



MASSACHUSETTS EXECUTIVE OFFICE OF ENERGY AND ENVIRONMENTAL AFFAIRS

WORKPLACE SAFETY and REOPENING STANDARDS FOR BUSINESSES and OTHER ENTITIES PROVIDING YOUTH and ADULT AMATEUR SPORTS ACTIVITIES – Phase III, Step 1

Amended on July 24, 2020

INTRODUCTION

In accordance with the authority granted to the Secretary of the Executive Office of Energy and Environmental Affairs (EEA) pursuant to [COVID-19 Order No. 43](#) to issue Sector-Specific Rules to implement COVID-19 safety measures for organized youth and adult amateur sports activities, the following guidelines apply to Phase III, Step 1 of the Commonwealth's reopening. Authorized Phase III, Step 1 activities may not begin until Phase III is initiated by Order of the Governor. This guidance will not govern fall K-12 and other youth sports activities. School and other youth sports activities guidance for the fall is currently under development and will be jointly issued by EEA and the Department of Elementary and Secondary Education.

In Phase III, Step 1, businesses and other entities are permitted to operate youth and adult amateur sports and other recreational activities subject to the limitations set forth below.

This document provides guidance for how to implement general workplace safety standards and other public health guidance ("COVID-19 measures") in the context of outdoor recreational operations in Phase III of the Commonwealth's reopening. Operators who fail to implement applicable COVID-19 measures may be sanctioned in accordance with COVID-19 Order No. 43. Operators are further reminded that in addition to implementing COVID-19 measures in Phase III, they must still comply with all federal, state and local laws.

The public health data and guidance on which this document is based can and does change frequently. The most recent version of this document can be found on the Commonwealth's website, <http://www.mass.gov/>

In addition to complying with the aforementioned limitations, operators must implement the following safety measures detailed below.

How to Use This Document

The guidelines in this document are designed to provide a safe environment for organized youth and adult athletic opportunities. Recognizing that in many instances the activity is organized by one entity and takes place at a facility operated by a second entity, this document categorizes guidance based on an entity's role.

Facility Operators should read and comply with the Guidelines for Facility Operators.



Activity Organizers should read and comply with Guidelines for Activity Organizers.

Entities that organize activities in facilities for which they are responsible should comply with both sets of guidelines (Guidelines for Facility Operators and Guidelines for Activity Organizers).

LIMITATIONS ON RECREATIONAL ACTIVITIES AND FACILITIES DURING PHASE III, Step 1

Facility Operators and Activity Organizers must comply with the following limitations. For non-organized sports and recreation, individuals should follow these guidelines, where it applies to their activities. Organizers of athletic and recreational activity competitions or tournaments should follow the competition and tournament guidance herein.

Outdoor and Indoor Sports and Athletic Facilities

Organizations, businesses, schools and government entities that operate outdoor or indoor sports facilities, such as athletic fields, courts and other playing surfaces, pools, and sailing and boating facilities can open their premises and facilities for use by adults and youth in Phase III, Step 1 provided that the safety measures outlined herein are implemented by facility operators and activity organizers.

Such athletic facilities subject to this guidance include:

- Gymnastics Facilities
- Indoor & Outdoor Pools
- Indoor and Outdoor Athletic Fields and Courts
- Ice Rinks
- Tracks
- Indoor Gymnasiums
- Martial Arts & Dance Facilities
- Indoor Racquet Courts
- Indoor Batting Cage Facilities

Fitness Centers and Health Clubs must follow the *Sector Specific Workplace Safety Standards for Fitness Centers and Health Clubs to Address COVID-19*. Pool Facilities (both indoor and outdoor) must ensure compliance with the *Safety Standards for Public and Semi-Public Pools*. Recreational camps or other programs that are subject to [105 CMR 430.000](#) must follow the requirements outlined in the [Massachusetts Child and Youth Service Programs Reopen Approach: Minimum Requirements for Health and Safety](#).

