

13GEM COVID-19 Guidelines

Definitions

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.

General Guidelines

- 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.

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.

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.

COVID Screening

All coaches and students will be screened for signs/symptoms of COVID-19 prior to a class. All participants must submit a negative COVID screening before being permitted onto the playing surface.

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

Facial coverings required for all the situations described below with the following exceptions:

- 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.
- 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.

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

Athletes, coaches, umpires/referees and any other paid or volunteer staff are required 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.).

Handwashing or hand sanitizing stations provided at training and contest locations.

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. Disinfectants based on hydrogen peroxide or alcohol are safer than harsher chemicals.

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](#).