



COVID-19 Return to Play Plan for Sporting Activities:

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.

Pursuant to Governor Inslee's Proclamation 20-25.8, Stay Safe-Stay Healthy, these requirements are effective 11/16/2020-12/14/2020 and apply to ALL counties regardless of current COVID-19 activity rates:

Guidance applicable to ALL sporting activities at ALL county risk levels

- Facial coverings required for all staff, coaches, volunteers and athletes at all times.
- Attendance rosters should include group contact information.
- Each league, organization, or club must publish and follow a "return to play" safety plan.
- All Indoor facility operations are closed; all indoor activities, training, practice, and all contests and games are prohibited. No tournaments allowed.
- 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.
- 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 and wear facial coverings at all times. No spectators allowed for participants 18 and older.

High risk sports:

Outdoor team practices and/or training can resume for 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.

Low and Moderate risk sports:

Outdoor team practices, training and intra-team competitions can resume for low and moderate risk sports. Scrimmage against other teams or training or practices with other teams is not allowed.



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 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.
- 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 all athletes/participants. Coaches, trainers, managers, spotters, and any other paid or volunteer staff must wear face coverings at all times.
- Spectators must wear facial coverings at all times.

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.).

Cleaning

- Avoid or minimize equipment sharing between participants when feasible.
- 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.

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.

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>.