SPORTS & RECREATIONAL ACTIVITIES ALLOWED DURING PHASE III, STEP 1

The ability to participate in sports and recreation activities is determined by a combination of (1) risk of transmission of COVID-19 inherent in the sport or recreation activity itself and (2) level of risk associated with the “Type of Play”. In Phase III, Step 1, subject to the limitations and guidelines set forth below:



- Sports and activities included in the **Lower Risk** category can participate in **Level 1, 2, 3, 4** type of play.
- Sports and activities included in the **Moderate Risk** category can participate in **Level 1, 2 and 3** type of play.
- Sports and activities included in the **Higher Risk** category can participate in **Level 1** type of play

STANDARDS FOR SPORTS & RECREATIONAL ACTIVITIES IN PHASE III, STEP 1

Risk Level: Sports and recreation activities are categorized as “**Lower Risk**,” “**Moderate Risk**,” and “**Higher Risk**.”

Lower Risk sports and recreation activities are characterized by:

- Sports or activities that can be done with social distancing
- Sports or activities that can be done individually

Examples: Batting cages, tennis, pickleball, swimming, catch, disc golf, golf, individual biking, surfing, horseback riding, individual sailing, fishing, hunting, motor sports, no contact exercise classes, gymnastics, cross country, individual crew

Moderate Risk sports and recreation activities are characterized by:

- Sports or activities that involve intermittent contact but with protective equipment or mitigating measures in place that may reduce the likelihood of respiratory particle transmission between participants (e.g., wearing masks, modifying play)

Examples: Baseball, softball, crew, sailing, track and field, running clubs, team swimming, volleyball, dance class, fencing, field hockey, no-contact lacrosse, soccer

Higher Risk sports and recreation activities are characterized by:

- Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Examples: Football, wrestling, rugby, basketball, lacrosse, ice-hockey, competitive cheer, martial arts, ultimate frisbee.

Type of Play: The following types of play are defined by level from least to greatest risk.

- **Level 1:** Individual or socially distanced group activities (no-contact workouts, aerobic conditioning, individual skill work, and drills)
- **Level 2:** Competitive Practices (Intra-team/group games, contact drills and scrimmages)
- **Level 3:** Competitions (Inter-team games, meets, matches, races, etc.)
- **Level 4:** Tournaments (Outdoor only)



For the purposes of these guidelines, a “**Competition**” is defined as multiple participants or two teams competing against one another in a single contest. A competition includes, inter-team games, matches, shows, meets, and races.

A “**Tournament**” is a formal contest that consists of multiple games between multiple persons or teams, that might include multiple stages, played in a condensed period of time, such as over the course of a single day or multiple days in a row.

In Phase III, Step 1, only outdoor Tournaments are allowed for **Lower Risk Sports**.

Competition and Tournament Organizers must adhere to the following:

- **Outdoor Competitions & Tournaments:** No more than 25 players on any surface/playing areas for team/group sports. No more than 100 people including participants, players, coaches, volunteers, spectators in the aggregate in, on, or surrounding any surface/playing area or start/finish lines at any one time, provided that there is adequate space for all participants, players, coaches, volunteers and spectators to maintain at least six feet social distancing, recognizing that for some moderate risk sports intermittent contact may occur for players. Spectators must wear facial coverings and maintain six feet of social distance at all times. For competitions and tournaments in the water, the aforementioned limitation applies to any applicable activities on land. No spectators allowed for sports and activities played by individuals 18 years and older.
- **Indoor Competition Capacity:** No more than 25 players on any surface/playing areas for team/group sports. No spectators allowed for indoor competitions for sports and activities played by individuals 18 years and older. If an indoor facility has a chaperone or spectator viewing area which allows for at least six feet social distancing between spectators and the presence of spectators plus players/coaches as well as staff does not cause the facility to exceed more than 40% of the maximum occupancy for the indoor facility, then 1 spectator per player under 18 years old are allowed to attend. Spectators must wear facial coverings and maintain six feet of social distance at all times.
- For facilities with multiple fields, surfaces, courts, organizers should set Competition and Tournament schedules with a buffer to prevent the overlap of participants and to allow for disinfection of equipment and cleaning of commonly touched surfaces, if necessary. Games should end in a draw if time expires.

