PHASE 2

SPORTS GUIDANCE

Frequently asked questions about how to play sports safely according to the Phase 2 guidelines of Forward Dane.

**Is it okay to hold sport competitions?**
- Yes, for low risk sports with 6ft physical distancing.
- Medium and high risk sports game and competitions between teams are not allowed. Medium risk and high risk sports may play games if the games are played within teams and games are modified to ensure 6 feet physical distancing.

**Is it okay to hold practices?**
Practices, drills, catch, instructional lessons, etc. are allowed with 6 feet physical distancing. This applies to low, medium, and high risk sports.

**If I wear a mask or face covering, can I play sports and be in contact closer than 6ft?**
No.

**Are youth programming (youth sports) or summer camps allowed?**
- Yes, with 6ft physical distancing. For youth under the age of 13, groups can be no larger than 15. For youth aged 13-17, groups can be no larger than 25.
- All regulated and unregulated youth programs need to follow the guidelines for child care settings.

**How big can my group be?**
- For youth under the age of 13, groups can be no larger than 15. For youth aged 13-17, groups can be no larger than 25.
- Everyone would need to comply with the mass gathering number, so no more than 100 people in a specific area outside (field, court, etc.) with 6ft physical distancing and no more than 50 people inside in a specific area with 6ft physical distancing.

**What is considered a low, medium, and high risk sport?**

**High risk** sports are sports that involve close, sustained contact between individuals, lack significant protective barriers, and have a high probability that respiratory particles will be transmitted between individuals. Examples: Rugby, boxing, judo, karate, taekwondo, wrestling, pair figure skating, ice dancing, football, lacrosse, hockey, group dance, group cheer.

**Medium risk** sports are sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants or intermittent close contact or group sports or sports that use equipment that can’t be cleaned between participants. Examples: Bobsled, doubles luge, multi-person rowing, multi-person kayaking, multi-person canoeing, water polo, group gymnastics, doubles tennis, swimming relays, synchronized diving, artistic swimming, fencing, cycling in a group, running in a close group, modern pentathlon, group sailing, volleyball, soccer, basketball, baseball/softball, short track, speed skating in a group, curling, ultimate Frisbee, bike polo.

**Low risk** sports are sports that, without modification, are played individually or played with physical distancing and where there is no to minimal sharing of equipment or the ability to clean the equipment between use is available. Examples: Archery, shooting/clay target, individual running events, individual cycling events, individual swimming, diving, individual gymnastics, individual canoeing, individual kayaking, individual rowing, individual diving, equestrian jumping, dressage or eventing, golf, individual sailing, skateboarding, weightlifting, alpine skiing, nordic skiing, biathlon, single luge, freestyle skiing, individual speed skating, snowboarding, ski jumping, singles figure skating, singles tennis, individual dance, pole vault, high jump, long jump, marathon, triathlon, cross country, track and field, disc golf, badminton, bowling.

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What is considered a team?
- A team should be understood as what is commonly considered a team for various sports. Most leagues and organized sporting events have a maximum number of players allowed for each team. If the commonly understood size of a team is over the gathering limits for adults or youth under the Order, the size of the team must be reduced to abide by the limits.
- Unofficial clubs, associations, membership organizations, pick-up games, or other entities that do not have specified teams, but are instead comprised of individuals, should create sub-teams that remain the same for the duration of Phase 2. As noted in the Order, medium and high risk games are only allowed within teams if they are modified to ensure physical distancing. Medium and high-risk games are not allowed between teams. These teams must also abide the limits allowed under the Order for youth and adults.

Are there additional things we should consider when playing inside?
- We encourage you to play outside as much as possible.
- If playing inside, ensure ventilation systems or fans operate properly. Increase circulation of outdoor air as much as possible, for example by opening windows and doors. Do not open windows and doors if doing so poses a safety or health risk (e.g., risk of falling or triggering asthma symptoms) to players or others using the facility.

How often should equipment be sanitized?
Between each use.

Are there additional measures we can take to reduce risk?
- Minimize equipment sharing, and clean and disinfect shared equipment between use by different people to reduce the risk of COVID-19 spread.
- Do not let players share towels, clothing, or other items they use to wipe their faces or hands.
- Size of the team. Sports with a large number of players on a team may increase the likelihood of spread, compared to sports with fewer team members. Consider decreasing team sizes, as feasible.
- Actively encourage sick staff, families, and players to stay home. Develop policies that encourage sick employees to stay at home.
- Do not allow spitting and encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their elbow.
- Do not allow physical contact such as high fives, handshakes, fist bumps, or hugs.
- Limit the number of players sitting in confined player seating areas (e.g., dugouts) by allowing players to spread out.
- Younger children could sit with parents or caregivers, instead of in a dugout or group area.
- Identify adult staff members or volunteers to help maintain physical distancing among youth, coaches, and spectators.
- Space players at least 6ft apart on the field while participating in the sport (e.g., during warmup, skill building activities, simulation drills).
- Provide physical guides, such as signs and tape on floors or playing fields, to make sure that coaches and players remain at least 6ft apart.
- Wash hands after play: If soap and water are not readily available, use alcohol-based hand sanitizer.

Can locker rooms be open?
If possible, close shared spaces such as locker rooms, otherwise, stagger use and clean and disinfect between use.

Are there recommendations if a player bumps into one another on accident or a child breaks physical distancing requirements?
Document that physical distancing was not maintained between the two players since this information could be useful for contact tracing if a staff member or player gets sick. Include the date and names of the players. Anyone involved in the incident should closely monitor their symptoms.

What should we do if a staff member or participant becomes sick?
Check out guidelines on our “What to Do if You are Sick or Possibly Exposed” webpage.

Can concession stands be open?
Yes, they would need to follow the guidelines for restaurants in the order.