



**Effective Date:** October 15, 2020

## Statewide Reopening Guidance — K-12 School Sports, Limited Return to Play

Effective Date: upon Oregon Department of Education approved school district reopening date.

Participation in physical activity is vital to the health and well-being of young people. This guidance is intended to get youth back to physical activity in the safest manner possible. K-12 sports should proceed in accordance to the individual school's operational plans. Refer to [ODE guidance for school reopening](#) protocols.

**Authority:** Executive Order No. 20-27, ORS 433.441, ORS 433.443, ORS 431A.010

**Enforcement:** To the extent this guidance requires compliance with certain provisions, it is enforceable as specified in Executive Order 20-27, paragraph 26.

**Applicability:** This guidance applies to K-12 school sports practice, training and play for specified sports in counties statewide. K-12 school sports are approved to operate based on Oregon Department of Education (ODE) school reopening plans.

Schools participating in distance learning may only allow their school sports teams to participate in:

- Training, conditioning and competition for outdoor non-contact and minimal/medium contact sports.
- Training and conditioning for outdoor full-contact sports.
- Training and conditioning for all indoor sports.

Training and conditioning, such as weightlifting, running drills and intra-squad scrimmaging, cannot include full contact of any kind.

Schools offering some version of in-person learning may allow their school sports teams to participate in any indoor and outdoor non-contact and minimal/medium contact sports.

Definitions: For purposes of this guidance, the following definitions apply:

- “Full-contact sports” means sports that involve a requirement or substantial likelihood of routine, sustained close proximity or physical contact between participants, and includes but is not limited to football, rugby, wrestling, cheerleading, basketball, hockey, dance, water polo, men's lacrosse. **Full-contact sports are prohibited at this time.**

- “Minimal- and medium-contact sports” include but are not limited to softball, baseball, soccer, volleyball, women’s lacrosse, flag football.
- “Non-contact sports” include but are not limited to tennis, swimming, golf, cross-country, track and field, sideline/no-contact cheer and dance.

## Overview:

The risk of transmitting the COVID-19 virus depends on a number of factors including:

1. Number of people in a location
2. Type of location (indoor versus outdoor)
3. Distance between people
4. Length of time at location
5. Level of protective equipment used (e.g. face coverings)

As general guidance, smaller groups are safer than larger; outdoor locations are safer than indoor; sports that can ensure distance of six (6) feet or more are safer than closer contact; and shorter duration is safer than longer. Face coverings should be worn by players, coaches and spectators in accordance with the [Statewide Mask, Face Covering, Face Shield Guidance](#). K-12 school sports directors and coaches need to consider all these factors as they plan to return to play.

## General Requirements:

**Leagues, coaches, players and trainers are required to:**

- Review the [Oregon General Guidance for Employers on COVID-19](#) and [OHA Reopening Guidance](#) for the Public.
- If applicable, comply with [Oregon Department of Education Guidance](#).
- Prohibit staff and players who have any [symptoms of COVID-19](#) from entering the premises or sporting location.
- Discourage any person, including players, at risk for severe illness or with serious underlying medical conditions from attending any sporting activities.
  - If a player, volunteer or spectator displays symptoms of COVID-19, a staff member should ask them to leave the premises, provide the individual with a face covering, face shield or mask, and help the individual minimize their contact with others before leaving the facility. Immediately disinfect all areas used by the sick person.
- Close water fountains, except for those designed to refill water bottles without contact between the bottle and fountain. Encourage players to bring prefilled water bottles.
- Wear a mask, face shield, or face covering, when participating in an indoor sport or an outdoor sport when six (6) feet of distance cannot be maintained. The face covering is meant to protect other people in case you are infected. People can spread COVID-19

to others even if they do not feel sick. Refer to the [Statewide Mask, Face Covering, Face Shield Guidance](#) for more information.

- Ensure that all spectators wear a mask, face shield or face covering, even when outside in accordance with the [Statewide Mask, Face Covering, Face Shield Guidance](#).
- Ensure that ventilation systems operate properly. Increase air circulation and ventilation as much as possible by opening windows and doors. In indoor spaces, fans should only be used when windows or doors are open to the outdoors in order to circulate indoor and outdoor air. Do not open windows and doors if doing so poses a safety risk to staff, spectators or players.
- Communicate all policies and facilities information to players/participants, parents, guardians, and caregivers prior to resuming or beginning the season.

## **Cleaning and Disinfection:**

### **Leagues, coaches and trainers are required to:**

- Frequently clean and disinfect shared equipment. This includes, but is not limited to, equipment such as bats and rackets. Use disinfectants that are included on the [Environmental Protection Agency \(EPA\) approved list](#) for the SARS-CoV-2 virus that causes COVID-19.
- Require employees to practice good hygiene including washing their hands frequently and covering their sneezes and coughs. Wash hands often with soap and water for at least 20 seconds, especially after touching shared objects or blowing your nose, coughing, or sneezing. Avoid touching your eyes, nose, and mouth.
- If soap and water are not readily available, use a hand sanitizer that contains 60-95% alcohol content. Cover all surfaces of your hands and rub them together until they are dry.
- Encourage players to bring their own hand sanitizer for personal use. Leagues are encouraged to provide handwashing stations and/or hand sanitizer.
- Frequently clean and disinfect high-traffic areas, and commonly touched surfaces in areas accessed by staff, players and spectators.
- Ensure restrooms are cleaned and disinfected prior to and after any league activity.

