



Oregon School Activities Association

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Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play

Season 1: August 31-December 27

The majority of information in this document comes directly from the Governor’s [“Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play”](#) released on August 11.

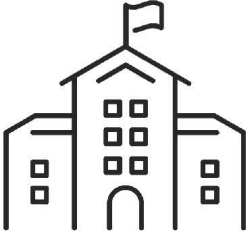


The Governor’s guidance is effective on your school’s ODE-approved reopening date for the 2020-21 school year. Until that point, sports and activities must adhere to county phase requirements and OSAA policies once the Association Year begins (August 31).

NOTE: This information is subject to change as additional guidance is released from the Governor’s Office, Oregon Health Authority (OHA) and Oregon Department of Education (ODE).

OSAA SEASON 1 GENERAL REMINDERS

- For this K-12 School Sports Guidance, county phases are no longer applicable (provided your county is not in the baseline phase).
- Recreational sports are separate from the K-12 School Sports Guidance and are still tied to county phases per the [OHA’s Phase 2 Recreational Sports Guidance](#) and [FAQs](#).
- Masks are required to be worn indoors. Masks are also mandatory for all outdoor activities, including competitions, where six (6) feet of distance cannot be maintained.
- Gathering limits are in effect for each K-12 school sporting event: a maximum of 100 people indoors and 250 people outdoors; or the number of people based on a determination of capacity, whichever is less.
- Per the Governor’s guidance, OSAA sports defined as full-contact, minimal/medium-contact, or non-contact are:
 - Full-contact: Football, Wrestling, Cheer, Basketball, Dance
 - Minimal/Medium-Contact: Softball, Baseball, Soccer, Volleyball
 - Non-Contact: Tennis, Swimming, Golf, Cross Country, Track & Field, sideline/no-contact Cheer/Dance.
- Prior to assuming coaching duties beginning August 31, coaches must meet all OSAA certification requirements.
- Prior to participating in practices, students must be “cleared” to participate (Pre-Participation Physical Exam completed and on file, residency/enrollment eligibility requirements met, etc.).
- Prior to participation in competitions, students must be cleared to participate (Pre-Participation Physical Exam completed and on file, residency/enrollment eligibility requirements met, academically eligible, participated in at least nine (9) days of practice beginning August 31, etc.).
- [OSAA’s Practice Model](#) policies are in effect, including a minimum of nine (9) days of practice prior to a contest with another school and a prohibition on multiple practice sessions per day for the 2020-21 school year. Students are limited to a maximum of three (3) hours of practice per day which may be split between different sports (i.e. 90 minutes softball, 90 minutes volleyball). Students are limited to a maximum of one hour of weight training either before or after practice but not both. A student may not practice or participate in a contest for more than six consecutive days without a rest day.
- Guidance for OSAA-sanctioned activities not referenced by the Governor’s guidance can be found here:
 - [Speech and Debate Update](#)
 - [Music Considerations from ODE \(including Solo, Choir, Band, Orchestra\)](#)

- In order to determine which activities are allowed per the Governor’s K-12 School Sports Guidance:
 - Determine your school’s instructional method (on-site, hybrid, comprehensive distance learning).
 - Identify whether the activity is taking place indoors or outdoors.
 - Participation will be at the discretion of the local school district in those activities allowed per directives.

ON-SITE	HYBRID	COMPREHENSIVE DISTANCE LEARNING
		
Students Safely Learn In School	Students Safely Learn In School and Away from School	Students Safely Learn Away from School
<p>All students have access to in-person instruction in accordance with public health requirements.</p>	<p>Student groups have access to in-person instruction using staggered schedules and/or prioritizing certain grades, courses, and/or programs, in accordance with public health requirements. On-Site instruction is supplemented by Comprehensive Distance Learning.</p>	<p>All students are engaged in learning through Comprehensive Distance Learning. Instruction occurs remotely with very limited exceptions for in-person supports.</p>

ON-SITE or HYBRID LEARNING	INDOOR ACTIVITY	COMPREHENSIVE DISTANCE LEARNING
Full Participation Allowed	Volleyball	Training and Conditioning Only
Full Participation Allowed	Dance (Non-Contact)	Training and Conditioning Only
Full Participation Allowed	Cheer (Non-Contact)	Training and Conditioning Only
Training and Conditioning Only	Basketball	Training and Conditioning Only
Training and Conditioning Only	Wrestling	Training and Conditioning Only
Full Participation Allowed	Swimming*	Training and Conditioning Only

(Training and Conditioning Only cannot include full contact of any kind.)

ON-SITE or HYBRID LEARNING	OUTDOOR ACTIVITY	COMPREHENSIVE DISTANCE LEARNING
Full Participation Allowed	Volleyball	Full Participation Allowed
Full Participation Allowed	Soccer	Full Participation Allowed
Training and Conditioning Only	Football	Training and Conditioning Only
Full Participation Allowed	Dance (Non-Contact)	Full Participation Allowed
Full Participation Allowed	Cheer (Non-Contact)	Full Participation Allowed
Full Participation Allowed	Cross Country / Track & Field	Full Participation Allowed
Full Participation Allowed	Swimming*	Full Participation Allowed
Full Participation Allowed	Tennis	Full Participation Allowed
Full Participation Allowed	Golf	Full Participation Allowed
Full Participation Allowed	Softball/Baseball	Full Participation Allowed

*Must follow [Phase One and Phase Two Reopening Guidance for Licensed Swimming Pools, Licensed Spa Pools and Sports Courts](#).