

Sporting Activities COVID-19 Requirements

Summary of June 2, 2021 changes:

- New guidelines for fully vaccinated individuals, all phases.

Summary of May 19, 2021 changes:

- Testing protocol on page 9 has been changed

Summary of April 21, 2021 changes:

- Added Sports Testing and Vaccination Protocol for wrestling and water polo.

Summary of April 19, 2021 changes:

- Clarified Phase 2 facial coverings exceptions in School and Non-school Youth Team Sports Indoor and Outdoor and Adult Recreational Team Sports for cross country and track and field
- Clarified Phase 2 volleyball league play requirements
- Added new links to day camp and overnight camp guidance

Included Here:

- Professional sporting activities indoor and outdoor
- School and non-school youth team sports and sporting activities indoor and outdoor, and adult recreational team sports and sporting activities indoor and outdoor
- Higher education, colleges and universities sporting activities
- Major junior hockey: (For the purposes of this document “Major junior hockey” denotes only the highest level of junior hockey competition and does not denotes all youth hockey.)

Not included here:

- Pool specific guidelines. Pool and water recreation facilities should follow the [Department of Health’s COVID-19 Prevention Guidance and Reopening of Water Recreation Facilities in Phases](#).
- Staffed indoor fitness studios, individual sports and fitness training, group fitness, gyms, and multi-use indoor fitness facilities providing private instruction and access to personal fitness training and/or specialized equipment, including but not limited to weight and resistance training, cardio exercise equipment, martial arts without contact, yoga, skating (open skate, non competitive), squash and racquetball and similar personal training, group training, or independent fitness services. Unstaffed indoor fitness facilities is locations such as hotels and an apartment buildings. Outdoor group fitness classes. [These activities should follow the Indoor Fitness and Training guidelines](#).
- Golf.

All professional sporting activities, indoor and outdoor, youth team sports and sporting activities, and adult recreational team sports and sporting activities operating must adopt a written procedure for employee safety and customer interaction that is at least as strict as this procedure and that complies with the safety and health requirements below.

No business may operate until it can meet and maintain all the requirements in this document, including providing materials, schedules and equipment required to comply.

Fully Vaccinated Individuals

*** Nothing in this section repeals any of the other provisions found in this document. Rather, this section creates limited exemptions for fully vaccinated individuals. ***

1. **Participants/Customers:** In accordance with the Secretary of Health’s [Order 20-03.2](#), fully vaccinated individuals are exempt from the requirement to wear a face covering. A person is fully vaccinated against COVID-19 two weeks after they have received the second dose in a two-dose series (Pfizer-BioNTech or Moderna) or two weeks after they have received a single-dose vaccine (Johnson and Johnson/Janssen).

Fully vaccinated individuals are also exempt from physical distancing requirements.

To implement this section, businesses may:

- a. Implement an honor system;
 - b. Engage with customers to ask about vaccination status;
 - c. Require proof of vaccination status; or
 - d. Continue mandating the use of face coverings.
2. **Employees:** Follow the requirements from the Department of Labor & Industries [here](#).

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Professional Sporting Activities, Indoor and Outdoor

RESTART COVID-19 REQUIREMENTS AND RECOMMENDATIONS

All professional sporting activities, including back office operations subject to [Professional Services guidelines](#), full team practices, and spectator-less games and competitions, can resume on June 5, 2020, regardless of phase, if all of the following conditions are met:

- The organization follows both the league-wide and team-specific “return to play” safety plans.
- The league-wide plan is approved by the player’s association or union representing players of the team.
- The team must report in advance to its respective county health department the dates when full team practices and spectator-less pre-season games will occur.
- In Phases 1 and 2: Maximum 200 people allowed at competitions, including spectators. Total people present can exceed 200 for higher education and professional sporting events if there are no spectators allowed and personnel needed to produce an event (players, coaches, officials, medical team, video crew etc.) exceeds 200.

