



Milwaukee County COVID-19 Sports Guidance for Youth and Adult Outdoor Sports

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CROSS COUNTRY

Cross Country

RULE CONSIDERATIONS

- If you are symptomatic, **STAY HOME**.
- Staggered start times are required.
- Adherence to physical distancing guidelines and masks if within 6 feet, hand sanitizer provided by the permit holder for use by participants. Start/Conclusion (8-1-3c).
- Consider widening the course to at least 6 feet at its narrowest point.

EQUIPMENT CONSIDERATIONS

Masks

- Masks must be worn upon arrival to the meet venue and until the official warm-ups have started. Mask use mandatory except for athletes during active play.
 - Coaches and officials are required to wear masks.
 - Spectators are required to wear masks and are required to follow physical distancing guidelines.

Equipment Bins

- Eliminate all personal items from the starting line. Use of bins for the collection of personal gear, headphones, other items from multiple competitors should be avoided.

Team Tents/Camps

- Should not be used as a place for athletes to congregate. They may be set up as an area for gym bags to be located during the competition (6 ft apart).
- Multiple tents may be set up for one team, so physical distancing can be maintained. Consider tape or paint as a guide.
- No spectators - coaches and athletes only.

Set-up and Breakdown of Meet Equipment

- Any equipment used for the competition should be disinfected prior to and immediately following. Only one individual should handle the equipment on any given day, or gloves should be worn for set up and take down.

Other Equipment

- Athletes should bring their own watch or be issued a watch from the team that can be worn only by that athlete for the season. Watches should be disinfected by athletes every day.
- Athletes should bring their own towels, if needed.
- Warm-up equipment must not be shared among athletes (i.e., foam rollers, resistance bands, etc.).

Other Hygiene Considerations

- There should be no shared athletic equipment. Any equipment that is used should be cleaned and disinfected prior to and immediately following the meet. Be responsible for your own supplies.
- Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use frequently.
- Emphasize to avoid touching the face throughout practice and competition.
- Spitting/Nose Clearing/Coughing - All athletes and coaches are prohibited from spitting/nose clearing and must cover coughs.
- Athletes, coaches, and staff should avoid touching doors, gates, fences, benches, or other equipment

COMPETITION CONSIDERATIONS

Competition Structure

- Consider only local, single opponent, single-day competitions (duals or triangulars).
- No multi-team invitationals.

CROSS COUNTRY

- Staggered starts are required (some options listed):
 - Individual starts.
 - Wave starts - up to 10 racers at a time (based on ability, times, position on the team, etc.).
 - Top 2 runners from each school in the first wave, 3rd and 4th in the second wave, etc. Leave 2 min between each wave start.
 - Team starts - Start teams 1-3 minutes apart.
 - Any group or wave would need to be coordinated with the finish timer to ensure the proper timing of runners in each wave.
 - Team runs straight out from the team box, maintaining physical distance from other teams.
- Multiple races can be held if separated to allow for appropriate transition.

Coaches' Meeting

- Consider working out all details through a virtual meeting and/or using the pre-meet document.

Arrival and Departure of Teams

- Minimizing contact and avoiding situations when a large number of athletes are in the same place at the same time.

Course and Finish Considerations

- Create chutes and finishes that do not encourage congestion.
 - No congregation or stopping around the finish line. Athletes must move away from the finish area quickly.
 - Designate to athletes which lane they are in for start and completion of the race
 - An open finish corral would allow runners to immediately exit the finish area and head away from the area.
- Consider providing a representative from each team in the finish corral to assist their team's athletes to quickly exit the corral.
 - Each representative should wear a PPE and physical distance themselves from individuals not of their team.
 - Athletes that finish should wear a mask as quickly as possible and maintain physical distance from others.
- Add course monitors/marshals to the course in key spots to monitor physical distancing and remind runners to avoid running in packs.
- If spectators are allowed there must be additional markings on the course which would restrict them from close contact with the runners. Spectators must maintain physical distancing throughout the race and at the start and finish areas.

Physical Distancing

- Warm-ups/Stretching - Maintain physical distancing between athletes.
- Congregating of Athletes and/or Coaches - Discourage congregating upon arrival to the course, prior to race warm-ups, and immediately following the race.
- Huddles - physical distancing to be maintained, as much as possible, when the coach is communicating with the entire team, or in smaller groups.
- Elimination of Handshakes - Teams may find other respectful ways to acknowledge each other before or after a competition, while maintaining physical distancing.
- National Anthem - Align team members in a manner that allows them to maintain a 6 ft distance from others.
- Interaction with Officials - Coaches and officials should maintain the 6ft distance when interacting.

CROSS COUNTRY

- Starting Line/Race Course - Allow only essential personnel in the competition area. These are defined as athletes, coaches, medical personnel/trainers, and officials. All others (i.e. managers, photographers, media, etc.) are considered non-essential personnel and are not to be on the course.

Spectators

- Follow county guidelines on limiting spectators.
- Face covering requirements for event personnel, media, spectators: consider having masks available to purchase or to provide for those who may have forgotten to bring one.
- Ticket sales: If unable to eliminate on-site sales, consider steps to establish physical distancing and provide a sanitization station.
- Pedestrian flow: Create protocols and signage to address ingress and egress areas and high traffic areas to avoid congestion.
- Consider using stanchions, tape or paint as a guide, communicate in advance, and create signage.
- Seating - Establish a procedure for all venues that allows for physical distancing guidelines. The number of spectators allowed must be in accordance with state/local regulations for gathering sizes.

