

Phase II Adult Sports Guidelines

Beginning on June 1, 2020, adult sports organizations may begin resuming limited activities in accordance with the guidelines established below. In accordance with Rhode Island Department of Health (RIDOH) [emergency regulations](#), organizations should refer to, and adhere to, the [Reopening RI General Business/Organization Guidelines](#) and the [RIDOH emergency regulations](#). The State prepared a [fillable checklist](#) to assist businesses and organizations in meeting the requirements outlined in these RIDOH regulations. Adult sports organizations must comply with RIDOH regulations and active [executive orders](#).

The guidelines below summarize additional steps Rhode Island is asking adult sports organizations to take during Phase II. If you have any questions about this guidance, please contact Cindy Elder, Rhode Island Department of Environmental Management, Division of Parks and Recreation, at cynthia.elder@dem.ri.gov.

Phase II Operations:

- **Stable groups:** Adult participants are strongly encouraged to be organized in stable groups of a maximum of 15 people. The term stable groups means the same individuals, including players and coaching staff, remain in the same group through the course of the entire season. Neither players nor coaching staff should change from one group to another, and groups should occupy the same physical space. Individuals should choose one stable group per season. Limit any non-essential visitors, volunteers (including spectators), and activities involving any external groups or organizations, especially with individuals who are not from the local geographic area (community, town, city or county).
 - It should be noted that coming into close proximity with someone outside your household increases your risk of contracting COVID-19 and should be limited as much as possible.
- **Physical distancing:** Physical distancing of six feet between persons is required within each stable group; however, for activities involving vigorous breathing, at least 14 feet of distance is preferred. When not engaged in active, vigorous sports activities, members of a stable group should maintain physical distance of six feet between each person.
- **Physical contact:** Adults should not engage in contact sports (e.g., basketball, soccer, hockey). Sports like golf, tennis, running, and biking are lower risk and can be conducted in small, stable groups with physical distancing and a maximum of 15 people.
- **Space between stable groups:** Stable groups are strongly encouraged to maintain a minimum of 14 feet between the outer limit of their group play and any other stable group or passersby because respiratory droplets can spread further during strenuous exercise.
- **Quarantine:** All out-of-state participants in adult sports teams are required to adhere to any executive orders regarding the need to quarantine.
- **Screening:** Any person identified as exhibiting multiple symptoms of COVID-19, is COVID-19 positive, or is ill may not engage in sports activities in accordance with CDC and [RIDOH regulations](#).
- **Hand cleaning:** Handwashing and/or sanitizing should occur before, during, and after all adult sports activities. If soap and water are not readily available, hand sanitizer containing at least 60% alcohol or disinfecting disposable wipes may be used.

- **Facilities:** Shared or communal spaces, such as locker rooms, are recommended to remain closed. For any facilities in use, a cleaning schedule must be implemented to ensure the frequent cleaning of high-touch areas or equipment, daily cleaning, and a cleaning and disinfection between sessions. This may include cleaning frequently touched surfaces on the field, court, or play surface at least daily, or between uses by different stable groups. Find guidance on cleaning and disinfection at [CDC Reopening Guidance on Cleaning and Disinfection](#) and at www.ReopeningRI.com/.
- **Shared objects:** Discourage sharing of items that are difficult to clean, sanitize, or disinfect between use (e.g., balls, bats, racquets). Adult participants should bring and use their own equipment when possible or have equipment designated and labeled for individual use by the organization. Shared equipment should be limited and should be sanitized between users. Equipment should be staged to allow physical distance between users and to limit multiple touches. Cups, bottles, or other food/beverage items should not be shared.
- **Practice versus team play:** During Phase II, adult sports participants are encouraged to focus on practice, drills, strengthening, and conditioning activities rather than games or competitive play, even within stable groups. Risk of transmission of COVID-19 increases when there are combined activities or games between two or more stable groups. Competition between different stable groups or teams and/or travel to compete against other teams is strongly discouraged in order to reduce the transmission of COVID 19.
- **Face coverings:** The use of masks is required for adults, officials, and coaching staff (indoors and outdoors) in alignment with RIDOH regulations and [current executive orders](#) which indicate that masks must be worn unless six feet of physical distance can be maintained easily and continuously. However, if adults are engaged in vigorous sports activities without masks, the physical distance between participants should be increased to 14 feet as respiratory droplets can spread further during strenuous exercise. When engaged in physical activity with a mask or face covering, please consider that masks that are made of moisture wicking, breathable materials (e.g. polypropylene, polyester) are available on the market. A buff – a type of tubular facial covering – made of thin, synthetic fabrics designed to reduce heat buildup is one example. The fitness industry has provided guidance on the types of materials for masks to use when exercising:
 - o American Trail Runners Association: <https://trailrunner.com/trail-news/atra-member-lesliejordan-inc-unveils-face-masks-and-race-wraps/>
 - o Consumer Reports: <https://www.consumerreports.org/coronavirus/how-to-choose-and-wear-a-mask-during-the-coronavirus-pandemic/>
 - o Chemical and Engineering News: <https://cen.acs.org/biological-chemistry/infectiousdisease/best-material-homemade-coronavirus-face/98/web/2020/04>
- **Plan:** Sports organizations should provide participants with their tailored version of the COVID- 19 plan found at [Reopening RI COVID-19 Control Plan](#).
- **Resources:** Additional resources can be found at Aspen [Institute's "Return to Play COVID-19 Risk Assessment Tool"](#) and at www.ReopeningRI.com.