## **Distance and Occupancy:**

### **Leagues, coaches and trainers are required to:**

- Limit the gathering capacity for each K-12 school sporting event to a maximum of 100 people indoors and 250 people outdoors, not to exceed 250 indoor and outdoor; or the number of people, including staff, based on a determination of capacity (square footage/occupancy), whichever is less. Maintain physical distancing of at least six (6) feet per person.
- Develop and implement a plan to limit the number of spectators admitted into the premises so that all staff, volunteers, contractors and spectators can keep six (6) feet of physical distance.

- Assign a designated monitor to make sure that spectators keep six (6) feet of physical distance, including at entrances, exits, restrooms and any other area where people may gather.
  - Maintaining physical distance is particularly important for people with [underlying medical conditions](#) and for people ages 65 and over. These groups are at higher risk for severe illness from COVID-19.
- Require everyone at the sports facility, including all players, coaches, referees, volunteers and independent contractors, to keep a physical distance of at least six (6) feet from individuals not residing in the same household, especially in common areas.
- When multiple sporting events occur at the same sports complex or venue at the same time:
  - Ensure players and spectators for sporting events do not share space, including but not limited to restrooms, hallways, concession stands.
  - Ensure that commonly touched surfaces, such as door handles are cleaned and sanitized between subsequent games or events.
  - Ensure that high-traffic areas such as entrances, exits, check-in tables, restrooms and concession areas, are cleaned and sanitized between subsequent games and events.
    - ◆ If teams and spectators at the same sporting event share a restroom, leave entrance/exit doors open, if possible, and ensure that commonly touched surfaces such as stall door handles and faucets are regularly cleaned and sanitized.

**To the extent possible, encourage the sport complex operators to:**

- ◆ Stagger arrival and departure times for staff, players and spectators to minimize congregating at entrances, exits and restrooms to follow required physical distancing requirements.
- ◆ Provide separate entrances/exits for staff, players and spectators.
- Assign designated areas for managers and coaches, when not practicing/playing, to ensure they can maintain physical distance.

**Training and Playing:**

**To the extent possible, leagues, coaches and trainers should:**

- Take steps to ensure that there is only contact among participants/players needed to play the game. This includes refraining from handshakes, high fives, fist/elbow bumps, chest bumps and group celebrations.
- Space out player equipment to prevent players coming into direct contact with one another.
- Encourage players to use only their own equipment when feasible. Avoid or minimize equipment sharing, when feasible.

- Some critical equipment may not be available to each player. When it is necessary to share critical or limited equipment, all surfaces of each piece of shared equipment must be cleaned and disinfected frequently, as appropriate for the sport (e.g. between players, sets, periods, or games). Use disinfectants that are included on the [Environmental Protection Agency \(EPA\) approved list](#) for the SARS-CoV-2 virus that causes COVID-19. No product will be labeled for COVID-19 yet, but many products will have a label or information available on their websites about their effectiveness for human coronavirus.
  - Clean all equipment that directly contacts the head, face and hands with extra attention and detail.
- Encourage players and/or their family members to clean and disinfect equipment after each use, where feasible.
  - Allow only trainers, coaches and players to attend practices to ensure physical distancing and prevent people from gathering.
  - Train or play outside if it can be done safely, when it does not violate any local ordinances. Schedule enough time between practices and games so all people from a previous practice can leave the premises before the next group enters. This minimizes gathering at entrances, exits and restrooms while providing sufficient time to sanitize the facilities/equipment.
  - Require people to enter the premises through a designated entrance and exit through a designated exit. Do not block fire exits. Use signs to direct one-way flow of traffic. Consider scheduling and staggering arrival times to the premises to minimize large numbers of individuals arriving and exiting at the same time.
  - Stay outside of the premises (e.g. in vehicles) until scheduled practice or play time. This allows people to leave the premises before entering and minimizes gathering. Encourage players and their families to do the same.

## Additional guidance on Pools

- For all non- and minimal-medium contact sports that take place in a pool, leagues, coaches, athletes and trainers must follow the [Phase One and Phase Two Reopening Guidance for Licensed Swimming Pools, Licensed Spa Pools and Sports Courts](#).

## Travel:

### Leagues, coaches and trainers are required to:

- Limit exposure to those outside the household unit during travel:
  - Encourage only those in the same household to travel together and if not in the same household, to travel in separate vehicles, if available.
  - For travel groups, (groups that include more than one household in the same vehicle) all members of the travel group, including the driver, must wear a mask, face shield or face covering and spread out as much as possible within the vehicle (minimum of three (3) feet required between passengers not in the same household)

- Limit travel groups to those who have been in regular contact (e.g. team members). Members of different teams should not travel in the same vehicle.
- Document the names in each travel group(s) and staff including the driver, along with the date and time of the trip and the vehicle number/license.
- Allow drivers to transport multiple travel groups if wearing a mask and sanitizing hands before and after each driving each group. Vehicles must be cleaned between each group following [transportation guidelines](#).
- Make sure passengers are seated in vehicles so that there is a minimum three (3) feet of distance between people who are not from the same household unit.
- Teams based outside of Oregon that travel to Oregon for play must follow the guidance laid out in this document.

