Below are answers to frequently asked questions (FAQ) about the Oregon Health Authority’s (OHA) Sector Guidance for Outdoor Recreation and Outdoor Fitness Establishments (Outdoor Recreation and Fitness Guidance). 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: Is camping allowed?
A1: Yes. Public and private campgrounds are permitted to operate. Group activities are permitted among members of the same household or party. Otherwise, people must maintain at least six (6) feet of physical distance between each other. Organized camps for adults and families are subject to additional guidance within the Outdoor Recreation and Fitness Establishments Guidance. Refer to the Adult and Family Camps section for that guidance.

Q2: For outdoor recreation activities such as hiking, does the social gathering limit apply to party sizes?
A2: Yes.

Q3: Do campgrounds, outdoor parks and hiking trails have maximum capacity limits?
A3: No. There are no capacity limits for public outdoor areas. Examples of these areas are state parks, golf courses, campgrounds and mountain biking trails.

Q4: Are u-pick/u-cut operations allowed?
A4: Yes. These are allowed following the Sector Guidance for Retail. For additional information about U-Pick Farms, refer to the Oregon Department of Agriculture’s U-Pick Farms information.

Q5: How often should we clean outdoor playgrounds?
A5: Operators of outdoor public areas are not required to clean outdoor areas such as outdoor playgrounds. Operators should encourage individuals to bring their own hand sanitizer for personal use before and after using the playground.
Q6: Are sandboxes allowed to be open?
A6: Yes, however, those responsible for children using sandboxes must ensure six (6) feet of distance between children while in the sandbox. OHA also recommends children clean their hands with soap and water or use hand sanitizer before and after using the sandbox.

Q7: Do loaner life jackets/personal flotation devices (PFDs) need to be cleaned between each use?
A7: No, however, outdoor recreation operators must inform people that the items are not cleaned between users. Operators also may consider setting PFDs aside for a period of two hours between users.

 Operators should encourage users to wash their hands with soap and water or use hand sanitizer before and after using a PFD.

Q8: Should we clean paddle boats, kayaks, paddles and other rental equipment?
A8: Operators should clean high-touch surfaces on equipment only if the equipment is used again by another user in a short period of time. For example, operators should clean paddles if the paddles will be used by a different user within two hours of the previous use. Operators also may consider setting equipment aside for a period of two hours between users.

 Operators should encourage users to wash their hands with soap and water or use hand sanitizer before and after using shared equipment.

Q9: If an outdoor sports complex has four fields, is training or playing allowed on each field simultaneously?
A9: Yes, if the complex can adhere to the provisions below. When multiple outdoor recreation or fitness events occur at the same outdoor recreation or fitness establishment at the same time, outdoor recreation and fitness operators are required to:

- Adhere to the maximum capacity limits for the designated risk level of the county where the outdoor sports complex is located.
- Ensure staff, participants and spectators for outdoor recreation or fitness events do not share space, including but not limited to restrooms, hallways and concession stands.
- Clean commonly touched surfaces, such as door handles, between subsequent outdoor recreation or fitness events.
- Ensure that high-traffic areas such as entrances, exits, check-in tables, restrooms and concession areas, are cleaned between subsequent outdoor recreation or fitness events.
  - When staff, participants and spectators at the same outdoor 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.

**Q10: Are school fields and facilities available for use even if schools are closed?**

**A10:** 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.

**Q11: What guidance should be used for outdoor high school sports practice?**

**A11:** High school sports must follow the Outdoor Recreation and Fitness Guidance.

**Q12: Are fun runs like 5K and 10K events allowed?**

**A12:** Yes, these types of events are allowed. Event organizers must comply with Indoor Recreation and Fitness Guidance or Outdoor Recreation and Fitness Guidance, including maximum capacity limits, for the designated risk level of the county where the event takes place.

**Q13: Can outdoor pool operators put up temporary walls and a roof over the pool and still be considered outdoor?**

**A13:** 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 that has at least fifty percent of the square footage of its sides open for airflow such that open sides are not adjacent to each other. This includes spaces which may have a temporary or fixed cover (e.g. awning or roof). **If the space does not meet the definition of outdoor, then the pool is considered indoor and must comply with the requirements and guidance for indoor operations.**

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

**A15:** 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 mountains are considered public outdoor areas and do not have a maximum capacity limit.

- 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.
• Ski resorts must comply with any other applicable sector guidance (e.g. indoor entertainment events must follow the Indoor Entertainment Establishments Guidance).

