



Oregon School Activities Association

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November 18, 2020

To: Superintendents, Principals, Athletic Directors
From: Peter Weber, Executive Director
Subject: Updated OHA Statewide Freeze Guidance for K-12 School Sports

The Governor's Office and OHA posted new [Statewide Freeze Guidance for K-12 School Sports](#) late Tuesday. Per the [Governor's Executive Order 20-65](#), the freeze is effective Wednesday, November 18 through Wednesday, December 2 but could be extended.

We encourage you to read through the six-page document but here are the key takeaways:

- 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 must 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.

Music/Performing Arts

We are still waiting on clarifications from OHA and ODE when it comes to cohorting and in-person instruction methods for Performing Arts. Here are a few small updates on vocal music and the aerosol study:

- [Updated Performing Arts Guidance from ODE](#)
 - Indoor singing is not recommended
- [Updated COVID-19 Aerosol Study information](#)
 - Highlights of the Third Round of Results include:
 - **Masks** – Masks should be worn by students, and masks/bell covers should be on instruments and materials.
 - **Distance** – The Centers for Disease Control and Prevention (CDC) distancing guidelines of 6 feet by 6 feet should be followed, with additional space (9 feet by 6 feet) for trombone players. The distancing guidelines apply for outdoors as well as indoors.
 - **Time** – Rehearsals should be limited to 30 minutes. Indoors, the room should be cleared, and leaders should wait until at least one HVAC air change has occurred before the next rehearsal.
 - **Air Flow** – Outdoor activity remains the best place for air flow. Indoors, HEPA filters are strongly recommended to increase the amount of clean air and the number of air changes per hour (ACH).
 - **Hygiene** – The strong emphasis continues on hygiene, including frequent handwashing, and cleaning of spit valves and storage areas.

Please contact OSAA staff with questions. The best way to reach us during the freeze is via email. Click [here](#) for contact information.