



# Chester County Health Department

## Coronavirus (COVID-19)

### Organized Sports and Athletics

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## Guidance for Organized Sports and Athletics during the Green Phase

Chester County and Delaware County are committed to ensuring the health and safety of our residents as it transitions through Governor Wolf's phased reopening. Both recognize that minimizing the impact of COVID-19 is of highest priority and the value of sports, athletics, recreation and exercise in promoting mental health, physical fitness for children and adults alike.

During the "green" phase of the Governor's reopening plan (begins June 26, 2020) organized sports and athletic practice, competition and games are allowed. The decision to resume pre-K to 12 school sports-related activities, including conditioning, practices and games, is the discretion of a school entity's governing body.

Coaches, staff, officials and parents must remain diligent in assessing personal risk of players based upon individual circumstances, and with the guidance of a health care provider. Individuals at a higher risk for COVID-19 should consult with a health care provider prior to participating in organized sports and athletics during the "green" phase.

The Chester County Health Department provides the following guidelines for BOTH indoor and outdoor sports and athletics.

### Physical Distance

- ✓ Athletic practices, drills, scrimmages, games, etc. must be limited to 250 or less people, or 50% of the facility's capacity, whichever is smaller.
- ✓ Athletic related activities must be limited to athletes, coaches, officials, and staff only.
- ✓ Spectators, parents, volunteers and nonessential staff are not allowed inside or directly outside the practice/game area.
- ✓ If a facility hosts multiple teams, practices, or games, the facility must be cleaned and disinfected between uses.
- ✓ Coaches and players must maintain 6 feet of physical distance at all times including in dug outs, benches, etc.
- ✓ Outdoor practice should be prioritized over indoor practice.
- ✓ Adjust practices and drills to support maintaining 6 feet of distance between coaches, staff and players. For some sports (e.g. wrestling, basketball) that will mean focusing exclusively on individual skill-building and fitness activities. Other activities may need to be modified in order

to maintain distance.

- ✓ If working in small groups, be mindful of keeping the players with each other, rather than switching groups or mixing groups.
- ✓ Recommend players and coaches do not carpool; if carpooling is not avoidable, it should be only limited to members of the same household, or require the use of face coverings while carpooling.

### Face Coverings

- ✓ Coaches, officials and staff are required to wear face coverings at all times; face coverings can be removed when maintaining at least 6 feet distance from others.
- ✓ Players are encouraged to wear face coverings except when it limits breathing during high-intensity activities, or when maintaining at least 6 feet distance from others.

### Health Monitoring and Safety

- ✓ Educate coaches, staff and players about which symptoms should be monitored.
- ✓ Screen and monitor all coaches, staff, officials and players for COVID symptoms prior to and during athletic related activities.
- ✓ Required any individuals with COVID symptoms to not attend athletic related activities, and be sent home if symptoms are present after arrival.
- ✓ Individuals who test positive for COVID-19, or are identified as a close contact to an individual with COVID-19 should be quarantined at home and are strictly prohibited from all athletic activities.
- ✓ Individuals who have COVID symptoms should be quarantined at home until the following conditions are met:
  - 3 days with no fever **and**
  - improvement in symptoms **and**
  - 10 days since symptoms first appeared.
- ✓ Prohibit physical contact such as handshakes, fist-bumps, high-fives, etc.
- ✓ Prohibit activities that increase exposure to saliva such as spitting, licking fingers, chewing gum and eating sunflower seeds.
- ✓ Require individual water bottles/beverages for all players and coaches.
- ✓ Prepackaged or boxed food should be used rather than a buffet or self-serve from a congregate bowl of snacks; reinforce the use of handwashing or sanitization before eating or drinking.

- ✓ Provide signage and reminders about healthy behaviors, proper hand hygiene, how to wear a face covering, etc.

### **Cleaning and Sanitizing**

- ✓ Require players and coaches to wash or sanitize their hands prior to, and after, athletic related activities.
- ✓ No equipment should be shared among players and/or coaches; if sharing equipment cannot be avoided, proper sanitation must be done between uses.
- ✓ All equipment must be sanitized after each practice or game following current disinfection procedures.
- ✓ Ensure the staggered use of restroom and locker-room facilities whenever possible and disinfect facilities between groups of users.