



HEALTHIER WORKPLACES | A HEALTHIER WORLD

# Back to Work Safely: Guidance for **Amateur Sports Programs**

Guidance Document, 2nd edition

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[aiha.org](https://www.aiha.org)

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## Overview

There are various recreational and organized levels of play for teams, schools, leagues, clubs, and other associations conducting organized youth or adult amateur sports activities in the United States. Sports include, but are not limited to, lacrosse, soccer, baseball, softball, beach and court volleyball, basketball, cheerleading, gymnastics, ice hockey, boxing, football, wrestling, swimming, and cycling. The reopening of amateur sports during the continuing threat of COVID-19 should not be interpreted as the threat of the virus having diminished. While the threat for outdoor sports is less, failure to adhere to appropriate safeguards, including local, state, and federal guidance, during play or practice could result in the continued spread of the virus. Thus, there is a need for guidance on reducing the risk of transmission for athletes, coaches, trainers, and other affiliated workers and volunteers.

This document addresses a broad range of amateur sports and operations that provide instruction, practice, training, officiating, trials, and competition for multiple age groups. This document can be applied to other ancillary sport activities such as meetings, registrations, concession stand operations, parades, picnics, award banquets and ceremonies, and incidental fundraising activities involving the sale of products, coupons, raffle tickets, and services such as car washes, bake sales, and coin drops. Because the scope of these guidance documents does not cover workplace testing or vaccination guidance, please refer to state, local, and federal guidance on these topics, such as the Centers for Disease Control and Prevention (CDC)'s COVID-19 [testing](#) and [vaccine](#) webpages.

As some restrictions have lifted and continue to be lifted, many uncertainties still remain. Amateur sports organizations are faced with difficult questions that must be addressed as they reopen, resume normal operations, or continue normal operations, such as:

- How can we best protect the health and safety of our employees, event staff, and athletes?
- What communication is needed to keep everyone informed of the preventive steps being taken?
- What steps can we take to minimize the risk of disease transmission?
- What training is needed for our employees and event staff?
- What health and safety measures do we need to take regarding new virus variants?
- What do we do if an employee, event staff, or athlete has tested positive for or is suspected to have COVID-19?
- What do we do if an employee, event staff, or athlete is sick or not following guidelines?
- How do we handle high-traffic crowd management throughout the venue, including during peak times?
- How do we deal with cleaning and disinfecting high-contact surfaces such as check-in desks, computer keyboards, and door handles regularly during the day?
- What can on-site vendors do to minimize COVID-19 transmission?

In addition to the questions asked by sports event organizers, employees, athletic staff, athletes, and spectators are also thinking of ways that they can protect themselves.

The current scientific evidence indicates that SARS-CoV-2, the virus that causes COVID-19, is spread primarily by airborne transmission, through exposure to respiratory aerosols or droplets in air that carry the virus. These respiratory aerosols and droplets are generated by the human respiratory system during normal activities, including breathing, speaking, shouting, singing, coughing, and sneezing. Exposure to these respiratory droplets in poorly ventilated or



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crowded indoor spaces is particularly of concern, and infection can occur through exposure to mucus membranes, such as the eyes, nose, and mouth. In addition, while not the primary route of exposure, people may also become infected from touching surfaces contaminated with the virus. It has also been shown that the virus can survive in aerosols for hours and on surfaces for days, depending on the type of surface. Measures can be taken to reduce the risk of spreading COVID-19 from person to person or by contact with potentially contaminated surfaces.

The purpose of this guidance document is to provide clear and actionable steps towards the safe operations of amateur sports activities through prevention, early detection, and control of COVID-19. This document offers practical guidance for amateur sport activity organizers to implement multiple layers of risk mitigation strategies through the hierarchy of controls, a system used to minimize or eliminate exposures to hazards. The hierarchy of controls ranks hazard control approaches in order of most effective to least effective—through the elimination of a hazard, substitution of a hazard, use of engineering controls, use of administrative controls, and correct use of personal protective equipment (PPE). Specifically, to reduce the risk of transmitting COVID-19, the controls we focus on in this document are engineering controls, such as ventilation; administrative controls, such as physical distancing; enhanced cleaning and disinfecting practices and personal hygiene; and PPE, such as gloves and face coverings. Aside from the hierarchy of controls, we also focus on mitigation strategies to use within restrooms, employee and athlete wellness, training, waste and laundering, and communication. No single mitigation strategy will be sufficient to address COVID-19 health and safety risks; rather, a multi-layered risk management approach using controls, which can include vaccines, is recommended to limit the spread of COVID-19.

