



Outdoor Recreational Guidelines

Updated March 24, 2021

The more a player interacts with, the closer the physical interaction, and the longer that interaction, the higher the risk of COVID-19 spread. Therefore, risk of COVID-19 spread can be different, depending on the type of activity. Our plan from the beginning has been to reduce the risk of transmission of COVID-19 in everything we do. While there are no guarantees of immunity teamwork and institutional control has been vital to our success at OLG. Organizations not following COVID-19 safety guidelines are engaging in reckless behavior that is endangering not only participants, but also their families and their community.

- The group must designate a COVID coach who is responsible for facilitating and monitoring adherence to the protocols in this plan and collect a release form from each participant at each event.
- All participants (coaches, officials, staff, and players) must complete a release form which includes a screening for COVID-19 symptoms prior to admission to campus. www.olgcva.org/covid-19-waiver
- Anyone experiencing symptoms, answers yes to any questions, or does not have adequate water is not permitted on the field. Screenings should be conducted in accordance with applicable privacy and confidentiality laws and regulations.
- Ensure anyone who has symptoms of, has tested positive for, or has been exposed to COVID-19 follows appropriate guidelines for quarantine or isolation. Persons with symptoms should stay home until CDC criteria for ending isolation have been met.
- Masks covering the nose to under the chin are required any time ten (10) feet of social distancing cannot be maintained.
- All participants must provide their own water bottle (no shared coolers) and their own hand sanitizer.
- Instructors and all participants must always maintain at least ten (10) feet of physical distance between each other.
- Recreational sports may occur if ten (10) feet of physical distance can be maintained by all instructors, participants, and spectators, with the exception of incidental contact or contact between members of the same household. This applies during instruction and practice as well as during competitive events. Competition that involves close contact with other athletes must be avoided.
- The total number of attendees (including both participants and spectators) at outdoor recreational sports cannot exceed 100 persons. Spectators are limited to two guests per player.
- Dugout capacity is 1-4 players only and bleacher capacity is 1-4 players only. Spectators should bring their own chairs and stay physically distant from one another.
- One-on-one instruction must maintain at least ten (10) feet of distance between themselves and the student.
- COVID Coach must ensure cleaning and disinfection of shared equipment after each use.
- No use of shared equipment. This includes helmets, hats, gloves, protective equipment, balls and sticks. Any shared items must be disinfected between each use.
- Basketball courts may operate provided patrons maintain ten (10) feet of physical distancing while utilizing such courts.
- All participants must leave immediately at the conclusion of the event and all are encouraged to return home immediately to shower and change clothes.
- Use of OLG restrooms are not permitted.
- No food should be present at the event and spitting is not allowed under any circumstances.

COVID Coach Signature: _____ Date: _____

Date(s)/Time Fields Use: _____