



COVID-19 Return to Exercise – Indoor Activities:

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.

Sports Risk Category Guidance:

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, cross country, track and field, sideline/no-contact cheer and dance, disc golf

Moderate risk sports: softball, baseball, t-ball, soccer, futsal, volleyball, lacrosse, flag football, ultimate frisbee, ice hockey, cricket, gymnastics, crew, field hockey, school bowling competitions.

High risk sports: football, rugby, wrestling, cheerleading with contact, dance with contact, basketball, water polo, martial arts competitions, roller derby.

Guidance applicable to ALL sporting activities at ALL county risk levels

County COVID-19 Activity Level guidance

The risk of COVID-19 spread linked to sporting activities depends on the level of COVID-19 spread in the community. The following COVID-19 activity level classifications are based on the Department of Health's school reopening decision tree recommendations, which classify counties based on their current COVID19 activity level.

HIGH LEVEL COUNTY COVID ACTIVITY >75 cases/100K/14 days OR >5% positivity

Team practices and/or training can resume for low, medium, and high risk sports if players are limited to groups of six in separate parts of the field/court, separated by a buffer zone. Brief close contact (ex: 3 on 3 drills) is permitted. It is preferable for the groups of six to be stable over time. Attendance rosters should include group contact information. Each league, organization, or club must publish and follow a "return to play" safety plan. Any practice or training activities that can be done outdoors should be done outdoors.

Scrimmage, intra-team competitions, and league games or competition allowed for low risk sports, but are discouraged if school is not conducting in person learning

No tournaments allowed.

No spectators allowed except for one parent/guardian/caregiver for each minor-aged participant allowed. Spectators must maintain physical distance of at least six (6) feet between each person. No spectators allowed for participants 18 and older.

MODERATE LEVEL COUNTY COVID ACTIVITY >25-75 cases/100K/14 days AND < 5% positivity

Attendance rosters should include group contact information. Each league, organization, or club must publish and follow a "return to play" safety plan. Any practice or training activities that can be done outdoors should be done outdoors.



Scrimmage, intra-team competitions, and league games allowed for both low and moderate risk sports.
Scrimmage, intra-team competitions, but no competitions of any kind against other teams, allowed for high risk sports.

No tournaments allowed.

No spectators allowed except for one adult parent/guardian/caregiver for each minor-aged participant allowed. Spectators must maintain physical distance of at least six (6) feet between each person. No spectators allowed for participants 18 and older.

LOW LEVEL COUNTY COVID ACTIVITY <25 cases/100K/14 days AND<5% positivity

Attendance rosters should include group contact information. Each league, organization, or club must publish and follow a "return to play" safety plan. Any practice or training activities that can be done outdoors should be done outdoors.

Scrimmage, intra-team competitions, and league games allowed for low, moderate, and high risk sports.

Tournaments allowed. All teams and individuals participating in tournaments must reside in low level COVID activity counties.

Spectators to follow current gathering size limit in the Safe Start Plan.

A prohibition on tournaments for sporting activities does not include postseason, playoff, state or regional championship competitions sanctioned by a statewide interscholastic activities administrative and rulemaking body that oversees competition in all counties in the state.

Indoor Fitness and Training Guidelines

Included here:

Staffed indoor fitness studios, independent sports and fitness training, group fitness, gyms, and multi-use indoor fitness facilities providing private instruction and access to personal fitness training and/or specialized equipment, including but not limited to weight and resistance training, cardio exercise equipment, martial arts, yoga, gymnastics, dance, rock climbing, and similar personal training, group training, or independent fitness services.

Staffed standalone indoor sports facilities, or indoor sports facilities that are part of a multi-use indoor fitness facility, including volleyball courts, squash and racquetball courts, tennis courts, ice rinks, and other similar indoor facilities that provide private instruction for personal fitness and sports training.

