



SUGGESTED GUIDANCE FOR ACTIVITIES

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GENERAL GUIDELINES

During the season, there are many local activities that athletes and staff can participate in during their downtime. This section describes some suggested social and recreational activities for the consideration of Athletes Unlimited (AU). Visit the local city or town website for the most up to date information on recommended events and activities in the area.

Note: All decisions about implementing these considerations should be made according to state and local guidelines as they are updated and issued. AU officials can determine, in collaboration with state and local health officials if and how to implement these considerations while adjusting them to meet the unique needs and circumstances of AU and the local jurisdiction. Their implementation should also be informed by what is feasible, practical, and acceptable.

- Athletes and staff should [wear surgical masks or high quality cloth face coverings](#) during all activities. High quality cloth face coverings should be multiple layers and do not include bandanas, neck gators, or scarves.
- Favor outdoor activities as much as possible over indoor activities as indoor spaces (with less ventilation and where it might be harder to keep people apart) are more risky than outdoor spaces.
- Activities are safer if you can maintain at least 6 feet of space between people. Interacting with people not wearing masks or cloth face coverings also increases risk of transmission, so AU is required to select venues that have face covering policies.
- Avoid using public transportation, taxis, or ride shares when traveling to and from activities. Private vehicles or traveling on foot or bike is preferred.
- Ensure athletes and staff practice proper hand hygiene:
 - Instruct participants to wash hands with soap and water for 20 seconds before and after activities, or
 - Provide alcohol-based hand sanitizer containing at least 60% ethyl alcohol before and after activities.

- ❑ All shared items and equipment should be properly cleaned and disinfected between use.
 - ❑ *Good practice:* If feasible, shared equipment should be limited to items that can be effectively cleaned (e.g., sports equipment with hard, non-porous handles are preferred to those with soft, porous handles).
 - ❑ *Better practice:* Limit the amount of shared supplies and equipment by providing each athlete or staff member their own individual equipment (e.g., tennis rackets), if feasible.
- ❑ Encourage athletes and staff to cough or sneeze with good cough and sneeze etiquette. This includes covering your mouth when coughing and sneezing into your elbow.
- ❑ When in line, maintain physical distance as much as possible, increase spacing between AU and others, and wear a face covering.

OUTDOOR ACTIVITIES

SPORTS

- ❑ Limit shared high-touch equipment and assign equipment to athletes and staff, if feasible.
 - ❑ *Good practice:* All shared equipment should be cleaned immediately before and after each session.
 - ❑ *Better practice:* Provide members with dedicated individual equipment, if feasible. All equipment should be cleaned and disinfected immediately before and after each session.
- ❑ Prior to use, AU should confirm with the venue that all outdoor equipment and facilities are routinely cleaned and disinfected.
- ❑ Consider outdoor sports including:
 - ❑ Golf
 - ❑ Tennis
 - ❑ Biking or bike tours
 - ❑ Hiking
 - ❑ Running
 - ❑ Onshore fishing



AQUATICS

The novel coronavirus SARS-CoV2 is not waterborne. There is no current evidence that the virus can be transmitted through the water in a pool or lake. Proper operation and maintenance (including disinfection with chlorine or bromine) of these facilities will likely inactivate the virus in the water. However, locker rooms and other shared indoor spaces may pose a risk.

SWIMMING

- ❑ Athletes should follow physical distancing practices and perform proper hand hygiene.
- ❑ During swimming activities, the following practices are recommended:
 - ❑ For free swim, follow safe swim practices and maintain at least 6 feet of distance between AU athletes and staff and others.
 - ❑ For laps, maintain 8-foot lane width in swimming pools and maintain spacing between individuals swimming by creating a rotation.
- ❑ Change in and out of swim attire at home if feasible to minimize use of locker rooms. If the locker room is used, athletes should wear a mask or cloth face covering and clean their hands after touching shared surfaces.

SEATED SPECTATOR EVENTS

- ❑ Attendance of outdoor seated sporting events is acceptable only when physical distancing can be maintained. Ensure that any spectator events are outdoors only and that the venue maintains a reduced capacity or provides physical distancing between spectators, enabling the audience to sit at least six feet from other groups.
- ❑ Minimize time spent in restrooms, at concession stands, and other places that either have poor ventilation or encourage congregation.
- ❑ [Wear a mask or cloth face covering](#) at all times.
- ❑ Frequently use alcohol-based hand sanitizer containing at least 60% ethyl alcohol during the event, especially prior to eating or after using frequently touched surfaces such as doorknobs, elevator buttons, hand rails etc..
- ❑ Maintain physical distance and increased spacing between AU and other groups whenever possible.
- ❑ Avoid touching your eyes, nose, and mouth.



