

EQUITY CONSIDERATIONS



KING COUNTY PLAY EQUITY COALITION RETURN TO PLAY RESOURCE

Prior to COVID-19, only **19% of King County youth** were getting the recommended amount of **physical activity**.

Racial, economic, and geographic disparities in access to sport and recreation had already created wide **opportunity gaps and health inequities** for many youth. This crisis is **exacerbating** those disparities. In response, we need to **intentionally adjust practices** as we re-open.

While these considerations are **FAR FROM EXHAUSTIVE**, they represent critical questions that municipalities, programs, coaches, and policy-makers alike must consider to ensure the inequities of the past **aren't brought with us into the future** or, even worse, that the divide grows wider still.

- Are re-opening solutions centering those who are traditionally furthest from access?
 - If space and resources are limited in your program, who participates and who is left out?
 - How are you communicating the re-opening of facilities and fields to members of your community?
 - Are appropriate infection prevention supplies available to all participants; how are they distributed?
 - Are coaches and staff trained to meet the needs of returning youth: trauma-informed coaching, safety & health practices, knowledge of the health and economic impact to your community?
 - If access to fields and facilities is limited, how will you decide which groups/individuals get access?
 - As youth return to programming, are you aware of the inequities in who had access to physical activity during quarantine and who did not?
 - How can you use this as an opportunity to challenge and re-shape systems and processes that created inequitable access to physical activity?
 - Are there partners and collaborations that can help you broaden your scope and serve youth furthest from access?
 - Are there innovative approaches you can pilot in re-opening that offer youth safe and joyful ways to play as they start moving again.

[Learn more and contribute via our online resources, HERE.](#)

Washington State guidance for recreation activities ([SOURCE](#))



PHASE 1

Some outdoor recreation such as:
hiking, fishing, golfing

PHASE 2

All outdoor recreation involving
fewer than five people outside
household.

PHASE 3

All gatherings and recreation
activities capped at **50 people**.
Recreation facilities operating at **less
than 50% capacity**.

PHASE 4

Resume **all** recreation activities.

US Olympic & Paralympic Committee Return to Training Recommendations ([SOURCE](#))



Cleaning/Disinfecting:
Rigorous, frequent cleaning protocol of living space and athletic equipment with disinfectant, wearing personal protective equipment (PPE).

Training:
Train at home using own equipment & no use of public facilities.

Coaching:
All coaching is virtual.

Cleaning/Disinfecting:
Rigorous cleaning per Phase 1. Infection prevention measures followed (see following page).

Training:
Participants use own equipment, avoid touching others; if ball is used, only one player at a time should use region of playing area; clean playing area.

Coaching:
All coaching is virtual.

Cleaning/Disinfecting:
Same as Phase 1 & 2

Training:
Activities with **direct contact** can resume (ex: high jump, basketball)
Coaching:
In person can begin. Screen athletes for symptoms and fever per below.

On-Site Criteria:
Over past 14 days, athletes, coaches and staff should have **no signs/symptoms of COVID-19**; live in activity area; have **no close/sustained contact with others showing signs/symptoms**"

Cleaning/Disinfecting:
Same as Phases 1, 2, & 3

Training:
All activities can **resume**.

Coaching:
Same as Phase 3

Upon development of vaccine/cure:
incorporate into **standards** for all players, coaches, staff.



Learn more about the King County Play Equity coalition here:
kcplayequity.org





INFECTION PREVENTION RECOMMENDATIONS



Stay more than 6 feet away from people who appear sick

Avoid touching your face



Frequently wash your hands for 20 seconds with soap and water or using alcohol-based hand sanitizer with a minimum of 60% alcohol if your hands aren't soiled



Cover your mouth and nose with tissue when coughing or sneezing, dispose of tissue in the trash, and wash your hands or use hand sanitizer after coughing or sneezing



Frequently clean commonly touched surfaces (ie: doorknobs, keyboards) with antiseptic cleanser



Wear a facemask when you are outside of your home or if you have symptoms of a respiratory illness such as a cough, runny nose, or shortness of breath



Stay home if you are sick and call your healthcare provider for further recommendations



SELF-MONITORING INSTRUCTIONS

Twice daily, check for the following signs or symptoms of respiratory infection:



Fever
(> 100.4)



Cough



Shortness of
breath

Other symptoms to pay attention to include:

Sore throat



Congestion



Headache

Muscle and Joint Pain



Chills



Nausea or Vomiting



Diarrhea



Loss of Sense of Smell

If you develop any of these symptoms, please contact your healthcare provider to discuss how to proceed.



Signs and Symptoms of COVID-19

Most Common Symptoms



Fever



Cough



Shortness
of breath

Less Common Symptoms



Sore throat
Congestion



Headache
Chills



Muscle and
Joint Pain



Nausea or
Vomiting



Loss of sense
of Smell



Diarrhea