



Oregon School Activities Association

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To: Superintendents, Principals, and Athletic Directors
From: Peter Weber, OSAA Executive Director
Subject: Governor's Office/OHA Updates to Indoor/Outdoor Sports Guidance

The Governor's Office and Oregon Health Authority (OHA) released updates to their Indoor and Outdoor Recreation Guidance earlier today, including outdoor full-contact sports. Here are key takeaways for member schools.

Remember that guidelines for K-12 school sports are based on a **county's COVID-19 risk level** (lower, moderate, high, extreme), not on school health metrics from ODE's Ready Schools, Safe Learners guidance.

Maximum Capacity Limitations

Schools need to refer to the [Sector Risk Level Guidance Chart](#) for maximum capacity limitations for indoor and outdoor recreation venues. NOTE: an exception for outdoor full-contact sports in extreme or high risk counties is listed below.

Indoor Recreation Guidance Updates

- No changes to face covering guidelines. Face coverings continue to be required for all participants, coaches, staff, spectators, etc. at all times.
- Indoor competitions in non-contact and minimal- and medium-contact sports are allowed in lower, moderate, and high risk counties. Indoor volleyball competitions remain prohibited in extreme risk counties.
- Interschool competitions for indoor K-12 school sports may not involve more than two schools at one time in the same space within the establishment.
- Ensure that physical distancing of at least six (6) feet, or 25 feet for extreme risk counties, between individuals is maintained at all times, except when playing minimal or medium contact sports.
- "Separate location" means an area within the establishment that is enclosed on all sides from floor to ceiling, except a doorway or similar sized space to allow for entrance and exit. If the doorway has a closable door it must be closed.
- Ensure six (6) feet of physical distance between swimmers when in a pool, except for briefly passing in separate lanes. Limit capacity to one (1) swimmer per lane.

Outdoor Recreation Updates

- No changes to face covering guidelines. Face coverings continue to be required for all participants, coaches, staff, spectators, etc. at all times.
- Removed previous language that limited outdoor interschool competitions to only between two schools.

Indoor Full-Contact Sports

- Indoor full-contact sports remain prohibited at this time. Training and conditioning cannot include full contact of any kind.

Outdoor K-12 Full-Contact Sports in Lower or Moderate Risk Counties

- Outdoor full-contact sports, including practices and games, are allowed in moderate and lower risk counties following health and safety guidance from the OHA.

Outdoor K-12 Full-Contact Sports in Extreme or High Risk Counties

- Outdoor K-12 full-contact sports, including full-contact practice and competition, may take place in counties that are in extreme or high risk, as long as the following is met:

- K-12 public school districts or governing bodies of private schools may opt-in to practice and compete in outdoor K-12 full-contact sports only if the school is offering Comprehensive Distance Learning with Limited In-Person Instruction (LIPI) or Hybrid or On-Site Instructional Models as described in the [Ready Schools, Safe Learners guidance](#). Districts and private school governing bodies are required to submit a plan for practice and competition for outdoor K-12 full-contact sports that includes an assurance and commitment that all participants will be required to [quarantine](#) if exposed to COVID 19 or [isolate](#) if they contract COVID-19. This plan will be submitted to the Oregon Department of Education (ODE) and posted on the ODE website.
- Districts and private school governing bodies opting-in to outdoor K-12 full-contact sports in extreme or high risk counties, must complete an Outdoor Contact Sports Opt-In Form (found on ODE website) and include the following:
 - Offer, at a minimum, Comprehensive Distance Learning with Limited In-Person Instruction (LIPI), with the goal of implementing Hybrid or full On-Site Instructional Models for students before the end of the 2020-21 school year.
 - Comply with the [Oregon School Testing Plan](#).
 - Limit sports field capacity to 120 people maximum.
 - Prohibit spectators.
 - Offer on-site responsive testing for symptomatic individuals and for those with known exposures to individuals with COVID-19. This applies to athletes, support staff and volunteers.
 - Collect contact information for contact tracing:
 - Record participant, visitor and customer contact information, date and time of outdoor recreation or outdoor fitness establishment use. Unless otherwise required, this information may be destroyed after 60 days from the session date.
 - Collect a waiver from each participant or their parent/guardian that acknowledges the health and safety risks of COVID-19 when participating in outdoor full-contact sports.
- ODE emailed schools this afternoon, providing a [draft version of the Outdoor Contact Sports Opt-In Form](#) that would need to be submitted by districts and private school governing bodies opting-in to outdoor K-12 full-contact sports in extreme or high risk counties. This provides a preliminary look at the form so schools know now what will be expected. Next week, ODE will provide an accessible form and directions on how to upload to the ODE website.

OSAA Football Reminders

- The OSAA's required protective equipment progression starts on day one of the required nine days of on-field practice prior to participation against another team (no earlier than February 15). For schools in extreme or high risk counties, no protective equipment may be worn prior to uploading your school's opt in form to the ODE website.
- Remember that the OSAA Executive Board has approved football alternate activities, including 7 on 7, Flag Football, a Virtual Lineman Challenge, and a Virtual Combine. There is no limit on the number of teams or individuals per school that may participate in these alternate activities. Specifics and rules for these adopted alternatives will be forwarded to schools next week. These activities will follow Season 2 timelines – first practices can occur on February 22 along with Soccer, Volleyball, and Cross Country.

OSAA Spirit Group Reminders

- Programs that intend to begin stunting/building (outdoors only) must complete the opt-in information detailed above and coaches must complete the required Spirit Safety Certification prior to beginning the activity. More information about this requirement will be forwarded to coaches as soon as the updated certification course is available.

ODE Performing Arts Guidance

- ODE released update guidance today for performing arts programs for schools in on-site or hybrid models. The OSAA recognizes that questions remain for performing arts programs seeking an after-school model for in-person instruction and will continue to provide information as it is received from ODE and OHA.