- In Phase 3 and future phases: Spectators for sporting events must follow current guidelines for [Spectator Events](#).
- For horse racing, instead of the above requirements, a horse racing safety plan safety plan must be developed and followed and, along with specific guidance to horse racing, which can be found [here](#). Horse Racing must follow current guidelines for [Spectator Events](#).

Higher Education, Colleges, Universities Sporting Activities Guidance RESTART COVID-19 REQUIREMENTS AND RECOMMENDATIONS

Before returning to play sporting and athletic activities colleges, universities, and higher education institutions must:

1. Adhere to the Governor’s Office guidance in the [Higher Education and Workforce Training COVID-19 Requirements](#), and follow the principals of the [Campus Reopening Guide](#).
2. Adhere to the Secretary of the Department of Health [Face Coverings Order](#), and current DOH orders specific to higher education, and any other relevant DOH guidelines regarding hygiene, cleaning, ventilation, transportation, and records and contact tracing. [Department of Health Resources and Recommendation can be found here](#).
3. Ensure operations follow the Labor & Industries COVID-19 requirements to protect workers. COVID-19 workplace and safety requirements can be found [here](#).

In order to return to practices and competition colleges, universities, and higher education institutions must have a COVID-19 prevention plan for athletics. The plan must either:

- Adopt [sporting activities](#) guidelines from Governor’s office **or**,
 - Create a COVID-19 prevention plan for athletics and integrate requirements from an approved COVID-19 prevention plan for athletics adopted by the athletic conference in which the college, university, or higher education institution is a member.
4. A college, university, or higher education institution that does not adopt the Sporting activities guidance and adopts their conference COVID-19 prevention plan for athletics must maintain their return-to-play COVID-19 prevention plan on file for review upon request by the local health jurisdiction in the county where the college, university, or higher education institution resides or by the Washington State Department of Health. If a college, university, or higher education institution participates in an athletic conference, that athletic conference’s COVID-19 prevention plan for athletics must be approved by all member schools of the conference who are participating in athletic competition with Washington state schools and be submitted for review, but not for approval, to the Washington State Department of Health. Schools participating in athletic activities are responsible for ensuring their athletic conference COVID-19 prevention plan is submitted to Washington State Department of Health for review.
 5. In Phases 1 or 2: Regardless of which plan (Washington State Sporting Activities guidelines or a conference COVID-19 prevention plan) a higher education institution follows, there shall be no spectators at games and competitions until such time as spectators are allowed for sporting activities and athletics under the Healthy Washington Plan. Maximum 200 people allowed at competitions, including spectators. Total people present can exceed 200 for higher education and professional sporting events if there are no spectators allowed and personnel needed to produce an event (players, coaches, officials, medical team, video crew etc.) exceeds 200.
 6. In Phase 3 and future phases: Spectators for sporting events must follow current guidelines for [Spectator Events](#).

Major Junior Hockey and Part-time Professional Sports Without Players Associations or Union Guidance

RESTART COVID-19 REQUIREMENTS AND RECOMMENDATIONS

Before returning to play major junior hockey and part-time professional sports without player's associations or unions franchises must:

1. Ensure operations follow the Labor & Industries COVID-19 requirements to protect workers. COVID-19 workplace and safety requirements can be found [here](#).
2. Adhere to the Secretary of the Department of Health [Face Coverings Order](#), and current DOH orders specific to higher education, and any other relevant DOH guidelines regarding hygiene, cleaning, ventilation, transportation, and records and contact tracing. [Department of Health Resources and Recommendation can be found here](#).

In order to return to practices and competition major junior hockey and part-time professional sports franchises must have a COVID-19 prevention plan for athletics. The plan must either:

