

Phased Return to Activity Plan Sports & Programs

- Plan applies to Local Programs and community athletes
- Unified Champion Schools activities driven by school district policies
- Informed by SOI and State of California and local guidelines
- Hygiene protocols in place during all phases
- Healthy Lifestyle Challenge and other virtual activities will be available during all phases



Phase 0

No in-person activity -
Virtual activities only

Healthy Lifestyle
Challenge, Move Across
California, Athlete
Leadership on-line
training, individual
home activity

No events

Phase 1

Stay at home order is
lifted, restriction on size
of gatherings - Fewer
than 10 people.

Conditioning and fitness
activities like Team
Wellness and Running/
Walking clubs. Approved
sports: Bocce and Golf.

No events

Phase 2

Groups of 50 or fewer
people

Training, Scrimmages,
League Play in the
following Sports:
Athletics (Running/
Walking/Field); Bocce;
Golf; Softball; Soccer;
Swimming; Tennis

Small local one-day
events

Phase 3

Groups of 250 or fewer
people

Training, Scrimmages,
Competition, League
Play in all SOSC
approved sports

Local one-day events

Phase 4

Full activity – no limit on
size of gathering

Training, Scrimmages,
Competition, League
Play in all SOSC
approved sports

Chapter, Division and
Regional events