

# **The Road to Reopening: Guidance for sports during the COVID-19 pandemic**



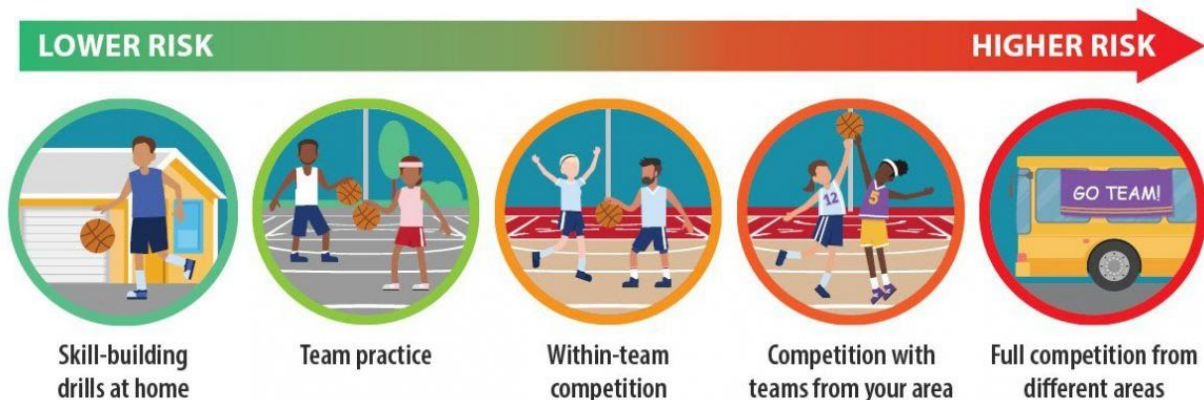
**Updated for Phase 2, Step 3 in effect on  
August 10, 2020**

## Introduction

The recommendations within this document provide a framework for all sporting activities for all ages and have been developed by Columbia/ Boone County Public Health & Human Services (PHHS). It is important to note that the risk of coronavirus transmission will still be present, even with these safety guidelines in place. This risk will continue until there is a widely available vaccine or the rates of transmission are much lower within our county, state, and country. As science develops and we learn more about the COVID-19 virus, it will be important to remain vigilant and nimble to adapt these guidelines. Players, coaches, staff and officials should recognize these risks and implement best practices to reasonably mitigate these risks.

According to the CDC, risk of COVID-19 spread can be different, depending on the type of activity.

- Lowest Risk: Performing skill-building drills or conditioning at home, alone or with members of the same household
- Increasing Risk: Team-based practice
- More Risk: Within-team competition
- Higher Risk: Full competition between teams from the same local geographic area (e.g., city or county)
- Highest Risk: Full competition between teams from different geographic areas (e.g., outside county or state)



Before starting games for any sport, consider the risk associated with that sport in terms of COVID-19 being spread between players. The more physical or close contact that occurs the greater risk there is in spreading illness.

Resources for Risk Categorization of Sports:

- Children's Mercy

<https://www.childrensmency.org/health-and-safety-resources/information-about-covid-19-novel-coronavirus/returning-to-community-activities/recommendations-for-a-safe-return-to-sport-and-physical-activity-after-covid-19/>

- National Collegiate Athletic Association  
<http://www.ncaa.org/sport-science-institute/coronavirus-covid-19>
- United States Olympic and Paralympic Committee Coronavirus Updates  
<https://www.teamusa.org/Coronavirus> Under the “Return to Training and Sport Event Planning” tab, select the Sport Event Planning.
- National Federation of State High School Association’s Guidance for Opening up High School Athletics and Activities  
[https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15\\_2020-final.pdf](https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf)

Participation in sporting activities is voluntary and every individual will need to evaluate the risk versus benefits of athletics participation. Athletes and coaches who are immunocompromised, or those who live with family members with elevated health concerns, should evaluate associated risks of participation and may choose not to participate.