OFFICIALS CONSIDERATIONS

Officials are not responsible for monitoring activities on the sidelines, such as physical distancing, hand washing, symptoms of illnesses and other such issues. This monitoring remains the responsibility of the coaching staff and school personnel.

- Bring personal hand sanitizer. Wash hands frequently.
- Don't share uniforms or equipment. Bring your own supplies (clip board, pencil, etc.)
- Always follow physical distancing guidelines. Space judges 6 feet apart.
- Eliminate any handshakes, high-fives etc. Consider elbow bumps or "air fives" instead.
- Require face coverings for use during the entire meet.

COACHES CONSIDERATIONS

- Communicate your guidelines in a clear manner to students and parents. Athlete safety is paramount.
- Communicate expectations regarding finish line and chute protocol.
 - Minimizing contact with other runners is paramount. Discussions must encompass behaviors of the athletes when they cross the finish line i.e. falling to the ground and spitting/nose clearing.
- Follow the CDC guidelines for cleaning and disinfecting the practice/competition venue.

	Athletes Under 10 Years Old	Athletes Aged 10-18 Years Old	Athletes Over 18 Years Old
Maximum Group Size (including coach, participants, umpire and support staff)	25 participants. Limit coaches, umpires and support staff to essential only. Limits are not placed on spectators due to age of athletes.	100 participants *Staggered Start*. Limit coaches, umpires and support staff to essential only.	100 participants*staggered Start*. Limit coaches, umpires and support staff to essential only.
Recommended Risk Level	Team-based practice where no physical activity that includes contact between players should be allowed. Independent drills, conditioning and cardiovascular exercise allowed.	Competition between teams of same local geographical area.	Competition between teams of same local geographical area.
Mask Policy	Mask use mandatory except for athletes during active play. Support staff, coaches, umpires etc. must be masked. Anyone aged 2 and under should not wear a mask.	Mask use mandatory except for athletes during active play. Support staff, coaches, umpires etc. must be masked.	Mask use mandatory except for athletes during active play. Support staff, coaches, umpires etc. must be masked.

CROSS COUNTRY

	Athletes Under 10 Years Old	Athletes Aged 10-18 Years Old	Athletes Over 18 Years Old
Physical Distancing Guidance	Maintain 6 ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible. Coaches should help children distance with use of visual markers.	Maintain 6 ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible.	Maintain 6 ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible.
If Spectators are allowed, provide guidance	Spectators should space out along route and adequately spaced out from each other; masks mandatory. Parents should consider waiting in their cars, or other places away from other adults but still accessible to help children as needed.	Spectators should space out along route and adequately spaced out from each other; masks mandatory.	Spectators discouraged. If necessary, space out along route and adequately spaced out while wearing masks.
Allow Media	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.

Football/Rugby/Basketball

RULE CONSIDERATIONS

- Rules apply to outdoor sports only.
- If you are symptomatic, STAY HOME.
- Maintain physical distancing of six feet.
- Cloth face coverings are required for coaches, nonplayers, and substitutes.
- Do not share uniforms, towels, and other apparel/equipment.
- Players should use their own water bottles.
- The ball should be cleaned and disinfected throughout the practice.
- Ball holders should maintain physical distancing at all times.
- Gloves are permissible but must still meet either the NOCSAE standard or SFIA specification.
- Cloth face coverings that tie to the head or loop around the ears under the helmet are permissible to be worn under the faceguard.
- Charged Time-outs and Authorized Conferences
 - A single charged time-out may be extended to a maximum of two minutes.
 - The authorized conference for a charged time-out should take place between the 9-yard marks and not at the sideline for physical distancing purposes. It would be permissible for more than one coach to be involved in the conference and for technology to be used.
 - Each game official and player should have their own beverage container brought out to them on the field.

EQUIPMENT CONSIDERATIONS

Masks

- Masks must be worn according to the County regulation upon arrival to the meet venue and until the official warm-ups have started. Face coverings are strongly recommended in all settings where people may come in contact with others, including outdoors when maintaining physical distance is not possible.
 1. Coaches and officials are required to wear masks.
 2. Spectators are required to wear masks and must follow physical distancing guidelines.

Other Hygiene Considerations

- There should be no shared athletic equipment (not including the ball in play). Any equipment that is used should be cleaned and disinfected prior to and immediately following the meet. Be responsible for your own supplies.
- Each athlete should bring their own hydration/water bottles – no sharing.
- Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use frequently including before going on the competition field and after returning to the sideline.
- Athletes should refrain from the removal of mouthguards while on the playing field. If mouthguards are removed on the sidelines or bench area, the athlete should use hand sanitizer each time after touching the mouthguard.
- Throughout practice, coaches should emphasize that players should avoid touching their face.
- Spitting/nose clearing/coughing: All athletes and coaches are prohibited from spitting/nose clearing and must cover coughs.

General Reminders for Athletes

- Personal Items: It is recommended that each athlete bring their own gym bag for personal items.
- Clothing/shoes/helmets/shoulder pads must not be shared among athletes. Any items that are not currently being worn should be stored inside a personal gym bag.
- Athletes are encouraged to provide their own hand sanitizer (at least 60% alcohol) and use frequently.

