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Statewide Reopening Guidance – Collegiate, Semi-Professional, and Minor League Sports, Limited Return to Play

Authority: Executive Order No. 20-27, ORS 433.441, ORS 433.443, ORS 431A.010

Enforcement: To the extent this guidance requires compliance with certain provisions, it is enforceable as specified in Executive Order 20-27, paragraph 26.

Applicability: This guidance applies to collegiate, semi-professional, and minor league sports practice, training and play for specified sports statewide.

Athletes/Teams based outside of Oregon that travel to Oregon for play must follow the guidance laid out in this document.

Full-contact sports are prohibited to be played at this time. Training and conditioning for full contact sports are allowed. Training and conditioning, such as weightlifting, running drills and intra-squad scrimmaging, cannot include full contact of any kind.

Definitions: For purposes of this guidance, the following definitions apply:

- “Full-contact sports” means sports that involve a requirement or substantial likelihood of routine, sustained close proximity or physical contact between participants, and includes but is not limited to football, rugby, wrestling, cheerleading, basketball, hockey, dance, water polo, men’s lacrosse.
- “Minimal- and medium-contact sports” include but are not limited to softball, baseball, soccer, volleyball, women’s lacrosse, flag football.
- “Non-contact sports” include but are not limited to tennis, swimming, golf, cross country, track and field, sideline/no contact cheer and dance.

Overview:

The risk of transmitting the COVID-19 virus depends on a number of factors including:

- 1) Number of people in a location
- 2) Type of location (indoor versus outdoor)
- 3) Distance between people
- 4) Length of time at location
- 5) Level of protective equipment used (e.g. face coverings)

As general guidance, smaller groups are safer than larger; outdoor locations are safer than indoor; sports that can ensure distance of six (6) feet or more are safer than closer contact; and shorter duration is safer than longer. Face coverings should be worn by players, coaches and spectators in accordance with the [Statewide Mask, Face Covering, Face Shield Guidance](#). Sports directors and coaches need to consider all these factors as they plan to return to play.

General Requirements:

Leagues, colleges/universities, coaches, athletes and trainers are required to:

- Review and follow the [Oregon General Guidance for Employers on COVID-19](#) and [OHA Reopening Guidance](#) for the Public.
- If applicable, comply with [Oregon Department of Education Guidance](#).
- Prohibit staff and athletes who have any [symptoms of COVID-19](#) from entering the premises or sporting location.
- Discourage any person, including athletes, at increased risk for complications from COVID-19 (for example, people with chronic health conditions) from attending any sporting activities.
 - If an athlete, volunteer or spectator displays symptoms of COVID-19, a staff member should ask them to leave the premises, provide the individual with a face covering, face shield or mask, and help the individual minimize their contact with others before leaving the facility. Immediately disinfect all areas used by the sick person.
- Close water fountains, except for those designed to refill water bottles without contact between the bottle and fountain. Encourage athletes to bring prefilled water bottles.
- Wear a mask, face shield or face covering, when participating in an indoor sport or an outdoor sport when six (6) feet of distance cannot be maintained. The face covering is meant to protect other people in case you are infected. People can spread COVID-19 to others even if they do not feel sick. Refer to the [Statewide Mask, Face Covering, Face Shield Guidance](#) for more information.
- Ensure that all spectators wear a mask, face shield or face covering, even when outside in accordance with the [Statewide Mask, Face Covering, Face Shield Guidance](#).
- Ensure facility ventilation systems operate properly. Increase air circulation as much as possible by opening windows and doors, using fans, or other methods. Do not open windows and doors if doing so poses a safety risk to staff, spectators or athletes.
- Communicate all policies and facilities information to athletes/participants, parents, guardians and caregivers prior to resuming or beginning the season.

