



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. Sports that involve participants coming into bodily contact are prohibited at this time.

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. For most sports activities, this guidance assumes that use of face coverings while playing is not feasible, although they should be worn by players and spectators while on the side lines. Recreational sports directors and coaches need to consider all these factors as they plan to return to play.

General Requirements:

Leagues, coaches 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 COVID-19 like symptoms (fever, cough, shortness of breath, diarrhea) from entering the premises or sporting location.

- Discourage any person, including players, at risk for severe illness or with serious underlying medical or respiratory conditions from attending any sporting activities. If a player/participant 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 patron.
- 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 not actively participating in the sport unless an accommodation for people with disabilities or other exemption applies. 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 Mask and Face Covering Guidance for Business, Transit and the Public for more information.
- 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 employees 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 for Phase 2.
- 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 a plan to limit the number of spectators (e.g. parents) admitted into the premises so that everyone can keep six (6) feet of physical distance.
- Encourage everyone at the sports facility, including all players, coaches, volunteers, independent contractors, and spectators, to keep physical distance of at least six (6) feet from individuals not residing within their household, especially in common areas. For situations when players are engaging in the sports activity, see guidance below for more information.
- 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 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.
- 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](#)
- [Mask and Face Covering Guidance for Business, Transit and the Public](#)
- [CDC's Guidance for Administrators in Parks and Recreational Facilities](#)

For individuals with disabilities or individuals who speak a language other than English, OHA can provide documents in alternate formats such as other languages, large print, braille or a format you prefer. Contact Mavel Morales at 1-844-882-7889, 711 TTY or OHA.ADAModifications@dhsoha.state.or.us.