FOOTBALL/RUGBY/BASKETBALL

- All athletes must bring their own water bottles, or the team must provide a water bottle that is used by one player and only one player. Water bottles must not be shared.
- Athletes should bring their own towels, if needed.
- Athletes should refrain from the removal of mouthguards while on the playing field. If mouthguards are removed on the sidelines or bench area, the athlete should use hand sanitizer each time after touching the mouthguard.
- Tell coaches immediately when you are not feeling well.

OFFICIALS CONSIDERATIONS

- Officials are not responsible for monitoring activities on the sidelines, such as physical distancing, hand washing, symptoms of illnesses and other such issues. This monitoring remains the responsibility of the coaching staff and school personnel.
- Electronic whistles are permissible. Choose a whistle that will carry outside. Bring an extra battery.
- Cloth face coverings are required. Face coverings may be removed to announce calls and penalties.
- Bring personal hand sanitizer and/or wash hands frequently. Gloves are permissible.
- Do not share uniforms, towels, and other apparel/equipment.
- Officials should use their own water bottles.

COACHES CONSIDERATIONS

- Clearly communicate your guidelines to athletes and parents. Athlete safety is paramount.
- Communicate expectations regarding minimizing the spread of the virus and the habits that will contribute to that effort.
- Remind players to use hand sanitizer when prior to going on the competition field and after returning to the sideline.
- Follow the CDC guidelines for cleaning and disinfecting the competition venue.

FINAL CONSIDERATIONS

- Before, during, and after practice, players, coaches, officials, team personnel and game administration officials should wash and disinfect their hands as often as possible.
- Maintain physical distancing at all times while on the sidelines, and as possible while on the field of play.
- Everyone should have their own beverage bottles that are not shared.
- Try and limit the number of non-essential personnel who are on the field level throughout the practice period.

	Athletes Under 10 Years Old	Athletes Aged 10-18 Years Old	Athletes Over 18 Years Old
Maximum Group Size (including coach, participants, umpire and support staff)	25 participants. Limit coaches, umpires and support staff to essential only. Limits are not placed on spectators due to age of athletes.	Up to 50 participants. Limit coaches, umpires and support staff to essential only.	Up to 50 participants. Limit coaches and support staff to essential only.
Recommended Risk Level	Team-based practice where no physical activity that includes contact between players should be allowed. Independent drills, conditioning and cardiovascular exercise etc. allowed.	Team-based practice where no physical activity that includes contact between players should be allowed. Independent drills, conditioning and cardiovascular exercise etc. allowed.	Team-based practice where no physical activity that includes contact between players should be allowed. Independent drills, conditioning and cardiovascular exercise etc. allowed.

FOOTBALL/RUGBY/BASKETBALL

	Athletes Under 10 Years Old	Athletes Aged 10-18 Years Old	Athletes Over 18 Years Old
Mask Policy	Mask use mandatory except for athletes during active play. Support staff, coaches, umpires etc. must be masked. Anyone aged 2 and under should not wear a mask.	Mask use mandatory except for athletes during active drills/practice. Support staff, coaches etc. must be masked.	Mask use mandatory except for athletes during active drills/practice. Support staff, coaches etc. must be masked.
Physical Distancing Guidance	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible. Coaches should help children distance with use of visual markers.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance at all times.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance at all times.
If Spectators are allowed, provide guidance	Spectators should space out along route and adequately spaced out from each other; masks mandatory. Parents should consider waiting in their cars, or other places away from other adults, but still accessible to help children as needed.	Spectators should space out adequately spaced out from each other, masks mandatory.	Spectators discouraged; since gameplay is not allowed, spectators are unnecessary.
Allow Media	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.

SOFTBALL/BASEBALL

Softball/Baseball

PLAYERS/COACHES/GAMEPLAY

GENERAL

1. Rules apply to outdoor sports only.
2. If you are symptomatic, STAY HOME.
3. Coaches will be provided with a fact sheet regarding illness on what to look for in their players. If the coach deems it necessary, they can send that player home. Coaches are NOT expected to try and diagnose a player for having Covid-19. Any problems should be brought to the attention of any team or league official present at that time.
4. Coaches, players and parent helpers are expected to maintain physical distance with others wherever possible.
5. Face masks must be worn by our coaches, parent helpers and umpires.
6. Coaches are to utilize drills that help to maintain physical distancing (ex: multiple smaller groups of players rotating through drill stations).
7. Players are to bring their own drinks/snacks to practices and games. NO SHARING (parents will not be allowed to bring players things while the game is going on).
8. Players are to have their own equipment (bat, helmet, and glove).
9. Bats and helmets will be kept along the fence line and be supervised by an adult. Players will be expected to utilize the bleachers while not on the field and maintain physical distancing.
10. Any piece of equipment believed to have been shared or that has been identified as being shared will be sanitized between uses (shared equipment is defined as being touched by anyone other than the owner or last user).
11. Hand slapping, high fiving, spitting, chewing of seeds or gum is not allowed on any of the fields.
12. Only coaches or players involved in the current game may retrieve a foul ball.
13. Teams need to allow for all involved in a prior game to leave completely before entering player/coach areas.
14. Teams need to leave the field as quickly as possible while adhering to physical distancing guidelines.
15. Teams will be as small as possible, to allow for better physical distancing
16. Only the coach and umpire will be present for the pre-game meeting.