It is important to continue to monitor the global (World Health Organization or WHO), federal (CDC), state, and local guidelines for changes or updates in recommendations, disinfection strategies, worker protections, and other COVID-19 risk management best practices. It is also important that amateur sport activity organizers consistently monitor and evaluate the effectiveness of implemented mitigation strategies and alter their approaches as needed.

Any relaxation or modification of the recommendations herein (e.g., based on employee or athlete vaccine status) should be based on and comply with federal, state, and local requirements, as well as best practices.

### What should an Athletic Director or Sporting Event Organizer do to reduce risk for themselves, their employees or staff, and their athletes?

Athletic Directors (ADs) and the leaders of sports organizations are encouraged to continually monitor global (WHO), federal (CDC), state, and local guidelines for changes or updates in recommendations, disinfection strategies, worker protections, and other COVID-19 best management practices. ADs and organizers should also consider developing a knowledgeable team to monitor, assess, and implement new strategies as they become available and as knowledge evolves regarding SARS-CoV-2 transmission, vaccines, new virus variants, and other aspects of the virus.

ADs and the leaders of sport organizations are also encouraged to complete a task-based risk assessment or job hazard analysis to best determine where engineering controls or administrative controls can be implemented to reduce or eliminate virus transmission. Refer to the [OSHA Job Hazard Analysis document](#).



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Due to the wide variety of types and sizes of sports venues and spaces, it may not be possible for all sports organizations and venues to implement all of the following guidelines. However, implementing as many as possible through a multilayered risk management approach can help reduce health risks and risk of transmission.

### Ventilation

- Keep heating, ventilation, and air conditioning (HVAC) systems in indoor sports venues operational to maintain thermal comfort and maximize outdoor air based on system design.
  - Strive to maintain the relative humidity at 40-60%.
  - Refer to [AIHA's Indoor Environmental Quality document](#).
- If you need assistance on HVAC issues, ask an HVAC professional and see the American Society of Heating, Refrigerating, and Air-Conditioning Engineers' (ASHRAE) COVID-19 [preparedness resources](#) for more information.
  - AIHA occupational and environmental health and safety (OEHS) science professionals and industrial hygienists are also well-versed in general dilution ventilation. AIHA has a [consultants list](#) of such qualified professionals.
- Consider using portable high-efficiency particulate air (HEPA) filtration units with variable flow control or other ventilation-related engineering controls to accommodate differing room sizes and ventilation needs. Refer to [AIHA's Indoor Environmental Quality document](#) for more information. Consider whether the noise of these units when they are turned on is appropriate for the particular application.
- If fans, such as pedestal fans or hard mounted fans, are used, take steps to minimize air blowing from one person directly at another individual. If fans

are disabled or removed, it is important to remain aware of and take steps to prevent [heat hazards](#).

- Be mindful of using portable pedestal or overhead ceiling fans, as these may contribute to spread of the virus.
- Use natural ventilation by opening windows and doors to increase air flow, if possible.

### Enhanced Cleaning and Disinfecting Practices

- Consider developing a standard operating procedure, checklist, or audit system to consistently train employees and event staff on enhanced cleaning and disinfecting practices or to track when and how cleaning and disinfecting is conducted, including cleaning and disinfection of spaces previously occupied by someone confirmed to have had COVID-19. Refer to [AIHA's guidance document on workplace cleaning for COVID-19](#).
  - Make Safety Data Sheets (SDS) for cleaning and disinfection products available and ensure employees and event staff are aware of the hazards of use. Incorporate new hazards into the existing OSHA Hazard Communications Program, if applicable.
  - Use disposable wipes or rags when available. Ensure reusable rags are maintained, handled, and cleaned per manufacturers' instructions. For more information, see the "Laundering" section below.
  - All items should be allowed to dry thoroughly after cleaning.
  - Establish a disinfection routine and ensure disinfection protocols follow product instructions for application and contact time.
- Select appropriate disinfectants.
  - The U.S. Environmental Protection Agency (EPA) has developed a list of products that meet EPA's criteria for use against SARS-CoV-2, [EPA List N](#).



