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Reopening: Guidance for **Amateur Sports**

Guidance Document

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Overview

There are various recreational and organized levels of play for teams, schools, leagues, clubs, and associations conducting organized youth or adult amateur sports activities in the United States. Sports include, but are not limited to lacrosse, soccer, baseball and softball, volleyball (beach/court), 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 lessening of the threat of the virus. While the threat for outdoor sports is less, failure to adhere to appropriate safeguards including local, state, and federal guidance during play or practice in various venues could result in the continued spread of the virus.

SARS-CoV-2, the virus that causes COVID-19, is thought to be spread primarily through aerosolized respiratory droplets at close range. Airborne transmission from exposure to very small droplets over long distances is unlikely. However, there is evidence that this mode of transmission is possible, particularly in crowded, indoor spaces. People may also become infected by touching contaminated surfaces. The virus has been shown to survive in aerosols for hours and on surfaces for days. Infection can occur through eyes, nose, and mouth exposures. There is also strong evidence that people can spread the virus while pre-symptomatic or asymptomatic.

This document addresses a broad range of amateur sports and operations providing instruction, practice, training, officiating, trials, and competition in all age groups. This document can be applied to other ancillary sport activities such as: meetings, registrations, concession stand operations, parade, picnics, award banquets and ceremonies and incidental fund-raising activities involving the sale of products, coupons, raffle tickets and services, such as car washes, bake sales, and coin drops.

Even though most states have exemptions regarding social gathering guidelines issued on the COVID-19 pandemic, most sport activities in the U.S. have been shuttered since mid-March 2020 to combat the spread of COVID-19. There are opportunities for amateur sports to follow established Centers for Disease Control (CDC) and Occupational Health and Safety Administration (OSHA) guidelines to protect coaches, officials, volunteers, guests, and visitors. Administrative controls also should be applied with periodicity for each scheduled sporting contest, game, match, and special events like competitions and tournaments. This guide helps address some of the most pressing questions amateur sports may have while at practice or play, including:

- How can we protect the employees, volunteers, public, and players from exposure to COVID-19?
- Can attendance be limited at practices and competition?
- How can we minimize the risk of disease transmission to athletes, coaches and officials?
- What do we do if someone is visibly sick or not following CDC guidelines?
- How do we clean and sanitize contact surfaces such as balls and player equipment?
- Can shower facilities, rest rooms, and locker rooms be cleaned and sanitized before use?
- How do we manage comingling and shared facilities with different teams during sporting events?

At this time, it is unknown if sport events will be sparsely attended after stay-at-home restrictions are lifted, or if they will be flooded with athletes, coaches, and officials returning to practice or play in order to salvage their season. There is still uncertainty with regard to allowing a limited number of spectators from the public to attend team practices, trials, and competitions. In some sports, the season may be extended based on the outcome of the governing body, associ-



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ation, or organization. This document offers practical guidance for sport organizations and associations to implement interim control measures to reduce the risk of transmitting the SARS CoV-2 virus or acquiring the COVID-19 disease. It addresses key questions, and provides tips for the coaches, officials, athletes and parents or guardian to support their organization.

What should an Employer do to protect coaches, officials, athletes and the public?

Measures can be taken to reduce the risk of transmitting the SARS CoV-2 virus from touching surfaces, or transmitting it from person-to-person by respiratory droplets from coughing or sneezing or aerosols (microfine viral particles in air) or from close contact during normal conversation or rooting for your team. Clear communication and social, print, and digital media can be used help educate parents, coaches, and athletes on the appropriate control measures to protect their health. Signs can be posted at parks, schools, and other venues to help students and the public understand these precautions. In schools, the Athletic Directors (ADs), in coordination with local school districts and state athletic associations, can provide additional information, communication, and resources to student athletes, parents, and guardians regarding precautions being taken to protect everyone from COVID-19. State athletic associations also can provide similar information to officials. Leaders in private clubs, associations, and organizations also can distribute information to their membership to help protect coaches, athletes, officials, parents and guardians, and the general public. Schools, clubs, sport associations, and organizations should continually monitor global (World Health Organization [WHO]), federal (Centers for Disease Control [CDC] and Occupational Safety and Health Administration [OSHA]), state, and local guidelines for changes in recommendations, disinfection strategies, worker

protections and other best management practices. They should seek guidance from regional, national, and international leaders relative to health policy and best practices as well as consider forming a knowledgeable team to monitor, assess, and implement new strategies as they become available.

