

# Activities Allowed by Phases, Sport Risk and Venue – by Phase

updated 1/12/21

<https://www.governor.wa.gov/sites/default/files/COVID19%20Sporting%20Activities%20Guidance.pdf>

Phase and Venue	Low Risk	Moderate Risk	High Risk
Facial coverings required for all coaches, volunteers and athletes at all times.			
<b>Phase 1 Indoor</b>	<p>Training/practice if players are limited to groups of 6 separated by a buffer zone.</p> <p>Brief close contact permitted.</p> <p>Calculate allowable occupancy by dividing floor space by 500 sf per person.</p>	<p>Training/practice if players are limited to groups of 6 separated by a buffer zone.</p> <p>Brief close contact permitted.</p> <p>Calculate allowable occupancy by dividing floor space by 500 sf per person.</p>	<p>Individual training/practice allowed. No pods, one per station. (occupancy calculation?)</p>
<b>Phase 1 Outdoor</b>	<p>Team training/practice, intra-team competition, meets, tournaments allowed.</p> <p>No Spectators.</p>	<p>Team training/practice, intra-team competition allowed.</p> <p>No competition against other teams.</p> <p>No Spectators.</p>	<p>Team training/practice if players are limited to groups of 6 separated by a buffer zone.</p> <p>Brief close contact permitted.</p>
Facial coverings required for all coaches, volunteers and athletes at all times.			
<b>Phase 2 Indoor</b>	<p>Training/practice and competitions allowed.</p> <p>Occupancy 25% of fire code.</p>	<p>Training/practice and competitions allowed.</p> <p>Occupancy 25% of fire code.</p>	<p>Training/practice and intra-team competitions allowed.</p> <p>No competition against other teams.</p>
<b>Phase 2 Outdoor</b>	<p>Training/practice and competitions allowed.</p> <p>Max 200 people allowed at competitions, including spectators.</p>	<p>Training/practice and competitions allowed.</p> <p>Max 200 people allowed at competitions, including spectators.</p>	<p>Training/practice and competitions allowed.</p> <p>Max 200 people allowed at competitions, including spectators.</p>

**Low risk sports:** tennis, swimming, pickleball, golf, gymnastics, climbing, skating, archery, fencing, cross country, track and field, sideline/no-contact cheer and no-contact dance, disc golf.

**Moderate risk sports:** softball, baseball, t-ball, soccer, futsal, volleyball, lacrosse, flag football, ultimate frisbee, ice hockey, cricket, crew, field hockey, school bowling competitions.

**High risk sports:** football, rugby, wrestling, cheerleading with contact, dance with contact, basketball, water polo, martial arts competitions, roller derby.

# Activities Allowed by Phases, Sport Risk and Venue – by venue

updated 1/12/21

<https://www.governor.wa.gov/sites/default/files/COVID19%20Sporting%20Activities%20Guidance.pdf>

Phase and Venue	Low Risk	Moderate Risk	High Risk
	Facial coverings required for all coaches, volunteers and athletes at all times.		
<b>Phase 1 Indoor</b>	<p>Training/practice if players are limited to groups of 6 separated by a buffer zone.</p> <p>Brief close contact permitted.</p> <p>Calculate allowable occupancy by dividing floor space by 500 sf per person.</p>	<p>Training/practice if players are limited to groups of 6 separated by a buffer zone.</p> <p>Brief close contact permitted.</p> <p>Calculate allowable occupancy by dividing floor space by 500 sf per person.</p>	<p>Individual training/practice allowed. No pods, one per station. (occupancy calculation?)</p>
<b>Phase 2 Indoor</b>	<p>Training/practice and competitions allowed.</p> <p>Occupancy 25% of fire code.</p>	<p>Training/practice and competitions allowed.</p> <p>Occupancy 25% of fire code.</p>	<p>Training/practice and intra-team competitions allowed.</p> <p>No competition against other teams.</p>
<b>Phase 1 Outdoor</b>	<p>Team training/practice, intra-team competition, meets, tournaments allowed.</p> <p>No Spectators.</p>	<p>Team training/practice, intra-team competition allowed.</p> <p>No competition against other teams.</p> <p>No Spectators.</p>	<p>Team training/practice if players are limited to groups of 6 separated by a buffer zone.</p> <p>Brief close contact permitted.</p>
<b>Phase 2 Outdoor</b>	<p>Training/practice and competitions allowed.</p> <p>Max 200 people allowed at competitions, including spectators.</p>	<p>Training/practice and competitions allowed.</p> <p>Max 200 people allowed at competitions, including spectators.</p>	<p>Training/practice and competitions allowed.</p> <p>Max 200 people allowed at competitions, including spectators.</p>

**Low risk sports:** tennis, swimming, pickleball, golf, gymnastics, climbing, skating, archery, fencing, cross country, track and field, sideline/no-contact cheer and no-contact dance, disc golf.

**Moderate risk sports:** softball, baseball, t-ball, soccer, futsal, volleyball, lacrosse, flag football, ultimate frisbee, ice hockey, cricket, crew, field hockey, school bowling competitions.

**High risk sports:** football, rugby, wrestling, cheerleading with contact, dance with contact, basketball, water polo, martial arts competitions, roller derby.