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- Do not mix different EPA-registered chemicals together. The combination could be toxic by inhalation. Be particularly careful when using any products containing ammonia, sodium hypochlorite (bleach), or hydrogen peroxide.
- Review product labels and SDS and follow manufacturers' specifications for cleaning and disinfecting.
- Allow for appropriate ventilation during cleaning and disinfecting.
- Provide appropriate signage regarding cleaning and disinfecting measures being taken, if needed.
- Ensure any commonly used items and high-touch surfaces (e.g., pens, clipboards, and shared equipment) are cleaned and disinfected on a frequent or regular basis or after each use.
- Consider consulting an occupational and environmental health and safety (OEHS) science professional or industrial hygiene expert if additional advice is needed. AIHA has a consultants' list of such qualified professionals.
- Organizers should evaluate the venue to determine the most appropriate application method for disinfection. Please refer to [EPA's guidance](#) on use of different methods for application of disinfectants to learn more.
  - Currently, the CDC does not recommend fogging, fumigation, or wide-area or electrostatic spraying as a primary method for surface disinfection for most cases. Refer to [CDC's COVID-19 webpage](#) on cleaning and disinfecting facilities.
- Provide handwashing stations or, if not feasible, touch-free automated hand sanitizer dispensers at high-traffic locations (e.g., at the front of the venue, at exits, near elevators, and outside restrooms). These should contain hand sanitizer with at least 60% ethanol or 70% isopropyl alcohol.
  - If providing neither a station nor a dispenser is feasible, then at a minimum, consider providing hand sanitizer at high-traffic locations. This sanitizer should contain at least 60% ethanol or 70% isopropyl alcohol.
  - Post signs at each hand sanitizer station to encourage proper use and illustrate proper hand sanitizing techniques.

### Physical Distancing

- Physical distancing can help limit transmission. Sports event organizers should follow all local, state, or federal physical distancing requirements.
- Use social media, text, emails, and verbal announcements to remind employees, event staff, athletes, and spectators to wear face coverings and avoid crowding during practices and competitions.
- Require athletes and coaches to stand at least six feet apart when warming up, exercising, or socializing.
- Make physical distancing a key point in pregame announcements with signage posted at the field or athletic facility, on event-related websites, and verbally with statements such as, "Hello, thank you for coming to our venue, we will be practicing physical distancing for everyone's health and safety."
- Discourage shaking hands, fist bumps, celebrations, or exchanging public displays of affection that require close contact with each other.
- Discourage gathering in groups or having team meeting outside, on the field, or in an athletic facility, except for teams with information to indicate that they are not infected.

### Personal Hygiene

- Establish a "before and after" handwashing or sanitizing protocol for all employees, athletic event staff, and athletes, which should be implemented for practices, games, or other events or meetings.



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- Limit the number of spectators, including parents and students, for any amateur sporting event so that adequate spacing between households can be maintained. Encourage livestreaming of events for the public, students, scouts, parents, and guardians.
- Limit the number of persons attending an association or organization meeting while maintaining adequate physical distance. Consider virtual meetings for officials to receive updates and schedule information provided by a state association.
- Take steps to dismiss coaches, athletes, and officials at the end of the event to prevent interactions between parties (e.g., teams and spectators) at physical distances less than six feet.
- Modify or adjust check-in desks and concession stands to minimize close contact (e.g., six feet or less for a cumulative 15 minutes over a 24-hour period) of employees, event staff, and athletes with others, when possible.
- When relevant, use methods to physically separate employees, event staff, athletes, and others in the facility (e.g., break rooms and entrance and exit areas).
  - Use visual cues, such as floor markings and signs, to encourage physical distancing.
  - Space spectators' chairs at least six feet apart. Use barriers, such as screens, when possible.
  - Be mindful that barriers can disrupt ventilation and airflow.

