



325 Metcalf Street
Sedro-Woolley, WA 98284
Phone (360) 855-1661
Fax (360) 855-0707

Julia Johnson
Mayor

CITY OF SEDRO-WOOLLEY
Sedro-Woolley Municipal Building

Indoor & Outdoor Sports – Safe Start Protocols Practices & Games

Indoor & Outdoor Youth Team Sports and Adult Recreational Team

The risk of transmitting the SARS CoV-2 virus that causes COVID-19 depends on multiple factors including: 1) Number of people in a location, 2) Type of location, 3) Distance between people, 4) Length of time at location, 5) Level of protective equipment used (e.g. face coverings). As general guidance, smaller groups are safer than larger ones; outdoor locations are safer than indoor; sports that can ensure distance of six (6) feet or more are safer than closer contact; and shorter duration is safer than longer.

Sport Risk Category Guidance (all phases)

For the purposes of this document, sports are defined using the following risk 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 Risk Sports:** tennis, swimming, pickleball, golf, gymnastics, climbing, skating, archery, fencing, cross country, track and field, sideline/no-contact cheer and no-contact dance, disc golf.
- **Moderate Risk Sports:** softball, baseball, t-ball, soccer, futsal, volleyball, lacrosse, flag football, ultimate frisbee, ice hockey, cricket, crew, field hockey, school bowling competitions.
- **High Risk Sports:** football, rugby, wrestling, cheerleading with contact, dance with contact, basketball, water polo, martial arts competitions, roller derby.

Phase 1:

- Facial coverings required for all coaches, volunteers and athletes at all times.
- Indoor training and practice allowed for low and moderate risk 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 risk sports either with or without a coach.
- Outdoor meets, qualifiers, and tournaments allowed for low risk sports. No spectators allowed.
- Outdoor team practices, training and intra-team competitions allowed for low and moderate risk sports. Scrimmage against other teams or training or practices with other teams is not allowed.

- Outdoor team practices and/or training allowed for high risk 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.
- Outdoor training, practices and competitions allowed outdoors for low, moderate, and high risk sports. Maximum 200 people allowed at competitions, including spectators.
- Indoor team training, practices, and competitions allowed for low and moderate risk sports. Indoor team practices, training and intra-team competitions not allowed for high risk sports. Scrimmage against other teams or training or practices with other teams is not allowed for high risk sports. For all indoor sports the occupancy of the facility may not exceed 25 percent of the fire code occupancy rating.
- Indoor meets, qualifiers, and tournaments allowed for low risk sports. For all indoor sports the occupancy of the facility may not exceed 25 percent of the fire code occupancy rating.

Guidance applicable to ALL sporting activities in all phase levels

- No tournaments allowed for moderate and high risk sports. 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.
- 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.
- 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.

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

Please verify w/ Facility that the following have been adhered to:

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 to provide appropriate ventilation unless they meet this ventilation requirement; Structures can have three walls if another opening exists that is large enough to create cross ventilation.

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.

BASEBALL & SOFTBALL USE

TEAMS WILL BE REQUIRED TO PROVIDE & ADHERE TO THE FOLLOWING, AS NEEDED:

- All garbage will be picked up and placed in garbage cans following games or practices.
- Incoming teams must wait until the field is clear and that the dugout is empty and all garbage is picked-up by the preceding team before entering.
- Provide Hand Sanitizer or any Disinfectant Wipes.
- Wipe down all shared items (i.e. bats, balls, etc.).

PLAYER EQUIPMENT PROTOCOL:

- Players will not be allowed to share the following equipment, including but not limited to:
- Gloves, Batting Gloves & Helmets
- Players are discouraged from sharing bats. If coaches witness sharing, the bat is wiped down.
- When a player is At-Bat:
- Bats are retrieved by players if out at first base.
- Bats are retrieved by bench coach, who wipes it down with sanitizing wipe if the player reaches base safely.
- Players keep equipment in their own bags, not on bat racks or on the bench.
- Catchers must not share equipment. Coaches should ensure that gear gets wiped down between practices and games.

GUIDELINES FOR PRACTICES & GAMEPLAY:

- Teams will not be permitted to enter the facility more than 30-minutes prior to their scheduled event.
- Dugouts AND Bleachers are for teams only in order to account for social distancing.
- Coaches – No More than three (3) coaches are allowed in the dugout or designated team areas. ONE scorekeeper for games is allowed to sit in the bleachers for each team.
- Spectators or non-players will NOT be allowed in designated team areas.
- The umpire will be required to wear facemask and gloves. Only ONE (1) umpire allowed per game.

- Umpires will call the game from at least six feet behind the pitcher's mound.
- Each team will provide their own balls for when their team is in the field. Teams will not share balls when on defense.
- After the last out, each team will bring their ball into the dugout.
- Only teams in the field will chase or replace foul balls.
- All equipment will stay in the player's bag unless currently being used.
- No mound visits.
- There will be no bubble gum or shelled nuts (i.e. sunflower seeds, peanuts, etc.) allowed for players, coaches, umpires and fans.
- Players are encouraged to refrain from celebrations that infringe on social distancing restrictions.
- There will be no post-game handshake.
- No arguing calls – coaches will be immediately ejected.
- No Vendors or third parties allowed at the Playfields. This includes Merchandise & Food sales.
- No on-site food preparation is allowed.

FAN/SPECTATOR POLICY:

- Youth Practices – No Parents are allowed to stay and watch.
- Fans at games will be required to adhere to the following guidelines:
- No sitting in the dugout or bleachers. These areas are designated team areas only.
- The fan area will be down the foul line fences (beyond the bases) and behind outfield fencing where available.
- Required to bring their own chairs or stand 6 feet apart, practicing social distancing guidelines. Exception for those that live in the same household.

I _____, have reviewed the above policies and procedures as they pertain to my facility use request with the City of Sedro-Woolley. I agree to adhere to these policies and understand that violation of any of these above policies could lead to my having lost use privileges.

Applicant's Signature: _____ Date: _____

❖ No Playfields use is to occur until this form is completed and turned in to a City of Sedro-Woolley representative