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## **OGLA YOUTH COMPETITION GUIDELINES**

- [OHA Sector Guidance – Indoor Recreation and Indoor Fitness Establishments](#)
- [OHA Sector Guidance – Outdoor Recreation and Outdoor Fitness Establishments](#)
- Guidance for K-12 School Sports are now based on a county's COVID-19 risk level (lower, moderate, high, extreme). Guidelines for K-12 School Sports is no longer tied to a school's instructional model.

## **OGLA YOUTH COVID-19 REQUIREMENTS AND CONSIDERATIONS**

### **1. CONTACT TRACING**

- A. Record participant information, date and time of recreation. If there is a positive COVID-19 case associated with the recreation, public health officials may need the program to provide this information for a contact tracing investigation. Unless otherwise required, this information may be destroyed after 60 days from the session date.
- B. Screen participants prior to start of the outdoor recreation such as asking:
  1. Have you had a new or worsening cough?
  2. Have you had a fever?
  3. Have you had shortness of breath?
  4. Have you been in close contact with anyone with these symptoms or anyone who has been diagnosed with COVID-19 in the past 14 days?
  5. If the participant responds "yes" to any of the screening questions, ask them to return home and wait to return to the facility until all symptoms, including fever have been resolved for at least 24 hours without medication, or at least 14 days after contact with a person with a cough, fever, or diagnosed with COVID-19.
- C. Strongly encourage a participant exhibiting symptoms of illness to immediately leave the facility and not return until at least 24 hours after symptoms have resolved without medication.
- D. Strongly encourage participants at higher risk for severe COVID-19 complications (persons over age 65 or with underlying medical conditions) to continue to stay home to reduce their risk of exposure.
- E. Using the [OGLA Contact Tracing Form](#), please report all positive cases of COVID-19 to OGLA.

### **2. CLEANING AND DISINFECTION**

- A. Thoroughly clean all areas and use disinfectants that are included on the [EPA List N: Disinfectants for Coronavirus \(COVID-19\)](#) for the SARS-CoV-2 virus that causes COVID-19.
- B. Frequently clean and disinfect high-traffic areas and commonly touched surfaces. Encourage individuals to bring their own hand sanitizer for personal use.
- C. Encourage handwashing and provide handwashing stations and/or hand sanitizer in and around the premises.

### **3. OPERATIONS**

- A. Review and implement [OHA Statewide Reopening Guidance - Masks, Face Coverings, Face Shields](#) – ensuring all individuals are complying.

- B. "Outdoor" means any open-air space including any space which may have a temporary or fixed cover (e.g. awning or roof) and at least 50% of the square footage of its sides open for airflow such that open sides are not adjacent to each other.
  - C. Post [clear signs](#) listing COVID-19 symptoms, asking individuals with symptoms to stay home, and listing who to contact if they need assistance.
  - D. Post [clear signs](#) about the mask and face covering requirements.
  - E. Use [signs](#) to encourage physical distancing throughout facility, including but not limited to reception areas, locker rooms, and Establish one-way traffic flow, where possible. Use signs to direct one-way flow of traffic.
  - F. Provide handwashing stations or hand sanitizer (60-95% alcohol content) throughout the facility for individuals.
  - G. Strongly encourage individuals to bring their own filled water bottles and hygiene supplies (including hand sanitizer).
4. **DISTANCING AND OCCUPANCY** – [Sector Risk Level Guidance Chart](#)
- A. Limit maximum capacity based on the designated level of risk for the county in which the recreation is located.
    - 1. *Maximum Gathering Size* includes participants, coaches, umpires, event staff and spectators.
  - B. Ensure that physical distancing of at least six feet between individuals is maintained at all times.
  - C. As applicable, space out player equipment to prevent players from coming into direct contact with one another.
  - D. Develop a plan to limit the number of individuals admitted so that six feet of physical distancing can be maintained.
  - E. Prohibit parties from congregating in parking lots for periods longer than reasonable to retrieve/return gear and enter/exit vehicles.
  - F. Stagger arrival and departure times for individuals to minimize congregating at entrances, exits and restrooms to follow required physical distancing requirements.
  - G. Encourage one-way flow with marked entrances and exits, but do not block egress for fire exits. Use signs to direct one-way flow of traffic.
  - H. Assign designated areas for individuals, when not participating, to ensure physical distancing is maintained.
5. **TRAINING AND PLAYING**
- A. Statewide, masks or face coverings are required to be worn by all individuals at all times, even while participating in activities. "Face covering" means a cloth, polypropylene, paper or other face coverings that covers the nose and the mouth and that rests snugly above the nose, below the mouth and on the sides of the face.
    - 1. Coaches, players, trainers and spectators are required to
      - a) Wear a mask or face covering at all times when indoors and outdoors.
      - b) Ensure that there is only the minimal or medium contact among participants during the contest (i.e., field, court, etc.)

