



## Phase 3 – COVID 19 Return to Play Plan for Sports Activities:

*For the purposes of this document, sports activities are defined using the following risk categories (The list below is not all-encompassing.)*

**Low risk sports:** tennis, pickleball, golf, skating, archery, fencing, cross country, track and field, disc golf.

**Moderate risk sports:** softball, baseball, t-ball, soccer, futsal, volleyball, lacrosse, flag football, ultimate frisbee, hockey.

**High risk sports:** football, rugby, wrestling, basketball.

Indoor and outdoor training, practices and competitions allowed for low, moderate, and high contact sports with facial covering requirements for all participants (athletes, officials, coaches, volunteers, spectators) unless subject to specific exceptions.

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### **Supervisor Responsibility**

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

### **Safety Training**

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

### **Pre-Program Screening**

- A temperature check and COVID-19 screening questionnaire of staff and participants will occur before the activity starts.
- Sick individuals, including coaches, players, and families, should 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 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.

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

- Activities will have a designated check-in and check-out station and if needed drop off and pick up zone.
- For youth activities one parent/guardian should drop off/pick-up when possible.
- Participants and staff should wash hands or use hand sanitizer with at least 60% alcohol before and after signing in and out. Staff should sanitize pens after each participant checks in (if pens are shared).
- When possible, clear pathways in and out of the activity area should be used.
- Social distancing should be encouraged in parking lots, at drop off/pick-up zones, at entrance/exit areas of facility, or before or after activities.

### **Facial Coverings**

- Athletes playing low contact outdoor sports are allowed to remove facial coverings for training/competitions. Facial coverings must be worn when not actively training/competing. Coaches and officials must wear face coverings at all times.
- Athletes playing moderate contact outdoor sports are allowed to remove facial coverings for competitions. Facial coverings must be worn when training or when not actively competing in a game or match against another team or when on the bench waiting to play. Coaches, trainers, and officials must wear face coverings at all times.
- Officials/referees supervising low or moderate contact outdoor competitions may remove facial coverings if they are required to run in the field of play.



- Facial coverings required for all high contact sports, indoor and outdoor for all participants, including coaches, trainers, and officials.
- Athletes playing low contact indoor sports may remove facial coverings during competitions. Facial coverings must be worn when training or when not actively competing.

### Physical Distance

- Physical distance of 6 feet should be maintained between staff, volunteers, participants, and spectators.
- Six feet of distance should be maintained among athletes when not engaged in sporting activities.
- Maximum 150 people per field or area of play, including spectators.
- Sports occupancy for all indoor facilities may not exceed 50 percent of the fire code occupancy rating.
- Spectator groups from 1-10 people allowed in indoor facilities. Spectator groups must maintain 6 feet of distance from other spectator groups.

### Hygiene

- Staff, athletes, coaches, volunteers, and umpires/referees should practice good hygiene.
- Hands should be washed 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.
- Participants and staff should avoid touching their eyes, nose, and mouth.
- If soap and water are not available, participants and staff should use a hand sanitizer that contains 60-95% alcohol content. Cover all surfaces of your hands and rub them together until they are dry.
- Participants and staff should not share water bottles, towels, or snacks.

### Cleaning

- Staff should clean high touch surfaces and disinfect shared equipment before and after use.
- Water fountain use will be restricted to water bottle filling stations only.

### Ventilation

- Outdoor venues are preferred and should be utilized to the greatest extent possible.
- Indoor venue ventilation systems should operate properly. Air circulation and ventilation should be increased by opening windows and doors.
- Fans can be used indoors when windows or doors are open. Fans should blow away from people.

### Records and Contact Tracing

- An attendance roster should be kept of every participant, staff, and volunteer present at each activity to assist with contact tracing in the event of a possible exposure. Rosters must be kept on file for 28 days after.

### Employees

- A temperature screening and/or questionnaire of employees may occur before each day of the activity.
- Employees should stay home when sick.
- 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.
- Fully vaccinated employees exposed to someone with COVID-19 are **not** required to quarantine if they:
  - are fully vaccinated (two weeks or more following receipt of the second dose in a two-dose series, or two weeks or more following receipt of one dose of a single-dose vaccine).
  - Received their last dose within the last three months.
  - Have not had symptoms since the current COVID-19 exposure.
- Fully vaccinated employees should still watch for symptoms for 14 days after their exposure, continue to wear masks, practice social distancing, and keep their social circles small.
- Employees must wear face coverings.
- Employees must wash hands frequently with soap and water and use hand sanitizer that contains 60-95% alcohol content.