SAFE RETURN TO SPORT AND RECREATION FOR MOVE UNITED MEMBERS

At Move United, the well-being of our participants and the strength of our member organization network have remained at the forefront of our minds throughout the Covid-19 crisis. In addition to ensuring individuals have access to workouts at home, we have leveled up our communication with our community, our education for providers and our funding for our industry. The question we now face – how do we safely and effectively return to in-person programs while protecting the health and wellness of our community?

According to the CDC, “Disability alone may not be related to higher risk for getting Covid-19 or having severe illness. Most people with disabilities are not inherently at higher risk for becoming infected with or having severe illness from Covid-19. However, some people with disabilities might be at a higher risk of infection or severe illness because of their underlying medical conditions. Adults with disabilities are three times more likely than adults without disabilities to have heart disease, stroke, diabetes, or cancer than adults without disabilities.”

This information alone, reminds us to proceed with a higher level of caution, and that being “first” in your community should be avoided. Take the benefit of some time to learn from other effective strategies, plan carefully, train your providers and form local partnerships that help prepare for the safest possible environment.

As the IPC states “the Paralympic athlete population is not a homogeneous group. Para athletes are all individuals with very different underlying conditions and health needs, so the notion of a one-size-fits-all approach to Covid-19 is not appropriate or representative of an individual athlete’s risk.”

As you formulate your own Covid-19 response and return plans, the following guidance addresses some common questions and provides specific resources to help with your mitigation efforts. The information in this document is not a substitute for public health advice provided by medical doctors, state or local government officials. Any federal, state or local authority orders must be complied with fully. The knowledge around Covid-19 is constantly changing and, as such, Move United makes no representation and assumes no responsibility for the accuracy or completeness of this information.
### Sports and COVID-19 Risk Category

Links below are Covid-19 specific. Based on the **NFHS Risk** categorization. Sports with more check marks may have higher risk and should be considered to return in later phases.

<table>
<thead>
<tr>
<th>Sport</th>
<th>Resource</th>
<th>Indoor</th>
<th>Contact Sport</th>
<th>Team Sport</th>
<th>NFHS Risk Category</th>
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<tbody>
<tr>
<td>Archery</td>
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<tr>
<td>Baseball</td>
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<td>✔</td>
<td>✔</td>
<td>Moderate</td>
</tr>
<tr>
<td>Basketball</td>
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<td>✔</td>
<td>✔</td>
<td>Moderate</td>
</tr>
<tr>
<td>Climbing</td>
<td>Access Fund American Mountain Guides Association</td>
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<tr>
<td>Cycling</td>
<td>International Mountain Bicycling Association Bike Instructor Certification Program</td>
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<td>Equestrian</td>
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<tr>
<td>Football</td>
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<td>Gymnastics</td>
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<tr>
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<tr>
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<td>Pickleball</td>
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<td>Rowing</td>
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<td>Moderate (Crew), Low (Single)</td>
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<tr>
<td>Activity</td>
<td>Organization/Resource</td>
<td>Rating</td>
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<tr>
<td>Sailing</td>
<td>US Sailing (Members Only)</td>
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<tr>
<td>Skiing / Snowboarding</td>
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<tr>
<td>Strength and Conditioning</td>
<td>National Strength and Conditioning Association</td>
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<td>Low (weightlifting)</td>
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<td>Surfing</td>
<td>Surfrider Foundation</td>
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<tr>
<td>Swimming</td>
<td>US Masters Swimming USA Swimming</td>
<td>Low</td>
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<tr>
<td>Tennis</td>
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<td>Mod-Low</td>
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<tr>
<td>Track and Field</td>
<td>USA Track and Field</td>
<td>Low</td>
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<tr>
<td>Triathlon</td>
<td>USA Triathlon</td>
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<tr>
<td>Volleyball</td>
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<td>Mod-Low</td>
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<td>USA Water Ski &amp; Wake Sports</td>
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<td>Whitewater Rafting</td>
<td>American Whitewater</td>
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<tr>
<td>Wrestling</td>
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<td>High</td>
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<tr>
<td>Yoga</td>
<td>Yoga Alliance</td>
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</table>
KEY CONSIDERATIONS

COVID-19 PLAN
Have you developed a Covid-19 plan that includes mitigation efforts your organization will take to prevent the spread of communicable disease and the steps you will take if someone in your community becomes sick? Does your plan include a phased approach, bringing activities back gradually, according to an activities individual level of risk?

Resources:
- CDC Community Mitigation Strategy
- USOPC Return to Training Considerations
- Play Sports Coalition Return to Play

Is testing widely available in your community? Testing of participants and volunteers may be a way that some can return with more confidence. Remember that a test represents a moment in time and is not a guarantee.

STAFF AND VOLUNTEERS
Have your staff and volunteers received education and training on new mitigation strategies? Are they up to date on risk factors, how to recognize symptoms and how to prevent the spread?

Consider limiting your programming to cohorts - especially in the earlier phases. This way, if there is an exposure, the number of people impacted can be limited i.e. have participants stay with the same instructor/volunteer team week over week where possible.

Resources:
- Occupational Health and Safety Courses and Articles
- World Health Organization Q&A on Coronaviruses

SPORTS
*Reminder to visit the sport specific table outlined in this document*

Have you consulted with sports governing bodies or reviewed current sport specific literature concerning the risk levels associated with returning to play for the sports you offer? There is a wide variation between sports from those conducted independently, outside, allowing for physical distancing to high contact, inside sports with teammates.

