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DPHSS Guidance Memorandum 2021-08

RE: Organized Sports, Non-Contact Training and Competition
Executive Order 2021-04

The purpose of this document is to require organized, non-contact sports for training and competition to implement mitigation measures to reduce the risk of transmitting the virus that causes COVID-19 from person-to-person spread and touching contact surfaces. This guidance does not apply to organized contact sports, for which competition continues to be restricted. Training for contact sports is encouraged utilizing non-contact training in anticipation of a return to competitive play once public health conditions can support such activities.

Unless stated elsewhere, this Memorandum is effective at 8:00 AM on March 1, 2021.

A. Definitions as used in this Memorandum:

1. "Non-Contact Sporting Events and Activities" shall mean sports that can be conducted while substantially maintaining appropriate social distancing, and any direct contact amongst participants are incidental to the activity.

The following are non-contact sports approved for training and competition:

- a. Baseball;
- b. Board sports (bodyboarding, longboarding, skateboarding, surfing);
- c. Bowling;
- d. Cricket;
- e. Croquet;
- f. Cross country (limited to middle and high school);
- g. Cue sports (carom billiards, pool, snooker);
- h. Cycle sports (BMX, mountain bicycling, road bicycling);
- i. Dancing (solo, group non-contact maintain 6 feet social distancing);
- j. Darts;
- k. Golf;
- l. Gymnastics;
- m. Motorsports (ATVs, drifting, motorcycles, track racing);
- n. Paddling sports (kayaking, stand up paddling) limited to one person;

- o. Racket sports (badminton, table tennis, tennis);
- p. Shooting sports (archery, practical shooting);
- q. Softball;
- r. Strength sports (bodybuilding, powerlifting, strongman, weightlifting);
- s. Track and Field;
- t. Volleyball;
- u. Water sports (diving, fishing, swimming);
- v. Any other sport identified as non-contact by the Department of Public Health and Social Services.

B. Masks:

1. Wear a face mask that covers your nose and mouth.
2. Athletes must wear a face mask when not actively participating in an athletic activity.
3. Coaches, officials, and spectators are all required to wear a face mask.
4. All persons to avoid touching their masks once they are on their faces.
5. All persons should wash their hands with soap and water for at least 20 seconds, or use hand sanitizer that contains at least 60% alcohol, after touching masks on their faces.
6. If unable to wear a mask, consider conducting the activity in a location with greater ventilation and air exchange, outdoors versus indoors, and where it is possible to maintain physical distance from others.
7. If mask gets wet, the wearer should replace it with a new face mask.
8. Use of a face shield or goggle as a substitute for a face mask is prohibited; however, the items may be worn for eye protection with the face mask.

C. Physical Distancing:

1. Athletes must maintain 6 feet of separation from others when not on the field of play or when engaged in play/activity, whenever possible.
2. Coaches, officials, and spectators must maintain at least 6 feet social distancing.
3. Athlete and coaches are to avoid high fives, handshakes, fist bumps, or hugs.
4. Provide physical guides, such as tape in the dugouts, benches, restrooms, concession areas, or other shared or athlete staging areas, and signage, to ensure that individuals remain at least 6 feet apart.
5. Athletes and coaches are encouraged to wait in the car or away from the playing area until just before the warm-up period or the beginning of the game.
6. All persons are prohibited from congregating in the parking lot or near the field before or after games.
7. If held indoors, the total number of individuals, including athletes, coaches, and officials shall not exceed 50% of the occupancy load. With the exception of two individuals per team for the purpose of capturing and broadcasting the event via livestream, no other spectators are allowed.
8. If held outdoors, the number of participants is limited to no more than 50 persons who are allowed only one guest per player.
9. Post signs at the entrance and throughout the facility that promote behaviors, which prevent the spread of the virus that causes COVID-19 that must be communicated through images and pictures for coaches, athletes, officials, spectators, and other persons to observe. Free posters and graphic layouts of posters are available in the following

websites – Department of Public Health and Social Services (www.dphss.guam.gov) and the U.S. Centers for Disease Control & Prevention (www.cdc.gov).

10. Conduct team meetings virtually as much as possible.
11. If and when transporting athletes in a bus, all riders must maintain 6 feet social distancing, such as staggered seating.

D. Health and Hygiene:

1. Wash your hands with soap and water for 20 seconds, or use hand sanitizer with at least 60% alcohol, before and after practices and games, after adjusting face mask, and before and after sharing equipment or gear.
2. Cover cough and sneeze with a tissue. Used tissues must be thrown away and hands washed immediately with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol.
3. When handwashing stations are not available, there must be a sufficient supply of hand sanitizer with at least 60% alcohol available for use.
4. Athletes are expected to bring their own equipment and gear, if possible (e.g., rackets, gloves, balls, and helmets), to minimize sharing of equipment and gear between athletes.
5. Athletes, coaches, and officials should bring their own personal beverages and containers. Consider labeling water bottles with the person's name.
6. The following activities are prohibited:
 - a. Spitting;
 - b. Sharing of towels, clothing, or any items used to wipe face or hands;
 - c. Sharing of food, drinks, and utensils; and
 - d. The use of water fountains and other shared self-service devices (i.e., water cooler dispensers).