- Adopt [sporting activities](#) guidelines from Governor's office **or**,
 - Create a COVID-19 prevention plan for the franchise and integrate requirements from an approved COVID-19 prevention plan for the major junior hockey and part-time professional sports league that the franchise participates in.
3. A major junior hockey and part-time professional sports franchise that does not adopt the Sporting Activities guidance and adopts their league COVID-19 prevention plan for athletics must maintain their return-to-play COVID-19 prevention plan on file for review upon request by the local health jurisdiction in the county where the major junior hockey franchise resides or by the Washington State Department of Health. If a major junior hockey and part-time professional sports franchise participates in a league, that league's COVID-19 prevention plan for athletics must be approved by all member franchises of the conference who are participating in athletic competition with Washington major junior hockey and part-time professional sports franchises and be submitted for review, but not for approval, to the Washington State Department of Health. Major junior hockey and part-time professional sports franchises participating in athletic activities are responsible for ensuring their league COVID-19 prevention plan is submitted to Washington State Department of Health for review.
 4. [Phases 1 and 2](#): Regardless of which plan (Washington State Sporting Activities guidelines or a league COVID-19 prevention plan) a major junior hockey and part-time professional sports franchise follows, there shall be no spectators at games and competitions until such time as spectators are allowed for sporting activities and athletics under the Healthy Washington Plan. Maximum 200 people allowed at competitions, including spectators. Total people present can exceed 200 for higher education and professional sporting events if there are no spectators allowed and personnel needed to produce an event (players, coaches, officials, medical team, video crew etc.) exceeds 200.
 5. [In Phase 3 and future phases](#): Spectators for sporting events must follow current guidelines for [Spectator Events](#).

School and Non-school Youth Team Sports Indoor and Outdoor and Adult Recreational Team Sports Indoor and Outdoor

Sport Contact Category guidance (all phases)

For the purposes of this document, sports are defined using the following contact categories (The list below is not all-encompassing. Some sports are covered in other guidance documents, and if so those guidance documents govern those activities. If a sport does not appear on this list that does not necessarily mean it is prohibited at this time.):

Low contact sports: tennis, pickleball, golf, gymnastics, climbing, skating (competitive), archery, fencing, cross country, track and field, sideline/no-contact cheer and no-contact dance, disc golf.

Moderate contact sports: : softball, baseball, t-ball, soccer, futsal, volleyball, lacrosse, flag football, ultimate frisbee, ice hockey, cricket, crew, field hockey, school bowling competitions.

High contact sports: football, rugby, wrestling, cheerleading with contact, dance with contact, basketball, water polo, martial arts with contact including competitions, roller derby. (Martial arts without contact should follow [fitness guidelines found here.](#))

Phase 1:

- Facial coverings required for all coaches, volunteers and athletes at all times.
- Indoor training and practice allowed for low and moderate contact sports if players are limited to groups of 6 in separate parts of the field/court, separated by a buffer zone. Brief close contact (ex: 3 on 3 drills) is permitted. It is preferable for the groups of six to be stable over time. All facilities must calculate allowable participant occupancy by dividing the room size or available floor space by 500 square feet per person.
- Indoor individual training/practice allowed for athletes in high contact sports either with or without a coach.
- Outdoor meets, qualifiers, and tournaments allowed for low contact sports. No spectators allowed.
- Outdoor team practices, training and intra-team competitions allowed for low and moderate contact sports. Scrimmage against other teams or training or practices with other teams is not allowed.
- Outdoor team practices and/or training allowed for high contact sports if players are limited to groups of 6 in separate parts of the field/court, separated by a buffer zone. Brief close contact (ex: 3 on 3 drills) is permitted. It is preferable for the groups of five to be stable over time.

Phase 2:

- Facial coverings required for all coaches, volunteers and athletes at all times. School cross country meets and competitions should follow the guidance for [Races, non-motorized and motorized](#), including the allowance to remove face coverings once a competition begins. Face coverings required for training. Gymnasts may remove their masks and facial coverings for routines that require for flips or blind landings, or similar maneuvers, where a slipped mask could impede safety. Track and field participant may remove facial coverings when competing at track meets. In each of these activities facial coverings must be worn at all times when not actually competing.
- Outdoor training, practices and competitions allowed outdoors for low, moderate, and high contact sports. Maximum 200 people allowed at competitions, including spectators.

