



## **Sporting Activities Guidance**

### **Indoor & Outdoor Youth Team Sports and Adult Recreational Team**

The risk of transmitting the SARS CoV-2 virus that causes COVID-19 depends on multiple factors including: 1) Number of people in a location, 2) Type of location, 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 ones; 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.

### **Sport Risk Category Guidance (all phases)**

For the purposes of this document, sports are defined using the following risk categories (The list below is not all-encompassing. Some sports are covered in other guidance documents, and if so those guidance documents govern those activities. If a sport does not appear on this list that does not necessarily mean it is prohibited at this time.):

- **Low Risk Sports:** tennis, swimming, pickleball, golf, gymnastics, climbing, skating, archery, fencing, cross country, track and field, sideline/no-contact cheer and no-contact dance, disc golf.
- **Moderate Risk Sports:** softball, baseball, t-ball, soccer, futsal, volleyball, lacrosse, flag football, ultimate frisbee, ice hockey, cricket, crew, field hockey, school bowling competitions.
- **High Risk Sports:** football, rugby, wrestling, cheerleading with contact, dance with contact, basketball, water polo, martial arts with contact including competitions, roller derby. (Martial arts without contact should follow [fitness guidelines found here.](#))

- **North Region (Skagit, Whatcom, Island, San Juan) = Phase 3**

### **Phase 3:**

- Indoor and outdoor training, practices and competitions allowed for low, moderate, and high contact sports, with universal mask requirements for all participants including athletes, officials, coaches, volunteers and spectators unless subject to specific exceptions detailed in this document.
- All outdoor sports spectators subject to current Healthy Washington [Guidelines on Spectators](#).
- For outdoor competitions without permanent seating, Facilities or complexes with more than one field or area of play are allowed a maximum of 150 people per field or area of play, including spectators. –
- All indoor sports spectators subject to 50% capacity or 400-person maximum per room, whichever is lower, all participants including athletes, officials, coaches, volunteers and spectators are to be included in calculating the 400-person maximum. Facilities larger than 100,000 square feet allowed 50% capacity or 600 per room, whichever is lower, and all participants including athletes, officials, coaches, volunteers and spectators are to be included in calculating the 600 person maximum. Spectator groups from 1-10 people allowed in all facilities, but all spectator groups must maintain 6 feet of distance from other spectator groups. For K-12 school sporting activities no concession sales allowed. For non-K-12 indoor sporting activities spectators only allowed to remove their facial coverings when in their seats and actively eating and drinking.
- Use of locker rooms allowed. If use of locker rooms for changing is necessary, maximize ventilation and use tape, spots, or cones to signal 6 feet of distance for athletes who need to Updated 03/22/2021 6 | P a g e change. Stagger entry to the changing area and use these facilities as appropriate with members of the same group/cohort.
- Use of showers allowed. If showering is necessary then limit the number of individuals showering to ensure a minimum of 6 feet of separation.



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### **Facial Coverings:**

- Low contact outdoor sports athletes allowed to remove facial coverings for training and competitions. Facial coverings must be worn by athletes when not actively training or competing. Coaches, trainers, and officials must wear face coverings at all times.
- Moderate contact outdoor sports athletes allowed to remove facial coverings for competitions. Facial coverings must be worn by athletes when training or when not actively competing in a game or match against another team or when on the bench waiting to play. Coaches, trainers, and officials must wear face coverings at all times.
- Officials and referees supervising low or moderate contact outdoor competitions allowed to remove their facial coverings if officiating requires them to run in the field of play.
- Facial coverings required for all high contact sports, indoor and outdoor for all participants, including coaches, trainers, and officials. - Facial coverings required for all moderate contact indoor sports for all participants, including coaches, trainers, and officials.
- Low contact indoor sports may remove facial coverings during competitions. Facial coverings must be worn by athletes when training or when not actively competing.
- Facial coverings required for all the situations described above with the following exceptions: - Competitive cheerleading and dance with contact (tumbling/stunting/flying) - Gymnastics (while on the different apparatuses, tumbling) - Watersports (must follow [Dept. of Health Water Recreation Guidance.](#))

### **Tournaments:**

Tournaments allowed for low, moderate and high contact sports. Out-of-state athletes and teams should follow [CDC travel guidance](#). Additional tournament requirements:

- Tournament organizers must publish a field, complex, facility map that clearly outlines ingress and egress points, team areas, and spectator areas.
- Tournament organizers should notify Local Health Jurisdiction of time, location, and number of participants for each tournament, and provide the name of a health and safety liaison for contact tracing or medical emergencies.
- No one who shows signs or symptoms of COVID-19 allowed to attend.
- Tournament organizers should monitor adherence to protocols and spectator limits. - Field of play markings required outlining where spectators may watch.
- Tournament organizer is responsible for sanitizing any shared equipment/areas.
- Staggered start times should be used to prevent traffic from arriving and leaving all at the same time.
- Tournament organizers must provide at least 15-minute buffer from the end of one game/match and the start of the next on the same field of play. Teams must have vacated field prior to next team entering.
- Sanitizer stations must be provided around the fields, complex or facility.
- Facial coverings are required for all coaches, players who are not playing, and spectators.
- No communal hydration stations allowed.
- Awards ceremonies should be brief, must be held outdoors, and facial coverings are required.