This document provides guidance that applies to all sporting activities, as well as additional guidance that is specific to certain sports. If there is a sport not included in this document, please email [businessguidance@como.gov](mailto:businessguidance@como.gov) for further guidance.

**The existing guidance permits non-contact and contact sport practices and competitive play within stable groups of 50 players. Spectators are also limited to a total of 100 people, or 50% occupancy of the spectator area, whichever is less. Anyone seeking to exceed these limitations must submit an Operational Plan to PHHS at [businessguidance@como.gov](mailto:businessguidance@como.gov).**

This guidance is subject to change based on the latest data and Health Orders. It is recommended that sporting event organizers determine protocols for if and when a particular sports event should be discontinued. PHHS will consider the following when issuing new Health Orders for Columbia and Boone County:

- Inability to isolate new positive cases or quarantine high risk contacts of cases within Boone County.
- Unavailability or inability to perform symptomatic or surveillance testing when warranted.
- Boone County positivity test rates that are considered unsafe by health officials.

- Inability to perform adequate contact tracing consistent with local, state or federal requirements or recommendations.
- Local health officials indicate an inability for the hospital infrastructure to accommodate a surge in COVID-19 related hospitalizations.

## General Recommendations

- Stay at home when sick.
- Design and implement screening protocols for each sporting event. More information about screening can be found under the 'COVID-19 Screening' subsection.
- Adhere to social distancing guidelines (at least 6 feet from those outside your household) at all times.
- All athletes, coaches, umpires, and spectators should wear a mask at all times when in the facility and unable to socially distance themselves from others. This excludes players while they are actively participating and field umpires and referees.
- It is recommended that all sporting facilities appoint an event designee. This person will oversee all COVID-19 compliance to local orders and train event staff on proper protocols.
- Do not share food, drinks, including water bottles, clothing, towels or other personal items.
- There must be no hand shaking, high fiving, or fist bumping at any time. These are not in compliance with social distancing requirements under the Public Health Order.
- Limit group workout sizes.
- Virtual meetings should be encouraged whenever possible.
- Develop and implement a scheduling system to allow for one team per facility for games and practices. Space the schedule to allow for cleaning and disinfecting in between sporting activities.
  - Example: Volleyball practice at 1 p.m. Indoor soccer workouts at 5 p.m. to allow for proper cleaning between groups of players within the facility.

The list below highlights areas that should be disinfected routinely throughout any business operations or training. In addition to an established process, disinfectant spray or wipes should be made available for both staff and patrons to disinfect as needed throughout the day. This list should by no means be considered complete, however it is intended to assist any operation considering their specific environment and interactions that occur between staff and patrons.

- Common areas → Restrooms, seating areas
- Entry areas → Ticket/admission counters; Personal items/Bag check; Kiosks/Patron input devices; Entry gates; Time Clock; Railings
- Food Service → Cashiers/Points of Sale; Dispensers and Condiment Stations; Foods and Containers; Fryers and Ovens; Dishwashing and Utensils

- Other Operational areas → Break rooms, storage rooms

## **COVID-19 Screening**

- All players, coaches, staff, spectators and other event athletes should be screened for COVID-19 before entering the sporting facility/event.
- The screening process involves a series of questions, including but not limited to:
  - Asking if the person is currently experiencing, or has experienced within the last 24 hours, any illness, especially any symptoms that are present among COVID-19 infections. A full list of symptoms can be found below.
  - Asking if the person has recently had contact with a known COVID-19 case.
- At this time it is not required that sporting facilities/events take the temperature of all athletes on site. This is because the symptoms of COVID-19 vary widely and not everyone who is infectious may have a fever at the time of screening. For this reason, the series of questions above is the recommended screening method.
- Any individual who fails a screening, either based on symptoms or previous exposure, should be asked to leave the facility immediately.
  - A determination should be made about whether the individual's symptoms dictate that they contact their healthcare provider or go to an emergency room.
- It is highly recommended that any individual, student athlete, coach, athletic trainer, support staff or official exhibiting signs of COVID-19 be tested for the virus. Once tested, the individual should stay home until results are received. It is recommended that all athletes consult with their healthcare provider before returning to contests.