For outdoor competitions; For facilities or complexes with more than one field or area of play a maximum of 75 people allowed per field or area of play, including spectators. All spectators of different households are to remain physically distant, 6 feet or more, as much as possible. For an outdoor location that has multiple fields, a field with ticketed seating and controlled entrance and exits may have 200 people allowed at competitions, including spectators, and is not subject to the 75 people maximum for multiple field locations/complexes.

- Indoor team training, practices, and competitions allowed for low and moderate contact sports. Indoor team practices, training and intra-team competitions allowed for high contact sports. Scrimmage against other teams or training or practices with other teams is not allowed for high contact sports. For all indoor sports the occupancy of the facility may not exceed 25 percent of the fire code occupancy rating, or 200 people max, whichever is less.
- Indoor meets, qualifiers, and tournaments allowed for low contact sports. Dance with contact, and cheer with contact, performances and competitions allowed only if no more than one studio/team is on stage at a time, and studio/teams leave after their performance is completed. For all indoor sports the occupancy of the facility may not exceed 25 percent of the fire code occupancy rating, or 200 people including spectators, whichever is lower as per the [Miscellaneous Venues guidance](#).

Tournaments in Phases 1 and 2:

- No tournaments allowed for moderate and high contact sports. For the purposes of this document Tournament is defined as a series of contests where more than two teams compete against each other on the same day or within a 24 hour period, whether or not there is an ultimate winner or prize. This includes elimination-style, consolation-style, and round-robin events where teams compete against more than one competitor per day (regardless of the name of the event). This definition of a tournament does not include volleyball, when utilizing a condensed league structure, with one competition weekend every four weeks, that includes multiple matches, of 90-minutes or less each, against more than one team, on a single day.
- A prohibition on tournaments for sporting activities does not include postseason, playoff, state or regional championship competitions with no more than four teams at one site sanctioned by a statewide interscholastic activities administrative and rule-making body that oversees competition in all counties in the state.

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. Wrestling competitions may not resume until April 26, 2021.
- All outdoor and indoor sports spectators must follow 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.

- Use of locker rooms allowed. If use of locker rooms for changing is necessary, maximize ventilation and use tape, spots, or cones to signal 6 feet of distance for athletes who need to change. Stagger entry to the changing area and use these facilities as appropriate with members of the same group/cohort.
- Use of showers allowed. If showering is necessary then limit the number of individuals showering to ensure a minimum of 6 feet of separation.

Facial Coverings in Phase 3:

- Facial coverings required for all the situations described below with the following exceptions:
 - Competitive cheerleading and dance with contact (while tumbling, stunting, flying, flips)
 - Gymnastics (while on the different apparatuses, tumbling, flips)
 - Watersports (while in the water; must follow [Dept. of Health Water Recreation Guidance](#).)
- 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.

Tournaments in Phase 3:

Tournaments allowed for low, moderate and high contact sports. Out-of-state athletes and teams should follow [CDC travel guidance](#). Additional tournament requirements:

- Tournament organizers must publish a field, complex, facility map that clearly outlines ingress and egress points, team areas, and spectator areas.
- Tournament organizers should notify Local Health Jurisdiction of time, location, and number of participants for each tournament, and provide the name of a health and safety liaison for contact tracing or medical emergencies.
- No one who shows signs or symptoms of COVID-19 allowed to attend.
- Tournament organizers should monitor adherence to protocols and spectator limits.
- Field of play markings required outlining where spectators may watch.
- Tournament organizer is responsible for sanitizing any shared equipment/areas.

- Staggered start times should be used to prevent traffic from arriving and leaving all at the same time.
- Tournament organizers must provide at least 15-minute buffer from the end of one game/match and the start of the next on the same field of play. Teams must have vacated field prior to next team entering.
- Sanitizer stations must be provided around the fields, complex or facility.
- Facial coverings are required for all coaches, players who are not playing, and spectators.
- No communal hydration stations allowed.
- Awards ceremonies should be brief, must be held outdoors, and facial coverings are required.

