

# OHSET COVID GUIDELINES

	<b>General Guidelines</b>
	Follow ALL guidance from OSAA, OHA, ODE, and member school districts
	<b>Member schools must follow these guidelines in addition to their own school district guidelines</b>
	The strictest guidelines supersede others
<b>Face Coverings</b>	Will be required at all times indoors AND will be required at all times outdoors when social distancing space of 6 feet cannot be maintained
	<ul style="list-style-type: none"> <li>All spectators will wear a mask or face covering whether inside or outside in accordance with the Statewide Mask, Face Covering, Face Shield Guidance <a href="https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le2288K.pdf">https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le2288K.pdf</a></li> </ul>
	<ul style="list-style-type: none"> <li>Coaches will be required to wear a mask at all times, unless able to maintain social distancing of 6 feet from any other person in an outdoor space</li> </ul>
	<ul style="list-style-type: none"> <li>Athletes are not required to wear a mask when outside, assuming social distancing of 6 feet between persons can be maintained</li> </ul>
	<ul style="list-style-type: none"> <li>Athletes will be required to wear a mask at all times when indoors, even when horseback</li> </ul>
<b>Hand Hygiene</b>	Practice good hand hygiene
	<ul style="list-style-type: none"> <li>Wash hands frequently with soap and water, preferred, or hand sanitizer that contains 60-95% alcohol</li> </ul>
	<ul style="list-style-type: none"> <li>Hand Sanitizer (containing 60-95% alcohol) will be available at all events</li> <li>Encourage athletes to bring their own sanitizer to all events</li> </ul>
<b>Contact Tracing/Symptom Tracker</b>	Maintain a <b>contact tracer report</b> , taking attendance and screening for symptoms at each practice
	<ul style="list-style-type: none"> <li>All persons at the event will take own temperature prior to arrival at event/practice and assess self for symptoms related to COVID 19               <ul style="list-style-type: none"> <li>Temperature should be below 100.4 degrees F</li> </ul> </li> </ul>
	<ul style="list-style-type: none"> <li>Upon arrival to the practice/event, all persons will check in at the designated checkpoint</li> <li>Coaches/Advisors will conduct a visual scan of each individual, checking for any symptoms of COVID-19</li> <li>Coaches/Advisors will complete a Contact Tracer form for every person in attendance at each event</li> </ul>
	<ul style="list-style-type: none"> <li>Participants should be, at a minimum, 48 hours symptom free before attending any event</li> </ul>
	<ul style="list-style-type: none"> <li>Participants must self-report to the Team Coach/Advisor if they develop symptoms within 14 days after the event/practice</li> </ul>
	<ul style="list-style-type: none"> <li>All coaches, advisors, athletes, spectators/guardians who have signs or symptoms of illness are to stay home when ill to decrease the risk of viral transmission</li> </ul>

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<b>Cleaning and Disinfecting</b>	Frequently clean and disinfect high traffic areas, and commonly touched surfaces in areas accessed by staff, athletes and spectators
	<ul style="list-style-type: none"> <li>• Coaches/Advisors/Designated Person will be responsible for cleaning</li> <li>• Cleaning solutions</li> </ul>
	<a href="https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2">https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2</a>
	<ul style="list-style-type: none"> <li>○ Utilize a bleach spay solution (1/3c bleach to 1 gallon water)</li> </ul>
	<ul style="list-style-type: none"> <li>○ Other commercially prepared cleaning agents are acceptable as well, such as Clorox, Fantastik, Lysol</li> <li>○ Follow directions on product label</li> </ul>
	Avoid or minimize equipment sharing
	<ul style="list-style-type: none"> <li>• When it is necessary to share equipment, all surfaces of each piece of shared equipment must be cleaned and disinfected in between athlete uses and prior to storage</li> </ul>
	<ul style="list-style-type: none"> <li>• Coaches/designated person will be required to do the cleaning of shared team equipment</li> </ul>
	<ul style="list-style-type: none"> <li>• Utilize cleaning products as directed above</li> </ul>
	<ul style="list-style-type: none"> <li>• Gate Person is the only person to open and close the gate. Sanitize gate before and after event or if changing assigned gate person</li> </ul>
<b>Food</b>	Absolutely <b>no sharing of food</b> or drinks at any time
	Individually wrapped/packaged food is acceptable
<b>Travel</b>	Encourage those only in the same household to travel together
	<ul style="list-style-type: none"> <li>• If carpooling with others outside your household occurs, everyone must wear face coverings and spread out as much as possible</li> </ul>
	<ul style="list-style-type: none"> <li>• Limit travel groups to those who have been in regular contact</li> </ul>

