



## Return to Play Guidelines

### Sport Risk Category Guidance

Low risk sports: cross country, track and field, no-contact cheerleading

Moderate risk sports: softball, baseball, t-ball, soccer, futsal, flag football, flag rugby, ultimate frisbee

High risk sports: basketball

*\*\*\*all return to play guidelines may adjust at any time according to health recommendation from Spokane County Regional Health District, Washington State Health Department, or the CDC.*

Washington moved to Phase 3 on March 22, 2021.

Phase 3:

Indoor and outdoor training, practices and competitions allowed for low, moderate, and high contact sports, with universal mask requirements for all participants including athletes, officials, coaches, volunteers and spectators unless subject to specific exceptions detailed in this document.

All outdoor sports spectators subject to current Healthy Washington [guidelines on Spectators](#).

For outdoor competitions without permanent seating; Facilities or complexes with more than one field or area of play are allowed a maximum of 150 people per field or area of play, including spectators.

All indoor sports spectators subject to 50% capacity or 400-person maximum per room, whichever is lower, all participants including athletes, officials, coaches, volunteers and spectators are to be included in calculating the 400-person maximum. Facilities larger than 100,000 square feet allowed 50% capacity or 600 per room, whichever is lower, and all participants including athletes, officials, coaches, volunteers and spectators are to be included in calculating the 600 person maximum. Spectator groups from 1-10 people allowed in all facilities, but all spectator groups must maintain 6 feet of distance from other spectator groups. For K-12 school sporting activities no concession sales allowed. For non-K-12 indoor sporting activities spectators only allowed to remove their facial coverings when in their seats and actively eating and drinking.

## Facial Coverings:

Low contact outdoor sports athletes allowed to remove facial coverings for training and competitions. Facial coverings must be worn by athletes when not actively training or competing. Coaches, trainers, and officials must wear face coverings at all times.

Moderate contact outdoor sports athletes allowed to remove facial coverings for competitions. Facial coverings must be worn by athletes when training or when not actively competing in a game or match against another team or when on the bench waiting to play. Coaches, trainers, and officials must wear face coverings at all times.

Officials and referees supervising low or moderate contact outdoor competitions allowed remove their facial coverings if officiating requires them to run in the field of play.

Facial coverings required for all high contact sports, indoor and outdoor for all participants, including coaches, trainers, and officials.

Facial coverings required for all moderate contact indoor sports for all participants, including coaches, trainers, and officials.

Low contact indoor sports may remove facial coverings during competitions. Facial coverings must be worn by athletes when training or when not actively competing.

## General

1. Athletes, coaches, umpires/referees, spectators and any other paid or volunteer staff should stay home if they feel unwell, show any signs of Covid-19, or have been exposed to a confirmed case.
2. Screening: Coaches will greet all participants before practice and ask if they feel okay. If the child is not feeling well they will be sent home immediately.
3. Sanitize: have hand sanitizer available and encourage hand washing before and after all activities.
4. No high-fives, handshakes, or hugs: as much as we want to physically connect, this is not a safe practice for anybody right now.
5. Labeled water bottles: to minimize accidental sharing of water, players must keep their water bottles in their own area when not in use.
6. Have fun, stay positive: everyone is looking to each other to stay calm, supportive, and compassionate during this time.

## Coaches

1. Follow all established federal, state, and local protocols.
2. No coach that is sick or has signs or symptoms suggestive of COVID-19 should attend.
3. Always wear a facemask, maintain physical distance requirements from players (>6 feet) based on state and local health requirements.

4. Ensure all athletes have their individual equipment (ball, water bottles, bag, etc.) and prohibit them from sharing anything. Equipment placement should be spaced at least 6 feet apart.
5. The coach is the only person to handle cones, disks, etc. Any player that does handle any equipment will be asked to use hand sanitizer.
6. All training from coaches must strictly enforce social distancing per the current phase guidelines or recommendations.
7. Have fun, stay positive, lots of air high fives – players and parents are looking to you to stay calm, supportive, and caring during this time.
8. Make sure that your team has left the field within 5 minutes of the practice/game ending.

### **Parent/Guardian Responsibilities**

1. Ensure athletes are healthy and check their temperature daily.
2. Limited or no carpooling.
3. Stay in car or social distance when at fields/courts, wear mask at all times if outside your car.
4. Ensure child's clothing is washed after every training session.
5. Label your child's equipment to guard against cross-contamination.
6. Ensure all equipment is sanitized after every training.
7. Notify SYSA immediately if your child becomes ill for any reason and do not bring them into contact with coaches or other players.
8. Do not assist coaches with equipment before or after training.
9. Be sure your child has necessary hand sanitizer with them at every training.

### **Player Responsibilities**

1. Wash hands thoroughly before and after training and any contact outside your home.
2. Bring and use hand sanitizer with you at every training session. Especially at the beginning and end of sessions.
3. Limited or no carpooling.
4. Do not touch or share anyone else's equipment.
5. Bring your own ball/equipment to training, label it as your own.
6. Practice social distancing and place bags and other equipment at least 6 feet apart from your teammates' equipment during sessions.
7. Wash and sanitize all equipment before and after every training session.
8. No group celebrations with players closer than six feet, no high fives, hugs, cheers, etc.