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### **Guidance applicable to ALL sporting activities for school and non-school youth team sports and adult recreational sports in all phase levels**

Non-essential travel such as out-of-state team or individual travel for sporting activities are subject to quarantines as detailed in the [Governor's Travel Advisory](#). Essential Travel for “study” in the advisory is meant to include league play for school sports that cross state borders if that league sanctioned by a statewide interscholastic activities administrative and rule-making body that oversees competition in all counties in the state, or in a neighboring state. Cross-border travel for non-league games is not considered essential.

#### **Stay home when sick or if a close contact of someone with COVID-19**

- Athletes, coaches, umpires/referees, spectators and any other paid or volunteer staff should be required to stay home if they feel unwell, show any signs of COVID-19, or are a close contact of a confirmed case.
- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening should consider [symptoms listed by the CDC](#). Any person with symptoms of COVID-19 or who is a close contact of someone with confirmed COVID-19 should not be allowed to participate and should contact his or her primary care provider or other appropriate health-care professional.
- Those who are excluded from training or contests due to [COVID-19 symptoms](#) or because they are [close contacts](#) must follow DOH and local public health isolation and quarantine guidance before returning to training or contests.
- People with underlying health conditions should consult with their medical provider regarding participation in athletic activities.

#### **Masks**

- Masks required for all athletes/participants.
- Coaches, trainers, managers, spotters, and any other paid or volunteer staff must wear face coverings at all times. Details can be found in the [Face Coverings Order](#).
- Organized sporting activities are not an allowable [exception to the Face Coverings Order](#) except as those detailed in this document.

#### **Physical Distance**

- Physical distance of 6 feet must be maintained between staff, volunteers, and any spectators at all times with exceptions for training and medical personnel and volunteers performing their medical duties.
- Six feet of distance must be maintained among athletes when not engaged in sporting activities, huddles and team meetings must be physically distanced.

#### **Hygiene**

- Require athletes, coaches, umpires/referees and any other paid or volunteer staff 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 before and after practice, 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.



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- Athletes should not share water bottles, uniforms, towels, or snacks and should not spit (saliva, sunflower seeds, etc.).
- Provide handwashing or hand sanitizing stations at training and contest locations.
- Limit the use of locker rooms to handwashing and restroom use only. Showers should not be used due to potential spread of aerosolized droplets. If use of locker rooms for changing is necessary, maximize ventilation and use tape, spots, or cones to signal 6 feet of distance for athletes who need to change. If locker rooms are used cleaning protocols must be included in the sporting activity safety plan. Stagger entry to the changing area and use of these facilities as appropriate with members of the same team or training cohort only. Limit occupancy of the locker rooms to avoid crowding.

### **Cleaning**

- Please verify with Facility that the following have been adhered to.
- Clean high touch surfaces and disinfect shared equipment before and after each use.
- Ensure restrooms are cleaned and disinfected regularly.
- Current CDC guidance for cleaning and disinfection for COVID-19 states that disinfectants should be registered by the EPA for use against the COVID-19. Find the current list here: [List N: Disinfectants for Use Against SARS-CoV-2 \(COVID-19\)](#). Disinfectants based on hydrogen peroxide or alcohol are safer than harsher chemicals.
- The University of Washington has a [handout with options for safer cleaning and disinfecting products that work well against COVID-19](#).

### **Ventilation**

- Ventilation is important to have good indoor air quality.
- Ensure that ventilation systems operate properly.
- Increase air circulation and ventilation as much as possible by opening windows and doors.
- Offer more outside time, open windows often and adjust mechanical ventilation systems to bring in as much outside air as possible. Increase filters to MERV 13 if the HVAC can accommodate.
- Use of fans for cooling is acceptable. 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. They should blow away from people.
- Outdoors locations are preferred to indoors locations, and should be utilized to the greatest extent possible to allow for maximum fresh air circulation and social distancing.
- Outdoor structures, in order to be considered outdoors, should have no more than two walls. Structures can have three walls and be considered open air if another opening exists that is large enough to create cross ventilation.
- For detailed guidelines, please consult [Open Air and Outdoor Seating requirements](#).

### **Transportation**

- 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, travel in separate vehicles if possible.
- For travel groups, (groups that include more than one household in the same vehicle whether in a carpool or on a bus) all members of the travel group, including the driver, must wear a face covering and spread out as much as possible within the vehicle. Limit travel groups to those who have been in regular contact (e.g. team members). Encourage family members to sit together. Maximize ventilation in the vehicle by opening windows.



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- Buses should install safety barriers (such as Plexiglas shields) between the driver and passengers or close (block off/leave empty) the seats nearest the driver to ensure 6 feet of distance between the driver and passengers. Passengers should board from the rear door when possible. Buses should improve air filtration where possible. Buses should be cleaned and disinfected daily after use with attention to frequently touched services (doors, rails, seat backs).

### **Records and Contact Tracing**

- Keep a roster of every athlete, staff and volunteer present at each practice, training session, and contest to assist with contact tracing in the event of a possible exposure. Similarly keep a roster and seating chart for each travel group.
- Attendance rosters and seating charts must be kept on file for 28 days after the practice, contest, or trip.

### **Employees**

- Employers must specifically ensure operations follow the main Labor & Industries COVID-19 requirements to protect workers. COVID-19 workplace and safety requirements can be found [here](#).