- c) Sideline participants (i.e., team bench, dugout, etc.) must maintain six feet of physical distance between individuals at all times.
  - B. Consider conducting workouts in “pods” of students working out together weekly.
  - C. Ensure that there is only the minimal or medium contact among participants needed to play the game.
  - D. Prohibit handshakes, high fives, fist/elbow bumps, chest bumps and group celebrations.
  - E. Encourage players to use only their own equipment when feasible. Avoid or minimize equipment sharing, when feasible.
  - F. Some critical equipment may not be available to each player. 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 players, sets, periods, or games). Use disinfectants that are included on the [EPA List N: Disinfectants for Coronavirus \(COVID-19\)](#) for the SARS-CoV-2 virus that causes COVID-19.
  - G. Clean all equipment that directly contacts the head, face and hands with extra attention and detail.
  - H. Allow only trainers, coaches and players to attend practices to ensure physical distancing and prevent people from gathering.
  - I. 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.
  - J. Require individuals to enter the premises through a designated entrance and exit through a designated exit. Do not block fire exits.
  - K. Encourage staff, players and spectators to 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.
5. **TRAVEL** – [OHA Statewide Guidance \(Recommendations\) for Travel](#)
- A. To the extent possible, self-quarantine for 14 days upon return to Oregon if the individual has traveled out of state for recreational purposes or as part of an athletic traveling team.

## **OGLA YOUTH GUIDELINES**

### **1. FACILITY COVID PROTOCOLS**

- A. Before each game, contest, or event, schools shall follow the screening protocols described above to screen all coaches and participants. These individuals shall also self-screen as described in the screening protocols.
- B. Other areas used by participants, such as press box areas, shall be cleaned and disinfected prior to and after use. Sites shall develop plans for providing access to these areas that limit or remove potential contact between participants and non- participants.

### **2. CONTEST MODIFICATIONS**

- A. Hand sanitizing shall be used as much as possible. The NFHS Sports Medicine Advisory Committee recommends using hand sanitizer when going to and from the field. Players are encouraged to provide their own hand sanitizer and/or sanitizing wipes.
- B. The team bench area:

1. Physical distancing of six feet shall be maintained at all times while in the bench area (coaches can use cones to separate players).
  2. Players, coaches, and auxiliary team members shall maintain physical distancing of six feet from all game umpires.
  - C. Face coverings are required to be worn by players, game umpires, managers, athletic trainers and coaches.
  - D. The ball shall be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
  - E. Teams shall NOT exchange handshakes or hit sticks following the contest - teams can acknowledge opponent with other appropriate non-contact measures.
- 3. GAME UMPIRES**
- A. Umpires are not responsible for monitoring or enforcing modified guidelines at the venue or activities on the sidelines, such as physical distancing, hand washing, symptoms of illnesses, and other such issues. This monitoring remains with the Game Site Administrator.
  - B. Pregame meeting procedures are modified:
    1. Coaches and Captains will meet at half field and remain six feet from one another at all times.
    2. No handshakes will be exchanged.
  - C. Stick Check are modified:
    1. Teams will line up their sticks in an orderly fashion six feet onto the field
    2. Umpires will check each stick and indicate any issues
    3. Coaches will pre-check athletes for jewelry and proper equipment
  - D. The substitute box will be split in half - substitutes will remain distanced in the substitute area and stagger exchanges as necessary (e.g., time to prepare protective equipment, longer duration to observe physical distancing, multiple substitutes that are physically distanced, etc.).
  - E. Players are required to wear soft, cloth face coverings. There are no color restrictions for player masks.
  - F. Umpires are to treat issues with player masks as improper equipment. Cautions will not be shown for issues with player masks.
  - G. Masks shall be worn at all by umpires. Umpire's masks must be soft, cloth face coverings and should consist of a solid, neutral color without designs or slogans.
  - H. Umpires may use electronic whistles.
  - I. Include hand sanitizer in equipment bags for use before game, at halftime, and after game.
  - J. Do not share uniforms, towels, water bottles, apparel, or equipment.
  - K. Umpires that do not feel well with COVID-19 symptoms should notify their assignor and their crew members and stay at home.