GAMEPLAY

1. Offense

- a. The on-deck hitter will be positioned at the entrance to the field, they will retrieve their hitting equipment and wait by the opening for their turn to bat.
- b. The on-deck hitter will be in a designated spot between the entrance to the field and the bleachers (behind the fence).
- c. The remaining hitters will be on bleachers outside the field spaced at least 6ft apart. Players will be expected to keep any equipment necessary to play defense with them on the bleachers. Dugouts should be utilized as little as possible.
- d. An adult will be designated to help with the players on the bleachers and to assist with the player in the dugout.
- e. Manager and coaches will be on the field in normal positions while adhering to physical distancing guidelines.
- f. Bats and helmets will be lined up along the fence away from the players. The designated adult will sanitize bats after each use
- g. Stealing will be allowed. Umpires will be tasked with making a quick call so players can return to physical distancing guidelines.

2. Defense

- a. Manager and coaches are to be outside the dugout, properly distanced apart from others.
- b. Any adult helper is to be off the field while the team is on defense.
- c. The defensive team will provide the ball(s) to be used while they are in the field.
- d. A foul ball returned to the game should be given to the defensive team. They will then sanitize the ball before it gets returned to play.

PARENTS/FANS

SOFTBALL/BASEBALL

GENERAL

1. If you are symptomatic, STAY HOME.
2. Keep spectators limited to only members of the player's households.
3. Stay 6ft from those that are not in your household.
4. Stay in designated spectator areas.
5. No sitting in the bleachers. Bring your own chair or stand.
6. Stay out of the player/coach areas.
7. Do NOT retrieve a foul ball. A designated person will get it.
8. Required to wear a mask.
9. While walking to/from the concessions or bathrooms, maintain physical distancing guidelines. (6ft or further from those not in your household). Markings will be placed throughout the park.

PRACTICES

1. If you are not helping with practice, stay in your car.
2. If you need to speak to a coach, do so while maintaining physical distancing guidelines.
3. Stay 6 ft away from everyone that is not part of your household.
4. Provide your child with a drink during practice. One will not be provided and there is no sharing amongst players.

GAMES

1. Stay in your car until your child is in the player/coach designated areas.
2. Leave quickly as soon as your game is over.
3. Do not harass the umpire. They will be doing the best they can and will mostly be working alone.
4. Provide your child with a drink and/or snack during the game. They will not be provided one there is no sharing amongst players.
5. Parents are not allowed to come into the player area - this includes giving them something to drink. Have them come prepared.

UMPIRES

GENERAL

1. If you are symptomatic, STAY HOME.
2. Umpires are required to wear a mask.
3. Arrive 15-20 minutes prior to the game so you have time to look over field conditions, equipment, etc.
4. Obtain any needed gear from the concession stand and make your way to the field. Do not gather in the concession or restroom areas.
5. Umpires will be responsible for maintaining their equipment. If, for any reason, umpires need to share equipment, that equipment should be sanitized between users.
6. Umpires are expected to use hand sanitizer before entering and before leaving the field.
7. Umpires will conduct managers meeting before the game while maintaining physical distancing, 6 ft apart.

GAME

1. Umpires should not handle or minimize the handling of the ball at any time during the game.
2. Face coverings must be worn by coaches and umpires.
3. Umpires will maintain 6ft from all players whenever possible.
4. There will be no umpires at the pitching machine levels.
5. There will be only 1 umpire for most of the games.
6. If there are two umpires, they should be positioned as follows:
 - a. Umpire 1: position yourself behind the pitcher at the best viewing angle for calling pitches while maintaining 6ft from all players.
 - b. Umpire 2: position yourself at the best viewing angle in relationship to the players on base while maintaining 6ft from all players.

SOFTBALL/BASEBALL

	Athletes Under 10 Years Old	Athletes Aged 10-18 Years Old	Athletes Over 18 Years Old
Maximum Group Size (including coach, participants, umpire and support staff)	35 participants. Limit coaches, umpires and support staff to essential only. Limits are not placed on spectators due to age of athletes.	Up to 50 participants. Limit coaches, umpires and support staff to essential only.	Up to 50 participants. Limit coaches, umpires and support staff to essential only.
Recommended Risk Level	Team-based practice where no physical activity that includes contact between players should be allowed. Independent drills, conditioning and cardiovascular exercise allowed.	Competition between teams of same local geographical area.	Competition between teams of same local geographical area.
Mask Policy	Mask use mandatory except for athletes during active play. Support staff, coaches umpires etc. must be masked. Anyone aged 2 and under should not wear a mask.	Mask use mandatory except for athletes during active play. Support staff, coaches, umpires etc. must be masked.	Mask use mandatory except for athletes during active play. Support staff, coaches, umpires etc. must be masked.
Physical Distancing Guidance	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible. Coaches should help children distance with use of visual markers.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible.
If Spectators are allowed, provide guidance	Spectators should space out along route and adequately spaced out from each other; masks mandatory. Parents should consider waiting in their cars, or other places away from other adults, but still accessible to help children as needed.	Spectators should space out adequately spaced out from each other, masks mandatory.	Spectators discouraged. If necessary, must be adequately spaced out while wearing masks.
Allow Media	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.

Soccer/Kickball/Lacrosse/Hurling

RULE CONSIDERATION

- Rules apply to outdoor sports only.
- If you are symptomatic, STAY HOME.

Team Benches

- Require bench personnel to observe physical distancing guidelines.
- Require all athletes and sideline personnel to wear masks.

