Guidance FAQs — Outdoor Recreation and Fitness Establishments

(Updated 03-24-2021)

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.

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 and disinfect outdoor areas such as outdoor playgrounds. Operators should encourage individuals to bring their own hand sanitizer for personal use and to wipe down surfaces before use.
**Q6:** If more than one guidance document is applicable to my sector, how do I choose which one to follow?

**A6:** Organizations must follow all applicable sector guidance. Organizations may be, and often are, required to comply with more than one guidance document.

**Q7:** Do loaner life jackets/personal flotation devices (PFDs) need to be sanitized between each use?

**A7:** Yes, life jackets and personal flotation devices (PFDs) must be sanitized between each use. Outdoor recreation operators are required to frequently clean and disinfect work areas, high-traffic areas and commonly touched surfaces in both public and non-public areas of parks and facilities. Use disinfectants that are included on the [Environmental Protection Agency (EPA) approved list](https://www.epa.gov/coronavirus) for the SARS-CoV-2 virus that causes COVID-19.

**Q8:** How should we clean paddle boats, kayaks, paddles and other rental equipment?

**A8:** Outdoor recreation operators should clean all shared equipment between uses with disinfectants that are included on the [Environmental Protection Agency (EPA) approved list](https://www.epa.gov/coronavirus) for the SARS-CoV-2 virus that causes COVID-19. Outdoor recreation operators are also required to frequently clean and disinfect work areas, high-traffic areas and commonly touched surfaces in both public and non-public areas of parks and facilities.

**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. For example, in extreme risk level counties, each event could have maximum of 50 people.
- 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 and sanitize 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 and sanitized 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 and sanitized.
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 outdoor pool operators allowed to open the indoor locker rooms for use by swimmers?

A14: Yes. Indoor locker rooms may be used following the Outdoor Recreation and Fitness Guidance, which includes specific guidance for locker room operations. Establishments are required to keep all saunas and steam rooms closed.

Q15: Are personal trainers considered personal services providers?

A15: 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.

Q16: What guidance do ski resorts follow for operations?

A16: 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).

Q17: Are masks required for outdoor sports or only required if you can’t stay six (6) feet apart?

A17: A mask must be worn regardless of whether individuals maintain a distance of (6) six feet apart. Coaches, players, officials and trainers are required to wear a mask, face covering or face shield, when participating in an outdoor sport.

Q18: Are there any exceptions to the mask/face covering requirements for student-athletes who have pre-existing medical conditions?

A18: 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, as well as other applicable laws.

Q19: I want to attend my child’s outdoor full contact sports games. Is this allowed?

A19: 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. For K-12 outdoor full contact sports, the maximum capacity limit on the field for coaches, officials and players is 120 people. For adult/youth club sports, follow the capacity limit for the designated risk level for the county where the game is located, to determine how many spectators are permitted. 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.

Q20: For outdoor running events, does the outdoor capacity limit apply to the total number of people at the event, including employees, or does it apply to different waves of runners participating in the event?

A20: 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.

**Q21:** The Outdoor Recreation and Fitness Establishments Guidance says that it applies to “public outdoor areas, as applicable.” What does that mean?

**A21:** 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.

**Q22:** Since 14-year old children are allowed to swim independently, can they "physically monitor" themselves?

**A22:** No. Each licensed pool or spa facility needs to assign a Physical Distancing Monitor that is at least 18 years of age to ensure that physical distancing requirements are being met.

**Q23:** 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?

**A23:** 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.

**Q24:** Can swimmers share a lane in a pool?

**A24:** 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.
Q25: **How should adult, youth and club sports operators do responsive testing as required in the outdoor recreation and fitness establishments guidance?**

**A25:** 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. Sports operators may visit [https://govstatus.egov.com/or-oha-covid-19-testing](https://govstatus.egov.com/or-oha-covid-19-testing) for more information about testing.

Q26: **Can sports teams move from a higher risk county to a lower risk county in order to practice and play with fewer restrictions?**

**A26:** 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.

Q27: **What risk level requirements should be followed when playing in a county with a different risk level than my home county?**

**A27:** 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.

Q28: **Are spectators at sports events included in the maximum capacity limits for outdoor recreation?**

**A28:** No. Spectators must comply with the capacity limits in the [Outdoor Entertainment Establishments Guidance](https://govstatus.egov.com/or-oha-covid-19-testing). 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.

Q29: **What guidance do outdoor natural hot springs follow for operations?**

**A29:** Outdoor hot springs operations must comply with the [Outdoor Recreation and Fitness Establishments Guidance](https://govstatus.egov.com/or-oha-covid-19-testing), as applicable. **Outdoor** natural hot springs are not considered spa pools.

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