



# Statewide Freeze Guidance FAQs

## Sports (Updated 11-25-2020)

### Recreational Sports

Below are answers to frequently asked questions about the Oregon Health Authority's (OHA) [Statewide Freeze Guidance for Outdoor Recreational Sports, Limited Return to Play for Specified Sports](#). The guidance and these FAQs apply statewide. OHA provides these FAQ to help the public understand the guidance, to respond to stakeholder questions, and to clarify how the guidance may apply in specific scenarios. These FAQ may be intermittently updated. The FAQ is not intended to take the place of the guidance, but rather to interpret, supplement and help fill in the details of the guidance.

**Q1: What is considered a “contact sport”?**

**A1:** A contact sport is a sport that involves participants coming into bodily contact with one another. Full contact and minimal/medium contact sports are described in the [Statewide Freeze Guidance for Outdoor Recreational Sports](#). Full contact sports competition is prohibited at this time. However, outdoor training and conditioning are allowed for full contact sports. Training and conditioning include weightlifting, running drills and intra-squad scrimmaging but does not include full contact of any kind. No-contact and minimal/ medium contact sports may be played outdoors. Common no-contact and minimal/medium contact sports are listed in the [Statewide Freeze Guidance for Outdoor Recreational Sports](#).

**Q2: If a complex has four outdoor fields, is training or playing allowed on each field simultaneously?**

**A2:** Yes, but only if groups at each field maintain required physical distancing and adhere to maximum capacity requirements. The maximum capacity is 50 people for each outdoor sporting event.

**Q3: Are school fields and facilities available for use even if schools are closed?**

**A3:** Local schools and school districts determine how and when school facilities can be used by the public. Contact the school district for information about the availability of school facilities.

**Q4: Can sports teams travel to games/tournaments either within Oregon or to other states?**

A4: OHA guidance does not prohibit travel, however, non-essential travel should be limited in accordance with the [Governor's Oregon Travel Advisory](#). It is strongly recommended that leagues, officials, coaches, athletes, trainers and any other travelers self-quarantine for 14 days upon return to Oregon after traveling out of state for non-essential purposes including for recreational purposes or as part of an athletic traveling team.

**Q5: Are sports tournaments allowed?**

A5: Indoor sports tournaments are not allowed during the Statewide Freeze. Outdoor sports tournaments are required to follow the [Statewide Freeze Guidance for Outdoor Recreational Sports](#), including the maximum capacity limits for outdoor sports.

**Q6: Some outdoor sports require brief contact multiple times during the game and it's impossible for six (6) feet of distance to be maintained during these contacts. Are these allowed?**

A6: Yes. Outdoor minimal and medium contact sports are allowed following the [Statewide Freeze Guidance for Outdoor Recreational Sports](#). Sports leagues, coaches, players and trainers are required to follow the [Statewide Freeze Guidance for Masks, Face Coverings, Face Shields](#) when practicing or playing an outdoor sport. Sports leagues, coaches, officials and trainers should take steps to ensure that there is only contact among participants/players needed to play the game.

**Q9: What guidance should be used for high school sports practice?**

A9: High school sports must follow the [Outdoor K-12 School Sports guidance](#).

**Q10: Are fun runs like 5K and 10K events allowed?**

A10: Yes, these types of events are allowed outdoors. Event organizers must comply with Outdoor Recreational Sports Guidance, which includes a maximum capacity of 50 people outdoors for outdoor sports.

**Q11: Are non-contact sports permitted during the freeze? Is there a gathering limit for recreational sports?**

A11: Yes, but only if played outdoors. The maximum capacity for an outdoor recreational sporting event is 50 people outdoors.

**Q12: What guidance do club sports and youth sports teams follow?**

A12: Youth sports that are not K-12 school sports and club sports teams must comply with the [Statewide Freeze Guidance for Outdoor Recreational Sports](#).

**Q13: What is an example of an indoor sports court?**

A13: A few examples of indoor sports courts are indoor racquetball, tennis, basketball and volleyball courts.