In addition, ADs and the leadership of sport organizations should consider the following strategies for reducing the risk of COVID-19 transmission in regards to physical distancing, ventilation, enhanced cleaning and disinfecting practices, restrooms, gymnasiums, food preparation, personal hygiene, employee wellness, respirators, personal protective equipment (PPE), training, waste and uniform laundering, and risk communication. Due to the wide variety of amateur sports and venues, it may not be possible for organizations to implement all of the following. However, trying to tackle the problem from multiple angles and with multiple layers can help reduce health risks. Employers, associations and organizations should support COVID-19 prevention activities, procedures, and education.

Physical Distancing

- Encourage the use of live streaming of events for the public, scouts, parents, and guardians.
- Use social media, text, emails, and verbal announcements during practices and competitions to discuss steps being taken to protect coaches, players, and officials.
- Stand at least 6-feet apart when warming up, exercising, or socializing with fellow players and coaches.
- Train coaches, athletes, and officials on the CDC public health guidelines to prevent spreading COVID-19.
 - Make this a key point in pre-game announcements, posting signage at the field or athletic facility, websites, and verbally stating, “Hello, thank



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you for coming in, we will be keeping a physical distance of 6-feet for your health”.

- Shaking hands, celebrations or exchanging public displays of affection with each other should be discouraged.
- Gatherings in groups or team meeting outside, on the field, or inside an athletic facility should be discouraged except for teams with information to indicate that they are not infected.
 - If you need to cough or sneeze, cover your mouth and nose with a tissue and throw used tissues in the trash. If you don't 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.
- Limit the number of spectators, including parents and students, for any amateur sporting event.
- Limit the number of persons attending an association or organization meeting while maintaining 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 contest to prevent the interaction between parties (e.g., teams and spectators) at physical distances less than 6-feet.

Indoor Ventilation

- Provide natural ventilation by opening windows and doors whenever possible to increase air flow. If windows and doors cannot remain open, provide good indoor air quality by:
 - Keeping HVAC system operational to maintain thermal comfort and maximize outdoor air based on system design.
 - Maintaining the relative humidity at 40-60%.
 - Limiting the use of portable pedestal or overhead ceiling fans.

- Ensure restrooms are under constant negative air pressure.
- Without affecting the original HVAC design specifications consider using MER-14 or HEPA filters for facilities, especially for small practice, gymnasiums, training, treatment or fitness rooms.
- Discard air filters carefully to prevent the discharge of viral particles during the disposal process.
- 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 \(Coronavirus\) Preparedness Resources](#) updates 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 HEPA filtration units in smaller gymnasiums and indoor practice/training/fitness rooms.
- If fans such as pedestal fans or ceiling mounted fans are used inside the building, take steps to minimize airflow and direction of air from fans blowing from one person directly toward another individual. If fans are disabled or removed, remain aware of, and take steps to prevent, [heat-related hazards](#).
- Heat stress should be considered whenever scheduling games, matches, and tournaments during the summer months. Heat-related illness can occur depending on the ambient air temperature, relative humidity, and wind speed. The NIOSH app is a very useful tool and it can be used to monitor the relative risk of [heat stress](#). Most often it can occur while playing multiple games or matches over several consecutive days. Heat stress may affect of-



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officials more than athletes or coaches since team rotate play whereas officials continue working the next consecutive contest and use personal protective equipment during play. Some officials can work as much as eleven (11) consecutive contests over a 3-day weekend.