Cleaning and Disinfection:

Leagues, colleges/universities, coaches and trainers are required to:

- Frequently clean and disinfect shared equipment. This includes, but is not limited to, equipment such as bats and rackets. Use disinfectants that are included on the [Environmental Protection Agency \(EPA\) approved list](#) for the SARS-CoV-2 virus that causes COVID-19.
- Require employees to practice good hygiene including washing their hands frequently and covering their sneezes and coughs. Wash hands often with soap and water for at least 20 seconds, especially after touching shared objects or blowing your nose, coughing or sneezing. Avoid touching your eyes, nose and mouth.
- If soap and water are not readily available, use a hand sanitizer that contains 60-95% alcohol content. Cover all surfaces of your hands and rub them together until they are dry.
- Encourage athletes to bring their own hand sanitizer for personal use. Leagues are encouraged to provide handwashing stations and/or hand sanitizer.
- Frequently clean and disinfect high-traffic areas, and commonly touched surfaces in areas accessed by staff, athletes and spectators.
- Ensure restrooms are cleaned and disinfected prior to and after any league activity and/or at least twice daily.

Distance and Occupancy:

Leagues, colleges/universities, coaches and trainers are required to:

- Limit the gathering capacity for each sporting event to a maximum of 100 indoors, 250 people outdoors, 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. Maintain physical distancing of at least six (6) feet per person. A mask, face shield or face covering must be used in addition to physical distancing.
- Develop and implement a plan to limit the number of spectators admitted into the premises so that all staff, volunteers, contractors and spectators can keep six (6) feet of physical distance.
- Assign a designated monitor to make sure that spectators keep six (6) feet of physical distance, including at entrances, exits, restrooms and any other area where people may gather.
 - Maintaining physical distance is particularly important for people with [underlying medical conditions](#). These groups are at higher risk for severe illness from COVID-19.
- Encourage everyone at the sports facility, including all athletes, coaches, referees, volunteers and independent contractors, to keep a physical distance of at least six (6) feet from individuals not residing in the same household, especially in common areas.

- When multiple sporting events occur at the same sports complex or venue at the same time, leagues, coaches and trainers are required to:
 - Ensure athletes and spectators for sporting events do not share space, including but not limited to restrooms, hallways, concession stands.
 - Clean and sanitize commonly touched surfaces, such as door handles, between subsequent games or events.
 - Clean and sanitize high-traffic areas such as entrances, exits, check-in tables, restrooms and concession areas, between subsequent games and events.
 - If teams and spectators at the same sporting event share a restroom, leave entrance/exit doors open, if possible, and regularly clean and sanitize commonly touched surfaces such as stall door handles and faucets.
 - To the extent possible, sport complex operators should:
 - Stagger arrival and departure times for staff, athletes and spectators to minimize congregating at entrances, exits and restrooms to follow required physical distancing requirements.
 - Provide separate entrances/exits for staff, athletes and spectators.
- Assign designated areas for managers and coaches, when not practicing/playing, to ensure they can maintain physical distance.

Training and Playing:

To the extent possible, leagues, colleges/universities, coaches and trainers should:

- Take steps to ensure that there is only contact among participants/athletes needed to play the game. This includes refraining from handshakes, high fives, fist/elbow bumps, chest bumps and group celebrations.
- Space out athletic equipment to prevent athletes coming into direct contact with one another.
- Encourage athletes to use only their own equipment when feasible. Avoid or minimize equipment sharing, when feasible.
 - Some critical equipment may not be available to each athlete. When it is necessary to share critical or limited equipment, all surfaces of each piece of shared equipment must be cleaned and disinfected frequently, as appropriate for the sport (e.g. between athletes, 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.
 - Clean all equipment that directly contacts the head, face and hands with extra attention and detail.

