Below are answers to frequently asked questions about the Oregon Health Authority’s (OHA) Sector Guidance for Indoor Recreation and Indoor Fitness Establishments (Indoor Recreation and Fitness 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. Full contact and minimal/medium contact sports are described in the Indoor Recreation and Fitness Guidance. Non-contact sports are sports where participants have no close contact with any other individual while participating in the sport.

Q2: Are school fields and facilities available for use even if schools are closed?
A2: 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.

Q3: Are indoor sports tournaments allowed?
A3: Yes. Operators of tournaments for indoor sports must follow the Indoor Recreation and Fitness Guidance, including the maximum capacity limits designated for the county where the tournament is being held.

Q4: Are there limits on the number of teams that can participate in an indoor sports tournament or competition?
A4: No, however, OHA recommends limiting indoor sports competitions to two schools or clubs. When more people from different households come together in the same space, the chances of COVID-19 transmission increases. In addition, there is opportunity for transmission of COVID-19 from one community to another when teams travel to different areas of the state for sports competitions.
Q5: Do the capacity limits for indoor full contact sports include spectators?
A5: Yes.

Q6: The Indoor Recreation Guidance requires operators of indoor full contact sports in extreme- and high-risk counties to “offer on-site responsive testing for symptomatic individuals and for those with known exposures to individuals with COVID-19.” As a club sports operator, where can I get COVID-19 tests?
A6: The U.S. Food and Drug Administration (FDA) has authorized rapid COVID-19 tests for use by the public. These tests are now available “over the counter” (OTC). The tests authorized by the FDA for OTC use are the following:

- Quidel QuickVue At-Home OTC COVID-19 test - authorized for OTC at-home serial screening
- Abbott BinaxNOW (multiple configurations)
  - Abbott BinaxNOW COVID-19 Antigen Self-Test – authorized for OTC at-home serial screening
  - Abbott BinaxNOW COVID-19 Ag 2 Card – authorized for POC serial screening without a prescription

These tests are portable and easy to use. They are available online and at stores like CVS, Walgreens and Walmart.

Q7: What guidance should be used for indoor high school sports practice?
A7: High school sports must follow the Indoor Recreation and Fitness Guidance, including maximum capacity limits, for the designated risk level of the county where the event takes place.

Q8: I saw that there is an exception for face coverings for people who are competing in outdoor non-contact sports. Is that exception for indoor non-contact sports too?
A8: No, the exception only applies to outdoor non-contact sports and only during competition and practice of those sports. The exception does not apply to conditioning.

Q9: Are indoor fun runs like 5K and 10K events allowed?
A9: Yes, these types of events are allowed. Event organizers must comply with Indoor Recreation and Fitness Guidance, including maximum capacity limits, for the designated risk level of the county where the event takes place.

Q10: What guidance do club sports and youth sports teams follow?
A10: Youth sports and club sports teams must comply with the Outdoor Recreation and Fitness Guidance for outdoor sports and the Indoor Recreation and Fitness Guidance for indoor sports.
**Guidance** for indoor sports, including maximum capacity limits, for the designated risk level of the county where the event takes place.

**Q11:** If an indoor sports complex has four gyms, is training or playing allowed in each gym simultaneously?

**A11:** Yes. When multiple indoor recreation or fitness events occur at the same indoor recreation or fitness establishment at the same time, indoor recreation and fitness operators are required to:

- Adhere to the maximum capacity limits for the designated risk level of the county where the indoor sports complex is located. For example, in high risk level counties, each event could have maximum 10% occupancy or 50 people total, including staff, whichever is larger.
- Ensure staff, participants and spectators for each indoor recreation or fitness event do not share space, including but not limited to restrooms, hallways and concession stands.
- Clean commonly touched surfaces, such as door handles, between subsequent indoor recreation or fitness events.
- To the extent possible, open windows and doors to increase ventilation and air circulation. Do not open windows and doors if doing so poses a safety risk to employees, children or customers.
- Ensure that high-traffic areas such as check-in tables, restrooms and concession areas, are cleaned between subsequent indoor recreation or fitness events.
  - When staff, participants and spectators at the same indoor recreation or fitness events share a restroom, leave entrance/exit doors open, if possible, and ensure that commonly touched surfaces such as stall door handles and faucets are regularly cleaned.

