

OREGON INFORMATION

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| **NWAC SPORTS**-*Facial coverings required for all coaches, volunteers, and athletes at all times, including competitions. Physical distancing, health and safety cleaning protocols are in effect.* | **INDOOR ACTIVITIES FOR HIGH RISK SCHOOLS**  | **OUTDOOR ACTIVTIES FOR HIGH RISK SCHOOLS**  | **INDOOR ACTIVITIES FOR EXTREME RISK SCHOOLS** | **OUTDOOR ACTIVITIES FOR EXTREME RISK SCHOOLS**  |
| **Non-Contact Sports:** Tennis, Golf, Cross Country, Track & Field | \*Work through NWAC phased protocols.\*Capacity: Maximum 25% occupancy or 50 people total whichever is smaller. | \*Work through NWAC phased protocols. \*Maximum 75 people. | \*Work through NWAC phased protocols.\*Tennis-prohibited | \*Work through NWAC phased protocols.\*Indoor Tennis: Prohibited\*Other sports: Maximum of 50 people |
| **Minimal/Medium Contact Sports:** Softball, Baseball, Soccer, Volleyball | \*Work through NWAC phased protocols.\*Capacity: Maximum 25% occupancy or 50 people total whichever is smaller. | \*Work through NWAC phased protocols.\*Maximum 75 people | \*Work through NWAC phased protocols.\*Volleyball-prohibited\*Maximum 50 people | \*Work through NWAC phased protocols.\*Maximum 50 people |
| **Full Contact Sports:** Basketball | Prohibited |  | Prohibited | Maximum 50 people |

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| **\*NWAC PHASES** | **ACTIVITIES** |
| GREY PHASEShelter In Place | 14-day shelter in place, athlete’s condition on their own, meet virtually SA’s not are not permitted to use athletic facilities at all; cannot test out of this phase, no in-person athletic meetings. |
| RED PHASESmall Group | Minimum 14-days; small group workouts w/no more than 6 student-athletes and a coach; must adhere to physical distancing measures; gyms should remain closed unless strict distancing and sanitation protocols are practiced; cannot test out of this phase. Team practices and/or sport specific training allowed if players are limited to groups of 6 in separate parts of the field/court, separated by a buffer zone in red phase.\*Brief close contact (ex. 3 on 3 drills) is permitted. \* It is preferable for the groups of six to be stable over time. |
| YELLOW PHASEPartial Team Training | Minimum 14 days; full team practice may take place with distancing measures in place; Contact activities are permitted in this phase when necessary for sport, based on local health authority guidelines; Indoor practice facilities and weight room activities must be in compliance with local health authority; cannot test out of this phase |
| GREEN PHASEFull Team Practice & Competition | Minimum 14 days; gyms and areas where SA’s congregate and interact can reopen if appropriate sanitation protocols are implemented, but even low-risk populations should consider minimizing time spent in crowded spaces; unrestricted staff may resume with sanitation and physical distancing protocols in place; spectators; cannot test out of this phase. Scrimmages and practices with other teams is not allowed. |
| BLUE PHASEAll Clear | The transition from the previous core principles to a relaxation of these principles can occur when COVID-19 can be managed in a manner consistent with less virulent influenza strains. For COVID-19, future phases are dependent on the successful development of widely available treatment, including prophylactic immunotherapy, coupled with widespread, effective vaccination.  |

**\*For further clarification please refer to section 2.2 of the NWAC Health and Safety Manual**

NWAC Oregon member colleges participating in practice and/or competition must follow the Oregon Health Authority plan and local county health authorities in conjunction with the NWAC Health and Safety protocols. More NWAC specific information is found at <https://nwacsports.com/documents/SportsMedicine/12-15-NWAC_Covid_Policies_Final_Approved_12_14_20.pdf>. There will be no tournaments. There is no overnight travel unless approved by presidents of each school participating and the NWAC Office. Per NWAC guidelines, no spectators allowed at any NWAC member college athletic event.

**Notes:**

* As of 1/15/21, UCC is in the high risk category and BMCC, CLCC, PCC, MHCC, CHCC, LBCC, LACC, RCC, SWOC,TVCC are in the extreme risk category. (These rankings change almost daily).
* Full contact sports are prohibited at this time. Training and conditioning, such as weightlifting, running drills, and intra-squad scrimmaging, cannot include full contact of any kind.
* According to OHA low/medium sports can play under the indoor and outdoor guidance without review of protocol. OHA- 1/14/21.
* *The Oregon CC presidents have discussed PE classes and they are viewed the same as CTE programs that are operating face to face. These classes will occur. When counties are in the extreme risk category, course size is limited to 25.*
* *Fitness Centers are closed to the public if the county is in the extreme risk category.*
* Categories of sports risk levels is consistent between the states of Oregon and Washington.
* All activities are subject to more detailed, sector-specific guidance which is detailed in the links below.
* Maximum Occupancy means the maximum occupancy permitted by law, or if the maximum occupancy is unknown the capacity equivalent to:
* For 75% capacity: 86 square feet of space per person.
* For 50% capacity: 120 square feet of space per person.
* For 25% capacity: 240 square feet of space per person.
* Ensure that any indoor spaces created or used for services or operations meet the definition for indoor.
* According to the OHA smaller groups are safer than larger. Sports should ensure distance of six feet or more and shorter duration of sports/practice/training is safer than longer.
* Schedule enough time between practices and games so all people from a previous practice can leave the premises before the next group enters and the area is cleaned sufficiently.
* Allow only trainers, coaches, and athletes to attend practices to ensure physical distancing and prevent people from gathering.
* Ensure that any outdoor spaces created or used for services or operations meet the definition for outdoor.
* For one to one personal training, maintain six feet of physical distance between trainer and client.
* More detailed information is found via the following links:

<https://www.osaa.org/docs/osaainfo/Indoor%20Recreation%20Guidance.pdf>

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2351e.pdf>

**Quarantine 14 days or 10 days?**

CDC still guiding and endorsing 14 days quarantine. Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

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