EQUIPMENT CONSIDERATIONS

Masks

- Masks must be worn upon arrival to the meet venue and until the official warm-ups have started. Mask use mandatory except for athletes during active play.
- Coaches and officials are required to wear masks, especially when not able to maintain physical distancing.
- Spectators are required to wear masks and are expected to follow physical distancing guidelines.

Set-up and Breakdown Equipment

- Any equipment used for competition must be disinfected prior to and immediately following the game. Only one individual should handle the equipment on any given day (i.e. resistance bands, mats, cones/flags, etc.).

Balls

- Sanitized before and after each game.
- Switching the ball at intervals during play, having multiple available on the sideline and sanitizing the ball that is removed from play, before entering it back into the game.
- If ball shaggers are used, they should disinfect the balls between use, and must wear a mask and gloves.

Other Equipment

- Towels - Athletes and officials should bring their own towels, if needed.
- Foam Rollers, Resistance Bands, etc. must not be shared among athletes.

Other Hygiene Considerations

- There should be no shared athletic equipment. Any equipment that is used should be cleaned and disinfected prior to and immediately following the meet. Be responsible for your own supplies.
- Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use frequently.
- Throughout practices and competitions, coaches should continue emphasizing that players should avoid touching their face.
- Spitting/Nose Clearing/Coughing - All athletes and coaches are prohibited from spitting/nose clearing and must cover coughs.
- Athletes, coaches and staff should avoid touching doors, gates, fences, benches, or other equipment

General Reminders for Athletes

- Personal Items - It is recommended that each athlete bring their own gym bag for personal items. Gym bags should be placed in a predetermined area 6 feet apart for the duration of the event. No shared clothing/shoes.
- Athletes are encouraged to provide their own hand sanitizer (at least 60% alcohol) and use frequently.
- Water bottle - All athletes shall bring their own water bottle. Water bottles must not be shared.
- Tell coaches immediately when you are not feeling well.

Physical Distancing

- Warm-ups/Stretching Maintain physical distancing between players.

SOCCER/KICKBALL/LACROSSE/HURLING

- Congregating of Athletes and/or Coaches - Discourage congregating upon arrival to the field, prior to game warm-ups, and immediately following the game.
- Huddles - Physical distancing to be maintained as much as possible when the coach is communicating with the entire team or in smaller groups. All players and coaches are required to mask during huddles.
- Interaction with Officials - Coaches and officials must maintain social distancing when interacting
- Playing Field and Sideline area
 - Allow only essential personnel on the playing field. These are defined as athletes, coaches, medical personnel/trainers, and officials.
 - All others (i.e. spectators) are considered non-essential personnel and are not to be on the field of play.
- Team Box – designate “places” within the team box for members of the team to be when they are not on the field. Consider paint and/or tape to help athletes recognize social distancing. Also consider using bleachers/stands for members of the team when not on the field, if available.
- Substitutions - Designate a safe area for players entering the game. Minimize contact with the table and with each other.

Spectators

- Follow county guidelines on limiting spectators.
- Face covering requirements: Event Personnel, Media, Spectators must wear masks. Consider making masks available to purchase or to provide for those who may have forgotten to bring one.
- Ticket sales: If unable to eliminate on-site sales, consider steps to establish physical distancing and provide a sanitization station.
- Pedestrian flow: Create protocols and signage to address ingress and egress areas and high traffic areas to avoid congestion.
- Consider using stanchions, tape or paint as a guide, communicate in advance and create signage.
- Seating: Establish a procedure for all venues that allows for physical distancing guidelines. The number of spectators allowed must be in accordance with state/local regulations for gathering sizes.

COACHES CONSIDERATIONS

- Clearly communicate your guidelines to athletes and parents. Athlete safety is paramount.
- Communicate expectations regarding minimizing the spread of the virus and the habits that will contribute.
- Remind players to use hand sanitizer when prior to going on the competition field and after returning to the sideline.
- Follow the CDC guidelines for cleaning and disinfecting the competition venue.

	Athletes Under 10 Years Old	Athletes Aged 10-18 Years Old	Athletes Over 18 Years Old
Maximum Group Size (including coach, participants, umpire and support staff)	25 participants. Limit coaches, umpires and support staff to essential only. Limits are not placed on spectators due to age of athletes.	Up to 50 participants. Limit coaches, umpires and support staff to essential only.	Up to 50 participants. Limit coaches, umpires and support staff to essential only.
Recommended Risk Level	Team based practice where no physical activity that includes contact between players should be allowed. Independent drills, conditioning and cardiovascular exercise etc. allowed.	Team based practice where no physical activity that includes contact between players should be allowed. Independent drills, conditioning and cardiovascular exercise etc. allowed.	Team based practice where no physical activity that includes contact between players should be allowed. Independent drills, conditioning and cardiovascular exercise etc. allowed.

SOCCKER/KICKBALL/LACROSSE/HURLING

	Athletes Under 10 Years Old	Athletes Aged 10-18 Years Old	Athletes Over 18 Years Old
Mask Policy	Mask use mandatory except for athletes during active play. Support staff, coaches, umpires etc. must be masked. Anyone aged 2 and under should not wear a mask.	Mask use mandatory except for athletes during active drills/practice. Support staff, coaches etc. must be masked.	Mask use mandatory except for athletes during active drills/practice. Support staff, coaches etc. must be masked.
Physical Distancing Guidance	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible. Coaches should help children distance with use of visual markers.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance at all times.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance at all times.
If Spectators are allowed, provide guidance	Spectators should space out along route and adequately spaced out from each other; masks mandatory. Parents should consider waiting in their cars, or other places away from other adults, but still accessible to help children as needed.	Spectators should space out adequately spaced out from each other, masks mandatory.	Spectators discouraged, since gameplay is not allowed, spectators are unnecessary.
Allow Media	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.

