



Effective Date: November 18, 2020

Statewide Freeze Guidance — Outdoor K-12 School Sports, Limited Return to Play

Participation in physical activity is vital to the health and well-being of young people. This guidance is intended to provide opportunities for physical activity while reducing risk of transmission of COVID-19. K-12 sports should proceed in accordance to the individual school's operational blueprints and this guidance. Refer to [ODE guidance for reopening to in-person instruction](#).

Authority: Executive Order No. 20-65, 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 No. 20-65, paragraph 11.

Applicability: This guidance applies to outdoor K-12 school sports practice, training and play for specified sports statewide. All indoor K-12 school sports are prohibited at this time.

Schools participating in **Comprehensive 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.

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

Schools offering **Hybrid or On-Site Instructional Models** may allow their school sports teams to participate in any outdoor non-contact and minimal/medium contact sports.

Teams based outside of Oregon that travel to Oregon for play are required to follow the guidance laid out in this document.

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, skiing, 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 must 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, school staff, coaches, officials, players and trainers are required to:

- Prohibit all K-12 school sports indoors, including conditioning, training and competition.
- If applicable, comply with [Oregon Department of Education Guidance](#).
- Employ screening protocols located in [ODE’s Ready Schools, Safe Learners](#) guidance. Prohibit all staff, officials, volunteers, observers 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.
- Comply with the [Statewide Mask, Face Covering, Face Shield Guidance](#). Wear a mask, face covering, or face shield (**OHA does not recommend wearing a plastic face shield alone**), when actively participating in an outdoor sport. 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.

- Ensure that all spectators wear a mask, face covering or face shield, even when outside in accordance with the [Statewide Mask, Face Covering, Face Shield Guidance](#).
- Communicate all policies and facilities information to players/participants, officials, parents, guardians, and caregivers prior to resuming or beginning the season.
- Close indoor and outdoor licensed swimming pools, licensed spa pools and indoor sports courts.

Cleaning and Disinfection:

Leagues, school staff, coaches, officials 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, officials and players 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 and officials 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 maximum capacity for each outdoor K-12 school sporting event to 50 people outdoors. 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 outdoor sports facility, including all players, coaches, officials, 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 outdoor sports facility at the same time:
 - Ensure players and spectators for sporting events do not share space, including but not limited to restrooms.
 - 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 and restrooms 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, sports facility 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 they can maintain physical distance.

Training and Playing:

Leagues, school staff, officials, coaches and trainers are required to:

- Ensure that there is only minimal or medium contact among participants/players needed to play the game.
- Prohibit 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.

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

- 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.
 - 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.
- 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.

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.

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

- Self-quarantine for 14 days upon return to Oregon if an individual has traveled out of state for recreational purposes or as part of an athletic traveling team.

Additional Resources:

- [Signs you can post](#)
- [Statewide Mask, Face Covering, Face Shield Guidance](#)
- [Oregon Department of Education Resources](#)

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