Phase Two Reopening Guidance FAQs
Recreational Sports, Limited Return to Play for Specified Sports (Updated 7-24-2020)

Below are answers to frequently asked questions about the Oregon Health Authority’s (OHA) Phase Two Recreational Sports, Limited Return to Play for Specified Sports Guidance. The guidance and these FAQs apply only to those establishments operating in a county that has been approved for Phase Two Reopening. 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”? What sports can be played with additional safety measures?
A1: A contact sport is a sport that involves participants coming into bodily contact. Full contact sports are prohibited at this time. Minimal or medium contact sports are allowed. Specified minimal or medium contact sports are listed in the Reopening Guidance Tool: Archery, Badminton, Baseball, Cycling, Golf, Gymnastics, Lacrosse, Licensed pools, Pickleball, Running, Soccer, Softball, Sport courts, Swim Lessons, Swimming, Table Tennis, Tennis, Track & Field, Volleyball.

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: During Phase Two, are sports tournaments allowed?

A5: Yes. Tournament organizers must comply with Phase Two OHA Guidance for Gatherings and Phase Two Reopening Guidance for Venue and Event Operators. Event 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. Event operators are required to limit the gathering capacity to a maximum of 100 people indoor or 250 people outdoor, not to exceed 250 indoor and outdoor; or the number of people, including staff, based on a determination of capacity (square footage/occupancy), whichever is less.

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 in Phase Two?

A6: Yes. Minimal and medium contact sports are allowed in Phase Two. 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 and 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 this summer?

A9: For practice in counties in Phase Two, refer to Phase Two Reopening Guidance – Recreational Sports, Limited Return to Play for Specified Sports.
Q10: Are fun runs like 5K and 10K events allowed in Phase Two?

A10: Yes, these types of events are allowed. Event organizers must comply with Phase Two OHA Guidance for Gatherings and Phase Two Reopening Guidance for Venue and Event Operators. 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. Event operators are required to limit the gathering capacity to a maximum of 100 indoor or 250 people outdoor, or the number of people, including staff, based on a determination of capacity (square footage/occupancy), whichever is less.

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.