TENNIS

Tennis

RULE CONSIDERATIONS

- Rules apply to outdoor sports only.
- If you are symptomatic, STAY HOME.
- Maintain physical distancing of six feet.
- Cloth face coverings are required for coaches and nonplayers.
- Do not share uniforms, towels, and other apparel/equipment.
- Players should use their own water bottles.
- The ball should be cleaned and disinfected throughout the practice.

EQUIPMENT CONSIDERATIONS

Tennis Balls

- Open and use two cans of balls (four for doubles) Give each player a different numbered ball.
- Don't touch a ball with another competitor's number
- Use racquet/feet to advance the ball to the other side (avoid using hands to pick up a ball).

Masks

- Masks must be worn upon arrival to the meet venue and until the official warm-ups have started. Mask use mandatory except for athletes during active play.
- Coaches, team personnel and other meet personnel are required to wear masks at all time, especially when not able to maintain physical distancing.
- Spectators are required to wear masks and must follow physical distancing guidelines.

Court and Other Equipment

- Players must use their own equipment and tennis balls. Players must not use or touch other players' equipment or tennis balls.
- Gloves may be worn by athletes if desired.

Other Hygiene Considerations

- There should be no shared athletic equipment. Any equipment that is used should be cleaned and disinfected prior to and immediately following the meet. Be responsible for your own supplies.
- Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use frequently.
- Emphasize to avoid touching the face throughout practice and competition.
- Spitting/Nose Clearing/Coughing: All athletes and coaches are prohibited from spitting/nose clearing and must cover coughs.
- Athletes, coaches and staff should use hand sanitizer after touching doors, gates, fences, benches or other equipment.

COMPETITION CONSIDERATIONS

Competition Structure

- Consider only local, single opponent, single day competitions.
- Consider scheduling adjustments to reduce the number of events, duration and/or participants present.
- Consider dual or triangular meets only.
- Consider not playing doubles - Singles only.
- All personnel and spectators must follow physical distancing guidelines.

Courts and Sidelines

- Allow only essential personnel around the tennis courts. Essential personnel are players, coaches, medical personnel/athletic trainers, and officials. Facial coverings are for athletes not actively participating.

TENNIS

- All others, (i.e., managers, photographers, media, etc.) are considered non-essential personnel and are to be in the gallery or remaining outside the court area (behind the fence). Personnel must maintain physical distancing guidelines and are required to wear masks.
- Consider using every other court.
- Consider having nine players with one coach on a bank of four courts.
- Consider staggered practices to limit the number of participants.
- Remain apart when taking a break and maintain physical distancing if changing ends of the court.

Coach Conferences

- Limit the number of individuals in a conference and/or huddle to those who must be in close proximity for these discussions. It is required that coaches wear a mask.

Physical Distancing

- Warm-ups/Stretching - Maintain physical distance between athletes.
- Congregating of Athletes and/or Coaches - Discourage congregating upon arrival to the venue, prior to practice, match or meet.
- Elimination of Handshakes - Teams may find other respectful ways to acknowledge each other before or after a competition, while maintaining social distancing.
- Seating capacity/configuration - Teams, spectators, media, medical, event personnel. Consider tape or paint as a guide, communicate in advance and create signage.

COACHES CONSIDERATIONS

- Clearly communicate your guidelines to students and parents. Athlete safety is paramount.
- Communicate expectations regarding minimizing the spread of the virus and the habits that will contribute.
- Remind players to use hand sanitizer when prior to going on the competition field and after returning to the sideline
- Follow the CDC guidelines for cleaning and disinfecting the competition venue.

	Athletes Under 10 Years Old	Athletes Aged 10-18 Years Old	Athletes Over 18 Years Old
Maximum Group Size (including coach, participants, umpire and support staff)	25 participants. Limit coaches, umpires and support staff to essential only. Limits are not placed on spectators due to age of athletes.	Up to 50 participants. Limit coaches, umpires and support staff to essential only.	Up to 50 participants. Limit coaches, umpires and support staff to essential only.
Recommended Risk Level	Team based practice where no physical activity that includes contact between players should be allowed. Independent drills, conditioning and cardiovascular exercise allowed.	Competition between teams of same local geographical area.	Competition between teams of same local geographical area.
Mask Policy	Mask use mandatory except for athletes during active play. Support staff, coaches, umpires, etc. must be masked. Anyone aged 2 and under should not wear a mask.	Mask use mandatory except for athletes during active play. If doubles play, mask use during play is recommended if not able to maintain 6ft distance.	Mask use mandatory except for athletes during active play. If doubles play, mask use during play is recommended if not able to maintain 6ft distance.
Physical Distancing Guidance	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible. Coaches should help children distance with use of visual markers.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible.

TENNIS

	Athletes Under 10 Years Old	Athletes Aged 10-18 Years Old	Athletes Over 18 Years Old
If Spectators are allowed, provide guidance	Spectators should space out along route and adequately spaced out from each other; masks mandatory. Parents should consider waiting in their cars, or other places away from other adults, but still accessible to help children as needed.	Spectators should space out adequately spaced out from each other, masks mandatory.	Spectators discouraged. If necessary, must be adequately spaced out while wearing masks.
Allow Media	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.