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	<b>Meet Guidelines</b> (in addition to General Guidelines)
	Follow ALL guidance from OSAA, OHA, ODE, and member school districts; including guidance to suspend or cancel meets due to a virus outbreak
	Member schools must follow these guidelines in addition to their own school district guidelines
	Follow OHSET General Guidelines listed previously in this document
<b>Spectators</b>	Limit spectators to comply with OHA guidance of limiting event gatherings to no more than 250 total persons <ul style="list-style-type: none"> <li>For example, may need to limit spectators to one or two per athlete to keep event gathering below the 250 total persons limit</li> </ul>
	<ul style="list-style-type: none"> <li>All spectators will wear a mask or face covering when inside and outside in accordance with the Statewide Mask, Face Covering, Face Shield Guidance</li> </ul> <a href="https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le2288K.pdf">https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le2288K.pdf</a>
	Spectators will check in and out at the designated space upon arrival and departure each day
	<ul style="list-style-type: none"> <li>Will be assessed for symptoms</li> </ul>
	<ul style="list-style-type: none"> <li>If symptom free will be given a wristband identifying they've been checked in. Wristband to be worn for that assigned day</li> </ul>
	<ul style="list-style-type: none"> <li>Will be documented on the COVID 19 Tracer Report</li> </ul>
	<ul style="list-style-type: none"> <li>Must self-report to the District designated person if they develop symptoms during or within 14 days after the Meet</li> </ul>
	Spectators should adhere to social distancing guidelines when viewing events
<b>Volunteers and Judges</b>	Follow mask and face covering guidelines as listed above
	Adhere to social distancing guidelines
	Volunteers
	<ul style="list-style-type: none"> <li>Sanitize pens, clipboards, etc between each volunteer/event</li> </ul>
	<ul style="list-style-type: none"> <li>Gate Person is the only person to open and close the gate. Sanitize gate before and after event or if changing assigned gate person</li> </ul>
	Judges
	<ul style="list-style-type: none"> <li>No Judges FOOD provided</li> <li>Allow time for them to go off location to get food</li> <li>Add a food stipend within the contract</li> </ul>
	Office Space
	<ul style="list-style-type: none"> <li>Sanitize space, desks, etc before and after use of shared spaces</li> </ul>
	<ul style="list-style-type: none"> <li>Limit number of persons in office space dependent on square footage of space</li> </ul>
<b>Athletes</b>	Follow mask and face covering guidelines as listed above
	Adhere to social distancing guidelines at all times, especially when in barn areas
	Athletes will check in and out at the designated space upon arrival and departure each day
	<ul style="list-style-type: none"> <li>Will be assessed for symptoms</li> </ul>
	<ul style="list-style-type: none"> <li>If symptom free will be given a wristband identifying they've been checked in. Wristband to be worn for that assigned day</li> </ul>
	<ul style="list-style-type: none"> <li>Will be documented on the COVID 19 Tracer Report</li> </ul>

