

## **Adult Sports COVID-19 Return to Play Procedures (Outdoor Sports)**

### **Please Recreate Responsibly and Follow CDC Guidelines**

*All individuals will have differing levels of comfort returning to play. We ask that all individuals adhere to these guidelines as best as they can out of respect for one another. Our ability to return to play depends upon this mutual respect and cooperation.*

- Individuals that do not feel well or are under quarantine or isolation should not participate. Please consult [cdc.gov](https://www.cdc.gov) for a list of current symptoms.
- Individuals who are at higher risk for severe illness from COVID-19 should not participate at this time. Please consult [cdc.gov](https://www.cdc.gov) for a list of current risk factors.
- It is recommended that players and spectators maintain social distancing of at least 6 feet before, during, and after games. Whenever gameplay requires closer contact between individuals, social distancing of at least 6 feet should be re-established as quickly as possible.
- It is recommended that players and spectators wear a face covering when not actively playing. This would include the sideline, bench, and dugout areas.
- Individuals should refrain from shaking hands, giving high-fives, spitting, etc.
- Individuals should cover their nose and mouth when coughing or sneezing.
- Individuals should wash their hands often with soap and water for at least 20 seconds and avoid touching their eyes, nose, and mouth.
- Individuals should bring their own alcohol-based hand sanitizer (at least 60% alcohol) to use when it is not feasible to access a restroom to wash their hands with soap and water.
- Restrooms will remain open.