SPORT RECOMMENDATIONS FOR AGES 18 AND OVER

Sport Recommendations for Ages 18 and Over

	Cross Country	Tennis	Baseball/Softball	Soccer Kickball Lacrosse Hurling	Football Rugby Basketball	Ultimate Frisbee
Maximum Group Size (including coach, participants, umpire and support staff)	100 participants*staggered Start*. Limit coaches, umpires and support staff to essential only.	Up to 50 participants. Limit coaches, umpires and support staff to essential only.	Up to 50 participants. Limit coaches, umpires and support staff to essential only.	Up to 50 participants. Limit coaches, umpires and support staff to essential only.	Up to 50 participants. Limit coaches and support staff to essential only.	Up to 75 participants. Limit coaches, umpires and support staff to essential only.
Recommended Risk Level ¹	Competition between teams of same local geographical area ² .	Competition between teams of same local geographical area.	Competition between teams of same local geographical area.	Team based practice where no physical activity that includes contact between players should be allowed. Independent drills, conditioning and cardiovascular exercise etc. allowed.	Team based practice where no physical activity that includes contact between players should be allowed. Independent drills, conditioning and cardiovascular exercise etc. allowed.	Competition between teams of same local geographical area.
Mask Policy	Mask use mandatory except for athletes during active play. Support staff, coaches, umpires etc. must be masked.	Mask use mandatory except for athletes during active play. If doubles play, mask use during play is recommended if not able to maintain 6ft distance.	Mask use mandatory except for athletes during active play. Support staff, coaches, umpires etc. must be masked.	Mask use mandatory except for athletes during active drills/practice. Support staff, coaches etc. must be masked.	Mask use mandatory except for athletes during active drills/practice. Support staff, coaches etc. must be masked.	Mask use mandatory except for athletes during active play. Support staff, coaches, umpires etc. must be masked.

¹ This is based on the CDC risk levels:

- **Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members.
- **Increasing Risk:** Team-based practice.
- **More Risk:** Within-team competition.
- **Even More Risk:** Full competition between teams from the same local geographic area.
- **Highest Risk:** Full competition between teams from different geographic areas.

² Local Geographic Area is defined as Milwaukee County and all bordering counties.

SPORT RECOMMENDATIONS FOR AGES 18 AND OVER

Physical Distancing Guidance	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance at all times.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance at all times.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible.
If Spectators are allowed, provide guidance	Spectators discouraged. If necessary, space out along route and adequately spaced out while wearing masks.	Spectators discouraged. If necessary, must be adequately spaced out while wearing masks.	Spectators discouraged. If necessary, must be adequately spaced out while wearing masks.	Spectators discouraged, since gameplay is not allowed, spectators are unnecessary.	Spectators discouraged, since gameplay is not allowed, spectators are unnecessary.	Spectators discouraged. If necessary, space out along route and adequately spaced out while wearing masks.
Allow Media	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.

SPORT RECOMMENDATIONS FOR AGES 10-18

Sport Recommendations for Ages 10-18

	Cross Country	Tennis	Baseball/Softball	Soccer Kickball Lacrosse Hurling	Football Rugby Basketball	Ultimate Frisbee
Maximum Group Size (including coach, participants, umpire and support staff)	100 participants *Staggered Start*. Limit coaches, umpires and support staff to essential only.	Up to 50 participants. Limit coaches, umpires and support staff to essential only.	Up to 50 participants. Limit coaches, umpires and support staff to essential only.	Up to 50 participants. Limit coaches, umpires and support staff to essential only.	Up to 50 participants. Limit coaches, umpires and support staff to essential only.	Up to 50 participants. Limit coaches, umpires and support staff to essential only.
Recommended Risk Level ³	Competition between teams of same local geographical area ⁴ .	Competition between teams of same local geographical area.	Competition between teams of same local geographical area.	Team based practice where no physical activity that includes contact between players should be allowed. Independent drills, conditioning and cardiovascular exercise etc. allowed.	Team based practice where no physical activity that includes contact between players should be allowed. Independent drills, conditioning and cardiovascular exercise etc. allowed.	Competition between teams of same local geographical area.
Mask Policy	Mask use mandatory except for athletes during active play. Support staff, coaches, umpires etc. must be masked.	Mask use mandatory except for athletes during active play. If doubles play, mask use during play is recommended if not able to maintain 6ft distance.	Mask use mandatory except for athletes during active play. Support staff, coaches, umpires etc. must be masked.	Mask use mandatory except for athletes during active drills/practice. Support staff, coaches, etc. must be masked.	Mask use mandatory except for athletes during active drills/practice. Support staff, coaches, etc. must be masked.	Mask use mandatory except for athletes during active play. Support staff, coaches, umpires etc. must be masked.

³ This is based on the CDC risk levels:

- **Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members.
- **Increasing Risk:** Team-based practice.
- **More Risk:** Within-team competition.
- **Even More Risk:** Full competition between teams from the same local geographic area.
- **Highest Risk:** Full competition between teams from different geographic areas.

⁴ Local Geographic Area is defined as Milwaukee County and all bordering counties.

