



# Statewide Reopening Guidance FAQs

## Recreational Sports, Limited Return to Play for Specified Sports *(Updated 9-16-2020)*

Below are answers to frequently asked questions about the Oregon Health Authority's (OHA) [Statewide Recreational Sports, Limited Return to Play for Specified Sports Guidance](#). The guidance and these FAQs apply statewide. OHA provides these FAQ to help the public understand the guidance, to respond to stakeholder questions, and to clarify how the guidance may apply in specific scenarios. These FAQ may be intermittently updated. The FAQ is not intended to take the place of the guidance, but rather to interpret, supplement, and help fill in the details of the guidance.

**Q1: What is considered a “contact sport”?**

**A1:** A contact sport is a sport that involves participants coming into bodily contact with one another. Training and conditioning are allowed for full contact sports. Training and conditioning, such as weightlifting, running drills and intra-squad scrimmaging, cannot include full contact of any kind. Full contact sports competition is prohibited at this time. No-contact and minimal/ medium contact sports may be played. Common specified no-contact and minimal/medium contact sports are listed in the [Statewide Recreational Sports guidance](#) and the [Reopening Guidance Tool](#).

**Q2: If a complex has four fields, is training or playing allowed on each field simultaneously?**

**A2:** Yes, but only if groups at each field maintain required physical distancing and adhere to maximum capacity requirements. For outdoor recreational sports, the maximum capacity is 250 people outdoor.

**Q3: Are school fields and facilities available for use even if schools are closed?**

**A3:** Local schools and school districts determine how and when school facilities can be used by the public. Contact the school district for information about the availability of school facilities.

**Q4: Can sports teams travel to games/tournaments either within Oregon or to other states?**

**A4:** OHA guidance does not prohibit travel, however, non-essential travel should be limited in accordance with the [Governor's Executive Order 20-27](#).

**Q5: Are sports tournaments allowed?**

A5: Yes. In Phase One, tournament organizers must follow the [OHA Gatherings Guidance](#) and the [Statewide Recreational Sports guidance](#). In Phase Two, tournament organizers must follow the [OHA Gatherings Guidance](#) and the [Statewide Recreational Sports guidance](#). If the tournament takes place at a sports venue in a Phase Two county, tournament organizers may follow the gathering size limits for [Phase 2 Venue and Event Operators](#). Tournament organizers must develop a plan to limit the number of spectators (e.g. parents) admitted into the premises so that everyone can keep six (6) feet of physical distance.

**Q6: Some sports require brief contact multiple times during the game and it's impossible for six (6) feet of distance to be maintained during these contacts. Are these allowed?**

A6: Yes. Minimal and medium contact sports are allowed. Sports leagues, coaches and trainers should take steps to ensure that there is only contact among participants/players needed to play the game.

**Q7: For sports like softball or baseball where the ball is touched many times, how often does OHA recommend the game ball be wiped down with a disinfectant?**

A7: Shared equipment must be cleaned and disinfected frequently, as appropriate for the sport (e.g. between players, sets, periods, or games). Use disinfectants that are included on the [Environmental Protection Agency \(EPA\) approved list](#) for the SARS-CoV-2 virus that causes COVID-19. No product will be labeled for COVID-19 yet, but many products will have a label or information available on their websites about their effectiveness for human coronavirus. Players should also wash their hands or use hand sanitizer frequently.

**Q8: Are players required to wear a mask, face shield or face covering and gloves?**

A8: A mask, face shield or face covering is required for players while participating in sports indoors. A mask, face shield or face covering is required for players while participating in sports outdoors when six (6) feet of physical distancing cannot be maintained, unless they are engaged in a sport that makes wearing a mask, face shield or face covering not feasible, such as when swimming. A mask, face shield or face covering is required for players and spectators while on the sidelines when six (6) feet of physical distance cannot be maintained. Players are not required to wear gloves.

**Q9: What guidance should be used for high school sports practice?**

A9: For practice for high school sports, refer to [K-12 School Sports guidance](#).

**Q10: Are fun runs like 5K and 10K events allowed?**

A10: Yes, these types of events are allowed. Event organizers must comply with [OHA Guidance for Gatherings](#) in Phase One counties and [Phase Two Reopening Guidance for Venue and Event Operators in Phase Two counties](#). Event organizers must develop a plan to limit the number of spectators admitted into the premises so that everyone can keep six (6) feet of physical distance.

---

**Document accessibility:** For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact Mavel Morales at 1-844-882-7889, 711 TTY or [OHA.ADAModifications@dhsoha.state.or.us](mailto:OHA.ADAModifications@dhsoha.state.or.us).