Enhanced Cleaning and Disinfecting Practices

- Select appropriate disinfectants – consider effectiveness and safety.
 - The U.S. Environmental Protection Agency (EPA) has developed a [list of products](#) that meet EPA's criteria for use against SARS-CoV-2.
 - 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 Safety Data Sheets (SDS) and follow manufacturer specifications for cleaning/disinfecting.
 - 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.
- Establish a disinfection routine, ensuring there is sufficient contact time to complete a thorough disinfection between events:
 - Seating, doors, restrooms (including portable restrooms), dugouts, tables, benches (team and spectator), showers, and locker rooms should be cleaned and disinfected between contests.
 - Use disposable wipes or rags when available. If not available, ensure rags are maintained, handled, and cleaned per product instructions.
 - Use disposable paper towels or other materials to wipe non-porous surfaces clean. Hard surfaces also can air dry rather than wiping.
- Ensure cleaning and disinfection protocols follow product instructions for application and contact time.
- Contact surfaces such as player equipment and balls should be cleaned and disinfected after each use.
- Consider cleaning the HVAC intakes on a routine maintenance schedule.
- Non-porous surfaces such as gymnasium floors, benches, chairs, official's tables and other contact surfaces should be visibly clean.
- Tell coaches, players and officials about lessons learned and best work practices to reduce the risk of exposure.
- Utilize team resources such as athletic trainers or school nurses to convey importance of following COVID-19 rules.
- Remind the coaches, players, and officials not to leave behind any used tissues, food containers, or other refuse.
- Clean and disinfect all common areas in and around concession stands, chairs, benches, and tables.
- Frequently clean and disinfect high-touch/shared interior surfaces such as: doorknobs, light switches, toilet handles, faucets and taps, elevator buttons, and railings.
- Consider developing a standard operating procedure, a checklist, or audit system to consistently train employees on enhanced cleaning/disinfecting practices or to track when and how cleaning and disinfecting is conducted. Note that this may be a requirement in some states or local jurisdictions.
- Single-use items and used disinfection materials can be treated as regular waste, following regular safety guidelines.
- Any reused cloth materials should be washed and dried on the highest temperature setting allowable for the fabric.



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- Deeper cleaning and disinfecting protocols should be developed and implemented in cases where confirmed cases of COVID-19 are discovered. Refer to AIHA's [Workplace Cleaning for COVID-19](#).

Restrooms (NOTE: See [Supplement guidance on use of air dryers](#))

- Post signage limiting restroom occupancy to allow for proper physical distancing and to remind players, coaches, other employees, and visitors to wash hands before and after using the restroom.
- Minimize touchpoints entering and existing restrooms, if possible.
- If the door cannot be opened without touching the handle, provide paper towels and a trash can by the door so a paper towel can be used when touching the handle and then discarded.
 - Consider controlling access to bathrooms with a key so disinfection measures can be better managed. If a key is used, consider disinfecting it after each use.
- Doors to multi-stall restrooms should be able to be opened and closed without touching handles if possible.
- Place signs indicating that toilet lids (if present) should be closed 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.
- Place signs outside the doorway to discourage players from congregating around or in restrooms.
- Provide paper towels and air dryers in restrooms.¹
 - The WHO and CDC currently state that hands can be dried using a paper towel or hand dryer.
 - Due to current uncertainties surrounding the transmission of SARS-CoV-2, care should be taken when using a hand dryer or paper towel.
- The use of touch or push hand dryers is discouraged due to possible surface contamination. If hand dryers are used, consider touchless devices.
- Businesses and employers should 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.

Personal Hygiene

- Establish a “before- and after- service” hand washing or sanitizing practice for all athletes, coaches, and officials.
- At minimum, employees, players, coaches, referees, and others should wash their hands after they have been in a public place, after touching their face covering, after blowing their nose, coughing, or sneezing, after using the restroom, after touching any common contact surfaces, and before eating. **Avoid touching eyes, nose, or mouth with unwashed hands.**
- Employees, players, coaches, referees, and others should wash hands with clean, running water, apply soap, lather and scrub for at least 20 seconds, then rinse. Dry hands using a clean paper towel or air dry. When soap and water can't be used, use an alcohol-based hand sanitizer that contains at least 60% ethanol or 70% isopropyl alcohol. Any use of alcohol-based hand sanitizers should follow local and State guidelines.
- Players, coaches, referees and others should cover their mouth and nose with a tissue when they cough or sneeze and throw used tissues in the

¹NOTE VERSION CHANGE: In version 1 of this guidance document, in the section titled “Restrooms” it stated to disconnect or tape off the hand dryer.