IMPLEMENTING SAFETY MEASURES FOR YOUR OPERATION

All business and other organizations in the Commonwealth must immediately adopt and maintain the following generally applicable COVID-19 safety rules.

Social Distancing	<ul style="list-style-type: none">• All persons, including employees, customers, and vendors should remain at least six feet apart to the greatest extent possible, both inside and outside workplaces• Establish protocols to ensure that employees can practice adequate social distancing
--------------------------	---



	<ul style="list-style-type: none"> • Provide signage for safe social distancing • Require face coverings or masks for all employees and customers
Hygiene Protocols	<ul style="list-style-type: none"> • If available, provide hand-washing capabilities throughout the workplace • Ensure frequent hand washing by employees and adequate supplies to do so • Provide regular sanitization of high touch areas, such as workstations, equipment, screens, doorknobs, restrooms throughout work site
Staffing and Operations	<ul style="list-style-type: none"> • Provide training for employees regarding the social distancing and hygiene protocols • Employees who are displaying COVID-19-like symptoms do not report to work • Establish a plan for employees getting ill from COVID-19 at work, and a return-to-work plan
Cleaning and Disinfecting	<ul style="list-style-type: none"> • Establish and maintain cleaning protocols specific to the business • When an active employee is diagnosed with COVID-19, cleaning and disinfecting must be performed • Disinfection of all common surfaces must take place at intervals appropriate to said workplace

The application of these measures for athletic activities for Phase III, Step 1 is detailed below:

I. Social Distancing

Facility Operator Guidance

- ❖ Indoor and outdoor athletic facilities are open for youth and adult amateur sports activities and programs.
- ❖ Indoor facilities must limit capacity to no more than 40% of the building's maximum permitted occupancy and ensure adequate social distancing for all visitors and staff.
- ❖ For team and group sports, no more than 25 players or participants can be on a single playing surface/area/court at any one time. The number of coaches and staff should be limited. Larger playing areas and surfaces, such as athletic fields, tracks, facilities that have multiple courts or playing areas, may be used by more than one group at one time, provided that adequate social distance and group separation can be maintained. To ensure group separation, groups must be spaced at least 20 feet apart while sharing a single playing surface, court or field.
- ❖ For outdoor facilities: Spectators must maintain distance of at least 6 feet between spectators groups. Operators are encouraged to mark off spectator/chaperone viewing sites to allow for social distancing. Spectators should be encouraged to wear masks.
- ❖ For indoor facilities: if an indoor facility has a chaperone or spectator viewing area which allows for at least six feet social distancing between spectators and the presence of spectators plus players/coaches as well as staff does not cause the facility to exceed more than 40% of the maximum occupancy for the indoor facility, then 1 spectator per player under 18 years old are allowed. Spectators must wear facial coverings and maintain six feet of social distance at all times. Operators are encouraged to mark off spectator/chaperone viewing sites to allow for social distancing.



- ❖ Locker rooms and changing areas may open in Phase III, Step 1, but should be limited to 50% capacity. Facility Operators should ensure that users can abide by capacity restrictions and social distancing standards and establish signage and visual guidelines. Signage should remind users to limit time spent in enclosed area.
- ❖ Indoor showers should remain closed in Phase III, Step 1. Indoor and outdoor pool facilities must provide access showers to swimmers prior to swimming in compliance with 105 CMR 435. If outdoor showers are not available, facilities may meet this requirement by providing access to indoor showers. If outdoor showers are available, facilities should keep indoor showers closed.
- ❖ Limit any nonessential visitors, spectators, staff, volunteers, and activities involving external groups or organizations as much as possible. While indoors, visitors, spectators, volunteers and staff must wear face coverings.
- ❖ Where feasible, indoor facilities should institute one-way entrance and exits while adhering to established fire and building codes.
- ❖ Indoor batting cage facilities shall ensure adequate social distancing between each cage, such as limiting use to every other cage.
- ❖ Access to equipment storage and office space should be limited to employees only. First aid kits should be available at the playing area or court rather than in an office, where possible.
- ❖ Facility organizers should ensure that individuals are not congregating in common areas or parking lots following practices or events.