Specific requirements for wrestling:

- All wrestling teams required to follow team sports testing and vaccination protocol in order to resume indoor competition (see below).
- Athletes must have no signs or symptoms of Covid-19 in the past 10 days and no close sustained contact with anyone who is sick or individuals that may have been exposed to Covid-19 within past 14 days in order to participate in trainings and competitions.
- Disinfect the mats prior to competition, this includes between each dual when multiple are being held on the same date (tri, quad or tournament).
- Athletes, Coaches, Officials, Staff and Spectators wear facial coverings at all times.
- Boxes available for on deck coaches and wrestlers (tournaments only).
- One table worker per table at the mat side.
- One coach on mat.
- Limit challenges to coaches' box (no approaching the table).
- All athletic equipment should be cleaned before, during and after practices and between practices/sessions.
- Other equipment, such as wrestling headgear, shoes, braces, knee pads must be worn by only one individual and not shared.

Specific requirements for water polo:

- All water polo teams required to follow team sports testing and vaccination protocol in order to resume competition (see below).
- Water polo teams following sports testing and vaccination protocol may remove facial covering while in the water for training and competitions.
- Additional water polo guidelines included in the Department of Health [COVID-19 Prevention Guidance and Reopening of Water Recreation Facilities in Phases.](#)

Sports Testing and Vaccination Protocol

Only required for specific sports in specific phases noted above.

Testing:

Athletes who have not been vaccinated will undergo screening testing for SARS-CoV-2 twice weekly during their season. Informed consent is required. A schedule will be established that will require an antigen test to be performed on the day of any competitions. The other weekly test will be performed 3-4 days prior and may be either a molecular or antigen test. If a multi-day event, testing will occur before each

competition. If a molecular test is performed, the athlete will not need to isolate while awaiting screening test results. Any symptomatic athlete should self-isolate and contact their provider for recommendations.

Coaches and trainers should consider being tested alongside their athletes.

Vaccinations:

Athletes who have been vaccinated against COVID-19 by a two-dose mRNA vaccine (such as Moderna and Pfizer), or a single dose vaccine (such as Johnson & Johnson), are considered “fully vaccinated” two weeks after the final dose of vaccine (the second dose for a two-dose regimen, or the single dose for a single-dose regimen). Documentation of vaccination status should be maintained by coaching staff. Documentation of COVID-19 vaccination must be an official record, such as COVID-19 vaccination record card, documentation from a healthcare provider electronic health record or state Immunization Information System. Self-reported vaccination records that are not verified by a health care provider will not be accepted. Fully vaccinated athletes will not need to be tested unless symptomatic. Any athlete or individual who is symptomatic, even if fully vaccinated, should isolate and be tested.

Verification of Testing:

Verification of negative test results is required. These records should be maintained by coaching staff. Coaching staff must keep test results confidential. These results may be shared with school nurses and/or those individuals responsible for case investigation/contact tracing.

An antigen test will be performed on all non-vaccinated athletes the day of competition; testing before entering the physical match venue should be considered. Any athlete with a positive test will immediately be excluded from the event and removed from the venue and should isolate. The athlete should obtain a confirmatory molecular test. Positive test results should be reported to local public health.

Fully vaccinated athletes identified as close contacts of an athlete with a positive test are not required to quarantine and can continue to participate in the event if they have no symptoms. Fully vaccinated athletes who have been close contacts should be tested if they develop symptoms within 14 days of last known exposure.

Unvaccinated athletes identified as close contacts should quarantine immediately, even if they have recently had a negative test, and follow [DOH’s guidance on What to do if you were potentially exposed to someone with COVID-19](#).

All positive point of care test results should be reported to the Department of Health’s [Reporting COVID-19 Test Results for Point-of-Care Testing Facilities](#) site. Teams should report positive cases to their local public health agency and cooperate with case investigation and contact tracing.

During Competitions:

At competitions, the following protocols will be followed to mitigate COVID-19 transmission.

- Athletes will be screened by verbal attestation for COVID-19 symptoms – any positive findings will require the athlete to be immediately removed from the venue.
- Unvaccinated athletes identified as close contacts of a positive case, in any setting, will not participate in the competition until their quarantine is complete.
- No handshakes or high fives (e.g., congratulatory team lines) before or after games.
- Player line-ups and introductions are done while physically distanced at all times.
- No team huddles.
- Coaches, trainers and other team personnel must maintain physical distancing at all time and wear [face coverings](#) unless they are fully vaccinated.