- Encourage athletes and/or their family members to clean and disinfect equipment after each use, where feasible.
- Allow only trainers, coaches and athletes to attend practices to ensure physical distancing and prevent people from gathering.
- Train or play outside if it can be done safely, when it does not violate any local ordinances. Schedule enough time between practices and games so all people from a previous practice can leave the premises before the next group enters. This minimizes gathering at entrances, exits and restrooms while providing sufficient time to sanitize the facilities/equipment.
- Require people to enter the premises through a designated entrance and exit through a designated exit. Do not block fire exits. Use signs to direct one-way flow of traffic. Consider scheduling and staggering arrival times to the premises to minimize large numbers of individuals arriving and exiting at the same time.
- Stay outside of the premises (e.g. in vehicles) until scheduled practice or play time. This allows people to leave the premises before entering and minimizes gathering. Encourage athletes and their families to do the same.
- For additional guidance on pools, see the [Specific Guidance on Licensed Swimming, Licensed Spa Pools and Sports Courts](#).

Travel:

Out of state travel may increase the likelihood of disease transmission. Long haul flights, including domestic, in and of themselves, pose a moderate risk of transmission. Of greater concern, and subsequently higher risk, is the increased exposure during transit at airports.

Leagues, colleges/universities, coaches, athletes and trainers are required to:

- Limit exposure to those outside the travel unit during transit:
 - All members of a travel unit including staff, athletes, coaches and drivers, if on a bus or in a car, must wear a mask, face shield or face covering and ensure a minimum of three (3) feet between passengers within the travel unit.
- Limit travel to those who have been in regular contact and are considered essential personnel (i.e., athletes, coaches, medical staff).
- Air travel
 - When able, consider charter flights instead of commercial air travel. Commercial air travel should be on a carrier with robust infection control methods and enforcement of universal masking requirements.
 - Carry hand sanitizer that contains 60-95% alcohol content at all times and use it frequently.
 - Wear masks or face coverings at all times and minimize removal for eating or drinking.
 - Avoid traveling on the same private plane with a different team.

- Document the names of all passengers including the driver, pilot and flight staff, along with the date and time of the trip and the vehicle number/license, if applicable.
- Allow drivers to transport multiple travel units if wearing a mask and sanitizing hands before and after each driving each group. Vehicles must be cleaned between transport of each travel unit following [transportation guidelines](#).
- Practice COVID-19 protective behaviors after returning to Oregon from other states. Such behaviors include good hand hygiene, physical distancing, and wearing face masks or face coverings, and ensuring that all staff and students have a robust process for self-monitoring/reporting COVID-19 symptoms.
- Adhere to the following when returning to an athletic facility after traveling out of state:
 - If experiencing [COVID-19 symptoms](#), contact health care provider for testing.
 - Cooperate with Local Public Health Authority if contacted for purposes of contact tracing.
 - Wear masks or face coverings following the [Statewide Mask, Face Covering, Face Shield Guidance](#).

To the extent possible, leagues, colleges/universities, coaches, athletes and trainers should:

- Limit their exposure to others for 10 days after travel.
- Aim to travel and play the same day to avoid overnight stays, when feasible. For overnight stays or same-day travel, prepackaged meals or room service should be considered. If restaurant dining is the only option, consider take-out food or outdoor eating as preferable alternatives.

Pac-12 Conference Institutions

Pac-12 Conference teams wishing to play in the State of Oregon must submit protocols to the Oregon Health Authority (OHA) and the Governor’s office to ensure training, competition and play aligns with all public health guidance and county phase requirements. Training, competition and play cannot resume until protocols are reviewed and approved by the Governor’s office and OHA.

Pac-12 Conference sports that are practiced and played within the State of Oregon are exempt from all other sports guidance issued, including the Statewide Collegiate, Semi-Professional, and Minor League Sports, Limited Return to Play guidance. Pac-12 Conference sports teams are expected to adhere to the standards developed by each of their leagues around practice, playing, contact tracing, testing, quarantine and any other applicable area of consideration, including protocols approved by OHA and Governor’s Office. Pac-12 Conference sports events that are played in Oregon must comply with the [OHA Phase Two Reopening Guidance – Venue and Event Operators](#).

Additional Resources:

- [Signs you can post](#)
- [Statewide Mask, Face Covering, Face Shield Guidance](#)
- [CDC's Guidance for Administrators in Parks and Recreational Facilities](#)

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@dhsosha.state.or.us.