

working out with 12 feet between each person. This may require closing or moving some equipment.

- Spotters are allowed on the outside of weight bars on each side, for safety reasons. Physical distancing must be maintained when not actively performing spotting duties.

- Individual practice participants should use their own equipment, if possible.

Limited-Contact Team Sports

Examples: Baseball, Softball, Golf, Track and Field, Cross Country, Bowling, Tennis, Gymnastics, Shooting Sports, Swimming, Individual Dance Competitions

- Competition is allowed for participants of any age. However, participants should refrain from competition if:
 - They are 65 years of age or older.
 - They have underlying health conditions including high blood pressure, chronic lung disease, diabetes, severe obesity, asthma or weakened immunity
- Practice for all ages may be permitted if the following conditions are implemented:
 - Player group size must be sufficiently limited to maintain 6 feet between each person, including staff, whenever possible.
 - When using weight rooms, calisthenics, or other conditioning training must maintain proper spacing from others by working out with 12 feet between each person. (This may require closing or moving some equipment).
- When appropriate, participants should provide their own equipment, if possible. If shared equipment is used, disinfection is required frequently during each event or between each use.

ADH will continue to closely monitor the evolving novel coronavirus (COVID-19) outbreak. These measures will remain in place until data on the severity of the local COVID-19 epidemic indicate it is safe to further relax measures. This Directive will be reevaluated on June 30, 2020.

Resources

- <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- <https://uamshealth.com/coronavirus/kb/expert-recommendations-and-considerations-for-high-school-athletics/>
- <https://www.aspenprojectplay.org/coronavirus-and-youth-sports>
- https://wagolf.org/wp-content/uploads/2020/04/Golfing-Restart-Requirements_Final.pdf
- <https://www.thengfq.com/2020/05/protecting-golfers-and-course-staff-amid-coronavirus-outbreak/>
- <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>