Q16: Are there any exceptions to the mask/face covering requirements for student-athletes who have pre-existing medical conditions?

A16: 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. 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, as well as other applicable laws.

Q17: 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?

A17: 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.

Q18: I want to attend my child’s outdoor full contact sports games. Is this allowed?

A18: Yes. Spectators are allowed to attend all sports games, including outdoor full contact sports games for adult/youth club sports and for K-12 schools sports. Spectators must be in a designated area separated from the players and staff, with separate entrances, exits and restrooms, and must follow the capacity limits in the Outdoor Entertainment Guidance for the designated risk level where the sporting event takes place.

Q19: The Outdoor Recreation and Fitness Establishments Guidance says that it applies to “public outdoor areas, as applicable.” What does that mean?

A19: Public outdoor areas, as defined in the Outdoor Recreation and Fitness Establishments Guidance must comply with the guidance to the extent that it applies to public outdoor areas. For example, the requirement to have a physical distancing monitor is not applicable to public outdoor area operators, since the requirement is not feasible in most public outdoor areas. However, public outdoor area operators are required to comply with guidance that is feasible such as, cleaning and disinfecting restrooms.
Events in public outdoor areas would be subject to the guidance. Event organizers that hold events in public outdoor areas must comply with the outdoor entertainment guidance or the outdoor recreation and fitness guidance, as appropriate, including maximum capacity limits. For example, if a soccer game takes place in a public outdoor area like a park, the operator of the game must limit the capacity in the area where the game takes place. Operators should refer to the Maximum Occupancy Resource for COVID-19 to determine the maximum capacity limit for the area in question.

**Q20:** Is there a minimum age for the physical distancing monitor? Can children “monitor” themselves?

**A20:** 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.

**Q21:** 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?

**A21:** 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.

**Q22:** Can swimmers share a lane in a pool?

**A22:** It depends on the risk level of the county where the pool is located. 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.

**Q23:** How should adult, youth and club sports operators do responsive testing as required in the outdoor recreation and fitness establishments guidance?

**A23:** Adult, youth and club sports operators for outdoor full contact sports must ensure that COVID-19 testing is available for symptomatic individuals and close contacts. On-site testing is not required, however, operators must ensure that symptomatic individuals receive a test and follow all isolation and quarantine guidance, as applicable.
On March 31, 2021, the U.S. Food and Drug Administration (FDA) 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.

Sports operators may visit https://govstatus.egov.com/or-oha-covid-19-testing for more information about testing.

**Q24:** Can sports teams move from a higher risk county to a lower risk county in order to practice and play with fewer restrictions?

**A24:** 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.

**Q25:** What risk level requirements should be followed when playing in a county with a different risk level than my home county?

**A25:** 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.

**Q26:** Are spectators at sports events included in the maximum capacity limits for outdoor recreation?

**A26:** No. Spectators must comply with the capacity limits in the Outdoor Entertainment Establishments Guidance. For sporting events, spectators must be in a designated area with separate entrances, exits and restrooms from the sports participants, that is at least six (6) feet from the sports activities. Outdoor entertainment capacity limits apply only to the designated spectator area. Capacity limits for spectators should not be based on the entire outdoor recreation and fitness area.

**Q27:** In extreme risk counties the outdoor capacity of 100 seems like it would allow those counties sometimes to have more capacity that high-risk counties, which are capped at 15% capacity. If my outdoor area has a capacity of 250, I can only have 37 people in high risk, but if I were in extreme risk, I could have 100. How is that allowed?
**A27:** The outdoor capacity limit for outdoor recreation and fitness establishments in extreme risk is a maximum of 100 people. This means that 100 people, including staff, are allowed at the establishment or recreation area only if possible given physical distancing requirements. The outdoor recreation and fitness establishments guidance requires a minimum of six (6) feet of distance between individuals not from the same party. Establishment operators must comply with the distancing requirements. In extreme risk, an outdoor area that has a capacity of 250 people cannot have 100 people at the venue if the physical distancing requirement cannot be met. It is possible, but unlikely, that an outdoor recreation and fitness establishment could have more people in an extreme risk county than in a high-risk county.

**Q28:** What guidance do outdoor natural hot springs follow for operations?

**A28:** Outdoor hot springs operations must comply with the *Outdoor Recreation and Fitness Establishments Guidance*, as applicable. Outdoor natural hot springs are not considered spa pools.

