



# ORGANIZED SPORTS

## Organized Sports, Group Physical Activities

Applies to sports leagues, associations, and other organized groups engaged in hosting, facilitating, organizing, or promoting organized sporting events and activities. These mandatory safety measures apply to indoor and outdoor organized sports activities differently, so please read carefully.

### MANDATORY SAFETY MEASURES

#### GENERAL

- All aspects of the existing Emergency Orders currently in effect, including masks, physical distancing, and gathering sizes, must be adhered to except as noted below to allow for specific organized sports activities.
- Spectators are not allowed unless the total number of people present – including players, coaches, trainers, medical professionals, any other participants, and spectators – does not exceed the gathering limitations (6 people inside or 10 people outside).
- Maintaining practice groups in consistent pods of small sizes that do not mix athletes may help limit team-wide outbreaks of COVID-19 infection.

#### MASKS OR FACE COVERINGS REQUIRED AT ALL TIMES

- Masks or face coverings are required at all times for all athletes, players, coaches, and anyone else engaged in organized sports activities both indoors and outdoors.
  - All individuals shall wear a mask or face covering continuously when arriving to or departing from an athletic facility, court, rink, or field.
  - All individuals shall wear a mask or face covering continuously during any time spent at an athletic facility, court, rink, or field both during exercise and during non-exercise periods such as when being given instruction, providing coaching, or during breaks.
  - The mask or face covering requirement should be applied in a manner consistent with the federal Americans with Disabilities Act and other applicable laws, which may require making an accommodation to the mask requirement for individuals with physical or mental disabilities that impair their ability to wear a mask while participating in sports.
  - Exception: masks and face coverings should not be worn in water activities (e.g. swimming, diving).
  - Exception: masks and face coverings during high intensity outdoor organized sports activities are encouraged, but not required, if athletes generally can maintain ten (10) feet physical distancing at all times.

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### PHYSICAL DISTANCING REQUIRED AT ALL TIMES

- Players, coaches, trainers, medical professionals, and any other participants must adhere to ten (10) feet physical distancing protocols during indoor organized sports activities.
  - Exception: ten (10) feet physical distancing is encouraged but not required for outdoor organized sports activities.
- Players, coaches, trainers, medical professionals, and any other participants must adhere to six (6) feet physical distancing protocols during indoor or outdoor organized sports activities that do not include exercise such as coaching sessions, meetings to cover logistics, or any other communication session.

### ALLOWED ACTIVITIES

- Organized sports teams shall not gather with or compete against other teams indoors.
- Indoor organized sports teams may not conduct practice that requires players to be within ten (10) feet of each other, but may conduct indoor trainings or practices that allow physical distancing (minimum 10 feet) to be maintained.
- Outdoor organized sports teams may conduct practice that allows players to be within ten (10) feet of each other.
- Indoor tournaments and other events are not allowed within the Municipality.
- Teams from the Municipality of Anchorage that cannot play or practice in the Municipality should not travel outside the Municipality for practice or competition.
- Indoor organized sports activities (such as practices, drills, or conditioning) shall be staggered to allow all participants from one event to leave before participants for the next event arrive.
- Indoor organized sports activities such as practices or drills in shared spaces (for example at the Dome or Fox Hollow) shall maintain twenty (20) feet physical separation between groups/events with no mixing of participants.
  - Each event must be assigned sufficient space to allow for physical distancing at all times, both during exercise and while not engaged in active drills.
  - Spaces for each team should be visibly marked with cones or tape or similar markings.

### OPERATIONS

- Facilities and/or event organizers must maintain a log of everyone who is present.
  - This information may be maintained electronically.
  - Organizers are required to maintain these records for 30 days.
  - Log must contain first and last name, phone number, and email at a minimum.
  - The information in the log will not be shared unless needed for contact tracing.
- Clean and disinfect frequently touched surfaces including shared equipment, locker rooms, and restrooms. Use of shared equipment should be minimized.
  - Use products that meet [EPA disinfection criteria](#) and are appropriate for the surface.
  - When possible, athletic areas with poor ventilation or small spaces where physical distancing cannot be maintained should be avoided.
- Encourage athletes and players to change clothes prior to arrival and show up dressed for practice or drills.

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- Facilities may allow access to indoor bathroom and locker facilities for the purposes of engaging in hand hygiene, changing, and utilizing the rest rooms.
  - Organized sports teams should stagger visits to the locker room or rest rooms to allow for physical distancing while indoors.
  - Shower use not allowed, except that swimmers must follow appropriate pre-swim shower protocols before entering the pool.
- Players, coaches, and officials should not share food or drink. Participants should be encouraged to bring their own water bottles. Consumption food and drink inside should be minimized to avoid multiple participants being unmasked at the same time.
- Organizers should ensure players, coaches, and officials have access to hand washing capability or hand sanitizer and should encourage frequent hand hygiene.
- Players and coaches should minimize equipment sharing, and clean and disinfect shared equipment between different people to reduce the risk of COVID-19 spread.
- Each team/club/institution must develop and maintain a COVID-19 Mitigation Plan that contains, at a minimum, the Operating Requirements in this document and other protocols to minimize close contact among players, coaches, and trainers; and to protect staff and the public.
  - The COVID-19 Mitigation Plan must be available to coaches and teams, and/or be kept on the premises.

### ALL EMPLOYEES AND STAFF

- Provide training for volunteers, coaches, and trainers on COVID-19 and the COVID-19 Mitigation Plan.
- Designate an individual to be responsible for responding to COVID-19 concerns. All players, coaches, volunteers, and trainers should know who this person is and how to contact them.
- Symptomatic or ill players, coaches, and officials may not participate in organized sports activities. Anyone experiencing symptoms of COVID-19 should get tested, isolate at home, and follow public health recommendations.
  - For young athletes, the American Academy of Pediatrics recommends the following regarding return to sports:
    1. All patients who have been infected with COVID-19 or with exposure to COVID-19, regardless of symptoms, require a minimum 14-day resting period and must be completely asymptomatic for greater than 14 days before returning to exercise and/or competition. They also should be cleared for participation by their primary care physician.
    2. Any COVID-19-positive individual who has a history of or current cardiac symptoms or has any cardiac findings on examination is recommended to seek cardiac clearance by the primary care physician, who is encouraged to collaborate with a pediatric cardiologist as necessary prior to participation.
- Close contacts of individuals who have tested positive for COVID-19 are required to quarantine for 14 days after their last contact and may not participate in sporting events (including games, practices, and competitions) during quarantine.

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### IN THE EVENT OF OCCURRENCE

- Anyone who tests positive for COVID-19 may not attend until cleared by public health according to CDC guidelines. No one allowed at organized sports activities with symptoms.
- Venues must not allow players or teams that are subject to quarantine.

### QUESTIONS?

- Email us with questions at: [COVID-19-business@anchorageak.gov](mailto:COVID-19-business@anchorageak.gov)