



# OSAA Reopening Sports/Activities Summer Guidance



<b>Objective</b>	This document is intended to provide guidance for schools and youth sports to consider with their stakeholders in designing return-to-activity protocols in accordance with state and county restrictions. It allows for a coordinated reopening following the initial stay at home orders and may also be used if conditions dictate the need for increased restrictions in the future.
<b>Foundational Statements</b>	<p>The OSAA believes it is essential to the physical and mental well-being of students to return to physical activity and athletic competition.</p> <p>The OSAA recognizes that all Oregon students may be unable to return to – and sustain – athletic activity at the same time across the state. There will also likely be variation in what sports and activities are allowed over the next 9 to 12 months.</p> <p>While recognizing that county-by-county reopening may lead to inequities, the OSAA advocates for returning students to school-based athletics and activities and allowing youth sports organizations to operate in any and all situations where it can be done safely.</p> <p>Prior to allowing use of facilities, schools and youth sports organizations should review facility use agreements, especially in the areas of sanitation requirements and liability.</p>
<b>Points of Emphasis</b>	<p>Limited testing availability, lack of resources for contact tracing, and expanding knowledge of COVID-19 transmission could all result in significant changes to this guidance. The OSAA will disseminate more information as it becomes available.</p> <p>Administrators and coaches must emphasize the need for all coaches and participants who have signs or symptoms of illness to stay home when ill to decrease risk of viral transmission. “Vulnerable individuals” are defined by OHA as people age 65 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy.</p> <p>Current pre-season conditioning and acclimatization models assume that athletes have deconditioned during the stay at home orders. The current pandemic may result in students being deconditioned for several months. The intensity and duration of training should be moderated upon return. The NFHS is currently involved with several organizations in developing consensus guidelines for the resumption of workouts and practices. These guidelines will be reviewed by the OSAA after they are finalized.</p> <p>Due to the near certainty of recurrent outbreaks in the coming months, schools and youth sports organizations must be prepared for periodic school closures and the possibility of some teams having to isolate for two or more weeks while in-season. Development of policies is recommended regarding practice and/or competition during temporary school closures, the cancellation of contests during the regular season, and parameters for the cancellation or premature ending to post-season events/competitions.</p> <p>Phases are in accordance with guidelines published by the State of Oregon and are subject to change. Please note that counties must meet “gating” criteria to establish Phase One and that further criteria must be met to advance from one phase to the next (21-day period currently). These criteria will be determined by the Governor’s Task Force and should be strictly followed.</p>

	Phase One	Phase Two	Phase Three
<b>Facilities Cleaning</b>	<p>Adequate cleaning schedules should be created and implemented for all athletic facilities.</p> <p>Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).</p> <p>Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts.</p> <p>Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.</p> <p>Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.</p> <p>Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.</p>	<p>Adequate cleaning schedules should be created and implemented for all athletic facilities. <b>Frequently clean and disinfect high-traffic areas and commonly touched surfaces.</b></p> <p>Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).</p> <p>Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts.</p> <p>Hand sanitizer should be plentiful and available to individuals as they transfer from place to place. <b>Encourage participants to bring their own hand sanitizer for personal use.</b></p> <p>Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.</p> <p>Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.</p>	
<b>Entrance/Exit Strategies</b>	<p>Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times.</p>	<p>Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact. <b>Strategies include staggering starting/ending times, signage to direct one-way flow of traffic for designated entrance/exit and encouraging staying in vehicles until start of workout/practice.</b></p>	