Resources:
- NFHS Phased Guidance for Opening up High School Athletics

EQUIPMENT
Have you planned for how equipment may be loaned or shared safely? How will you clean equipment between every touch/use? As well as large pieces of sports equipment, consider where participants are sharing items such as racquets, ropes and balls.

Can you obtain adequate supplies to support proper hygiene behaviors and cleaning/disinfection of objects and surfaces? Can you obtain adequate PPE for your staff and volunteers (some states are offering preferred access to PPE for small businesses).

Resources:
- CDC Cleaning and Disinfecting Decision Tool
- Beneficial Designs Wheelchair and Assistive Technology Precautions
- U.S. Small Business Administration

CURRENT RULES AND CONDITIONS
Have you checked local and state authority guidance on whether current rules and conditions permit activity and to what extent?

Resources:
- Johns Hopkins Public Health Principles for Phased Reopening (Guidance for Governors)
- CDC Youth Camps Decision Tree
RISK FACTORS
Have you considered/assessed the unique risk factors for your own community and sport? Have you communicated with your insurance provider to discuss potential Covid-19 related changes to your liability waiver? Consider ways you can perform lower risk activities for the time being that lower the potential for accidents, i.e. selecting an easier skill for students.

DISABILITY
How may someone’s disability affect when they can safely return? Consider whether a participant requires physical assistance from staff and volunteers that does not allow for social distancing. Consider whether or not participants with intellectual or cognitive disability can safely follow the protocols and wear protective equipment (i.e. masks). What PPE does your organization need if social distancing cannot be ensured?

CAREGIVERS
How can caregivers safely play a supporting role in your strategy if they have been isolating with your participant? How will they be trained on mitigation strategies?

EVENTS
Can an event be held? Note that travelling outside of local community is generally not being recommended at this time. A key consideration are local rules around recommended gathering size and travel restrictions.

COMMUNICATION
Have you transitioned administrative and registration processes online to avoid onsite delays and reduce touch points? How have you communicated new procedures clearly with your members? Have you prepared inclusive signage or physical barriers?

ONLINE SERVICES
Are you providing online services for members of your community who are unable to safely return?

VENUES AND SPACES
Have you prepared your venues and spaces to allow for social distancing and avoid group gatherings?

Resources:
- National Recreation and Park Association Public Parks and Trails
- CDC - Pools and Water Use in Recreation Mitigation
- CDC - Guidance for Administrators in Parks and Recreational Facilities
- USOPC Return to Training Signage (See Appendix 1-3)
- CDC Printable Signage
- Adapt At Home
- USABA Tips for Blind and Visually Impaired
- Deaf resource: What you need to know about Covid 19 in ASL
- Potential Impacts of Covid-19 on people with IDD
- CDC Event Planning Q&A
- USOPC Sports Event Planning Considerations Post Covid-19
- World Health Organization Considerations for Sports Federations/Sports Event Organizers
READY TO RETURN CHECKLIST

This checklist is designed to assist program staff and other adaptive sports professionals in thinking through what return to play looks like in your space. It can be used to assess program spaces before scheduling your return.

1. Have you check local and state authority guidance on whether current rules and conditions permit activity and to what extent? □ □

2. Have you developed a Covid-19 plan that includes mitigation efforts your organization will take to prevent the spread of communicable disease, and the steps you will take if someone in your community becomes sick? □ □

3. Does your plan include a phased approach, bringing activities back gradually, according to an activities individual level or risk? □ □

4. Is testing widely available in your community? □ □

5. Have you considered limiting your program to cohorts? □ □

6. Have your staff and volunteers received education and training on new mitigation strategies? Are they up to date on risk factors, how to recognize symptoms and how to prevent the spread? □ □

7. Have you consulted with sports governing bodies or reviewed current sport specific literature concerning the risk levels associated with return to play for the sports you offer? □ □

8. Have you planned for how equipment may be loaned or shared safely? How will you clean equipment between every touch/use? □ □

9. Can you obtain adequate supplies to support proper hygiene behaviors and cleaning/disinfection of objects and surfaces? □ □

10. Have you prepared your venues and spaces to allow for social distancing and avoid group gatherings? Have you prepared inclusive signage or physical barriers? □ □

11. Have you transitioned administrative and registration processes online to avoid onsite delays and reduce touch points? □ □

12. How have you communicated new procedures clearly with your members? □ □

13. Are you providing online services for members of your community who are unable to safely return? □ □

14. Have you considered/assessed the unique risk factors for your own community and sport? □ □

15. Have you communicated with your insurance provider to discuss potential Covid-19 related changes to your liability waiver? □ □

16. Have you considered how someone’s disability may affect when they can safely return? □ □

17. What PPE does your organization need if social distancing cannot be ensured? □ □

18. How will caregivers participate and be supported? How will they be advised on mitigation strategies? □ □

19. Can an event be held? □ □
**ADDITIONAL RESOURCES:**

*Understanding the Impact of Trauma and Stress*
*CDC Mental Health / Coping with Stress / Helplines*
*Truesport Athlete Whole Health and Support*
*PsychHub Covid-19 Mental Health Resource Hub*

**Youth, Schools & College**
*National Federation of State High School Associations Guidance for Re-Opening High School Athletics*
*NCAA Core Principles of Resocialization in Collegiate Sport*
*Project Play Return to Youth Sports Webinar*
*Little League Season Resumption Guide*

**Parks, Recreation and Facilities**
*Bus Operation Guidelines*
*NRPA Path to Recovery*
*World Federation of the Sporting Good Industry (Key Considerations for Sports, Fitness, Aquatics & Ancillary Facilities/Clubs in the Context of COVID-19)*

**Other Operational Resources**
*American Heart Association CPR Guidance*