## **COVID-19 Symptoms and Procedures**

People with COVID-19 have a wide range of symptoms, ranging from mild to severe. Symptoms may appear 2-14 days after exposure to the virus. Symptoms include:

- Fever or chills (Fever is determined to be anything more than 100.4 degrees fahrenheit).
- Cough
- Shortness of breath or difficulty breathing
- Fatigue

- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

CDC will continue to update this list as more is learned about COVID-19. A current list of COVID-19 symptoms is available here:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

All players, coaches, staff members and any other Boone County resident that has been exposed to a case, or is awaiting results of a COVID-19 test, should isolate at home until results are received. Individuals who test positive for COVID-19 or who have been identified as close contacts should follow the specific protocol established by PHHS.

There are different circumstances that will determine how long individuals will need to isolate or quarantine themselves to minimize the spread. Please refer to PHHS guidance regarding positive cases and close contacts, as this information is fluid and may change.

It is recommended that returning to sport after a positive test is determined by a healthcare provider. Although someone may be released from isolation as soon as 10 days after symptom onset, there may be long-term effects or persisting symptoms after the person is no longer considered contagious. It is best to consult with your primary care physician before returning to play.

Determining close contacts is an important step in preventing the spread of COVID-19 in the sports setting. All players on contact sports teams should begin quarantining until PHHS is able to conduct a case investigation if a player tests positive. Opposing teams of contact sports should be notified if a player tested positive or developed symptoms within 48 hours after gameplay. Players on limited and no contact teams can continue play as long as they were not within 6 feet of the infected individual for more than 15 minutes. Examples of non-contact, limited-contact and non-contact sports are listed below.

Contact level for sports offered in Boone County, as determined by previous Health Orders.

Contact level	Examples of Sports
Non-contact	Golf, Swimming and Diving, Tennis, Track & Field
Limited-contact	Baseball/Softball, Cross Country, Gymnastics
Contact	Basketball, Football, Wrestling, Soccer, Lacrosse, Rugby, Volleyball, Competitive Cheer

\*Based on definitions from the [SEC](#).

## Officials/Referees and other Game Day Event Staff

- Self-screening should be performed and reported to the event designee prior to travel to the competition venue.
- Upon arrival at the event venue, and prior to entering the competition facility, screening should take place with designated event staff. If there is a potential or identified risk from screening, either based on symptoms or possible exposure, the individual should leave the facility immediately.
- If gameday official(s)/referee(s) report an abnormal screen, an event designee should notify appropriate administration and competition may need to be delayed.

## Spectators

- Spectators should always practice physical distancing (at least 6 feet away from others) with those outside of their household. This includes when entering and exiting the facility.
- It is recommended that administrators/officials at sporting facilities and/or schools place an 'X' on stadium and arena seating to represent 360-degree physical distancing requirements. It is recommended that 'X's are placed at least 10 feet apart, as spectators will likely be projecting their voice, which causes droplets to spread further.
- Under the current Public Health Order, spectators are limited to a total of 100 people, or 50% occupancy, whichever is less.



- All spectators should be screened upon entry of the event, which includes but is not limited to:
  - Asking if the person is currently experiencing any illness, especially any symptoms that are present among COVID-19 infections.
  - Asking if the person has recently had contact with a known COVID-19 case.
- Spectators should wear a facemask/covering at all times possible (a facemask/covering is required if within Columbia city limits).
- Spectators should be restricted from direct competition areas and from visiting with student athletes and personnel before, during and after events.
- Spectators should not congregate in hallways, common traffic areas or gymnasiums.
- Sporting event organizers should include details in their Operational Plans that determine whether cheerleaders, mascots, dance team, band and members of the press should participate in events. It is strongly encouraged to take into consideration the venue's ability to safely allow for and enforce proper physical distancing amongst these auxiliary activities and spectators.

