is *strongly discouraged*.

Spacing

- Allow 6 feet of space between student chairs except where 6 feet of space is not possible after a good-faith effort has been made, including consideration of hybrid classes and outdoor space options. Distance between student chairs may not be less than 4 feet.
- At least 6 feet between two teacher/staff desks and at least 6 feet between teacher/staff desks and student desks.
- Face coverings must be worn at all times except when eating or drinking.

Additional and Supporting Resources

- [CDPH COVID-19 and Reopening In-Person Instruction Framework & Public Health Guidance for K-12 Schools in California, 2020-2021 School Year](#)