



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”](#) released on August 11.

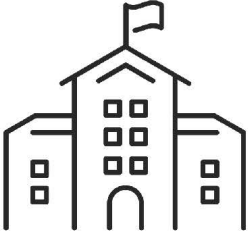


The Governor’s guidance is effective on your school’s ODE-approved reopening date for the 2020-21 school year. Until that point, sports and activities must adhere to county phase requirements and OSAA policies once the Association Year begins (August 31).

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).

OSAA SEASON 1 GENERAL REMINDERS

- For this K-12 School Sports Guidance, county phases are no longer applicable (provided your county is not in the baseline phase).
- Recreational sports are separate from the K-12 School Sports Guidance and are still tied to county phases per the [OHA’s Phase 2 Recreational Sports Guidance](#) and [FAQs](#).
- Masks are required to be worn indoors. Masks are also mandatory for all outdoor activities, including competitions, where six (6) feet of distance cannot be maintained.
- Gathering limits are in effect for each K-12 school sporting event: a maximum of 100 people indoors and 250 people outdoors; or the number of people based on a determination of capacity, whichever is less.
- 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). Students are limited to a maximum of one hour of weight training either before or after practice but not both. A student may not practice or participate in a contest for more than six consecutive days without a rest day.
- Guidance for OSAA-sanctioned activities not referenced by the Governor’s guidance can be found here:
 - [Speech and Debate Update](#)
 - [Music Considerations from ODE \(including Solo, Choir, Band, Orchestra\)](#)

- In order to determine which activities are allowed per the Governor’s K-12 School Sports Guidance:
 - Determine your school’s instructional method (on-site, hybrid, comprehensive distance learning).
 - Identify whether the activity is taking place indoors or outdoors.
 - Participation will be at the discretion of the local school district in those activities allowed per directives.

| ON-SITE | HYBRID | COMPREHENSIVE DISTANCE LEARNING |
|---|--|--|
|  <p data-bbox="164 730 488 793">Students Safely Learn In School</p> <p data-bbox="126 831 526 898">All students have access to in-person instruction in accordance with public health requirements.</p> |  <p data-bbox="591 730 1013 793">Students Safely Learn In School and Away from School</p> <p data-bbox="597 821 1006 978">Student groups have access to in-person instruction using staggered schedules and/or prioritizing certain grades, courses, and/or programs, in accordance with public health requirements. On-Site instruction is supplemented by Comprehensive Distance Learning.</p> |  <p data-bbox="1110 730 1484 793">Students Safely Learn Away from School</p> <p data-bbox="1084 831 1510 926">All students are engaged in learning through Comprehensive Distance Learning. Instruction occurs remotely with very limited exceptions for in-person supports.</p> |

| ON-SITE or HYBRID LEARNING | INDOOR ACTIVITY | COMPREHENSIVE DISTANCE LEARNING |
|-----------------------------------|----------------------------|--|
| Full Participation Allowed | Volleyball | Training and Conditioning Only |
| Full Participation Allowed | Dance (Non-Contact) | Training and Conditioning Only |
| Full Participation Allowed | Cheer (Non-Contact) | Training and Conditioning Only |
| Training and Conditioning Only | Basketball | Training and Conditioning Only |
| Training and Conditioning Only | Wrestling | Training and Conditioning Only |
| Full Participation Allowed | Swimming* | Training and Conditioning Only |

(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 |
| Full Participation Allowed | Swimming* | Full Participation Allowed |
| Full Participation Allowed | Tennis | Full Participation Allowed |
| Full Participation Allowed | Golf | Full Participation Allowed |
| Full Participation Allowed | Softball/Baseball | Full Participation Allowed |

*For Phase 1 counties, school campus indoor and outdoor swimming pool facilities may only be used by school coaches, students and trainers. These facilities may not be open for use by the general public.