## **Sidelines and Benches**

- Sideline personnel should be limited to participating athletes, coaches, medical staff and gameday staff; however, anyone on the sidelines or involved with the contest should adhere to these guidelines.
- Everyone on the sideline should be distanced at least 6 feet from others when not actively participating in play.
  - When possible, benches and sidelines should provide adequate seating to allot for individualized seating for all student-athletes and members of the coaching staff for each team to allow for appropriate physical distancing when not on the field/court.
- All athletes, coaches, and staff should wear a mask when on the sidelines/benches when unable to socially distance themselves from others. This is required within the city limits of Columbia.
- Each sideline/bench should be furnished with enough hand sanitizing stations to satisfy the needs of sideline/bench capacity.
- All benches should be wiped down using proper CDC-approved cleaning agents before and after competition. Wipe down bench spaces as frequently as possible throughout competition.

- Teams should not share water bottles or coolers throughout the course of competition.

## **Athletic Training Room**

- Limit number of occupants in the athletic training room at any given time to those on the same team and maintain appropriate physical distancing. A designated waiting area outside of the athletic training room should be marked with appropriate physical distancing.
- If treatment or rehabilitation of a student-athlete requires use of a taping table or an exam table, the table should be protected and disinfected after each time it is used, regardless of physical barrier used.
  - Consider taping be performed in an outside environment, if possible.
- Treatment/taping tables should be appropriately distanced a minimum of six feet apart.
- Clean and disinfect frequently touched surfaces at least daily (more frequently is recommended) and shared objects between each use. Efforts should be made to utilize premade ice bags to be picked up so that athletes that need them avoid multiple contact with the ice machine and ice scooper. Bags should be left in an open cooler, if possible, to avoid lid/handle contamination.
- Possible COVID-19 cases may be evaluated in the athletic training room. In such cases, access should be limited to the athletic trainer and the symptomatic person with both wearing face coverings. If used for this purpose, the athletic training room should not be used afterward until the space is sanitized with an EPA-approved disinfectant.
- All athletic training rooms, locker rooms, weight rooms, meeting rooms and any other gathering places should be cleaned according to the most up-to-date CDC guidelines. Schools and/or host facilities should be vigilant about not only cleaning throughout the day but also conducting a thorough cleaning at the end of the day of all the aforementioned areas.

## **Weight Room**

- There should be no more than 50 players in the weight room at a time in order to comply with the current Public Health Order, and to allow players to remain in their stable groups.
- All athletic training rooms, locker rooms, weight rooms, meeting rooms and any other gathering places should be cleaned according to the most up-to-date CDC

guidelines. Schools and/or host facilities should be vigilant about not only cleaning throughout the day but also conducting a thorough cleaning at the end of the day of all the aforementioned areas.

## Locker Rooms

- If possible, use a classroom or other alternative space that allows for social distancing, rather than locker rooms that are often smaller spaces.
- Designate a total number of occupants allowed in the locker room at any given time. This should be posted at the entrance and inside the locker room.
- Social distancing should be practiced inside the locker room at all times.
  - It is recommended that facility officials place an 'X' on any benches within the locker room, or space chairs so that players and coaches can remain at least 6 feet apart.
  - Enter and exit the locker room in single-file lines to avoid congestion.
- Athletes, coaches and staff should wear masks in the locker room.
- Encourage student-athletes to transport their individual equipment including uniforms, towels and shoes in a designated bag so they can take it home and disinfect appropriately daily or more often if needed.
- All athletic training rooms, locker rooms, weight rooms, meeting rooms and any other gathering places should be cleaned according to the most up-to-date CDC guidelines. Schools and/or host facilities should be vigilant about not only cleaning throughout the day but also conducting a thorough cleaning at the end of the day of all the aforementioned areas.

## Concessions

- Details regarding concession stand operations should be submitted in an operational plan.
- Self service stations must be closed at this time. This includes butter, salt, condiments. etc. Additional condiments can be offered in individual containers that can be requested at time of purchase. Refills of drinks and popcorn are not allowed at this time.
- When performing routine environmental cleaning:
  - Clean and disinfect all frequently touched surfaces within and around the concession area. If surfaces are dirty, they should be cleaned using a detergent or soap and water before disinfecting.