Activity Organizer Guidance

- ❖ For team and group sports, no more than 25 players or participants can be on a single playing surface/area/court at any one time. The number of coaches and staff should be limited. Larger playing areas and surfaces, such as athletic fields, tracks, facilities that have multiple courts or playing areas, may be used by more than one group at one time, provided that adequate social distance and group separation can be maintained. To ensure group separation, groups must be spaced at least 20 feet apart while sharing a single playing surface, court or field.
- ❖ Face coverings and social distancing of six feet is required when participants are not actively engaged in an activity (e.g., on bench, huddles, breaks, locker rooms, pre/post practice).
- ❖ Dugouts, benches & bleachers are allowed to open only if they can be thoroughly cleaned before and after every use and six feet of distance can be maintained.
- ❖ Activity Organizers are encouraged to consider adopting more stringent rules to accommodate athlete safety
- ❖ Activity Organizers must require facial coverings to be worn while engaged in a moderate risk sport/activity where intermittent contact might occur and it is safe to do so (i.e., baseball/softball player while at bat/on base, volleyball)
- ❖ Activity Organizers should consider other mitigating measures to reduce the likelihood of respiratory particular transmission between participants for moderate risk sport/activities (i.e., having runners in every other lane)
- ❖ Sportsmanship should continue in a touchless manner – no handshakes/slaps/fist bumps.



- ❖ Coaches, staff, referees, umpires and other officials are required to wear facial coverings and maintain social distancing of 6 feet from players, coaches, spectators, and other persons at all times.
- ❖ If social distancing is not possible in an athletic facility, chaperones/spectators may be asked to wait outside the facility until an activity is completed.
- ❖ Activity organizers should ensure that individuals are not congregating in common areas or parking lots following practices or events.

II. Hygiene Protocols

Facility Operator Guidance

- ❖ If any equipment is provided by the operator, operators must clean and disinfect shared equipment at the end of a practice session using a product from the [list of disinfectants meeting EPA criteria for use against the novel coronavirus](#).
- ❖ Indoor facilities must provide access to handwashing facilities on site, including soap and running water, and allow sufficient break time for staff and participants to wash hands to frequently; alcohol-based hand sanitizers with at least 60% alcohol may be used as an alternative.
- ❖ All facilities must supply employees with adequate cleaning products (e.g., sanitizer, disinfecting wipes).
- ❖ Operators must post visible signage throughout the site to remind employees and visitors of hygiene and safety protocols.
- ❖ Allow water fountains to be used as refill stations only, provided that social distancing can be maintained. Customers and workers should bring their own water bottles or purchase from the business.

- ❖ Any concessions or food service must follow the Safety Standards for Restaurants.

Activity Organizer Guidance

- ❖ Organizers must ensure that any shared personal equipment is disinfected before use by each individual using a product from the list of disinfectants meeting EPA criteria for use against Covid-19. Personal equipment includes all gear that is worn by players (e.g., gloves, helmets, masks, skates, footwear, pads, etc.).
- ❖ Organizers should minimize sharing of other equipment, and clean and disinfect all shared equipment at the end of a practice session using a product from the [list of disinfectants meeting EPA criteria for use against the novel coronavirus](#).
- ❖ No shared food or drink may be provided during any activities for participants or spectators except by concessions and food service providers following the Safety Standards for Restaurants.