OUTDOOR ATTRACTIONS

Visits to outdoor attractions can be done provided they are outside and physical distancing can be maintained. Ensure that the attraction has enacted protocols to protect visitors from exposure, such as requiring face coverings, providing hand sanitizer and/or soap and water to visitors, and maintaining reduced capacity, enabling the visitors to maintain physical distance.

- [Wear masks or cloth face coverings](#), especially when maintaining physical distance is not feasible due to area limitations.
- Minimize time spent in restrooms, at concession stands, and other places that either have poor ventilation or encourage congregation.
- Frequently use alcohol-based hand sanitizer containing at least 60% ethyl alcohol during the event, especially prior to eating or after using frequently touched surfaces such as doorknobs, elevator buttons, hand rails etc. Avoid touching frequently touched surfaces such as handles, doorknobs, tables, and counters as much as possible.
- If making a purchase, follow the guidance in the *Payment* section.
- Maintain physical distance and increased spacing between AU and other groups whenever possible.
- Stay with or near the same individuals.
- Avoid touching your eyes, nose, and mouth.

INDOOR ACTIVITIES

The novel coronavirus spreads more easily indoors. The highest risk indoor settings include: bars and restaurants where masks are not worn; rooms with poor ventilation; and places where physical distancing is not followed. Athletes and staff are asked to minimize time spent in indoor venues (other than their households) in order to protect the AU shield.

GENERAL GUIDANCE

- Ensure enough space to accommodate athletes and staff while physical distancing.



- ❑ Ensure indoor venue practices some level of improved ventilation practices such as having windows and doors open, having an HVAC system in place with HEPA filtration, or using portable HEPA filters
- ❑ [Wear high quality masks or cloth face coverings](#) during indoor activities.

MEETINGS, SOCIAL EVENTS, AND GAMES

Socializing and playing games with other members of the tested and screened AU athlete and staff “household” is the preferred means of passing time and recreation. Socializing and playing games outdoors further reduces the risk of exposure.

Some examples of activities include watching television or movies, or playing video games, board games, or playing cards. Games that limit or eliminate the number of items passed or shared are preferred. Consider purchasing gaming consoles, [board games](#), and [card games](#).

- ❑ Individuals should not participate if they are sick or experiencing flu-like symptoms or have been in close contact with a person diagnosed or suspected of having coronavirus.
- ❑ Provide and regularly use an alcohol-based hand sanitizer containing at least 60% ethyl alcohol.
- ❑ Maintain 6 feet of physical distance wherever possible.
- ❑ If possible, socialize outside.
- ❑ Cover your cough or sneeze with good cough and sneeze etiquette. If a tissue or napkin is used, throw it away and wash your hands immediately.

RESTAURANTS/DINING AND BARS

Eating and/or drinking at restaurants is not allowed, as they have been identified as the source of many outbreaks. Takeout and picnics are acceptable. When picking up takeout, prioritize curbside pickup or minimize time spent inside the venue as much as possible. Wash your hands before eating.

PAYMENT

- ❑ When in the checkout line, maintain physical distance of 6 feet between other patrons.



- ❑ Use touchless payment options, whenever possible. Minimize handling cash, credit cards, and mobile devices, where possible.
- ❑ When exchanging paper and coin money, place cash on the counter rather than directly into the cashier's hand. Do not touch your face afterwards.
- ❑ Wash hands with soap and water for 20 seconds or use alcohol-based hand sanitizer containing at least 60% ethyl alcohol immediately after handling money, credit card, or carrying out other payment activities.
- ❑ Arrange for online prepayment of activities, where possible.



REFERENCES AND RESOURCES

U.S. Centers for Disease Control and Prevention. *Considerations for Institutes of Higher Education*.

<https://www.cdc.gov/coronavirus/2019-ncov/community/colleges-universities/considerations.html>

National Collegiate Athletic Association. *COVID-19 Advisory Panel Exercise Recommendations*.

<http://www.ncaa.org/sport-science-institute/covid-19-advisory-panel-exercise-recommendations>

American Red Cross. *Coronavirus (COVID-19): Prevention & Safety Information for Students*.

<https://www.redcross.org/take-a-class/in-the-news/coronavirus-prevention-information-for-students>

The Swim Guide. *COVID-19 and Recreational Water Quality*.

<https://www.theswimguide.org/2020/03/30/covid-19-and-recreational-water-quality/>

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