<b>Limitations on Gatherings</b>	<p>No gathering of more than 25 people at a time (inside or outside).</p> <p>Workouts should be conducted in “pods” of students with the same 5-10 students working out together weekly to limit overall exposures. Smaller pods can be utilized for weight training.</p> <p>There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased to obtain a minimum distance of 6 feet between each individual.</p>	<p>No gathering of more than 50 people at a time indoors or 100 outdoors in a single facility/field.</p> <p>When feasible, drills or activity requiring the use of equipment during workouts/practices should be conducted in pods of students with the same 5-10 students working out together to limit overall exposures. Utilize smaller pods for weight training.</p> <p>There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased to obtain a minimum distance of 6 feet between each individual.</p>	
<b>Pre-Workout Screening</b>	<p>All coaches and students should be screened daily for signs / symptoms of COVID-19 prior to participating, including a temperature check. Anyone with a temperature of greater than 100.3 degrees should not participate and be sent home.</p> <p>Responses to screening questions for each person should be recorded and stored (see sample Monitoring Form attached).</p> <p>Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.</p> <p>Vulnerable individuals should not supervise or participate in any workouts during Phase 1.</p>	<p>All coaches and students should be screened daily for signs / symptoms of COVID-19 prior to participating.</p> <p>Responses to screening questions for each person should be recorded and stored.</p> <p>Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.</p> <p>Encourage vulnerable individuals (over 65 or have underlying medical conditions) to consider not supervising or participating in any workouts/practices during Phase 2.</p>	
<b>Face Coverings</b>	<p>State, local or school district guidelines for cloth face coverings should be strictly followed.</p> <p>Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for physical activity.</p> <p>Any student who prefers to wear a cloth face covering should be allowed to do so.</p> <p>In the absence of guidelines to the contrary, we recommend that cloth face coverings be worn by students. Exceptions are swimming, distance running or high intensity aerobic activity.</p> <p>Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.</p> <p>Coaches, officials and other contest personnel may wear cloth face coverings at all times and are strongly encouraged to wear cloth face coverings whenever physical distancing is not possible. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.)</p>	<p>State, local or school district guidelines for cloth face coverings should be strictly followed.</p> <p>Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for physical activity.</p> <p>Any student who prefers to wear a cloth face covering should be allowed to do so.</p> <p>We recommend that cloth face coverings be worn by students when not actively participating, such as attending team meetings, entering/exiting facilities, and when on the sidelines/bench.</p> <p>Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.</p> <p>Coaches, officials and other contest personnel may wear cloth face coverings at all times and are strongly encouraged to wear cloth face coverings whenever physical distancing is not possible. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.)</p>	
<b>Hygiene Practices</b>	<p>Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.</p> <p>Disinfect frequently used items and surfaces as much as possible.</p> <p>Strongly consider using face coverings while in public, and particularly when using mass transit</p>	<p>Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.</p> <p>Disinfect frequently used items and surfaces as much as possible.</p> <p>Strongly consider using face coverings while in public, and particularly when using mass transit</p>	
<b>Hydration/Food</b>	<p>All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.</p>	<p>All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (trough, fountains, etc.) should not be utilized, except for those designed to refill bottles in a contact-free manner.</p>	
<b>Travel</b>	<p>Keep it local and avoid cross county travel when possible, especially if counties are in different phases.</p>	<p>Keep it local and limit cross county travel when possible, especially if counties are in different phases.</p>	
<b>Locker Rooms and Athletic Training Areas</b>	<p>Locker rooms should not be utilized during Phase 1. Students should report in appropriate attire and immediately return home to shower after participation. No students allowed in training area unless AT is present.</p>	<p>Locker rooms should not be utilized during Phase 2. Students should report in appropriate attire and immediately return home to shower after participation. No students allowed in training area unless AT is present.</p>	

