

# Seattle Adaptive Sports

## Return to Play Safety Plan

September 3, 2020

The Seattle Adaptive Sports (SAS) leadership team has considered a number of requirements and recommendations to determine if and when it will be feasible to offer adaptive sports programs in King County, Washington. At the time of this writing, King County is in Phase 2 of the State of Washington's phased plan to reopen. Phase 2 allows for outdoor practices, limited to groups of five in separate parts of the play area. Distancing measures of a minimum of six feet between players with no contact should be followed. The complete list of King County requirements and recommendations for Phase 2 and 3 sports programming can be found [here](#).

Based on the current local, regional, and national evidence and advice, it is not feasible to resume regular sports programming at this time. We do not anticipate offering regular practices prior to January 2021. However, it is possible that some programming may resume earlier, and these decisions will be made based on a number of factors including which phase King County is in, availability of practice facilities, and the continuous evaluation of emerging epidemiological data.

## Sport-Specific Safety Plans

### **Wheelchair Basketball**

With approval from the Board of Directors and SAS Program Director, all basketball divisions may participate in practices if they can guarantee that all requirements are met:

- Coaches undergo training to screen athletes and reinforce the requirements below. Each coach will be provided with a health assessment kit that is brought to each practice and includes:
  - Infrared Forehead Thermometer
  - Participant Sign-in Sheet
  - Health Screening Checklist
  - Pump Hand Sanitizer
  - Equipment Disinfectant Spray
- Groups are limited to five athletes per area. If 6 feet of distance can be maintained between each person, it's possible that a basketball court may offer two areas for a total of 10 players on a court at a time. Practices must occur outdoors.
- 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 health screening and temperature check before 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.
- Face masks will be worn by athletes during non-strenuous activity including during temperature checks, and always by non-athletes.
- In Phase 2, no spectators will be permitted in close proximity to the play area. Spectators may view from a distance of 17 feet or more.
- When possible, athletes should bring their own basketball and avoid sharing equipment. Any shared equipment must be sanitized before and after use.
- No handshakes, fist bumps, high fives, etc.
- 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.

### **Sled Hockey**

Return to Play plans will be considered when King County enters Phase 3.

### **Power Soccer**

Return to Play plans will be considered when King County enters Phase 3 or when Yesler Community Center (or similar recreation facility) opens doors to rentals.

These guidelines will be evaluated regularly and revised as we move through phases of reopening.