### Face Coverings

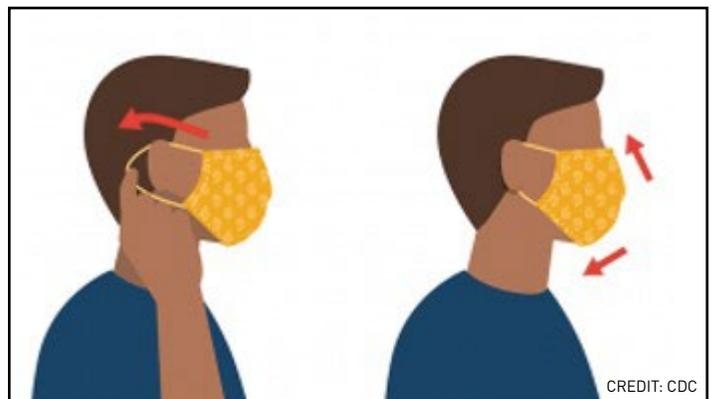
- Face coverings can help limit transmission. Athletic directors and organizers should follow all local, state, or federal face covering requirements.
- Cloth or disposable non-medical face coverings are NOT PPE, but they do offer some protection to the wearer and others and should be worn while near other people in common spaces or shared work-

spaces. Use of face coverings is not a substitute for physical distancing, engineering controls, cleaning and disinfecting, proper hygiene, or staying home while sick.

- Train employees, event staff, and athletes on the proper way to maintain, wear (covering both the nose and mouth), handle, and clean face coverings, as referenced by the CDC. Refer to the graphic below, as well as [CDC's guidance on how to wear masks](#).
- Encourage employees, event staff, and athletes to wear a cloth or disposable face covering at all times when not competing in an event, particularly when physical distancing cannot be maintained.
- Encourage employees, event staff, and athletes to wear cloth or disposable face coverings if using public transportation to get to sport events. Refer to [CDC's guidance on safe use of public transportation](#) during COVID-19.
- Additional information on cloth face coverings can be found on the [CDC's guidance for using masks](#) to slow the spread of COVID-19.

### Restrooms

- Post signage limiting restroom occupancy, to allow for proper physical distancing, and to remind occupants to wash their hands before and after using the restroom.



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- Minimize touchpoints when entering and exiting restrooms, if possible.
  - If the door cannot be opened without touching the handle, provide paper towels and a trash can by the door so that a paper towel can be used when touching the handle and then discarded.
  - Consider controlling access to bathrooms with a key so that disinfection measures can be better managed. If a key is used, consider disinfecting it after each use.
- If possible, allow doors to multi-stall restrooms to be opened and closed without touching handles.
- Place signs as reminders to close toilet lids (if present) before and after flushing.
- Use no-touch faucets, towel dispensers, soap dispensers, and waste receptacles when possible.
- Hand soap should be readily available for use by occupants.
- Provide paper towels in restrooms.
  - Refer to [AIHA's guidance document on using hand air dryers during COVID-19](#) for more information.
- If feasible, work with HVAC professionals to ensure that bathrooms are well ventilated and, if filtration is used, that proper filtration practices are being followed.
- Increase frequency and efforts to keep bathrooms clean and properly disinfected and maintain a record of sanitary work practices.
  - Take precautions when cleaning or maintaining showers, sinks, and toilets (i.e., avoid creating aerosols, close toilet lids before flushing, and use disposable gloves).

### Waste and Laundering

- Single-use items and used disinfection materials can be treated as regular waste, following regular

safety guidelines.

- Any reused cloth materials, such as uniforms, should be washed and dried on the highest temperature setting allowable for the fabric.
- When handling dirty laundry, wear gloves and a mask and do not shake.
- Clothes hampers or laundry baskets, if used, should be cleaned according to manufacturers' instructions.
- Wash hands after handling dirty laundry.

