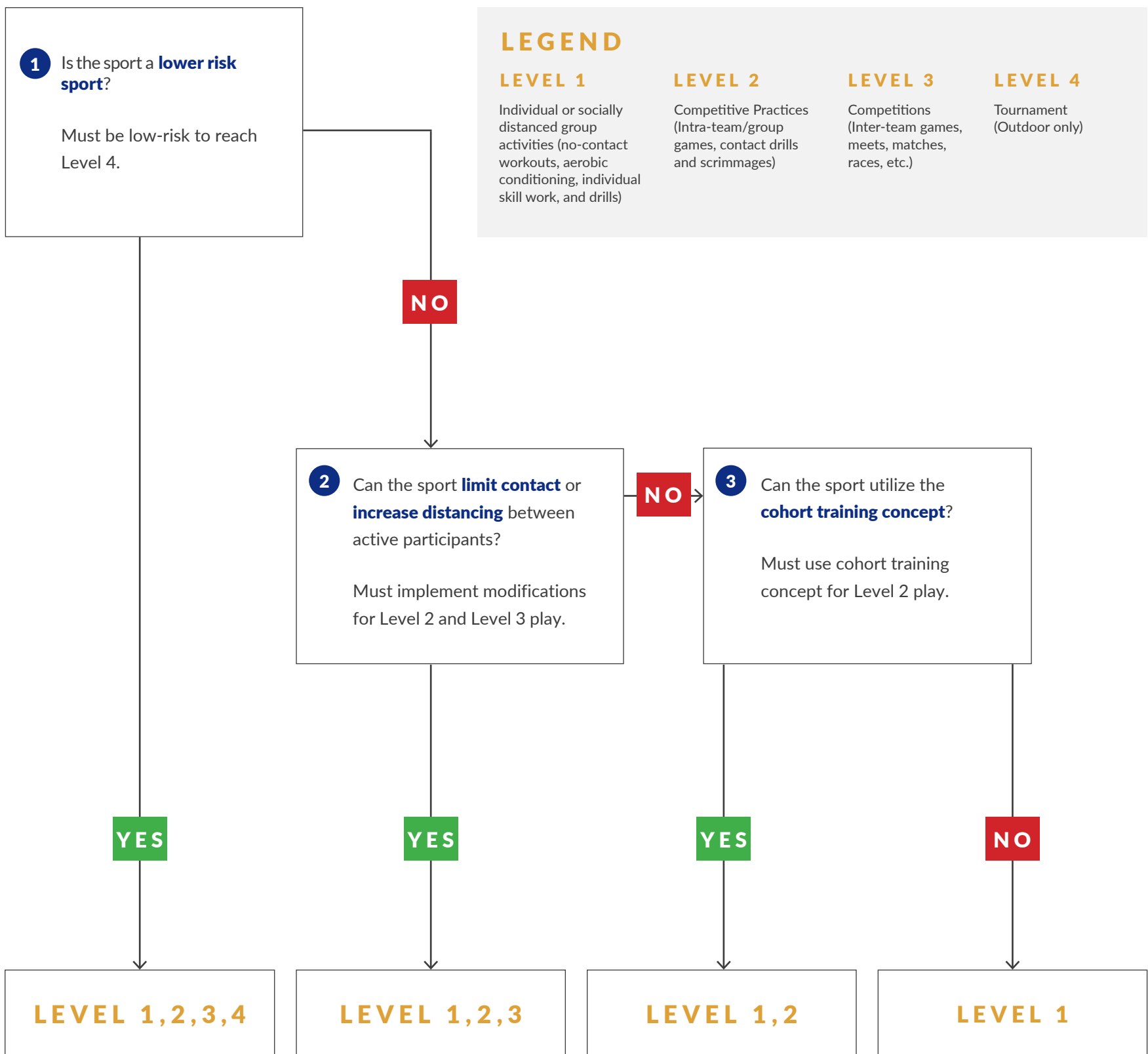


Sport Activity Level Assessment Framework



1

Lower risk sports include:

- Sport activities are **done individually**
- Sport activities are **conducted with 6 ft social distancing** and **no physical contact**

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

2

Required modifications:

- Where players typically start together (e.g., start / finish of running events) modifications must include staggered starts or equivalent to avoid close contact
- Deliberate close contact must be eliminated including: body checking, tackling, blocking, racing/riding in packs or similar activities engaged deliberately
- Game situations that result in intermittent close face-to-face contact (where players are within 6 feet of one another) must be modified or eliminated, including: restarts, face-offs, throw-ins, scrums for the ball/puck, or similar activities. These activities may be allowed if face masks are used during contact (e.g., face-off could take place with face masks worn by each player involved).

3

The cohort concept is described as:

- Cohorts can be no larger than **ten (10)** participants. Cohorts must workout together in all practices. Participants cannot be a member of multiple cohorts.
- Cohorts must be **separated by 14 feet**. Class sizes should be capped by the number of available training areas, based on the size of the facility. In no event should there be more than 25 people on a playing surface.
- A cohort can compete against other cohort, if each cohort performs separately from other cohorts (e.g., pair figure skating, or small group synchronized swimming).