- For disinfection, most common EPA-registered household disinfectants should be effective.
- A list of products that are EPA-approved for use against the virus that causes COVID-19 is available here: [Disinfectants for Use Against SARS-CoV-2 | US EPA](#).
- You can make an easy bleach solution by mixing:
  - 5 tablespoons (1/3 cup) bleach per gallon of water or,
  - 4 teaspoons bleach per quart of water.
- Follow the manufacturer's instructions for all cleaning and disinfection products (i.e., concentration, application method and contact time, etc.). Make sure to keep all spray bottles or containers labeled that have sanitizer solutions in them.
- PPE must be worn during all times of disinfection. Hands should be properly washed immediately after using any chemicals or disinfectants. Enhanced PPE is not required for routine surface cleaning and disinfection, however is required if cleaning and disinfection of a known or suspected COVID-19 patron.
- All solutions and containers must be properly labeled. If a container's contents are unknown, properly dispose of it and rinse the container with water.

## Travel

- It is recommended that all teams limit travel as much as possible. Below is current associated risk levels regarding traveling for sporting events.
  - Lowest risk = within Boone County
  - Medium risk = within the mid-Missouri region
  - Highest risk = anything outside of mid-Missouri
- All players, staff, coaches and family members should be properly screened before traveling for a sporting event and appropriate action taken as necessary. If there is a potential or identified risk from screening (detailed under COVID-19 Screening subsection of this document), either based on symptoms or possible exposure, the individual should be sent home immediately.
  - It is highly recommended that COVID-19 testing be performed when an individual has the signs or symptoms or other circumstances that suggest acute testing be performed.
- Opposing teams on competition day should be notified of potential risk observed through screening to determine team competition status.

## **Additional Guidance for specific sports**

### **Football**

- Under the current Public Health Order, football games and practices may only be played in stable groups of 50 athletes or less per team.
- All players and coaches should wear a mask at all times when not participating in physical activity or when unable to socially distance themselves from others. This is required for those within the city of Columbia.
- All spectators should wear a mask when unable to social distance themselves from others. This is required for those within the city of Columbia.
- Players, coaches and spectators are encouraged to bring hand sanitizer and antibacterial wipes for disinfecting hands and equipment regularly.
- Avoid touching your face during the game.
- Footballs should be sanitized regularly.
- Avoid sharing equipment such as pads, helmets, etc. If equipment must be shared, sanitize between each use.
- Avoid extra-curricular or social activity. Avoid congregating in the parking lot before, during or after the game.

### **Volleyball**

- Volleyball matches and practices may only be played in stable groups of 50 athletes or less per team.
- All players and coaches should wear a mask at all times when not participating in physical activity or when unable to socially distance themselves from others. This is required for those within the city of Columbia.
- All spectators should wear a mask when unable to social distance themselves from others. This is required for those within the city of Columbia.
- Players, coaches and spectators are encouraged to bring hand sanitizer and antibacterial wipes for disinfecting hands and equipment regularly.
- Avoid touching your face during the game.
- Volleyballs should be sanitized regularly.
- Consider adapting regular play so that volleyball teams stay on one side of the court for each game, instead of switching sides.

- Consider using an auxiliary gym or other space during warm-ups and practices to allow players to remain at least 6 feet away from others at all times.
- Avoid extra-curricular or social activity. Avoid congregating in the parking lot before, during or after the game.

## **Soccer**

- Soccer games and practices may only be played in stable groups of 50 athletes or less per team.
- All players and coaches should wear a mask at all times when not participating in physical activity or when unable to socially distance themselves from others. This is required for those within the city of Columbia.
- All spectators should wear a mask when unable to social distance themselves from others. This is required for those within the city of Columbia.
- Players, coaches and spectators are encouraged to bring hand sanitizer and antibacterial wipes for disinfecting hands and equipment regularly.
- Avoid touching your face during the game.
- Avoid extra-curricular or social activity. Avoid congregating in the parking lot before, during or after the game.