### Training

- Provide awareness training to employees and event staff on cleaning and disinfection products used in the workplace, following [OSHA's Hazard Communication Standards](#).
  - For employees and event staff who will use cleaning and disinfecting products, training should also include proper use, PPE, disposal, and relevant precautionary measures.
- Provide instruction and training to employees and event staff on how to correctly maintain, handle, wear, clean, and dispose of cloth or disposable face coverings.
- Provide appropriate training and education for all PPE, including disposable and reusable gloves.
  - **NOTE: If a sports organizer chooses to provide or an employee or event staff member supplies their own N95 respirator, please fully consider all the potential OSHA requirements.**
  - Use videos and in-person visual demonstrations of proper PPE donning and doffing procedures, while maintaining physical distancing during these demonstrations.
  - Emphasize that care must be taken when putting on and taking off PPE to ensure that the employee or staff member or the item does not become contaminated.



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- PPE should be: (1) disposed of; or (2) properly disinfected and stored in a clean location when not in use.
- Stress hand hygiene before and after handling all PPE.
- Correct maintenance on handling, wearing, cleaning, and disposing of PPE.
- Make SDS for cleaning and disinfection products available and ensure employees and event staff are aware of the hazards of use. Incorporate new hazards into your existing [OSHA Hazard Communication Program](#), if applicable.
- Implement and inform employees and event staff of supportive workplace policies, as applicable.
  - For paid athletic program employees, provide flexible sick leave policies consistent with public health guidance. Paid sick leave is an important way to encourage employees to stay home when sick.
  - Refer to [CDC's guidance for businesses and employers](#) regarding COVID-19 test results from employees, event staff members, and athletes.
  - Offer employees, event staff, and athletes the flexibility to stay home to care for sick family members.
  - If applicable, implement human resources policies consistent with public health guidance and state and federal workplace laws. For more information on employer responsibilities, visit the [Department of Labor](#) and [Equal Employment Opportunity Commission](#) websites.
  - Offer employee assistance program and community resources to help employees, event staff, and athletes manage stress and receive support.
  - Offer special accommodations upon request for employees, event staff, and athletes at increased risk for severe illness, to allow them to participate in the sport safely, while also protecting sensitive health information.
- Post signs and reminders at entrances and in strategic places providing instruction on hand hygiene, respiratory hygiene, and cough etiquette. Include signs with images for non-English readers, as needed.
- Train employees and event staff on new or modified working schedules, how they can stay up to date on new scheduling requirements, and how to make requests for schedule changes if a need arises.

### Other Control Measures

- Athletes should not be allowed to spit on the field or spit into their hands and touch player equipment.
- Player equipment, balls, or uniforms soiled with blood must be cleaned and disinfected or replaced before resuming play.
- Coaches should not share player equipment with another team without cleaning and disinfecting between use.
- Athletes, spectators, coaches, event staff, or officials who exhibit clinical symptoms of COVID-19 illness should be removed from the game and asked to leave the premises.
  - Based on state association or organizational rules of engagement, officials or coaches should report such incidents to the leadership of the appropriate governing body. Information should be provided to the organization when the person can resume engagement in the sport.
- Organizers, event staff, spectators, and athletes should be encouraged to stay home if they are symptomatic.
- If feasible, organizers are encouraged to explore work-from-home options, staggering work shifts or hours, and other flexible approaches for employees and event staff.



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- If employees, event staff, athletes, and spectators commute to the event using public transportation, consider asking them to:
  - Use other forms of transportation, if possible.
  - Maintain physical distancing and wear cloth or disposable face coverings.
  - Commute at off-peak times, if possible.
  - Wash their hands before the trip and as soon as possible after arriving.
- Educate employees, event staff, and athletes to recognize the symptoms of COVID-19 and provide instructions on what to do if they develop symptoms.
- Although perhaps not necessary if handwashing protocols are rigorously followed, consider providing disposable gloves to employees and event staff, especially when cleaning and disinfecting, removing waste materials, and cleaning the restrooms.
  - If gloves are worn, change them regularly; wearing gloves is not a substitute for handwashing.
  - If worn, inspect gloves frequently. Remove or replace any gloves that are torn, damaged, or contaminated.
- Plan for employee, event staff, and athlete absences by developing flexible attendance and sick leave policies, plan for alternative or back-up coverage, and monitor and track absences related to COVID-19.
- Stay informed of local and state COVID-19 information and updates in your geographic area.
- Methods for communicating with employees, event staff, spectators, and athletes could include emails, texts, automated phone calls, websites, and signage.
- Adopt a communication strategy that is customized to your organization and emphasizes transparency.
  - Communicate to employees, event staff, spectators, and athletes what is being done to mitigate the spread of COVID-19 (e.g., disinfection routines, health policies for staff, and health and safety measures in place).
  - Establish formal and informal routes of communication for employees, event staff, athletes, and spectators to express concerns, questions, comments, and feedback.
- Understand that schools, organizations, and associations have the right to prohibit any contest and ask individuals to leave if they are exhibiting clinical symptoms of illness or are not following established guidelines (e.g., physical distancing and hand sanitizing).
- If the venue is in a multi-tenant location, consider establishing a communication pathway with other tenants to inform each other of confirmed COVID-19 cases present at the venue.
  - Communicate ventilation concerns and response with other tenants (e.g., HVAC systems can be shared by multiple tenants and therefore adjusting the system in one area may have negative effects in another area).