**Q14: Can my swim club continue to use an indoor pool to train even if the pool is closed during the statewide freeze?**

A14: No. Indoor and outdoor pools are closed during the statewide freeze and therefore cannot be used by anyone. There are no exceptions.

**Q15: Are martial arts schools/studios closed during the freeze?**

A15: Yes. Marital arts schools/studios are considered fitness organizations and are required to be closed during the Statewide Freeze.

**Q16: Are ice-skating rinks allowed to operate during the freeze?**

A16: Ice-skating rinks are prohibited indoors but may operate outdoors during the freeze. To qualify as “outdoor”, the open-air space may have a temporary or fixed cover (e.g. awning or roof) but must have at least seventy-five percent of the square footage of its sides open for airflow. In addition, outdoor skating rinks must comply with Outdoor Recreation Organizations guidance.

## **K-12 School Sports**

Below are answers to frequently asked questions about the Oregon Health Authority’s (OHA) [Statewide Freeze Guidance – Outdoor K-12 School Sports, Limited Return to Play](#). 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 FAQ is not intended to take the place of the guidance but rather to interpret, supplement and help fill in the details of the guidance.

**Q1: Are masks required for outdoor sports or only required if you can’t stay six (6) feet apart?**

A1: The requirement to wear a mask applies regardless of whether individuals maintain a distance of six feet apart. Coaches, players, officials and trainers are required to wear a mask, face covering or face shield, when participating in an outdoor sport.

**Q2: Are there any exceptions to the mask/face covering requirements for student-athletes who have pre-existing medical conditions?**

A2: No. There are limited times when you do not have to wear a mask, face shield or face covering at a location covered by the statewide guidance, including when engaged in an activity that makes wearing a mask, face shield or face covering not feasible, such as when taking a shower. Schools and school districts should work with their legal counsel to ensure they are complying with the Americans with

Disabilities Act and the Individuals with Disabilities Education Act, and other applicable laws.

**Q3: Does that Statewide Freeze apply to K-12 School Sports?**

A3: Yes. The Outdoor [K-12 School Sports, Limited Return to Play Guidance](#) is statewide guidance and applies to all K-12 school sports. Full contact sports remain prohibited and all indoor sports are prohibited. All indoor and outdoor pools are closed, and may not be used for any purpose including for K-12 school sports or youth programs.

**Q4: What are the capacity limits for outdoor K-12 school sports?**

A4: Schools athletics should follow the maximum capacity limits stated in the [Outdoor K-12 School Sports, Limited Return to Play Guidance](#).

**Q6: Are school full contact team outdoor sports allowed to train, condition and practice as long as players do not have any physical contact?**

A6: Yes, training and conditioning is allowed for outdoor sports as long as players do not have full contact between one another and training/conditioning occurs outdoors.

**Q7: Are multiple sporting events allowed at an outdoor sports facility at the same time?**

A7: Yes outdoor sports facility operators may operate multiple sporting events at one time if they follow the requirements in the Outdoor [K-12 School Sports, Limited Return to Play Guidance](#). Indoor sports facilities must remain closed during the Statewide Freeze.

**Q9: Who makes sure that K-12 sports are complying with the guidance, including complying with the prohibition on full contact sports? How do I report a violation?**

A9: Complaints about violations of the Governor's Executive Order 20-65 and Oregon Health Authority Guidance can be directed to the [Oregon Occupational Safety and Health \(OR-OSHA\)](#) or to the Oregon Health Authority at [covid19.reopening@dhsosha.state.or.us](mailto:covid19.reopening@dhsosha.state.or.us).

**Q10: Why are students allowed to practice and/or compete in outdoor sports when students are not back in the classroom?**

A10: It is important to continue to encourage students to engage in physical activities for their psychological, emotional, physical and mental well-being. The requirements in the [Outdoor K-12 School Sports Guidance](#) will help to decrease the risk of spreading the coronavirus while fostering/nurturing athletics.

**Q11: Can K-12 school sports teams practice at indoor and outdoor pools?**

**A11:** No. Indoor and outdoor pools are closed during the freeze. There are no exceptions for school sports teams.

**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@dhsoha.state.or.us](mailto:COVID19.LanguageAccess@dhsoha.state.or.us).