Symptomatic Athletes or Other Participants:

Any athlete or participant (coaches, trainers) who develops symptoms of COVID-19 should immediately be removed from the event, isolate at home, and be tested for SARS-CoV-2. Isolation should be maintained for a minimum of 10 days after the start of symptoms and must be accompanied by symptom improvement and the absence of fever for 24 hours without use of fever-reducing medications, per [CDC guidance](#). If the athlete has tested positive and symptoms have resolved, they should consider consulting with a medical professional and follow a [gradual return to play](#).

This guidance is in addition to all current Washington State Phase guidance, spectator guidance, as well as coaching and refereeing safety protocols.

Quarantine Protocol for Wrestling

Athlete pods based on weight classes or similar ability level should be established. Coaches should ensure no crossover between pods and no sharing of spaces at the same time during practices.

Close contacts will be identified as athletes who have trained with a COVID-19 positive case within the athlete pod.

Fully vaccinated athletes identified as close contacts will not need to self-quarantine and may continue practices and competitions if they have no symptoms. If a fully vaccinated athlete develops symptoms within 14 days of an exposure, they should be tested and isolate until a negative test result is obtained.

Unvaccinated athletes identified as close contacts need to quarantine and follow [DOH's guidance on What to do if you were potentially exposed to someone with COVID-19](#).

Quarantine Protocol for Water Polo

Teams should establish non-overlapping training groups to mitigate the impact of positive test results to their program. For example, a high school Varsity and Junior Varsity team roster could be developed to limit close contacts to their assigned group. Similarly, teams may create training groups during their club season to limit close contacts within the program.

Fully vaccinated athletes identified as close contacts will not need to self-quarantine and may continue practices and competitions if they have no symptoms. If a fully vaccinated athlete develops symptoms within 14 days of an exposure, they should be tested and isolate until a negative test result is obtained.

Unvaccinated athletes identified as close contacts need to quarantine and follow [DOH's guidance on What to do if you were potentially exposed to someone with COVID-19](#).

Guidance applicable to ALL sporting activities for school and non-school youth team sports and adult recreational sports in all phase levels

Non-essential travel such as out-of-state team or individual travel for sporting activities are subject to quarantines as detailed in the [Governor's Travel Advisory](#). Essential Travel for "study" in the advisory is meant to include league play for school sports that cross state borders if that league sanctioned by a statewide interscholastic activities administrative and rule-making body that oversees competition in all counties in the state, or in a neighboring state. Cross-border travel for non-league games is not considered essential.

Youth sports operating day camps must also follow Department of Health guidance for [Child Care, Youth Development, and Day Camps during COVID-19](#). Overnight camps must follow the overnight group summer camps and similar activities section of the [Outdoor Recreation COVID-19 Requirements](#).

Stay home when sick or if a close contact of someone with COVID-19

Athletes, coaches, umpires/referees, spectators and any other paid or volunteer staff should be required to stay home if they feel unwell, show any signs of COVID-19, or are a close contact of a confirmed case. All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening should consider [symptoms listed by the CDC](#). Any person with symptoms of COVID-19 or who is a close contact of someone with confirmed COVID-19 should not be allowed to participate and should contact his or her primary care provider or other appropriate health-care professional.

Those who are excluded from training or contests due to [COVID-19 symptoms](#) or because they are [close contacts](#) must follow DOH and local public health isolation and quarantine guidance before returning to training or contests.

People with underlying health conditions should consult with their medical provider regarding participation in athletic activities.

Masks

Masks required for all athletes/participants. Coaches, trainers, managers, spotters, and any other paid or volunteer staff must wear face coverings at all times. Details can be found in the [Face Coverings Order](#). Organized sporting activities are not an allowable exception to the Face Coverings Order except as those detailed in this document.