### Communication

- Communication and training specifically related to COVID-19 should be easy to understand; in languages preferred to be spoken or read by employees, event staff, spectators, or athletes; and include accurate and timely information.

### Employee, Event Staff, and Athlete Wellness

- Communicate to employees, event staff, athletes, and other participants the importance of being vigilant when monitoring personal health symptoms and of contacting their employers, managers, event organizers, or coaches if or when they start to feel sick.



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- Ask that employees, event staff, athletes, spectators, and trainers not attend the day's event if they are COVID-19 positive, have been in contact with someone who is COVID-19 positive, or are living with someone exhibiting symptoms of COVID-19.
- If applicable, revisit your sick leave program to allow for athletic department employees to take time off and follow all HR policies and HIPAA or other regulatory requirements.
- Conduct employee, athletic staff, and athlete temperature screenings and wellness checks before each practice or event. **(NOTE: When applicable, comply with [OSHA's Access to Employee Medical and Exposure Records](#) standard for confidentiality.)**
  - Temperature screening methods can include a manual thermometers (use non-contact infrared thermometers) or thermal camera meeting [FDA recommendations](#). Additional screening information and guidance can be found on [CDC's website](#).
  - Assign an employee or athletic staff member to manage and conduct temperature screenings while following CDC guidelines. If this is not possible, employees, staff members, and athletes can self-check their own temperatures.
  - Screening should be done in a manner such that the privacy of employees, staff members, and athletes is respected.
  - Perform visual inspections for other signs of illness (e.g., flushed cheeks, rapid or difficult breathing without recent physical activity, fatigue, or coughing).
  - Employees, event staff, and athletes who have a fever of 100.4 degrees Fahrenheit (38 degrees Celsius) or above or other signs of illness should not be admitted into the event.
- Event organizers can consider incorporating a wellness questionnaire similar to the [CDC's general screening survey](#). However, we encourage checking your regional health department websites. For example, there is a [personnel screening form](#) available on the San Francisco Department of Health's website.
- Refer to [CDC's guidance for business and employers](#) regarding athletic department employees and event staff members who have symptoms or signs (i.e., fever, cough, or shortness of breath) or who have had close contact with someone who has COVID-19.
- If an employee, staff member, athlete, or other participant tests positive for COVID-19:
  - Follow federal, state, and local recommendations for reporting and communicating cases, while—if applicable—remaining compliant with regulations and guidelines pertaining to protecting private health information, such as confidentiality required by the Americans with Disabilities Act (ADA). See [OSHA for guidance on reporting workplace exposures to COVID-19](#).
  - If applicable, engage HR immediately and enforce all applicable HR rules and regulations.
  - Follow federal, state, and local recommendations for any individuals that had close contact with the employee, staff member, or athlete that tested positive.
  - Use trained personnel to perform enhanced cleaning and disinfecting for any surfaces that the employee, staff member, athlete, or other participant may have come into contact with.
    - Encourage the trained personnel to wear face coverings and gloves, dispose of their gloves after use, and wash their hands and face when complete. Visibly dirty surfaces should be cleaned using a detergent or soap and water PRIOR to disinfection.