### **Additional Resources:**

- [Signs you can post](#)
- [Statewide Mask, Face Shield, Face Covering Guidance](#)
- [Oregon Department of Education Resources](#)
- [CDC's Guidance for Administrators in Parks and Recreational Facilities](#)

**Document accessibility:** For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact the Health Information Center at 1-971-673-2411, 711 TTY or [COVID19.LanguageAccess@dhsosha.state.or.us](mailto:COVID19.LanguageAccess@dhsosha.state.or.us)



# Reopening Guidance FAQs

## Fitness-related Organizations *(updated 10/07/2020)*

Below are answers to frequently asked questions regarding the Oregon Health Authority's (OHA) Phase One Reopening Guidance: [Specific Guidance for Fitness-related Organizations](#) (Fitness reopening guidance). OHA provides these FAQs to help the public understand the guidance, to respond to stakeholder questions, and to clarify how the guidance may apply in specific scenarios. These FAQs may be intermittently updated. The FAQs are not intended to take the place of the guidance, but rather to interpret, supplement and provide details of the guidance.

**Q1: What do martial arts studios have to do to reopen?**

**A1:** Martial arts studios can open under this guidance as long as programs are changed to prohibit full bodily contact such as grappling and wrestling. Disinfect pads and equipment between each use and frequently clean and disinfect work areas, high-traffic areas, and commonly touched surfaces in areas used by workers and public. In addition, classes must be limited to a size that ensures at least 6 feet of separation between all people in the room.

**Q2: What are the regulations at fitness centers for pools, including lifeguard training, water fitness classes and swim lessons?**

**A2:** Licensed swimming pools that choose to open must follow the [OHA Phase One and Phase Two Pools and Sport Court Guidance](#).

**Q3: Are organizations offering partner dancing subject to OHA guidance for Fitness-related Organizations?**

**A3:** Yes.

**Q5: Are therapy pools in gyms allowed to open?**

**A5:** Yes, however, fitness-related organizations are required to keep saunas and steam rooms closed.

**Q6: Are tennis courts located inside fitness-related organizations allowed to open?**

**A6:** Yes. Fitness-related organizations may allow use of tennis courts in their facilities. Players must comply with the [Statewide Mask, Face Covering and Face Shield Guidance](#).

**Q7: Can the limited-use pool open in our homeowners' association?**

A7: Yes, the pool is allowed to open following the OHA Pools and Sport Court Guidance.

**Q8: Is partner dance allowed if people dance only with members of the same party, dance 6 feet away from any other couple, wear masks and follow all other provisions pertaining to fitness-related organizations?**

A8: Yes. If dance partners are members of the same party, they may dance together. They must continue to maintain 6 feet of distance from all others in the room and follow all other requirements for [fitness-related organizations](#).

**Q9: If a 24-hour gym is not staffed 24/7, does this mean we can only allow members to use the facility when we have staff working?**

A9: Yes. The facility must be staffed. Fitness-related organizations must have staff monitor physical distancing and disinfecting requirements. Fitness-related organizations must require employees or facility guests to wipe down all equipment (e.g., balls, weights, machines, etc.) immediately before and after each use with a disinfectant provided by the gym that is included on the [EPA-approved](#) products for the SARS-CoV-2 virus that causes COVID-19. A solution of 60%-95% alcohol content is also acceptable. Fitness-related organizations are required to record and keep client contact information and date and time of client facility use. If there is a positive COVID-19 case related to the facility, public health officials may need the business to provide this information to do contact tracing. Unless otherwise required, this information may be destroyed after 60 days from the session date.

**Q10: How can gyms change check-in procedures to eliminate contact?**

A10: Here are some methods that will help reduce contact between staff and customers:

- Use plexiglass or other barrier to separate staff from clients.
- Move electronic payment or membership card reader away from front desk staff.
- Provide alcohol-based hand-sanitizer (60- 95%) at front doors or front desk.

**Q12: Is there different guidance for youth dance classes to follow vs. adult dance classes?**

A12: Yes, youth dance classes should follow guidance for [OHA's Statewide Recreational Sports Guidance](#), and adult dance classes should follow the [Specific Guidance for Fitness-related Organizations](#).

**Q13: Do group fitness instructors have to wear face coverings?**

**A13:** Yes, group fitness instructors must comply with [Statewide Mask, Face Covering, Face Shield Guidance](#). Group fitness instructors and class attendees must wear masks, face shields, or face coverings while indoors. All staff and clients are required to wear a mask, face covering or face shield when exercising outdoors when six (6) feet of physical distance cannot be maintained.

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