## **Baseball/Softball**

- Baseball/Softball games and practices may only be played in stable groups of 50 athletes or less per team.
- All players and coaches should wear a mask at all times when not participating in physical activity or when unable to socially distance themselves from others. This is required for those within the city of Columbia.
- All spectators should wear a mask when unable to social distance themselves from others. This is required for those within the city of Columbia.
- Players, coaches and fans are encouraged to bring hand sanitizer and antibacterial wipes for disinfecting hands and equipment regularly.
- Avoid touching your face during the game.
- Pregame meetings at home plate should be limited to one coach from each team, plus umpire. Coaches and umpires should keep 6 ft distance between each other while meeting.

- Baseballs/softballs should be sanitized after each half inning.
- Dugouts should be sanitized before and after each game.
- Players should always keep 6 ft. distance between each other while in dugouts. If the dugout is full due to spacing, additional players should be outside of the dugout and fencing.
- Players should keep their equipment down the 1<sup>st</sup> & 3<sup>rd</sup> base line fences, 6 feet apart.
- Each player is recommended to use their own bat, helmet and catcher's pads. Any shared equipment should be sanitized after each use.
- Umpires should wear a mask if unable to keep 6 ft. distance between self and players.
- Avoid extra-curricular or social activity. Avoid congregating in the parking lot before, during or after the game.

## **Cheerleading and Competitive Dance**

- Cheerleading and dance competitions, performances and practices may only be done in stable groups of 50 athletes or less per team.
- It is recommended that cheerleaders/dancers stand at least 10 feet apart while on the sidelines, as they will likely be projecting their voice, which causes droplets to spread further.
- All athletes and coaches should wear a mask at all times when not participating in physical activity or when unable to socially distance themselves from others. This is required for those within the city of Columbia.
  - Masks may be removed when performing stunting, tumbling and cheer/dance routines.
- Consider relocating during cheers/chants that require raised voices and yelling in order to create greater distance when cheering towards the stands/crowd.
- Consider conducting performances in a designated area, rather than the court or field during the course of competition (i.e. timeouts, halftime, etc.).
- Avoid touching your face during competition.
- Sanitize hands after each routine that involves touching of other athletes (i.e. stunting).
- Sanitize hands regularly when spotting tumbling during practice.
- Avoid sharing equipment such as signs, poms, etc. If equipment must be shared, sanitize before and after each use.

- Direct physical interaction with and sharing of equipment and “apparel” with fellow cheerleaders, mascots and dance team members, including those from the opposing team(s), and fans should be prohibited.
- Avoid use of megaphones.
- Avoid extra-curricular or social activity. Avoid congregating in the parking lot before, during or after the game.

## **Cross Country**

- It is recommended that the start of races be staggered to allow for proper distancing among athletes and proper spacing throughout the race.
- Cross country competitions and practices may only be done in stable groups of 50 athletes or less per staggered start time.
- All athletes and coaches should wear a mask at all times when not participating in physical activity or when unable to socially distance themselves from others. This is required for those within the city of Columbia.
  - Masks should be worn by runners when going to the starting line but may be removed once proper distancing has been achieved.
- Encourage spectators to bring folding chairs to watch the race so that they remain stagnant at least 6 feet apart from others.
- Sanitize barricades where spectators are assigned to watch the race.
- Avoid touching your face during competition.
- Avoid extra-curricular or social activity. Avoid congregating in the parking lot before, during or after the game.

## **Swimming and Diving**

- Swimming and diving competitions and practices may only be done in stable groups of 50 athletes or less per team.
- All athletes and coaches should wear a mask at all times when not participating in swimming or when unable to socially distance themselves from others. This is required for those within the city of Columbia.
- Avoid touching your face during competition.



- Avoid extra-curricular or social activity. Avoid congregating in the parking lot before, during or after the game.

