



Phase Two Reopening Guidance

Sector: Recreational Sports

Specific Guidance for Recreational Sports, Limited Return to Play for Specified Sports

Phase 2 Reopening Guidance – Recreational Sports, Limited Return to Play for Specified Sports

This guidance applies to counties approved for Phase 2. This guidance applies to recreational sports practice, training and play for specified sports.

Full-contact sports are sports that involve a requirement or substantial likelihood of routine, sustained close proximity or physical contact between participants. **Full-contact sports are prohibited at this time.**

Common **full-contact** sports: Football, Rugby, Wrestling, Cheerleading, Basketball, Hockey
Common **minimal- and medium-contact** sports: Baseball, Soccer, Volleyball, Lacrosse, Softball

Common **non-contact** sports: Tennis, Swimming, Golf, Cross-Country, Track and Field

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. Recreational 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 and follow the [Oregon General Guidance for Employers on COVID-19](#) and [OHA Reopening Guidance](#) for the Public.
- 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 actively participating in an indoor sport or an outdoor sport when six (6) feet of physical distance cannot be maintained in accordance with [Statewide Mask, Face Shield, Face Covering Guidance](#). A mask, face shield or face covering is not required for participating in indoor or outdoor sports when it is not feasible, such as when swimming. 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.
- Post [clear signs](#) about the mask, face shield, or face covering requirements.
- Ensure facility ventilation systems operate properly. Increase air circulation as much as possible by opening windows and doors, using fans, or other methods. 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 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 staff and players to practice healthy 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.

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

- Assign a designated monitor to make sure players/participants keep six (6) feet of physical distance, including at entrances, exits, restrooms and any other area where people may gather.
- Use a “one-in-one-out” policy, where only one individual is permitted within the restroom at one time.

Distance and Occupancy:

Leagues, coaches and trainers are required to:

- Ensure compliance with the [OHA Guidance for Gatherings](#).
- Maintain physical distancing of at least six (6) feet per person. A mask, face shield, or face covering should be used in addition to physical distancing.
- 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](#). These groups are at higher risk for severe illness from COVID-19.
- Encourage 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, leagues, coaches and trainers are required to:
 - Ensure players and spectators for sporting events do not share space, including but not limited to restrooms, hallways, concession stands.
 - Clean and sanitize commonly touched surfaces, such as door handles, between subsequent games or events.

- Clean and sanitize high-traffic areas such as entrances, exits, check-in tables, restrooms and concession areas, 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 regularly clean and sanitize commonly touched surfaces such as stall door handles and faucets.
- To the extent possible, sport complex operators should:
 - 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 physical distancing is maintained.

Training and Playing:

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

- Take steps so that there is only minimal or medium 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 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 players' families to do the same.
- For additional guidance on pools, see the [Specific Guidance on Licensed Swimming, Licensed Spa Pools and Sports Courts](#).

Additional Resources:

- [Signs you can post](#)
- [Statewide Mask, Face Shield, Face Covering Guidance](#)
- [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 Mavel Morales at 1-844-882-7889, 711 TTY or OHA.ADAModifications@dhsoha.state.or.us.