- ❖ Water bubblers, fountains, and bottle filling stations can open. Managers are encouraged to install signs near any drinking equipment advising users to use for bottle refill only and not to touch the tap with their mouth or the mouth of their water bottle.
- ❖ Participants and spectators should only drink from their own containers. Organizers must provide individual, dedicated water bottles for children if they do not have their own.
- ❖ Participants and coaches must achieve proper hand hygiene at the beginning and end of all activities, either through handwashing with soap and water or by using an alcohol-based hand sanitizer.
- ❖ Organizers should encourage athletes to arrive dressed for practice and to leave immediately after practice. Locker room and changing room use should be minimized.

III. Staffing and Operations

Operator Guidance

- ❖ Operators must ensure that hand sanitizer or hand washing stations are available in indoor facilities for use by players, staff and coaches.
- ❖ All high touch surface areas must be cleaned at the end of each activity.
- ❖ Operators should work with organizers to stagger activity start and end times or put in place other protocols to limit contact between all visitors as much as possible. This also allows for more time to clean the facility between users. Operators must have daily schedules prepared in advance.
- ❖ Operators of indoor facilities shall establish traffic patterns (one-way flow, designated exits and entrances where possible), and limit capacity to maintain social distancing for the facility, including any restrooms and locker rooms. If social distancing cannot be maintained, spectators should be asked to wait outside.
- ❖ Operators should log all persons (name and phone number or name and email address) who come in contact with facility to facilitate contact tracing, including staff, participants, and spectators.
- ❖ Operators must post notice to employees, workers, and participants of important health information and relevant safety measures as outlined in government guidelines.
- ❖ Encourage workers who test positive for COVID-19 to disclose to the workplace employer for purposes of cleaning / disinfecting and contact tracing. If the employer is notified of a positive case at the workplace, the employer shall notify the local Board of Health (LBOH) in the city or town where the workplace is located and assist the LBOH as reasonably requested to advise likely contacts to isolate and self-quarantine. Testing of other workers may be recommended consistent with guidance and / or at the request of the LBOH.
- ❖ Employers should take measures to ensure employees comply with all State-issued rules concerning out of state travel for any employer-paid or employer-reimbursed travel.



Organizer Guidance

- ❖ To participate or attend, organizers should ensure that participants, volunteers, coaches and spectators must show no signs or symptoms of COVID-19 for 14 days. Current list of symptoms is available here: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- ❖ If any individual develops symptoms of COVID-19 during the activity, they should promptly inform organizers and must be removed from the activity and instructed to return home.
- ❖ Organizers of activities are responsible for following all guidelines and creating a safe environment for participants.
- ❖ Organizers must educate all participants and spectators on the applicable protocols for the relevant activity, protocols for entering/leaving the facility, and any other hygiene requirements.
- ❖ Organizers in coordination with operators must ensure that hand sanitizer is available to all players.

IV. Cleaning and Disinfecting

Operator Guidance

- ❖ Restrooms facilities shall be cleaned and disinfected in accordance with Centers for Disease Control guidance and best practices linked here: [EEA COVID-19 Outdoor Recreation Facility Restroom Cleaning Best Practices](#)
- ❖ Keep cleaning logs that include date, time, and scope of cleaning.
- ❖ Conduct frequent disinfecting of heavy transit areas and high-touch surfaces (e.g., doorknobs, handrails, bathrooms).
- ❖ In event of a positive case, shut down site for a deep cleaning and disinfecting of the workplace in accordance with current guidance.

Organizer Guidance

- ❖ Organizers should disinfect any shared equipment before and after every clinic, practice and game.
- ❖ Organizers should assess the cleanliness and disinfection protocols being employed at the facility they are using for athletic activity. If cleanliness is low, or any other concerns arise organizer should immediately stop any ongoing athletic activity until such time as operator can show that conditions have been brought up to the standards outlined in this guidance.
- ❖ Organizers should understand the cleaning and disinfection protocols employed at the facility they are using and should raise any issues to the operator or local board of health.