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- For disinfection, use only EPA-registered disinfectants on [List N](#).
- Encourage employees, staff members, athletes, and other participants who are sick to stay home. This includes:
  - People with flu-like symptoms or who live with someone with these clinical symptoms.
  - People with COVID-19, people who live with someone with COVID-19, or people who have been exposed to someone with COVID-19.
- Event organizers are encouraged to educate employees, event staff, athletes, and other participants to recognize the symptoms of COVID-19 and provide instructions on what to do if they develop symptoms.

### What should an Employee, Coach, Athletic Event Staff Member, or Athlete do to reduce risk to themselves and the public?

- Employees, event staff, and athletes should evaluate their health continuously; if they are sick, have a fever or symptoms, or someone at home is sick, then they should remain home.
  - **NOTE: Employer HR policies, HIPAA guidelines, and any other applicable laws should be followed at all times.**
- Disinfect shared equipment and high-touch surfaces frequently, and at least after each use.
- Maintain a clean cloth or disposable face covering. Replace frequently, if needed, and replace after contamination.
  - When wearing a face covering, ensure both your nose and mouth are covered.
  - Change face covering if it becomes wet, damaged, or contaminated.
  - Wash your hands before touching your face covering.
- Wear a cloth or disposable face covering while using public transportation.
  - Additional information on cloth face coverings can be found on [CDC's website](#). (**NOTE:** Cloth or disposable non-valved face coverings primarily protect other people but can also protect the wearer. When wearing a face covering, ensure both your nose and mouth are covered. A cloth or disposable face covering is not a substitute for physical distancing.)
  - Have extra face coverings on hand.
- Maintain good hygiene practices by washing hands with soap and water for at least 20 seconds or using a hand sanitizer with at least 60% ethanol or 70% isopropyl alcohol. For more information, refer to [CDC's handwashing guidelines](#).
- If you are an employee, event staff member, or athlete who tests positive for COVID-19 or who has come in close contact with someone who has COVID-19, follow [CDC's guidelines](#).
- At minimum, wash your hands after each interaction with other people; after being in a public place; after touching your face covering; after blowing your nose, coughing, or sneezing; after using the restroom; after touching any common contact surfaces; and before eating. Avoid touching your eyes, nose, or mouth with unwashed hands.
- Wash your hands when you arrive at work, throughout the day during various activities (e.g., after handling shared equipment or garbage), after touching your face covering, when you leave work, and when you arrive home.
- Cover your mouth and nose with a tissue when you cough or sneeze and throw used tissues in the trash. If you do not have a tissue, cough or sneeze into your elbow, not your hands. Immediately wash your hands after blowing your nose, coughing, or sneezing. Learn more about [coughing and sneezing etiquette](#).



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- Let your athletic director, coach, or other event organizer know if you have concerns about PPE or face coverings that may be provided to you and ensure that you are properly instructed on how to use them. CDC has recommended sequences for donning and doffing PPE.

– **NOTE: If an athletic director or event organizer chooses to provide an N95 respirator, please fully consider any potentially applicable OSHA requirements.**

### Worker Rights

This document presents and supports workplace protections that are essential components of occupational health and safety systems and programs. These basic protections are worker rights, as well as essential ingredients of occupational health and safety systems.

### What can Spectators do to reduce the risk of transmission of COVID-19?

- Wear a cloth or disposable face covering indoors while sitting on the bench, waiting for the contest to begin, and leaving the facility at the same time as teams and spectators.
  - Limit the number of items you touch while in the gymnasium, court, field, arena, or other venue.
  - Livestream or provide remote access to school games, matches, or other competitions to reduce the risk of exposure to fellow athletes, spectators, students, parents, and guardians.
  - Comply with instructions regarding COVID-19 precautions set forth by the organizing body, including but not limited to physical distancing requirements and use of face coverings.
  - Evaluate your own health and your family's health continuously. If you are sick, stay home. If you have an elevated temperature, stay home. If someone in your household is sick, stay home. If you have allergies and uncontrollable sneezing, stay home.
- Check with the venue, prior to going, regarding any current requirements for attendees to follow specific to COVID-19.
  - Use online and electronic services in place of in-person services, if feasible.
    - If you anticipate needing to complete paperwork, consider filling this out at home prior to your visit or bringing your own pen.
  - Wear a cloth or disposable face covering as you enter and leave indoor facilities and while indoors.
  - Wash your hands before and after you leave the venue if possible, especially when touching common high-touch surfaces. If not feasible, use hand sanitizer that contains at least 60% ethanol or 70% isopropyl alcohol when you enter and before you leave the venue.
  - If using public transportation to get to and from the venue, wash your hands when you enter and before you leave the venue. If not feasible, use hand sanitizer that contains at least 60% ethanol or 70% isopropyl alcohol.
  - Maintain a distance of at least six feet from others when walking through the venue, whenever possible.
  - Cover your mouth and nose with a tissue when you cough or sneeze and throw used tissues in the trash. If you do not have a tissue, cough or sneeze into your elbow, not your hands. Immediately wash your hands after blowing your nose, coughing, or sneezing. Learn more about [coughing and sneezing etiquette](#).