SPORT RECOMMENDATIONS FOR AGES 10-18

	Cross Country	Tennis	Baseball/Softball	Soccer Kickball Lacrosse Hurling	Football Rugby Basketball	Ultimate Frisbee
Physical Distancing Guidance	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance at all times.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance at all times.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible.
If Spectators are allowed, provide guidance	Spectators should space out along route and adequately spaced out from each other; masks mandatory.	Spectators should space out adequately spaced out from each other, masks mandatory.	Spectators should space out adequately spaced out from each other, masks mandatory.	Spectators should space out adequately spaced out from each other, masks mandatory.	Spectators should space out adequately spaced out from each other, masks mandatory.	Spectators should space out adequately spaced out from each other, masks mandatory.
Allow Media	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.

SPORT RECOMMENDATIONS FOR 10 YEARS OLD AND UNDER

Sport Recommendations for 10 Years Old and Under

	Cross Country	Tennis	Baseball/Softball	Soccer Kickball Lacrosse Hurling	Football Rugby Basketball	Ultimate Frisbee
Maximum Group Size (including coach, participants, umpire and support staff)	25 participants. Limit coaches, umpires and support staff to essential only. Limits are not placed on spectators due to age of athletes.	25 participants. Limit coaches, umpires and support staff to essential only. Limits are not placed on spectators due to age of athletes.	35 participants. Limit coaches, umpires and support staff to essential only. Limits are not placed on spectators due to age of athletes.	25 participants. Limit coaches, umpires and support staff to essential only. Limits are not placed on spectators due to age of athletes.	25 participants. Limit coaches, umpires and support staff to essential only. Limits are not placed on spectators due to age of athletes.	25 participants. Limit coaches, umpires and support staff to essential only. Limits are not placed on spectators due to age of athletes.
Recommended Risk Level ⁵	Team based practice where no physical activity that includes contact between players should be allowed. Independent drills, conditioning and cardiovascular exercise allowed.	Team based practice where no physical activity that includes contact between players should be allowed. Independent drills, conditioning and cardiovascular exercise allowed.	Team based practice where no physical activity that includes contact between players should be allowed. Independent drills, conditioning and cardiovascular exercise allowed.	Team based practice where no physical activity that includes contact between players should be allowed. Independent drills, conditioning and cardiovascular exercise etc. allowed.	Team based practice where no physical activity that includes contact between players should be allowed. Independent drills, conditioning and cardiovascular exercise etc. allowed.	Team based practice where no physical activity that includes contact between players should be allowed. Independent drills, conditioning and cardiovascular exercise allowed.
Mask Policy	Mask use mandatory except for athletes during active play. Support staff, coaches, umpires etc. must be masked. Anyone	Mask use mandatory except for athletes during active play. Support staff, coaches, umpires etc. must be	Mask use mandatory except for athletes during active play. Support staff, coaches, umpires etc. must be masked. Anyone aged 2 and	Mask use mandatory except for athletes during active play. Support staff, coaches, umpires etc. must be masked. Anyone aged 2 and	Mask use mandatory except for athletes during active play. Support staff, coaches, umpires etc. must be masked. Anyone aged 2 and under should not wear a mask.	Mask use mandatory except for athletes during active play. Support staff, coaches, umpires etc. must be masked. Anyone aged 2

⁵ This is based on the CDC risk levels:

- **Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members.
- **Increasing Risk:** Team-based practice.
- **More Risk:** Within-team competition.
- **Even More Risk:** Full competition between teams from the same local geographic area.
- **Highest Risk:** Full competition between teams from different geographic areas.

SPORT RECOMMENDATIONS FOR 10 YEARS OLD AND UNDER

	Cross Country	Tennis	Baseball/Softball	Soccer Kickball Lacrosse Hurling	Football Rugby Basketball	Ultimate Frisbee
	aged 2 and under should not wear a mask.	masked. Anyone aged 2 and under should not wear a mask.	under should not wear a mask.	under should not wear a mask.		and under should not wear a mask.
Physical Distancing Guidance	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible. Coaches should help children distance with use of visual markers.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible. Coaches should help children distance with use of visual markers.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible. Coaches should help children distance with use of visual markers.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible. Coaches should help children distance with use of visual markers.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible. Coaches should help children distance with use of visual markers.	Maintain 6ft distance at all times. Athletes should do their best to maintain 6 ft distance as much as possible. Coaches should help children distance with use of visual markers.
If Spectators are allowed, provide guidance	Spectators should space out along route and adequately spaced out from each other; masks mandatory. Parents should consider waiting in their cars, or other places away from other adults but still accessible to help children as needed.	Spectators should space out along route and adequately spaced out from each other; masks mandatory. Parents should consider waiting in their cars, or other places away from other adults, but still accessible to help children as needed.	Spectators should space out along route and adequately spaced out from each other; masks mandatory. Parents should consider waiting in their cars, or other places away from other adults, but still accessible to help children as needed.	Spectators should space out along route and adequately spaced out from each other; masks mandatory. Parents should consider waiting in their cars, or other places away from other adults, but still accessible to help children as needed.	Spectators should space out along route and adequately spaced out from each other; masks mandatory. Parents should consider waiting in their cars, or other places away from other adults, but still accessible to help children as needed.	Spectators should space out along route and adequately spaced out from each other; masks mandatory. Parents should consider waiting in their cars, or other places away from other adults, but still accessible to help children as needed.
Allow Media	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.	If spaced out, limit to as few as possible. Masks required.

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