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<b>Athletes (cont.)</b>	<ul style="list-style-type: none"> <li>• Must self-report to the District designated person and the Individual Team Coach or Advisor if they develop symptoms during or within 14 days after the Meet</li> </ul>
<b>Events</b>	All events will be offered
	Shared Equipment Events
	<ul style="list-style-type: none"> <li>• Equipment will be sanitized between athletes</li> </ul>
	See Cleaning and Disinfecting in General Guidelines
<b>Stall Areas</b>	Adhere to social distancing guidelines at all times and follow mask and face covering guidance as listed previously
	No group gatherings of any kind
	<ul style="list-style-type: none"> <li>• Limit number of persons in stall areas to adequately maintain social distancing requirements</li> </ul>
	Absolutely <b>no sharing of food</b> or drinks at any time
	<ul style="list-style-type: none"> <li>• All food must be individually wrapped food (homemade or store bought)</li> </ul>
	<ul style="list-style-type: none"> <li>• Sanitize hands immediately prior to selecting food</li> </ul>
	<ul style="list-style-type: none"> <li>• Limit number of persons at/around any food areas to adequately maintain social distancing requirements</li> </ul>
	No sharing of any equipment
<b>Camping on site</b>	Encourage those only in the same household or designated pod to stay together
	Encourage those that don't need to stay on-site to choose other overnight accommodations

# OHSET COVID GUIDELINES

	<b>Decision Making Guidelines</b>	
<b>2020-2021 Season</b>	Practice Start Date	12/01/2020
	Meet Start Date	District decision, based on OSAA guidelines
	Number of District Meets	Up to 3; district decision
	State Meet	
	<ul style="list-style-type: none"> <li>Decision to continue with State Meet by</li> </ul>	1/5/2021
	PNWIC	2/1/2021
	<ul style="list-style-type: none"> <li>Decision to continue with PNWIC by</li> <li>Collaborate with WAHSET</li> </ul>	
	Cancellation of Season	
	<ul style="list-style-type: none"> <li>Follow OHA and OSAA guidance, along with member school districts</li> </ul>	
<b>District Guidance</b>	Minimum number of schools participating to continue meets	Individual district decision to determine financial feasibility of holding meet(s)
	<ul style="list-style-type: none"> <li>Ability to combine with another district if not enough member schools able to participate</li> </ul>	
	<b>OHSET to provide the following:</b>	(district purchases and may be reimbursed by the state)
	Sanitizing equipment (sprayers) for bleachers, tables, shared event equipment	
	Hand Sanitizer in high traffic areas	
	Wristbands for athletes/spectators	Provided by the State

	<b>In the event of a reported COVID 19 positive result...</b>	
	Immediate notification of Candi Bothum	
	Immediate notification of the Public Health Department.	
	<ul style="list-style-type: none"> <li>Follow ALL guidance/instructions given by the Public Health Department</li> </ul>	
<b>Notification</b>	Notify all persons from contact tracer of confirmed/suspected case or as per Public Health department recommendations	
	Do not release the name of the individual with the confirmed or suspected case to others at the OHSET event (patient privacy)	
<b>Contact Tracing/Symptom Tracker</b>	Importance of maintaining a <b>contact tracer report</b> , taking attendance and screening for symptoms at every OHSET event	
	Submit Contact Tracer Report to Public Health Department as instructed	
<b>Quarantine</b>	Anyone who was in close contact with the confirmed/suspected case should quarantine for 14 days (or per Public Health Department recommendations)	
<b>Close Contact</b>	Defined as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period* starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated	
	<ul style="list-style-type: none"> <li><i>Factors to consider when defining close contact include proximity (closer distance likely increases exposure risk), the duration of exposure (longer exposure time likely increases exposure risk), whether the infected individual has symptoms (the period around onset of symptoms is associated with the highest levels of viral shedding), if the infected person was likely to generate respiratory aerosols (e.g., was coughing, singing, shouting), and other environmental factors (crowding, adequacy of ventilation, whether exposure was indoors or outdoors).</i></li> </ul>	
<b>Return to Play</b>	Follow Providence Return to Play Protocol (see attached document)	
	If positive test, non-severe illness	
	<ul style="list-style-type: none"> <li>&gt;10 days since symptom onset</li> <li>24 hours without fever reducing medications</li> <li>Other symptoms are improving</li> </ul>	
	Positive Test, asymptomatic	
	<ul style="list-style-type: none"> <li>&gt;10 days from the Positive test</li> </ul>	