## **Basketball**

- Basketball games or practices may only be played in stable groups of 50 athletes or less per team.
- All athletes and coaches should wear a mask at all times when not participating in physical activity or when unable to socially distance themselves from others. This is required for those within the city of Columbia.
- All Spectators should wear a mask when unable to social distance themselves from others. This is required for those within the city of Columbia.
- Players, coaches and spectators are encouraged to bring hand sanitizer and antibacterial wipes for disinfecting hands and equipment regularly.
- Avoid touching your face during the game.
- Basketballs should be sanitized regularly.
- Avoid extra-curricular or social activity. Avoid congregating in the parking lot before, during or after the game.

## **Golf**

- Golf competitions and practices may only be done in stable groups of 50 athletes or less.
- All athletes and coaches should wear a mask at all times when not participating in physical activity or when unable to socially distance themselves from others. This is required for those within the city of Columbia.
- All Spectators should wear a mask when unable to social distance themselves from others. This is required for those within the city of Columbia.
- All golfers should wear a mask when riding in a cart with another golfer who lives outside of their household. This is required for those within the city of Columbia.
- Carts should be sanitized in between each user, most likely at the end of each round.
- Golfers should only touch their own golf balls.
- Golfers should only use their own sets of golf clubs.

- Avoid extra-curricular or social activity. Avoid congregating in the parking lot before, during or after the game.

## Tennis

- Tennis matches and practices may only be done in stable groups of 50 athletes or less.
- All athletes and coaches should wear a mask at all times when not participating in physical activity or when unable to socially distance themselves from others. This is required for those within the city of Columbia.
- All spectators should wear a mask when unable to social distance themselves from others. This is required for those within the city of Columbia.
- Players, coaches and spectators are encouraged to bring hand sanitizer and antibacterial wipes for disinfecting hands and equipment regularly.
- Avoid touching your face during the match.
- Avoid shared equipment. Players should use their own racquets. If equipment must be shared, be sure to sanitize it regularly.
- Avoid extra-curricular or social activity. Avoid congregating in the parking lot before, during or after the game.

## Gymnastics

- Gymnastics competitions and practices may only be done in stable groups of 50 athletes or less.
- Adhere to social distancing guidelines (at least 6 feet from those outside your household) at all times.
- Avoid congregating near specific areas of the gym (i.e. beam, bars, vault, etc.). Stagger competition and practice times to allow for appropriate distancing between athletes.
- Sanitize all shared equipment between each participant (i.e. mats, beams, bars, vault, etc.).
- Sanitize hands regularly when spotting tumbling during practice.
- All athletes and coaches should wear a mask at all times when not participating in physical activity or when unable to socially distance themselves from others. This is required for those within the city of Columbia.

- Masks may be removed when performing stunting, tumbling and gymnastics routines.
- Avoid touching your face during competition.
- Remove chalk bowls; athletes should bring and use their own chalk, bucket and/or bag.
- Avoid extra-curricular or social activity. Avoid congregating in the parking lot before, during or after the game.

## **Wrestling**

- Under the current Public Health Order, wrestling matches and practices may only be done in stable groups of 50 athletes or less.
- All wrestlers and coaches should wear a mask at all times when not participating in physical activity or when unable to socially distance themselves from others. This is required for those within the city of Columbia.
- All spectators should wear a mask when unable to social distance themselves from others. This is required for those within the city of Columbia.
- Athletes, coaches and spectators are encouraged to bring hand sanitizer and antibacterial wipes for disinfecting hands and equipment regularly.
- Avoid mixing of partners to minimize the risk of widespread transmission.
- Avoid sharing equipment. Sanitize equipment between each use if sharing cannot be avoided.
- Regularly sanitize mats before and after competition and practice.
- Avoid extra-curricular or social activity. Avoid congregating in the parking lot before, during or after the game.

## **Rugby**

- Under the current Public Health Order, rugby matches and practices may only be played in stable groups of 50 athletes or less per team.
- All players and coaches should wear a mask at all times when not participating in physical activity or when unable to socially distance themselves from others. This is required for those within the city of Columbia.
- All spectators should wear a mask when unable to social distance themselves from others. This is required for those within the city of Columbia.

