



## **SAFE RETURN TO SPORT AND RECREATION FOR MOVE UNITED MEMBERS**

At Move United, the well-being of our participants and the strength of our member organization network have remained at the forefront of our minds throughout the COVID-19 crisis. In addition to ensuring individuals have access to workouts at home, we have leveled up our communication with our community, our education for providers and our funding for our industry. The question we now face – *how do we safely and effectively return to in-person programs while protecting the health and wellness of our community?*

According to the [CDC](#), “Disability alone may not be related to higher risk for getting COVID-19 or having severe illness. Most people with disabilities are not inherently at higher risk for becoming infected with or having severe illness from COVID-19. However, some people with disabilities might be at a higher risk of infection or severe illness because of their underlying medical conditions. Adults with disabilities are three times more likely than adults without disabilities to have heart disease, stroke, diabetes, or cancer than adults without disabilities.”

This information alone, reminds us to proceed with a higher level of caution, and that being “first” in your community should be avoided. Take the benefit of some time to learn from other effective strategies, plan carefully, train your providers and form local partnerships that help prepare for the safest possible environment.

As the [IPC](#) states “the Paralympic athlete population is not a homogeneous group. Para athletes are all individuals with very different underlying conditions and health needs, so the notion of a one-size-fits-all approach to COVID-19 is not appropriate or representative of an individual athlete’s risk.”

As you formulate your own COVID-19 response and return plans, the following guidance addresses some common questions and provides specific resources to help with your mitigation efforts. The information in this document is not a substitute for public health advice provided by medical doctors, state or local government officials. Any federal, state or local authority orders must be complied with fully. The knowledge around COVID-19 is constantly changing and, as such, Move United makes no representation and assumes no responsibility for the accuracy or completeness of this information.

# SPORTS AND COVID-19 RISK CATEGORY

Links below are COVID-19 specific. Sports with more check marks may have higher risk and should be considered to return in later phases.

<b>Sport</b>	<b>Resource</b>	<b>Indoor</b>	<b>Contact Sport</b>	<b>Team Sport</b>
Archery	<a href="#"><u>USA Archery</u></a>			
Baseball	<a href="#"><u>Little League</u></a>			✓
Basketball	Still acquiring resource	✓	✓	✓
Cheer & Stunt	<a href="#"><u>USA Cheer</u></a>	✓	✓	✓
Climbing	<a href="#"><u>Access Fund</u></a> <a href="#"><u>American Mountain Guides Association</u></a>			
Cycling	<a href="#"><u>International Mountain Bicycling Association</u></a> <a href="#"><u>Bike Instructor Certification Program</u></a>			
Equestrian	<a href="#"><u>US Equestrian Federation</u></a>			
Football	<a href="#"><u>USA Football</u></a>		✓	✓
Golf	<a href="#"><u>United States Golf Association</u></a>			
Gymnastics	<a href="#"><u>USA Gymnastics</u></a>	✓		
Hockey	<a href="#"><u>USA Hockey</u></a>	✓	✓	✓
Lacrosse	<a href="#"><u>US Lacrosse</u></a>		✓	✓
Paddle Sports	Still acquiring resource			

Pickleball	<u>USA Pickleball Association</u>			
Rugby	<u>IWRF</u>		✓	✓
Rowing	<u>US Rowing</u>			
Sailing	<u>US Sailing (Members Only)</u>			
Skiing / Snowboarding	Still acquiring resource			
Soccer	<u>US Youth Soccer</u>			✓
Softball	<u>USA Softball</u>			✓
Strength and Conditioning	<u>National Strength and Conditioning Association</u>	✓		
Surfing	<u>Surfrider Foundation</u>			
Swimming	<u>US Masters Swimming</u> <u>USA Swimming</u>			
Tennis	<u>US Tennis Association</u>			
Track and Field	<u>USA Track and Field</u>			
Triathlon	<u>USA Triathlon</u>			
Volleyball	<u>USA Volleyball</u>	✓		✓
Water Ski and Wake Sports	<u>USA Water Ski &amp; Wake Sports</u>			
Whitewater Rafting	<u>American Whitewater</u>			
Wrestling	<u>USA Wrestling</u>	✓	✓	
Yoga	<u>Yoga Alliance</u>	✓		

## READY TO RETURN KEY CONSIDERATIONS



### CURRENT RULES AND CONDITIONS

Have you checked local and state authority guidance on whether current rules and conditions permit activity and to what extent?

Resources:

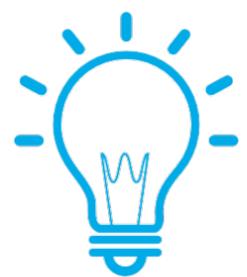
[CDC Guidance on Opening Up America Again](#)

[Johns Hopkins Public Health Principles for Phased Reopening \(Guidance for Governors\)](#)

[CDC Youth Camps Decision Tree](#)

### COVID-19 PLAN

Have you developed a COVID-19 plan that includes mitigation efforts your organization will take to prevent the spread of communicable disease and the steps you will take if someone in your community becomes sick? Does your plan include a phased approach, bringing activities back gradually, according to an activities individual level of risk?



