

**BEFORE THE BOARD OF SUPERVISORS
OF THE COUNTY OF YUBA**

**RESOLUTION OF THE YUBA COUNTY)
BOARD OF SUPERVISORS SUPPORTING)
THE SAFE RESUMPTION OF YOUTH)
SPORTING ACTIVITIES AND COMPETITION)**

RESOLUTION NO. 2021-029

WHEREAS, the global outbreak of COVID-19 has resulted in closure of facilities in California used for physical education and athletic programs including schools, gyms, stadiums, pools, dance and fitness studios, parks, and playgrounds; and

WHEREAS, with schools closed, children have missed the opportunity to participate in physical education classes and other school-based physical activities, such as recess and after-school sports and athletic programs. Lack of access to exercise and physical activity can have both physical and mental health impacts, which can compound stress or anxiety that many will experience in the face of isolation from normal social life; and

WHEREAS, lacking physical activity is one of the major behavioral risk factors for childhood obesity. The Physical Activity Guidelines for Americans recommends 60 minutes or more of moderate-to-vigorous physical activity daily among children; and

WHEREAS, the benefits of exercise can be very helpful, especially in times of anxiety, crisis and fear. Re-engaging in sports with friends has both physical and psychological health benefits for children and adolescents. Sports allow youth to improve their cardiovascular health, strength, body composition, and overall fitness. Mentally, youth may experience benefits from the increased socialization with friends and coaches as well as from the return to a more structured routine. These psychological and physical benefits help support their developmental growth; and

WHEREAS, the California Department of Public Health (CDPH) has issued guidance on the resumption of youth sports effective February 26, 2021; and

WHEREAS, the Guidance for Outdoor and Indoor Youth and Adult Recreational Sports (“Guidance for Youth Sports”) follows a tier system in allowing the resumption of youth sports which significantly limits the ability of most counties to resume indoor and outdoor youth sports activities and inter-team competitions, meets, races, or similar events for the foreseeable future; and

WHEREAS, the CDPH Guidance for Youth Sports further limits those who can attend such events to parents or legal guardians of the student athlete; and

WHEREAS, CDPH and stakeholders should work cooperatively to address the current challenges and to facilitate future athletic events that are safe and enjoyable for all; and

WHEREAS, stakeholders should work collaboratively to support physical activity at home. Enhancing access to online resources to facilitate athletic activities where available should be a key goal in order to maintain social distancing. However, low-tech and no-tech solutions must also be sought for those who currently lack access to the internet creating a consistent daily routine that includes physical exercise to help with stress and restlessness.

WHEREAS, Stakeholders should ensure effective recovery and reorientation of the athletics sector and, at the same time, strengthen the use of sports to achieve sustainable health and well-being.

THEREFORE, LET IT BE RESOLVED, that the Yuba County Board of Supervisors urges the California Department of Public Health to revisit its Guidance for Youth Sports and work cooperatively with stakeholders to provide clear guidance that will permit most if not all youth sporting activities and competition in California to resume with proper safety protocols in place as soon as practicable.

PASSED AND ADOPTED at a regular meeting of the Board of Supervisors of the County of Yuba, State of California on the 9 day of March, 2021 by the following vote:

AYES: Supervisors Vasquez, Blaser, Fuhrer, Bradford, Fletcher

NOES: None

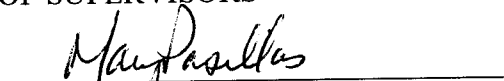
ABSENT: None

ABSTAIN: None



Chair

ATTEST: RACHEL FERRIS
CLERK OF THE BOARD
OF SUPERVISORS


Mary Pasillas, Board Clerk

MICHAEL J. CICOZZI
YUBA COUNTY COUNSEL
APPROVED AS TO FORM