E. Health and Safety of Athletes, Coaches, Officials, and Spectators:

1. Athletes, coaches, officials, and spectators are prohibited from attending or participating if tested positive for COVID-19 and infectious, waiting for COVID-19 test result, showing COVID-19 symptoms, or a close contact with a person who has tested positive for, or who has symptoms of, COVID-19.
2. Notify coach or staff member if not feeling well.
3. Athletes, coaches, and officials must be screened for signs and symptoms of COVID-19 to include fever, cough, sore throat, shortness of breath, close contact or caring for someone with COVID-19, and temperature check (if higher than 100.3° Fahrenheit), upon arrival for training and competition. Written records to screening questions must be recorded and maintained for a period of 30 days from the date of screening and must be readily available to DPHSS, when requested.
4. Any person with, or reporting, COVID-19 symptoms is prohibited from participating in workouts and should contact his or her primary care provider or other appropriate health-care professional.
5. Use of locker rooms and showers are prohibited.
6. Athletes and coaches must report to practice, training, and competition in proper attire with personal protective equipment and immediately return home to shower at the end of the workout.

7. Athletes, coaches, and officials are strongly encouraged to shower and wash their workout clothing immediately upon returning home.
8. Spectators must be screened upon entering indoor facilities. A written record must be maintained by the establishment or sponsor of event for a period of 30 days after the event, which provides the following information that must be readily available to DPHSS, when requested:
 - a. Date and time of the visit of every individual;
 - b. Name of individual(s);
 - c. Individual's phone and/or email.

F. Cleaning and Disinfection:

1. Conduct detail cleaning and disinfection of the entire athletic facility, including chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, and athletic training room tables, daily when in use using disinfectant cleaning supplies.
2. Clean and disinfect highly touched surfaces, equipment, gear, and shared objects and equipment between each use.
3. CDC guidelines for cleaning and disinfecting can be found at the website: <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>
4. Equipment and gear should be inspected frequently for damage and tears and be replaced whenever necessary due to the inability to properly clean and disinfect such items.

G. Recommendations:

1. Prepare Before Participating in Sports:
 - a. Bring extra face masks and hand sanitizers with at least 60% alcohol.
 - b. Prioritize participating in outdoor activities over indoor activities.
 - c. If using an indoor facility, allow previous groups to leave the facility before entering with team.
 - d. Schedule practices and games to allow time for cleaning and/or disinfecting of the indoor facility.
 - e. If at an increased risk for severe illness or have existing health conditions, extra precautions and preventive actions be taken during the activity or choose individual or at-home activities.
2. Make a Game Plan to Reduce Risk:
 - a. Choose outdoor settings as much as possible.
 - b. Select a larger playing area to promote social distancing.
 - c. Choose facilities that have high ceilings with mitigation measures that improve ventilation by opening doors and windows and use portable air cleaners that have HEPA filters.
 - d. Limit interaction with others.
 - e. If choosing to remain indoors, keep your activities as brief as possible to avoid prolonged exposure.
3. Advice for Participants:

Participants are encouraged to assess their own risk for infection from COVID-19

based on their teammate's behavior on and off, such as:

- a. Are they attending gatherings without wearing face masks;
 - b. Not practicing physical distancing, and
 - c. Engaging in other risky behaviors, which places the entire team at risk.
4. Advice for Parents:
- a. Help child follow mitigation measures off the field.
 - b. Speak to child's coach and you encourage measures that minimize the spread of COVID-19, such as practicing outside instead of inside and limiting attendance at practices and games.
5. Advice for Coaches, Organizers, and/or Sponsors:
- a. Have smaller team sizes to decrease number of participants; thus, potential for spread of the virus.
 - b. Limit team to a core group of participants by restricting non-team players from joining and not adding new members during the season.
 - c. Maintain rosters of players, family members, coaches, and ancillary staff who attend each practice and game, and have current contact information for everyone.
 - d. If a COVID-19 exposure occurs, timely notify all affected, including DPHSS.

All sports organizations and leagues must submit a COVID-19 written mitigation plan to DPHSS via email at PCOR3plans@dphss.guam.gov before the start of the event/activity.

For further questions, please contact the Division of Environmental Health at 300-9579 from 8:00 AM to 5:00 PM, Monday through Friday, or email, dphss-deh@dphss.guam.gov.


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