### Resources

[AIHA: Effective and Safe Practices, Guidance for Custodians, Cleaning, and Maintenance Staff Guidance Document](#)



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[AIHA: Employers Guide to COVID-19 Cleaning and Disinfection in Non-Healthcare Workplaces Guidance Document](#)

[AIHA: Joint Consensus Statement on Addressing the Aerosol Transmission of SARS CoV-2 and Recommendations for Preventing Occupational Exposures](#)

[AIHA: Reducing the Risk of COVID-19 Using Engineering Controls Guidance Document](#)

[AIHA: Worker Rights White Paper](#)

[AIHA: Workplace Cleaning for COVID-19](#)

[ASHRAE: Coronavirus \(COVID-19\) Response Resources from ASHRAE and Others](#)

[Association of Applied Sports Psychology: COVID-19 Updates for Sport Psychology Professionals](#)

[CDC: COVID-19 - Cleaning and Disinfecting Your Facility](#)

[CDC: COVID-19 - COVID-19 Testing Overview](#)

[CDC: COVID-19 - General Business Frequently Asked Questions](#)

[CDC: COVID-19 - Guidance for Businesses and Employers Responding to Coronavirus Disease 2019 \(COVID-19\)](#)

[CDC: COVID-19 - How to Wear Masks](#)

[CDC: COVID-19 - Protect Yourself When Using Transportation](#)

[CDC: COVID-19 - Use Masks to Slow the Spread of COVID-19](#)

[CDC: COVID-19 - Vaccines for COVID-19](#)

[CDC: Facilities COVID-19 Screening](#)

[Department of Labor: Coronavirus Resources](#)

[EPA: Can I Use Fogging, Fumigation, or Electrostatic Spraying or Drones to Help Control COVID-19?](#)

[EPA: List N](#)

[FDA: Non-Contact Temperature Assessment Devices During the COVID-19 Pandemic](#)

[International Coaching Federation: COVID-19 Resources for Coaches](#)

[Little League: 2021 Season Resources](#)

[Little League: Coronavirus FAQs](#)

[National Athletic Trainers' Association: COVID-19 Resource Center](#)

[National Collegiate Athletic Association: COVID-19 Coronavirus](#)

[National Federation of State High School Associations: Statement on Risk of COVID-19 During High School Sports](#)

[National Recreation and Park Association: Coronavirus Disease 2019 \(COVID-19\)](#)

[National Recreation and Park Association: Slowing the Spread of COVID-19](#)

[OSHA: Access to Employee Medical and Exposure Records](#)

[OSHA: Hazard Communication Standards](#)

[OSHA: Heat](#)

[OSHA: Job Hazard Analysis](#)

[OSHA: Recording Workplace Exposures to COVID-19](#)

[OSHA: Safety Management – Recommended Practices for Safety and Health Programs](#)

[San Francisco Department of Public Health: Attachment A-1: Personnel Screening Form](#)



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[United States Specialty Sports Association: Post COVID-19 Return-to-Play Guidelines, Procedures and Recommendations](#)

[U.S. Equal Employment Opportunity Commission: Coronavirus and COVID-19](#)

[U.S. Equal Employment Opportunity Commission:](#)

[What You Should Know About COVID-19 and the ADA, the Rehabilitation Act, and Other EEO Laws](#)

[USA Pickleball: USA Pickleball Statement on the Coronavirus](#)

[USA Pickleball: COVID-19 Return to Play. Guidance on Safe Return to Play](#)

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