Limited Use of Facility Adaptations

Access to indoor fitness and sports facilities is limited by the size of the facility:

Phase 2:

- All facilities must calculate allowable occupancy by dividing the room size or available floor space by 300 square feet per person. When strict physical distancing is not feasible for a specific, limited duration task, such as walking in hallways, using restrooms, or safety monitoring; other prevention measures are required, such as face coverings, alternating access, and physical barriers, when appropriate.
- For a facility that is larger than 12,000 sq. feet, the occupancy of the facility may not exceed 25 percent of the fire code occupancy rating.
- The minimum 300 square feet per person occupancy must be calculated and enforced for every room in a facility where indoor fitness and training occurs.
- For classes led by an instructor, 5 students allowed per instructor as long as the room or floor area is a minimum of 600 square feet. Additional students allowed per instructor if additional room size or floor



area is available; for each additional 300 square feet above the minimum of 600 an additional student can be added up to a maximum of 10 students per one instructor.

Phase 3:

- All facilities must calculate allowable occupancy by dividing the room size or available floor space by 200 square feet per person. When strict physical distancing is not feasible for a specific, limited duration task, such as walking in hallways, using restrooms, or safety monitoring; other prevention measures are required, such as face coverings, alternating access, and physical barriers, when appropriate.
- For a facility that is larger than 12,000 sq. feet, the occupancy of the facility may not exceed 25 percent of the fire code occupancy rating.
- The minimum 200 square feet per person occupancy must be calculated for every room in a facility where indoor fitness and training occurs.
- For classes led by an instructor, 10 students allowed per instructor as long as the room or floor area is a minimum of 800 square feet. Additional students allowed per instructor if additional room size or floor area is available; for each additional 200 square feet above the minimum of 800 an additional student can be added up to a maximum of 20 students per one instructor.

Supervisor Responsibility

- Supervisor will be responsible for ensuring that the COVID-19 Safety Plan is being adhered to.

Safety Training

- A safety briefing must be conducted at the beginning of each day of the sporting activity to reemphasize the protective measures for everyone to include pre-session screening, maintaining social distancing and sanitation protocols.

Pre-Program Screening

- Place signage at facility entrances to instruct patrons that they cannot enter if they have been diagnosed with COVID-19 (have not recovered or are still within the required 10-day isolation period), had symptoms of COVID-19 (within the last 24 hours), or had contact with a person that has or is suspected to have COVID-19 (within the last 14 days).
- A temperature screening and/or questionnaire of participants may occur before each sporting activity at the outdoor or indoor facility entrance.
- Actively encourage sick individuals, including coaches, players, and families to stay home.
- Individuals, including coaches, players, and families, should stay home if they have tested positive for (have not recovered or are still within the required 14-day quarantine) or are showing COVID-19 symptoms (within the last 24 hours).
- Individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19 (within the last 14 days) should also stay home and monitor their health.
- Those who are excluded from sporting activities 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 sporting activities.

Check-in and Check-Out/Drop-off and Pick-Up

- Establish designated check-in and check-out and if needed drop off and pick up zones.
- Parents should drop off and pick up their youth participants at the drop off and pick up zone area. If possible one parent/guardian should drop off/pick-up.
- Wash hands or use hand sanitizer with at least 60% alcohol before and after signing in and out. No pen should be shared. Participants (or participants parents) should use their own pen when signing in but if not, wipe off the pen after every use. If check-in is electronic, provide alcohol wipes and frequently clean the screens or keyboards.
- If a youth participant needs supervision while waiting for pickup, adults should maintain social distancing.



- Create clear pathways into and out of complex so players are not coming into contact upon entering or exiting the facility.
- No Congregating Policy for players or parents in parking lots, at drop off/pick-up zones, at entrance/exit areas of facility, or before or after training session.

Masks

- Masks required for athletes/participants directly before and directly after sporting activities and strongly encouraged whenever not engaged in strenuous activity.
- Any spectators must wear facial coverings per the Department of Health facial covering order.
- Coaches, referees/umpires, trainers, managers, spotters, and any other paid or volunteer staff must wear face coverings at all times, with an exception for referees that need to run in the field of play.