School cross country meets and competitions should follow the guidance for [Races, non-motorized and motorized](#), including the allowance to remove face coverings once a competition begins. Face coverings required for training.

Gymnasts may remove their masks and facial coverings for routines that require for flips or blind landings, or similar maneuvers, where a slipped mask could impede safety.

Physical Distance

Physical distance of 6 feet must be maintained between staff, volunteers, and any spectators at all times with exceptions for training and medical personnel and volunteers performing their medical duties. Six feet of distance must be maintained among athletes when not engaged in sporting activities, huddles and team meetings must be physically distanced.

Hygiene

Require athletes, coaches, umpires/referees and any other paid or volunteer staff 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 before and after practice, 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. Athletes should not share water bottles, uniforms, towels, or snacks and should not spit (saliva, sunflower seeds, etc.).

Provide handwashing or hand sanitizing stations at training and contest locations.

Limit the use of locker rooms to handwashing and restroom use only. Showers should not be used due to potential spread of aerosolized droplets. If use of locker rooms for changing is necessary, maximize ventilation and use tape, spots, or cones to signal 6 feet of distance for athletes who need to change. If locker rooms are used cleaning protocols must be included in the sporting activity safety plan. Stagger entry to the changing area and use of these facilities as appropriate with members of the same team or training cohort only. Limit occupancy of the locker rooms to avoid crowding.

Cleaning

Clean high touch surfaces and disinfect shared equipment before and after each use. Ensure restrooms are cleaned and disinfected regularly. Current CDC guidance for cleaning and disinfection for COVID-19 states that disinfectants should be registered by the EPA for use against the COVID-19. Find the current list here: [List N: Disinfectants for Use Against SARS-CoV-2 \(COVID-19\)](#). Disinfectants based on hydrogen peroxide or alcohol are safer than harsher chemicals. The University of Washington has a [handout with options for safer cleaning and disinfecting products that work well against COVID-19](#).

Ventilation

Ventilation is important to have good indoor air quality. Ensure that ventilation systems operate properly. Increase air circulation and ventilation as much as possible by opening windows and doors. Offer more outside time, open windows often and adjust mechanical ventilation systems to bring in as much outside air as possible. Increase filters to MERV 13 if the HVAC can accommodate. Use of fans for cooling is acceptable. In indoor spaces, fans should only be used when windows or doors are open to the outdoors in order to circulate indoor and outdoor air. They should blow away from people.

Outdoors locations are preferred to indoors locations, and should be utilized to the greatest extent possible to allow for maximum fresh air circulation and social distancing. Outdoor structures, in order to be considered outdoors, should have no more than two walls; Structures can have three walls and be considered open air if another opening exists that is large enough to create cross ventilation. For detailed guidelines please consult [Open Air and Outdoor Seating requirements](#).

Transportation

Limit exposure to those outside the household unit during travel. Encourage only those in the same household to travel together, and if not in the same household, travel in separate vehicles if possible.

For travel groups, (groups that include more than one household in the same vehicle whether in a carpool or on a bus) all members of the travel group, including the driver, must wear a face covering and spread out as much as possible within the vehicle. Limit travel groups to those who have been in regular contact (e.g. team members). Encourage family members to sit together. Maximize ventilation in the vehicle by opening windows.

Buses should install safety barriers (such as plexiglass shields) between the driver and passengers or close (block off/leave empty) the seats nearest the driver to ensure 6 feet of distance between the driver and passengers. Passengers should board from the rear door when possible. Buses should improve air filtration where possible. Buses should be cleaned and disinfected daily after use with attention to frequently touched services (doors, rails, seat backs).

Records and Contact Tracing

Keep a roster of every athlete, staff and volunteer present at each practice, training session, and contest to assist with contact tracing in the event of a possible exposure. Similarly keep a roster and seating chart for each travel group. Attendance rosters and seating charts must be kept on file for 28 days after the practice, contest, or trip.

Employees

Employers must specifically ensure operations follow the main Labor & Industries COVID-19 requirements to protect workers. COVID-19 workplace and safety requirements can be found [here](#).