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trash. If they don't have a tissue, cough or sneeze into their elbow, not their hands. Immediately wash your hands after blowing your nose, coughing or sneezing. Learn more about [coughing and sneezing](#) etiquette.

- Make hand sanitizer stations available throughout work and public places. Stations should also be placed in convenient locations, such as at entrances, exits, near elevators, and restrooms. Touch-free hand sanitizer dispensers should be installed where possible.
- Provide hand sanitizer or hand washing stations near any team bench, dugout, or other team location.
- Use universal precautions when administering first-aid treatment or concussion protocols for injured athletes.
- Wash hands before leaving any restroom or use hand sanitizer after leaving any portable restroom facility.

Employee Wellness

- Health checks and reporting requirements of individuals infected with COVID-19 should be explained prior to reopening and again once operations have resumed.
- Communicate to employees and players the importance of being vigilant when monitoring symptoms and staying in touch with their employer or coach if or when they start to feel sick.
- Revisit your leave or sick program to allow for time off and follow all HR Policies and HIPAA/other regulatory requirements.
- Conduct temperature screening and wellness checks before each practice or game. **(NOTE: be sure to comply with OSHA's Access to Employee Exposure Medical Records standard for confidentiality.)**
 - Temperature screening methods can include manual (use non-contact infrared thermometers) or thermal camera meeting [FDA recommendations](#). Additional screening information/guidance can be found on the [CDC website](#).
- Assign an employee to manage and conduct the temperature screenings while following CDC guidelines in the above link. If this is not possible, employees can self-check their own temperature.
- Screening should be done in a manner such that the privacy of employees is respected.
- Perform a visual inspection for other signs of illness (e.g., flushed cheeks, rapid or difficulty breathing without recent physical activity, fatigue, extreme fussiness, cough).
- Those who have a fever of 100.4° F (38° C) or above, or other signs of illness should not be admitted to the facility.
- Consider incorporating a wellness questionnaire with questions such as:
 - Have you, or a person you have been in close contact with, been diagnosed with COVID-19 within the last 14 days? (close contact is 6 feet or less for more than 10 minutes.)
 - Have you experienced any cold or flu-like symptoms in the last 72 hours (to include fever, shortness of breath, cough, sore throat, difficulty breathing, nausea, vomiting and diarrhea)?
 - Have you traveled to an international or domestic "hot spot" in the last 14 days?
 - There are a number of examples available for wellness questionnaires (see Resources below).
- Require those who have symptoms or signs (i.e., fever, cough, or shortness of breath) or who have a sick family member at home with COVID-19 to notify their manager or coach and stay home.
- Sick athletes and employees should follow the CDC-recommended steps. They should not return to work/play until the criteria to discontinue home isolation are met in consultation with healthcare



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providers and state and local health departments. Consider waiving requirements for medical documentation during the pandemic, as CDC has advised people with mild illness NOT to go to the doctor's office or emergency room.

- If an employee or athlete is sick or receives positive COVID-19 test results, results should be reported to employer. In the case of a positive COVID-19 test result, the employee or athlete must stay home until cleared for physical return to the workplace by their medical provider, following the CDC's [Discontinuation of Isolation for Persons with COVID -19 Not in Healthcare Settings](#).
- If a coach or official tests positive, results should be reported to the governing body, association/organization, and:
 - Follow federal, state, and local recommendations for reporting and communicating cases, while 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.
 - Engage HR immediately and enforce all applicable HR rules and regulations.
 - The employee shall be isolated to the area they are in currently and removed from the site for a minimum of 14 days.
 - Any individuals having “close contact” (within approximately 6 feet) with the employee should also be isolated from the work site for 14 days; and all other employees should continue to follow physical distancing rules. Communicate and reinforce with employees, while maintaining PII and HIPAA requirements, that they may have been exposed and to closely monitor their health, temperature, and current symptoms as identified by the CDC. Contact tracing and sharing of

employee information should be done under the guidance of Human Resources due to privacy requirements of HIPAA, ADA, and EEOC. See the CDC's [“Coronavirus Disease 2019 \(COVID-19\) General Business Frequently Asked Questions”](#).