- Players, coaches and spectators are encouraged to bring hand sanitizer and antibacterial wipes for disinfecting hands and equipment regularly.
- Avoid touching your face during the game.
- Rugby balls should be sanitized regularly.
- Avoid extra-curricular or social activity. Avoid congregating in the parking lot before, during or after the game.

## **Lacrosse**

- Lacrosse games and practices may only be played in stable groups of 50 athletes or less per team.
- All players and coaches should wear a mask at all times when not participating in physical activity or when unable to socially distance themselves from others. This is required for those within the city of Columbia.
- All spectators should wear a mask when unable to social distance themselves from others. This is required for those within the city of Columbia.
- Players, coaches and spectators are encouraged to bring hand sanitizer and antibacterial wipes for disinfecting hands and equipment regularly.
- Avoid shared equipment such as helmets, sticks, gloves, pads, etc. If sharing cannot be avoided, sanitize between each use.
- Avoid touching your face during the game.
- Avoid extra-curricular or social activity. Avoid congregating in the parking lot before, during or after the game.

## Operational Plans

Fall sports seeking to exceed the limitations set forth in the Public Health Order may submit an Operational Plan to [businessguidance@como.gov](mailto:businessguidance@como.gov). At this time only operational plans for fall sports will be reviewed.

Plans should contain the following:

- Disinfection plan for frequently touched areas such as bathrooms, concessions stands, etc.
- Social distancing plan for attendees before, during and after the game, including but not limited to congregation mitigation efforts before the game, on the bleachers, in lines of any kind, after the game in parking lots, etc.
- Plan for entering and exiting the event that prevents congestion of attendees.
- Plan for anything auxiliary to the actual game being played, including but not limited to band, cheer, dance, press, scoreboard staff, event staff, mascots and any other persons who are a unique part of a game
- Plan for identifying those who attended the event for contact tracing in the event of an outbreak.
- How the event will ensure the number of the spectators are limited to what is detailed in the plan.
- If a concession stand is made available, a plan must include all guidance under concessions.

**All organizations hosting a tournament within Boone County will be required to submit an operational plan for approval before the tournament is allowed, as it is considered a unique event under the Public Health Order. A tournament is defined as one or more competitions held at a single venue and concentrated into a relatively short time interval. Plans can be submitted to PHHS via email at [businessguidance@como.gov](mailto:businessguidance@como.gov). Plans must be submitted at least 30 days prior to the event.**

## Additional Resources

Playing Sports - Centers for Disease Control and Prevention

[https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/playing-sports.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fdaily-life-coping%2Fyouth-sports.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/playing-sports.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fdaily-life-coping%2Fyouth-sports.html)

Recommendations for a Safe Return to Sport and Physical Activity After COVID-19 - Children's Mercy

<https://www.childrensmercy.org/health-and-safety-resources/information-about-covid-19-novel-coronavirus/returning-to-community-activities/recommendations-for-a-safe-return-to-sport-and-physical-activity-after-covid-19/>

Guidelines and Recommendations for Opening Sports and Activities - MSHSAA

<https://www.mshsaa.org/resources/PDF/2020-2021%20MSHSAA%20Guidelines-Recommendations%20for%20Opening%20Sports%20and%20Activities.pdf>

Resocialization of Collegiate Sport: Developing Standards for Practice and Competition - National Collegiate Athletic Association

<http://www.ncaa.org/sport-science-institute/resocialization-collegiate-sport-developing-standards-practice-and-competition>

United States Olympic and Paralympic Committee Coronavirus Updates (<https://www.teamusa.org/Coronavirus>) Under the "Return to Training and Sport Event Planning" tab, select the Sport Event Planning.

National Federation of State High School Association's Guidance for Opening up High School Athletics and Activities

[https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15\\_2020-final.pdf](https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf)

COVID-19 Returning to Training - National Strength and Conditioning Association

<https://www.nasca.com/contentassets/61c0fb0a476149848de009f1630fa457/nsca-covid-19-rtt.pdf>