



Oregon School Activities Association

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Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play

Season 1: August 31-December 27

The majority of information in this document comes directly from the Governor’s [“Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play”](#) updated on November 18.

Per the Governor’s Executive Order 20-65, the freeze is effective Wednesday, November 18 through Wednesday, December 2 unless extended or terminated earlier.

NOTE: This information is subject to change as additional guidance is released from the Governor’s Office, Oregon Health Authority (OHA) and Oregon Department of Education (ODE).

KEY INFORMATION FROM UPDATE OHA K-12 School Sports Guidance:

- Prohibition on all K-12 School Sports indoors, including conditioning, training and competition.
- Outdoor training, conditioning and competition is still allowed for non-contact and minimal/medium contact sports for schools utilizing On-Site, Hybrid, or Comprehensive Distance Learning.
- Outdoor training and conditioning is still allowed for full-contact sports for schools utilizing On-Site, Hybrid, or Comprehensive Distance Learning provided they don’t include full contact of any kind.
- Mask/face coverings must be worn when actively participating in an outdoor sport.
- Closure of indoor and outdoor swimming pools, licensed spa pools and indoor sport courts.
- Limit the maximum capacity for each outdoor K-12 school sporting event to 50 people. Maintain physical distancing of at least six (6) feet per person.
- Individuals advised to self-quarantine for 14 days upon return to Oregon if they have traveled out of state for recreational purposes or as part of an athletic traveling team.

OSAA SEASON 1 GENERAL REMINDERS

- Per the Governor’s guidance, OSAA sports defined as full-contact, minimal/medium-contact, or non-contact are:
 - Full-contact: Football, Wrestling, Cheer, Basketball, Dance
 - Minimal/Medium-Contact: Softball, Baseball, Soccer, Volleyball
 - Non-Contact: Tennis, Swimming, Golf, Cross Country, Track & Field, sideline/no-contact Cheer/Dance.
- Prior to assuming coaching duties beginning August 31, coaches must meet all OSAA certification requirements.
- Prior to participating in practices, students must be “cleared” to participate (Pre-Participation Physical Exam completed and on file, residency/enrollment eligibility requirements met, etc.).
- Prior to participation in competitions, students must be cleared to participate (Pre-Participation Physical Exam completed and on file, residency/enrollment eligibility requirements met, academically eligible, participated in at least nine (9) days of practice beginning August 31, etc.).
- [OSAA’s Practice Model](#) policies are in effect, including a minimum of nine (9) days of practice prior to a contest with another school and a prohibition on multiple practice sessions per day for the 2020-21 school year. Students are limited to a maximum of three (3) hours of practice per day which may be split between different sports (i.e. 90 minutes softball, 90 minutes volleyball).
- Guidance for OSAA-sanctioned activities not referenced by the Governor’s guidance can be found here:
 - [Speech and Debate Update](#)

- [Music Considerations from ODE \(including Solo, Choir, Band, Orchestra\)](#)

ON-SITE or HYBRID LEARNING	INDOOR ACTIVITY	COMPREHENSIVE DISTANCE LEARNING
Prohibited	Volleyball	Prohibited
Prohibited	Dance (Non-Contact)	Prohibited
Prohibited	Cheer (Non-Contact)	Prohibited
Prohibited	Basketball	Prohibited
Prohibited	Wrestling	Prohibited
Prohibited	Swimming*	Prohibited

(Training and Conditioning Only cannot include full contact of any kind.)

ON-SITE or HYBRID LEARNING	OUTDOOR ACTIVITY	COMPREHENSIVE DISTANCE LEARNING
Full Participation Allowed	Volleyball	Full Participation Allowed
Full Participation Allowed	Soccer	Full Participation Allowed
Training and Conditioning Only	Football	Training and Conditioning Only
Full Participation Allowed	Dance (Non-Contact)	Full Participation Allowed
Full Participation Allowed	Cheer (Non-Contact)	Full Participation Allowed
Full Participation Allowed	Cross Country / Track & Field	Full Participation Allowed
Training and Conditioning*	Swimming*	Training and Conditioning*
Full Participation Allowed	Tennis	Full Participation Allowed
Full Participation Allowed	Golf	Full Participation Allowed
Full Participation Allowed	Softball/Baseball	Full Participation Allowed

* Indoor and outdoor swimming pools, licensed spa pools and indoor sport courts are closed during the statewide Freeze.