- Enhanced cleaning and disinfecting should be done immediately by trained personnel, who should wear appropriate face coverings and gloves, dispose of gloves after use, and wash hands and face when complete. Visibly dirty surfaces shall be cleaned using a detergent or soap and water PRIOR to disinfection.
- For disinfection, use only EPA-registered disinfectants on [List-N](#).
- Any mental health concerns regarding the SARS CoV-2 virus or COVID-19 disease by coaches, players or officials should be addressed by the appropriate governing body, association, or organization.
- Coaches, trainers, and officials may be at a higher risk due to comorbidity factors such as age, gender, race, or other underlying medical illness or disease as outlined in the CDC [Groups for Higher Risk of Severe Illness](#). Additional administrative controls should be implemented to help protect this vulnerable population of employees.

Other Control Measures

- Although not necessary if hand-washing protocols are rigorously followed, consider providing disposable gloves to employees, especially when cleaning and disinfecting the building contact surfaces, tables, chairs, player equipment, and cleaning the restrooms.
 - If gloves are worn, they must be changed regularly as they are not a substitution for hand washing.
 - Remove or replace gloves that are torn or damaged. Users should check their gloves frequently to avoid exposure.



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- 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, 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 the incidence to the leadership of the appropriate governing body. Information should be provided to the organization when the person can resume engagement in the sport.
- Depending on circumstances, for those individuals who cannot maintain physical distancing, provide or encourage all personnel to wear cloth or disposable face coverings and regularly use hand sanitizer. Situations may include, but not limited to, time spent onboard a school bus, charter or commercial aircraft, or group public/private transport.
- Depending on local requirements, in alignment with CDC recommendations, individuals should wear a cloth or disposable face covering whenever physical distancing cannot be maintained (indoors or outdoors). Ensure the face covering is properly maintained and cleaned. Additional information on cloth face coverings can be found on [CDC's web-site](#). **(NOTE: Cloth or disposable face coverings primarily protect other people. A cloth or disposable face covering is not a substitute for physical distancing.)**
- With the exception of children less than two, and individuals who have difficulty breathing, are unconscious, or otherwise unable to remove a face covering without assistance, CDC recommends that all people wear a cloth or disposable face covering in public settings and when around people who don't live in their household, especially when other physical distancing measures are difficult to maintain.
- Non-medical cloth or disposable face coverings or cloth or disposable face coverings are NOT Personal Protective Equipment (PPE), but they do offer some protection to others and should be worn while near other people in common spaces or shared workspaces. They are not a substitute for physical distancing, engineering controls, cleaning and disinfecting, proper hygiene, or staying home while sick.
- Individuals should remove cloth or disposable face coverings correctly and wash hands after handling or touching a used face covering.
- Individuals should wash cloth face coverings after each use. Cloth face coverings can be included with regular laundry. Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the face covering. Use the highest heat setting and leave in the dryer until completely dry. If air drying, lay flat and allow to completely dry. If possible, place in direct sunlight.
- Plan for absences of coaches or officials by developing flexible attendance and sick-leave policies; plan for alternative coverage and monitor and track COVID-19 related illness with the governing body, association, or organization.
- Implement and inform employees of supportive workplace policies as applicable:
 - Flexible sick leave policies consistent with public health guidance. Providing paid sick leave is an important way to encourage employees to stay home when sick.



