EQUITY CONSIDERATIONS

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.

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 & Paraolympic 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 and contribute via our online resources, HERE.

This resource was compiled by the King County Play Equity Coalition. This information is subject to change and is not intended to be a substitute for professional medical advice. Created 5/13/2020.
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 (e.g. 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 (> 100.4)
- Cough
- Shortness of breath

Less Common Symptoms

- Sore throat
- Congestion
- Headache
- Chills
- Nausea or Vomiting
- Loss of sense of Smell
- Muscle and Joint Pain
- Diarrhea