

HEALTH RECOMMENDATIONS



CHECKLIST FOR ADULT RECREATIONAL SPORTS OPERATORS

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Individuals are strongly encouraged to wear face coverings over the nose and mouth wherever it is not feasible to maintain 6 feet of social distancing from another person not in the same household.

The following are the health recommendations for all adult recreational sports in Texas. Adult recreational sports operators may adopt additional protocols consistent with their specific needs and circumstances to help protect the health and safety of all employees, contractors, volunteers and participants.

The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions that place them at higher risk. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in these recommendations. The virus that causes COVID-19 is still circulating in our communities. We should continue to observe practices that protect everyone, including those who are most vulnerable.

Please note, public health guidance cannot anticipate every unique situation. Adult recreational sports operators should stay informed and take actions based on common sense and wise judgment that will protect health and support economic revitalization. Adult recreational sports operators should also be mindful of federal and state employment and disability laws, workplace safety standards, and accessibility standards to address the needs of both workers and customers.

Health recommendations for employees, contractors, and volunteers (“staff”):

- Train all staff on appropriate cleaning and disinfection, hand hygiene, and respiratory etiquette.
- Screen all staff each day for any of the following new or worsening signs or symptoms of possible COVID-19:

| | |
|--|---|
| <input type="checkbox"/> Cough | <input type="checkbox"/> Sore throat |
| <input type="checkbox"/> Shortness of breath or difficulty breathing | <input type="checkbox"/> Loss of taste or smell |
| <input type="checkbox"/> Chills | <input type="checkbox"/> Diarrhea |
| <input type="checkbox"/> Repeated shaking with chills | <input type="checkbox"/> Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit |
| <input type="checkbox"/> Muscle pain | <input type="checkbox"/> Known close contact with a person who is lab confirmed to have COVID-19 |
| <input type="checkbox"/> Headache | |
- Limit staff with underlying conditions from attending or staffing the sporting event.
- Staff should mitigate environmental exposures by additional cleaning and disinfecting of symptomatic staff’s work area, common areas, and bathrooms. Staff should follow and supervise the Program Activity Plan and, if applicable, the Transportation Plan.

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Health recommendations regarding sick participants and staff members:

- Isolate staff and participants exhibiting new or worsening signs or symptoms of possible COVID-19 and contact the local health department.
 - Do not allow staff with the new or worsening signs or symptoms of COVID-19 to return to work until:
 - In the case of a staffer who was diagnosed with COVID-19, the individual may return to work when all three of the following criteria are met: at least 3 days (72 hours) have passed *since recovery* (resolution of fever without the use of fever-reducing medications); and the individual has *improvement* in symptoms (e.g., cough, shortness of breath); and at least 10 days have passed *since symptoms first appeared*; or
 - In the case of a staffer who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return to work until the individual has completed the same three-step criteria listed above; or
 - If the staffer has symptoms that could be COVID-19 and wants to return to work before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on a negative nucleic acid COVID-19 test and an alternative diagnosis.
- Staff should help the operator in identifying exposure risks (a.k.a. contact tracing).
- Each sporting team is considered a cohort. Outside of the sporting event, discourage mixing between cohorts.
 - Immediately isolate any participant or staff member who tests positive for COVID-19.
 - If a staff member tests positive for COVID-19, the adult recreation sports operator should notify the participant of possible exposure to a lab-confirmed case of COVID-19.
 - If three or more cohorts in a sport have individuals test positive for COVID-19, work with state and local public health authorities about continued operations of the adult recreational sport.
 - Using the groups or cohort strategy, contact tracing can be initiated promptly, and isolation and surveillance can be implemented in short order.

Health recommendations for spectators:

- Individuals should, to the extent possible, minimize in-person contact with others not in the individual's household. Minimizing in-person contact includes maintaining 6 feet of separation from individuals. When maintaining 6 feet of separation is not feasible, other methods should be utilized to slow the spread of COVID-19, such as washing or sanitizing hand frequently, and avoiding sharing utensils or other common objects.

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Health recommendations for grounds and facilities:

- Develop, train, and implement increased daily sanitization protocols for common surfaces, restrooms, recreational equipment, and facilities.
- Make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available throughout the facility.
- Consider having an individual wholly or partially dedicated to ensuring the health protocols adopted by the adult recreation sport operator are being successfully implemented and followed.**
- Health policies and protocols should include communicating and coordinating with the local health department, local emergency services, and local health care providers.

Health recommendations for adult recreation sport facilities:

- Develop and implement a Program Activity Hygiene Plan to include:
 - Sanitization of all program areas
 - Sanitization of equipment before and after use
 - Hand washing or hand sanitizing before and after activities
- For group excursions, develop and implement Transportation Protocols to include:**
 - One individual per seat and every other row in a vehicle
 - Staggered seating for maximum distancing
 - All individuals should sanitize hands upon boarding the vehicle