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- Consider not requiring a COVID-19 test result or a healthcare provider's note for employees who are sick to validate their illness in order to qualify for sick leave. If you do require a doctor's note from your employees to verify that they are healthy and able to return to work, be aware that healthcare provider offices and medical facilities may be extremely busy and not able to provide such documentation in a timely manner. Get more information related to the [Americans with Disabilities Act during the COVID-19 pandemic](#).
- Flexibility to stay home to care for a sick family member.
- 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's and the [Equal Employment Opportunity Commission's](#) websites.
- Employee assistance program and community resources to help employees manage stress and receive support.
- Encourage employees at increased risk for severe illness to request special accommodations to allow them to perform their job duties safely while also protecting sensitive employee health information.
- Stay informed about local COVID-19 information and updates in your geographic area.
- Tournaments, games or matches should be suspended/rescheduled if coaches, players or spectators cannot adhere to gathering restrictions and physical distancing.
- Turn off all water fountains in schools and avoid using water fountains in parks and other outdoor locations.

Training

- Employees and volunteers should be given information and training about physical distancing, processes, and hygiene practices.
- Provide instruction and training to all employees and volunteers:
 - Recognize and understand the symptoms of COVID-19.
 - Learn to properly put on and remove cloth or disposable face covering and/or gloves.
 - Clean and disinfect surfaces according to product specifications.
 - Report any unsafe or unhealthful working conditions to coaches, administrators, and officials.
 - Control and stagger entry and exit from a gymnasium, track, field, court or other scheduled venue.
- Employees should receive, at minimum, awareness training on cleaning and disinfection products used in the workplace following OSHA Hazard Communication Standards. For employees who will use cleaning and disinfecting products, training should also include proper use, PPE, disposal, and all precautionary measures.
- Provide Safety Data Sheets (SDS) for cleaning and disinfection products and ensure employees are aware of the hazards of use. Incorporate new hazards into existing OSHA Hazard Communications Program.
- Store any commercial or industrial chemicals in an appropriate location by hazard chemical classification.
- If advice is needed, OEHS science professionals and industrial hygienists have expertise in selecting or using Personal Protective Equipment (PPE) and training. Find a qualified industrial hygiene and OEHS professionals near you in AIHA's [Consultants Listing](#).



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- Post signs near outdoor fields or inside schools and other athletic facilities to remind everyone to practice physical distancing, wash their hands, and report signs of symptoms of illness. This should include signs with images for non-English readers, as needed.

Waste and Laundering

- Single-use items and used disinfection materials can be treated as regular sanitary waste, following regular safety guidelines.
- Spray sanitizers should be used on player gloves and all other non-washable player equipment.
- Any reusable cloth materials such as player uniforms can be washed with commercially available laundry detergent and dried on the highest temperature setting for the fabric as prescribed by manufacturer instructions.
- Ensure all commercial laundry services are aware of the potential for SARS CoV-2 viral exposure before laundering.
- Provide Safety Data Sheets (SDS) for cleaning and disinfection products and ensure employees are aware of the hazards of use. Incorporate new hazards into existing OSHA Hazard Communications Program.
- Coaches and players should remove any personal refuse from the dugout or bench area and discard items into a recyclable or sanitary receptacle.

Communication

- Communicate with all stakeholders including coaches, players, officials and parents on what's being done to mitigate the spread of COVID-19 (e.g., disinfection routine, health policies for employees, physical distancing, and health and safety measures in place).
- Consider communicating the visible symptoms of COVID-19 exposure and learning about people who may be at high risk of transmitting the virus

(e.g., taking care of someone who is COVID-19 positive, exhibiting symptoms of COVID-19, being an essential worker in a high-risk category, etc.).

- Understand schools, organizations and associations have the right to prohibit any contest and ask the person to leave if anyone exhibiting clinical symptoms of illness or does not following established guidelines (e.g., physical distancing, hand sanitizing).
- Use platforms for verbal/written communication, which can include an oral reminder before the contest begins and the use of social media, websites and posting information on indoor/outdoor signs.
- Communicate with all coaches, athletes, officials and sport assignors if a scheduled event is changed, postponed, or cancelled.
- Coaches and players should be reminded to clean their hands upon entry and exit from the dugout or bench.

What should an Employee or Player do to protect themselves and the public?