**Q29:** If an outdoor recreation operator holds an event, such as a sporting event, in a public outdoor area, do the capacity limits for outdoor areas apply?

**A29:** Yes, the capacity limits are applicable in public outdoor areas in this case. Outdoor recreation and fitness operators must comply with the maximum capacity limits for outdoor recreation and fitness establishments for the county where the event takes place. See Question 28 above for spectator capacity limit requirements.

**Q30:** How does an outdoor recreation operator know the capacity limits for an outdoor recreation event if the event takes place in a public outdoor area?

**A30:** Outdoor recreation and fitness operators should refer to the *Maximum Occupancy Resource for COVID-19* to understand how to determine the maximum capacity limit. Operators must also comply with all of the *Outdoor Recreation and Fitness Establishments Guidance*, including requirements that at least six (6) of physical distancing between individuals is maintained at all times.

**Q31:** For outdoor running events, does the outdoor capacity limit apply to the total number of people at the event, including employees, or does apply to different waves of runners participating in the event?

**A31:** The total capacity limit is based on the designated risk level of the county where the event is located and includes participants, staff and spectators. If an operator chooses to have multiple outdoor running events at the same time and at the same venue, the operator is required to follow the guidance for multiple outdoor recreation and fitness events stated in the *Outdoor Recreation and Fitness Establishments Guidance*. The outdoor capacity limit applies to different waves of runners participating in the same event unless an operator can guarantee that waves would not overlap with one another or use the same shared spaces, such as restrooms, at any point during the event.
Q32: For outdoor running events that take place on trails and throughout public outdoor areas, how should operators calculate the maximum capacity?

A32: Outdoor recreation and fitness operators should refer to the Maximum Occupancy Resource for COVID-19 to understand how to determine the maximum capacity limit. For outdoor running events, determine the maximum capacity using the main gathering area for the event where participants register, begin and end the running event. Operators are not required to have physical distancing monitors along the route, however participants are required to remain at least six (6) feet of distance from others at all times.

Q33: If more than one guidance document is applicable to my sector, how do I choose which one to follow?

A33: Organizations must follow all applicable sector guidance. Organizations may be, and often are, required to comply with more than one guidance document.

Adult and family camps

Q1: The youth programs guidance says that if I am not licensed as an organizational camp, that I cannot prepare food for youth. What types of food am I allowed to provide?

A1: Camps that are licensed as an Organizational Camp by OHA or the local public health authority (LPHA) under ORS Chapter 446, must comply with requirements for food service in Oregon Administrative Rule 333-030-0095. Camps that are not licensed under Chapter 446 must not prepare food, however, they may provide food from a restaurant or provide certain types of pre-packed food. Examples of acceptable pre-packaged foods are bagged chips, canned beverages and boxed cereals. Examples of pre-packaged foods that ARE NOT acceptable are packaged deli sandwiches and salads. Backpacking, rafting, hiking or other such expeditions are exempt from food service requirements in ORS 446.

Q2: Do adult and family camp overnight camps run by faith institutions that take place at a faith institution have to comply with the maximum cohort limit of 30?

A2: Yes.

Q3: What is included in the “health check” required in the guidance?

A3: Camp operators are required to conduct a daily health check of participants. The daily health check should include:

- Verification from the participant that they are symptom free and have not had any contact with some with COVID-19 in the previous 14 days
- Verification from staff that the participant looks well and is not exhibiting COVID-19 symptoms
Q4: Under the Adult and Family Camps section of the guidance it says that camp operators must comply with Outdoor Recreation and Fitness Guidance to the extent requirements are applicable to a particular adult or family camp operation. What does that mean?

A4: Adult and family camp operators must comply with all of the requirements under the Adult and Family Camps section of the guidance AND all guidance under the Outdoor Recreation and Fitness Guidance that applies to their operations. Below are a few examples:

- An adult or family camp must comply with the cleaning guidance.
- Adult and family camp operators that run sports programs are required to comply with the outdoor recreation that includes requirements for participating in sports. If the sport is an indoor sport, the operators must comply with the indoor recreation and fitness guidance for participating in indoor sports.
- Adult and family camp operators that operate pools must comply with the pool guidance, including laws and rules for operating a pool in Oregon.

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 the Health Information Center at 1-971-673-2411, 711 TTY or COVID19.LanguageAccess@dhsoha.state.or.us.