**Q12:** Can outdoor pools put up temporary walls and a roof over the pool and still be considered outdoor?

**A12:** Pool operators may put up temporary walls and a roof over an outdoor pool, however, in order to still be considered an outdoor pool, the walls and roof structure must comply with the definition of “outdoor.” “Outdoor” means any open-air space including any space which may have a temporary or fixed cover (e.g. awning or roof) and at least fifty percent of the square footage of its sides open for airflow such that open sides are not adjacent to each other. If the space does not meet the definition of outdoor, then the pool is considered indoor and therefore must comply with the requirements and guidance for indoor operations.

**Q13:** Are dog training classes allowed to operate?

**A13:** Yes. Dog training classes are allowed to operate using the Indoor Recreation and Fitness Guidance or the Outdoor Recreation and Fitness Establishments.
**Guidance**, as applicable. Dog training class operators must operate in accordance with the designated risk level in the county in which they are operating.

**Q14:** Are personal trainers considered personal services providers?

**A14:** No. Personal trainers are not subject to the personal services guidance. Personal trainers are required to comply with the [Indoor Recreation and Fitness Guidance](#) or [Outdoor Recreation and Fitness Guidance](#), depending on where they offer training. Personal training is allowed in private residences following the at-home gathering limits specified in the [Sector Guidance for Gatherings](#) and the [Sector Risk Level Guidance Chart](#).

**Q15:** Can I have personal training in my home?

**A15:** Yes as long as you are complying with the at-home gathering limits specified in the [Sector Guidance for Gatherings](#) and the [Sector Risk Level Guidance Chart](#).

**Q16:** If a gym wants to move operations outdoors to increase capacity, can the facility put up a tent outside and conduct gym activities in the tent? If so, how should the gym set this up?

**A16:** Operators of gyms and fitness centers may operate in an outside space that has temporary walls and a roof as long as the walls and roof structure meet the definition of "outdoor." “Outdoor" means any open-air space including any space which may have a temporary or fixed cover (e.g. awning or roof) and at least fifty percent of the square footage of its sides open for airflow such that open sides are not adjacent to each other. If the space does not meet the definition of outdoor, then the gym is considered indoor and therefore must comply with the requirements and guidance for indoor operations.

**Q17:** What guidance do ski resorts follow for operations?

**A17:** Because of the variety of activities that take place at ski resorts, ski resorts must comply with multiple sector guidance, based on the activity. Ski resort operators must comply with the [General Guidance for Employers and Organizations](#), which includes requirements wearing masks, face coverings and face shields. Eating and Drinking Establishments located at ski resorts must comply with the [Eating and Drinking Establishments Guidance](#). Ski rental shops and gift shops must comply with the [Retail Guidance](#). The ski mountains are considered public outdoor areas and do not have a maximum capacity limit. Ski resorts must comply with any other applicable sector guidance (e.g. indoor entertainment events must follow the [Indoor Entertainment Establishments Guidance](#)).

**Q18:** If a 24-hour gym is not staffed 24/7, does this mean we can only allow members to use the facility when we have staff working?

**A18:** Yes. Staff are required to ensure compliance with the guidance, including compliance with capacity limits and contact tracing requirements.

**Q19:** Is indoor recreation allowed in a faith institution, such as a church gym?
A19: Yes. Gyms must limit capacity to the indoor recreation requirements in the designated risk level of the county where the faith institution gym is located and comply with the Indoor Recreation and Fitness Guidance for general operations of the gym.

Q20: Are masks required for outdoor sports or only required if you can’t stay six (6) feet apart?

A20: A mask must be worn regardless of whether individuals maintain a distance of six (6) feet. Coaches, players, officials and trainers are required to wear a mask, face covering or face shield, when participating in an outdoor sport.

Q21: Are there any exceptions to the mask/face covering requirements for student-athletes who have pre-existing medical conditions?

A21: No. There are limited times when you do not have to wear a mask, face shield or face covering at a location covered by the statewide guidance, including when engaged in an activity that makes wearing a mask, face shield or face covering not feasible, such as when taking a shower. Schools and school districts should work with their legal counsel to ensure they are complying with the Americans with Disabilities Act and the Individuals with Disabilities Education Act, and other applicable laws.