- Athletes should refrain from spitting or expectorating sunflower seeds, gum or other substance on the field, track, or other practice location. Players spitting into hands/gloves at bat or a pitchers moistening finger tips by mouth during a baseball or softball game should be prohibited.
- Report your symptoms by telephone, text or email to those persons in-charge at school, coach, association or organization. Don't go to any sporting event or practice facility to verbally discuss this matter in-person.
- At minimum, wash hands 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 eyes, nose, or mouth with unwashed hands.**



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- Wash hands with clean, running water, apply soap, lather and scrub for at least 20 seconds, then rinse. Dry hands using a clean paper towel or air dry. When soap and water can't be used, use an alcohol-based hand sanitizer that contains at least 60% ethanol or 70% isopropyl alcohol. Any use of alcohol-based hand sanitizers should follow local and State guidelines.
 - Employees and players 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 other laws should be followed at all times.**
 - If you test positive for COVID-19:
 - Stay home and isolate until cleared for physical return by your medical provider, following the CDC's [Discontinuation of Isolation for Persons with COVID -19 Not in Healthcare Settings](#).
 - Contact your supervisor/coach and report your results as soon as possible.
 - Notify your supervisor/coach about others with whom you came into contact.
 - Maintain cloth or disposable (or better if you have it) face covering, clean or replace frequently, and use at minimum when unable to maintain physical distancing of 6-feet.
 - Wear a face covering when out in public and maintain physical distancing inside buildings when not playing or practicing, and outdoors while sitting on the bench or inside a dugout. If physical distancing is not possible on the bench or dugout, consider wearing your face covering.
 - At minimum, employees should wash their hands after they have been in a public place, after touching their face covering, after blowing their nose, coughing, or sneezing, after using the restroom, after touching any common contact surfaces, and before eating or drinking. Wash your hands or use hand sanitizer when you first arrive, after returning to the bench or dugout, and before leaving the premises at the end of the competition. **Avoid touching eyes, nose, or mouth with unwashed hands.**
 - Employees should wash hands with clean, running water, apply soap, lather and scrub for at least 20 seconds, then rinse. Dry hands using a clean paper towel or air dry. When soap and water can't be used, use an alcohol-based hand sanitizer that contains at least 60% ethanol or 70% isopropyl alcohol. Any use of alcohol-based hand sanitizers should follow local and State guidelines.
 - Cover your mouth and nose with a tissue when you cough or sneeze and throw used tissues in the trash. If you don't 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.
 - Understand how to properly use the PPE issued to you. There are procedures for donning and removing a respirator or face mask. Disposable gloves, if used, should not be torn or abraded during any single use. Gloves used for play should be properly cleaned and sanitized as recommended above.
- NOTE: If an employer chooses to provide or an employee supplies their own N95 respirator, please fully consider all the potential OSHA requirements.**
- Let your employer or coach know if you have concerns about personal protective equipment (PPE) that may be provided to you and that you are properly instructed on how to use it. [The CDC has recommended sequences for donning and doffing PPE.](#)
 - Report any adverse effects while wearing a respirator or face mask or allergic reaction wearing



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gloves. Don't remove the respirator or face mask inside the building, practice facility, or outside with team nearby even if you are in physical distress. Notify the coach, assigning official or representative from the school, organization or association if you have a medical condition (e.g., cardiovascular, pulmonary, asthma or allergy, etc.) that would preclude from wearing a respirator or a face mask.

- Clean and disinfect frequently touched surfaces and exercise equipment (including balls).

Worker Rights

AIHA believes that basic protections are worker rights, as well as an essential ingredient of occupational health and safety systems, and that employers must provide a safe and healthful work environment.

What can Coaches, Athletes, Trainers or Officials do to minimize transmission of COVID-19?

