



COVID-19 Return to Play Plan for Sporting Activities:

School and Non-School Youth Team Sports Indoor and Outdoor and Adult Recreational Team Sports Indoor and Outdoor

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

Indoor facilities will still need to adhere to overall capacity limits detailed in the *Indoor Fitness and Training Guidelines* ("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.")

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.

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

- 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

- 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.
- 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 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.
- 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.



Cleaning

- The handling of all training items should be limited to coaches.
- 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.
- 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

- 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 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 contest to assist with contact tracing in the event of a possible exposure.
- Attendance rosters and seating charts must be kept on file for 28 days after the practice, contest, or trip.

Employees

- A temperature screening and/or questionnaire of employees may occur before each sporting activity at the outdoor or indoor facility entrance.
- 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.
- CDC's criteria can help inform return to work/school policies.
- Employees must wear face coverings and other personal protection items as required by the Washington State Department of Labor & Industries.
- Employees must wash hands frequently with soap and water and use hand sanitizer that contains 60-95% alcohol content.



- 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>.