<b>Weight Rooms</b>	<p>Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.</p> <p>Resistance training should be emphasized as body weight, weight machines, and free weights that do not require a spotter.</p> <p>Free weight exercises that require a spotter cannot be conducted while honoring physical distancing norms. Safety measures in all forms must be strictly enforced in the weight room.</p> <p>Weight rooms should follow physical distancing guidelines and adhere to OHA Guidance for Fitness-Related Organizations.</p>	<p>Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.</p> <p>Resistance training should be emphasized as body weight, weight machines, and free weights that do not require a spotter.</p> <p>Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar. Safety measures in all forms must be strictly enforced.</p> <p>Weight rooms should follow physical distancing guidelines and adhere to OHA Guidance for Fitness-Related Organizations. A facial covering should be worn if there is a possibility that physical distancing guidelines cannot be maintained at all times.</p>	
<b>Physical Activity and Athletic Equipment</b>	<p>There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.</p> <p>Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.</p> <p>All athletic equipment, including balls, should be cleaned after each individual use and prior to the next workout.</p> <p>Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.</p> <p>Physical contact such as high-fives, fist bumps, and hugs should not be allowed.</p>	<p>No sharing of towels, clothing, or shoes between students.</p> <p>Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.</p> <p>All athletic equipment, including balls, should be cleaned frequently during workouts/practices.</p> <p>Drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned frequently and prior to use by another pod.</p> <p>Physical contact such as high-fives, fist bumps, hugs, and group celebrations should not be allowed.</p>	
<b>General Activity Description</b>	<b>Individual Skill Development and Workouts Maintain Physical Distancing; No Contact with Others No Sharing of Equipment; No Grouping</b>	<b>Small Group Workouts and Modified Practices; Maintain Physical Distancing; No Grouping Limited Sharing of Equipment</b>	
<b>Lower Infection Risk Activities</b>	<p>Activities that can be done with physical distancing or individually with limited sharing of equipment or the ability to clean the equipment between use by competitors. OSAA Activities: cross country (with staggered starts), track and field*, swimming*, golf, tennis, speech; Other Examples: Alpine skiing, sideline cheer, single sculling Notes: In swimming, relays need to maintain social distance. In track and field, any field event with an implement needs to be cleaned after each use and masks may be worn by participants.</p>		
<b>Cross Country</b>	<p>Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).</p>	<p>Maintain appropriate physical distancing 6 feet apart, no grouping (i.e. starts and finishes).</p>	
<b>Track &amp; Field</b>	<p>Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes). No sharing of implements / equipment. Padded equipment should be cleaned between use.</p>	<p>Maintain appropriate physical distancing 6 feet apart, no grouping (i.e. starts and finishes). Limit sharing of implements / equipment to within pods. Disinfect frequently between use. Padded equipment should be cleaned between use.</p>	
<b>Swimming</b>	<p>Swimming pools are closed statewide.</p>	<p>Maintain appropriate physical distancing 6 feet apart both in the pool and on deck. Only one lap swimmer per lane. Ensure frequent disinfecting measures are occurring in the pool, on deck and with all equipment.</p>	
<b>Golf</b>	<p>Maintain appropriate physical distancing 6 feet apart.</p>	<p>Maintain appropriate physical distancing 6 feet apart.</p>	
<b>Tennis</b>	<p>Conditioning, no sharing of balls, each player may use own can of balls to serve and uses racket to pass other balls (singles only), ball machine use by individuals only. Players may do individual drills, wall volleys and serves. Wipe down rackets and balls after.</p>	<p>Limit sharing of balls, each player may use own can of balls to serve and uses racket to pass other balls (singles only), ball machine use by individuals only. Wipe down rackets and balls after. Maintain appropriate physical distancing 6 feet apart.</p>	
<b>Speech</b>	<p>Maintain appropriate physical distancing 6 feet apart.</p>	<p>Maintain appropriate physical distancing 6 feet apart.</p>	
<b>Moderate Infection Risk Activities</b>	<p>Activities that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants. OSAA Activities: volleyball*, soccer, baseball*, softball*, basketball; Other Examples: Water polo, ice hockey, field hockey, girls lacrosse, crew, 7-on-7 football, gymnastics* Notes: *Could potentially be considered "Lower Infection Risk" with appropriate cleaning of equipment and use of masks by participants.</p>		
<b>Volleyball</b>	<p>Conditioning, individual ball handling drills, each player has own ball. A player should not use a single ball that others touch or hit in any manner.</p>	<p>Limit sharing of balls to within pods. Disinfect equipment frequently. Maintain appropriate physical distancing 6 feet apart.</p>	

<b>Soccer</b>	Conditioning, individual ball skill drills, each player has own ball, feet only (no heading/use of hands), no contact.	Limit sharing of balls to within pods. Disinfect equipment frequently. Feet only (no heading/use of hands), no contact. Maintain appropriate physical distancing 6 feet apart.	