- Encourage those who are sick or at risk to stay home. This includes:
 - People with underlying medical conditions.
 - People who live with elderly people or those who are at risk.
 - People with upper respiratory or flu-like symptoms or who live with someone with these clinical symptoms.
 - People with COVID-19 or live with someone with COVID-19 or who have been exposed to someone with COVID-19.
- School administrators should notify coaches, nurses, and trainers of any athlete who self-reports positive for COVID-19
- Use PPE and other precautions when administering assistance to any player.
- Live stream or provide remote access to school games, matches or other competition to reduce the risk of exposure to fellow students, parents and/or guardians.
- Limit the number items touched while inside the gymnasium, court, field, arena, or other venue.
- 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 with the teams and spectators.
- Wash your hands or use hand sanitizer before and after you leave the facility or restroom, if possible.
- Provide disposable cups for portable water coolers, label individual sport beverage containers kept on the bench or dugout, and discard all refuse in a recyclable or sanitary receptacle at the end of the competition.
- Use physical distancing during timeouts and limit the number of timeouts by established game rules without face protection, with exception for medical attention due to injury or illness.
- Congratulate other team with tip of the hat or wave but avoid handshakes and celebrations after the competition.

Resources

- CDC Guidance on [Parks and Recreational Facilities](#).
- CDC Health Screening [“Should we be screening employees for COVID-19 symptoms?” section of General Business Frequently Asked Questions](#).
- National Recreation and Parks Association on [Slowing the Spread](#).
- USA Pickleball Association (USAPA) – [COVID-19 Guidance on Safe Return to Play](#).
- United States Specialty Sports Association – [Post COVID-19 Return-to-Play Guidelines](#).
- [National Athletic Trainers' Association](#).
- [National Collegiate Athletic Association](#).



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- National Federation of State High School Associations – [COVID-19 Guidance](#).
- Little League – [Coronavirus Update](#).
- [Association of Applied Sports Psychology](#).
- International Coaching Federation – [COVID-19 Resources for Coaches](#).
- United States Specialty Sports Association – [Coronavirus Updates](#).
- The EPA has developed a [list of disinfectants](#) for use against SARS-CoV-2.
- ASHRAE has a list of [COVID resources](#) for commercial buildings.
- AIHA's Indoor Environmental Quality Committee developed these guidance documents about reopening and cleaning buildings after closures due to COVID-19: [Recovering from COVID-19 Building Closures](#) and [Workplace Cleaning for COVID-19](#).
- AIHA's [Considerations on the Safe Use of UVC Radiation](#)
- AIHA's [Focus on Construction Health: COVID-19](#)
- AIHA's [Effective and Safe Practices: Guidance for Custodians, Cleaning and Maintenance Staff](#)
- AIHA's [Employers Guide to COVID-19 Cleaning & Disinfection in Non-Healthcare Workplaces](#)
- AIHA's [Reducing Risk of COVID-19 Using Engineering Controls](#)
- AIHA's [PPE for SARS-CoV-2](#)
- AIHA's [Use of Real Time Detection Systems](#)
- AIHA's [Proper Use of Respirators for Healthcare Workers & First Responders](#)
- AIHA's [Workers Rights White Paper](#)

AIHA®

AIHA is the association for scientists and professionals committed to preserving and ensuring occupational and environmental health and safety (OEHS) in the workplace and community. Founded in 1939 as the American Industrial Hygiene Association® (AIHA®), we support our members with our expertise, networks, comprehensive education programs and other products and services that help them maintain the highest professional and competency standards. More than half of AIHA's nearly 8,500 members are Certified Industrial Hygienists (CIH), and many hold other professional designations. AIHA serves as a resource for those employed across the public and private sectors, as well as to the communities in which they work. For more information, visit [AIHA.org](#).

About Occupational and Environmental Health and Safety Professionals

Occupational and environmental health and safety (OEHS) professionals (also known as industrial hygienists) practice the science of anticipating, recognizing, evaluating, controlling and confirming workplace conditions that may cause workers' injury or illness. Through a continuous improvement cycle of planning, doing, checking and acting, OEHS professionals make sure workplaces are healthy and safe.

- Get additional resources at AIHA's [Coronavirus Outbreak Resource Center](#).
- Find a qualified industrial hygiene and OEHS professionals near you in our [Consultants Listing](#).



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These guidance documents were primarily developed for those smaller business that don't have readily available occupational health and safety resources, and designed to help business owners, employers, employees and consumers implement science-backed procedures for limiting the spread of the coronavirus. They are subject to any local, state, or federal directives, laws, or orders about operating a business and should only be used if they do not conflict with any such orders.

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