

Seattle Adaptive Sports

Return to Play Safety Plan

As of August 23, 2021

Amended February 7, 2022

At the time of this writing, there is a statewide mask mandate requiring all individuals, vaccinated or not, to wear masks in indoor settings, including during physical activities. People with a disability or medical condition that prevents them from safely wearing and/or removing a face mask are exempt, as are children under age 2. Masks are encouraged to be worn in crowded outdoor spaces as well.

Physical distancing of six feet or greater must be enforced whenever possible.

Sport Safety Plans

- Coaches will keep a roster of every athlete, staff and volunteer present at each practice, training session, and contest to assist with contact tracing in the event of a possible exposure. Attendance rosters must be kept on file for 28 days after the practice, contest, or trip.
- Athletes and coaches will be required to wash their hands before and after practice or use a hand sanitizer with at least 60% alcohol if hand washing is not an option.
- Participants will complete a verbal health screening and temperature check before beginning practice/entering practice area. Anyone with a temperature of 100.4 or above or who is showing other signs of illness should not be admitted to practice.
- When possible, athletes should bring their own equipment and avoid sharing equipment.
- Any athlete or participant with a positive COVID-19 test result OR exposure to someone who has tested positive, must report it to their coach and Program Director within 24 hours. Local quarantine/isolating guidelines are to be followed before returning to practice may be considered. At that time, a negative test result or medical clearance will need to be provided before resuming any SAS-sanctioned activity.
- We will continue to follow the King County Local Health Officer's Order regarding masking. The full order can be accessed here:
<https://kingcounty.gov/~media/depts/health/communicable-diseases/documents/C19/LHO-masking-order.ashx?la=en>