Physical Distance

- The facility should mark group exercise rooms with floor markings to show the physical distancing requirements for participants, when practical.
- Physical distancing guidelines of at least six feet of separation must be maintained by every person in the facility at all times to the greatest extent possible.
- Training sessions must be staggered to maintain social distancing, facility capacity limits, and instructor safety. Adequate breaks should be provided to fitness instructors who are required to wear face coverings for prolonged periods of time.
- Sports activity groups/teams should be organized into the smallest practical group/team sizes.
- To the extent possible keep sports activity groups/teams consistent throughout the program.
- Assign a “station” for each player to place their equipment & bag, and each player should return to their “station” during breaks.
- Avoid “high fives,” handshakes, or other types of physical touching

Hygiene

- Require participants and any other paid or volunteer staff to practice good hygiene including washing their hands frequently and covering their sneezes and coughs.
- Trainers must wash their hands or use hand sanitizer before and after each training session.
- Wash hands often with soap and water for at least 20 seconds before and after training sessions and sporting activities, 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.
- Clients will be informed to wear training attire to the facility and to bring their own towel.
- Clients shall be required to bring their own water bottles. Water fountain use shall be restricted to water bottle filling stations only. Congregating at water bottle filling stations shall be limited.
- Athletes should not share water bottles, uniforms, towels, or snacks.
- Tissues and trash cans must be made available throughout the facility.
- Provide handwashing or hand sanitizing stations at training and contest locations.

Cleaning

- Adequate time must be provided between classes in order for the facility to properly sanitize after each class.
- Training equipment will be adjusted or access restricted in order to maintain proper social distancing standards. The facility is responsible for frequently cleaning and disinfecting high touch surfaces, such as shared gym equipment, group fitness equipment, handrails, doorknobs, and restrooms. If these areas cannot be cleaned and disinfected frequently, these locations shall be shut down until such measures can be achieved and maintained.
- Avoid or minimize equipment sharing when feasible.
- When it is necessary to share critical or limited equipment, all surfaces of each piece of shared equipment must be cleaned first and then disinfected with an EPA approved disinfectant after each use.
- 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

- Outdoor temporary structures may be used. An outdoor temporary structure is defined as having no more than two walls to provide appropriate 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.

Records and Contact Tracing

- Keep a roster of every athlete, staff and volunteer present at each practice, training session, and sporting activity to assist with contact tracing in the event of a possible exposure.
- Attendance rosters and activity groups must be kept on file for 28 days after activity date.

Employees

- Ask employees and trainers to take their temperature at home prior to arriving at the facility, or take their temperature when they arrive. Thermometers used at the facility shall be 'no touch' or 'no contact' to the greatest extent possible. If a 'no touch' or 'no contact' thermometer is not available, the thermometer must be properly sanitized and disinfected between each use. Any employee or trainer with a temperature of 100.4°F or higher is considered to have a fever and must be sent home.
- Actively encourage sick staff to stay home. Develop policies that encourage sick employees to stay at home without fear of reprisal, and ensure employees are aware of these policies.
- Employees should stay home if they have tested positive for (have not recovered or are still within the required 14-day quarantine) or are showing COVID-19 symptoms (within the last 24 hours).
- Employees who have recently had a close contact with a person with COVID-19 (within the last 14 days) should also stay home and monitor their health.
- Staff must be sent home if they're sick or feel sick. If an employee or trainer reports feeling sick and goes home, the area where the person worked should be immediately disinfected.
- Employees must wash hands frequently with soap and water and use hand sanitizer that contains 60-95% alcohol content.
- Staff must wear employer provided face coverings and other personal protection items as required by the Washington State Department of Labor & Industries. Facility owners should provide training on personal protective equipment in accordance with the Washington State Department of Labor & Industries guidelines.
- If a staff member or trainer is confirmed to have COVID-19, facility owners should inform staff and trainers of their possible exposure but maintain confidentiality as required by the Americans with Disabilities Act. The facility owner should instruct employees and trainers how to proceed based on the CDC Public Health Recommendations for Community-related Exposure.
- 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: <https://lni.wa.gov/forms-publications/f414-169-000.pdf>.
- CDC's criteria can help inform return to work/school policies.