<b>Baseball</b>	Conditioning and tee work. Players should not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.	Limit sharing of balls/equipment to within pods. Disinfect equipment frequently. Maintain appropriate physical distancing 6 feet apart.	
<b>Softball</b>	Conditioning and tee work. Players should not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.	Limit sharing of balls/equipment to within pods. Disinfect equipment frequently. Maintain appropriate physical distancing 6 feet apart.	
<b>Basketball</b>	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.	Limit sharing of balls to within pods. Disinfect equipment frequently. No physical contact. Maintain appropriate physical distancing 6 feet apart.	
<b>Higher Infection Risk Activities</b>	Activities that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. OSAA Activities: football, wrestling, competitive cheerleading, dance/drill, choir, band, orchestra, solo music; Other Examples: boys lacrosse, marching band		
<b>Football</b>	Conditioning and individual drills. A player should not participate in drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies / donuts / sleds. Protective equipment prohibited.	Limit sharing of balls/equipment to within pods. Disinfect equipment frequently. Maintain appropriate physical distancing 6 feet apart. Contact with other players is not allowed, and tackling dummies / donuts / sleds should be cleaned before use by another pod. Protective equipment prohibited.	
<b>Wrestling</b>	Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (as long as physical distancing is adhered to).	Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without contacting a teammate. Maintain appropriate physical distancing 6 feet apart.	
<b>Cheerleading</b>	Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible as long as physical distancing is adhered to.	Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible. Maintain appropriate physical distancing 6 feet apart.	
<b>Dance/Drill</b>	Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Jumps, dance, tumbling without contact are permissible as long as physical distancing is adhered to.	Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Jumps, dance, tumbling without contact are permissible. Maintain appropriate physical distancing 6 feet apart.	
<b>Music</b>	The extent of the spread of respiratory droplets during singing and the playing of wind instruments is currently under investigation. We recommend restricting these activities in schools until further guidance is available.	The extent of the spread of respiratory droplets during singing and the playing of wind instruments is currently under investigation by the NFHS and other entities. We recommend restricting these summer rehearsals until further guidance is available.	
<b>Signage</b>	<a href="#">OHA Why Sign In?</a>   <a href="#">Spanish</a>   <a href="#">Chinese</a>   <a href="#">Russian</a>   <a href="#">Vietnamese</a> <a href="#">OHA Do You Have These Symptoms</a>   <a href="#">Spanish</a>   <a href="#">Chinese</a>   <a href="#">Russian</a>   <a href="#">Vietnamese</a>	<a href="#">OHA Clean Hands Save Lives</a>   <a href="#">Spanish</a>   <a href="#">Chinese</a>   <a href="#">Russian</a>   <a href="#">Vietnamese</a> <a href="#">CDC Print Resources</a>	
<b>Additional Resources / Links</b>	<a href="#">OHA Phase 2 Guidance for Gatherings</a> <a href="#">OHA Phase 2 Guidance for Recreational Sports</a> <a href="#">OHA Phase 2 Guidance for Swimming Pools, Spas, Sport Courts</a> <a href="#">OHA Phase 1 Guidance for Fitness-Related Organizations</a> <a href="#">OHA Statewide Guidance for Summer Camps</a>   <a href="#">Spanish</a>   <a href="#">Chinese</a>   <a href="#">Russian</a>   <a href="#">Vietnamese</a> <a href="#">OHA Statewide Guidance for Outdoor Recreation</a>   <a href="#">Spanish</a>   <a href="#">Chinese</a>   <a href="#">Russian</a>   <a href="#">Vietnamese</a> <a href="#">CDC Considerations for Youth Sports</a> <a href="#">CDC Recommendations Regarding the Use of Cloth Face Coverings</a>		