Q22: The Statewide Mask, Face Covering, Face Shield Guidance has an exception for activities where wearing a mask, face covering or face shield is not feasible. For which activities is wearing a mask, face covering or face shield considered not feasible?

A22: In Oregon, there is an exception to the mask, face covering, face shield requirement for individuals when they are engaged in an activity that makes wearing a mask, face covering, face shield not feasible. Examples of activities where wearing a mask, face covering, face shield is not feasible are swimming, gymnastics, water polo and wrestling. Individuals are required to wear a mask, face covering, face shield when they are not engaged in these activities. For example, when on the pool deck or on the sidelines of a wrestling match, individuals are required to wear a mask, face covering or face shield.

Q23: What are the capacity limits for outdoor K-12 school sports?

A23: Schools athletics must follow the maximum capacity limits for indoor recreation or outdoor recreation for the designated risk level in the county where the school is located.

Q24: Who makes sure that K-12 sports are complying with the guidance? How do I report a violation?

A24: Complaints about violations of the Governor’s Executive Order 20-66 and Oregon Health Authority Guidance can be directed to the Oregon Occupational Safety and Health (OR-OSHA) or to the Oregon Health Authority at covid19.reopening@dhsoha.state.or.us.
**Q25:** My homeowners’ association (HOA) has shared indoor fitness center for residents and guests. Is my HOA required to follow OHA guidance for indoor fitness establishments?

**A25:** HOAs and other shared residential buildings with indoor fitness centers are required to follow the Indoor Recreation and Fitness Guidance based on the designated risk level for the county where the fitness center is located. HOAs other shared residential buildings must comply with the statewide mask, face covering, face shield guidance as applicable in shared and common spaces of the HOA facilities.

**Q26:** Is there a minimum age for the physical distancing monitor? Can children “monitor” themselves?

**A26:** The minimum age for a physical distancing monitor is 15. Each licensed pool or spa facility is required to assign a Physical Distancing Monitor. The monitor may be a volunteer or a staff member.

**Q27:** Will the limited use pools be required to have a Physical Distancing Monitor on the deck at all times while the pool is open? Can they monitor through a camera and not be on the deck?

**A27:** A Physical Distancing Monitor is required for each facility, but the monitor does not need to be on the pool deck at all times. Any licensed pool that chooses to open cannot replace the Physical Distancing Monitor with signs. A volunteer may perform Physical Distancing Monitor duties and physical distancing signs are recommended to be posted at the pool to inform volunteers of the physical distancing requirements. If the facility does not have a mechanism to monitor physical distancing remotely, the Physical Distancing Monitor must be physically present.

**Q28:** Can swimmers share a lane in a pool?

**A28:** It depends on the risk level. In extreme risk counties, limit capacity to one swimmer per lane, unless swimmers are from the same household in which case, they may share a lane. However, swimmers must ensure six (6) feet of physical distance between themselves and swimmers in other lanes. In high, moderate and lower risk counties, yes, more than one swimmer can be in a lane. Pool operators, however, are required to design and implement a plan so that individuals enter and exit the pool on opposite ends and maintain the required physical distance of at least six (6) feet between one another when swimming in the same lane, except for briefly passing in the lane. Pool operators are required to prohibit the gathering of people within the facility, including at the ends of lanes.

**Q29:** Can sports teams move from a higher risk county to a lower risk county in order to practice and play with fewer restrictions?

**A29:** OHA strongly recommends that teams DO NOT relocate in order to practice and play in a county with a lower risk level than their home county. Traveling to another county with a lower risk level for practice and play may increase the risk of transmission of COVID-19 in that lower risk county.
Q30: What risk level requirements should be followed when playing in a county with a different risk level than my home county?

A30: Teams should follow the risk level requirements for the host team’s county. For example, a team that travels from a moderate risk to a high-risk county for play should follow the high-risk level requirements.

Q31: What guidance do indoor hot springs follow for operations?

A31: Indoor hot springs operations must comply with the Indoor Recreation and Fitness Establishments Guidance, as applicable. Indoor hot springs must follow the additional requirements for indoor pools, including restrictions on single households using the hot springs.

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