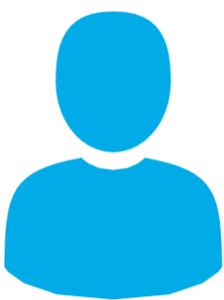
Resources:

[CDC Community Mitigation Strategy](#)

[USOPC Return to Training Considerations](#)

[Play Sports Coalition Return to Play](#)

Is testing widely available in your community? Testing of participants and volunteers may be a way that some can return with more confidence. *Remember that a test represents a moment in time and is not a guarantee.*



### STAFF AND VOLUNTEERS

Have your staff and volunteers received education and training on new mitigation strategies? Are they up to date on risk factors, how to recognize symptoms and how to prevent the spread?

In the earlier phases, consider limiting your programming to cohorts, i.e. *have participants stay with the same instructor/volunteer team week over week where possible.* This way, if there is an exposure, the number of people impacted can be limited.

Resources:

[OSHA Guidance on Preparing Workplaces](#)

[Occupational Health and Safety Courses and Articles](#)

[World Health Organization Q&A on Coronaviruses](#)

### SPORTS

**\*Reminder to visit the sport specific table outlined in this document\***

Have you consulted with sports governing bodies or reviewed current sport specific literature concerning the risk levels associated with returning to play for the sports you offer? There is a wide variation between sports from those conducted independently, outside, allowing for physical distancing to high contact, inside sports with teammates.



Resources:

[NFHS Phased Guidance for Opening Up High School Athletics](#)

[CDC Considerations for Youth Sports](#)

### EQUIPMENT



Have you planned for how equipment may be loaned or shared safely? How will you clean equipment between every touch/use? As well as large pieces of sports equipment, consider where participants are sharing items such as racquets, ropes and balls.

Can you obtain adequate supplies to support proper hygiene behaviors and cleaning/disinfection of objects and surfaces? Can you provide cloth face coverings and hygiene supplies for all of your staff, volunteers and participants?

Resources:

[CDC Cleaning and Disinfecting Decision Tool](#)

[Beneficial Designs Wheelchair and Assistive Technology Precautions](#)

## VENUES AND SPACES

Have you prepared your venues and spaces to allow for physical distancing and avoid group gatherings? Have you ensured proper ventilation and water systems? Do you have a plan for cleaning up and disinfecting high-touch surfaces?



Resources:

[National Recreation and Park Association Public Parks and Trails](#)  
[CDC - Pools and Water Use in Recreation Mitigation](#)  
[CDC – Guidance for Administrators in Parks and Recreational Facilities](#)



## COMMUNICATION

Have you transitioned administrative and registration processes online to avoid onsite delays and reduce touch points? How have you communicated new procedures clearly with your members? Have you prepared inclusive signage or physical barriers? Have you designated a COVID-19 point of contact?

Resources:

[USOPC Return to Training Signage \(See Appendix 1-3\)](#)  
[CDC Printable Signage](#)

## ONLINE SERVICES

Are you providing online services for members of your community who are unable to safely return?



Resources:

[Adapt At Home](#)

## RISK FACTORS



Have you considered/assessed the unique risk factors for your own community and sport? Consider ways you can perform lower risk activities for the time being that lower the potential for accidents, i.e. selecting an easier skill for students.

Have you communicated with your insurance provider to discuss potential COVID-19 related changes to your liability waiver?

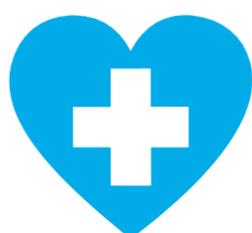
## DISABILITY

How may someone's health and underlying conditions affect when they can safely return? Consider whether a participant requires physical assistance from staff and volunteers that does not allow for physical distancing or where there may be a risk for contact with bodily fluids. Consider whether or not participants can safely follow the protocols and wear protective equipment (i.e. cloth face coverings). What PPE does your organization need if physical distancing cannot be ensured?



Resources:

[CDC Guidance for Direct Service Providers](#)  
[USABA Tips for Blind and Visually Impaired](#)  
[Deaf resource: What you need to know about COVID-19 in ASL](#)  
[Potential Impacts of COVID-19 on people with IDD](#)

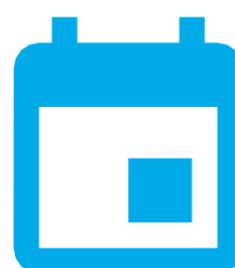


## CAREGIVERS

How can caregivers safely play a supporting role in your strategy if they have been isolating with your participant? How will they be trained on mitigation strategies?

## EVENTS

Can an event be held? Note that travelling outside of local community is generally not being recommended at this time. A key consideration are local rules around recommended gathering size and travel restrictions.



Resources:

[CDC Event Planning Q&A](#)  
[USOPC Sports Event Planning Considerations Post COVID-19](#)  
[World Health Organization Considerations for Sports Federations/Sports Event Organizers](#)

# READY TO RETURN CHECKLIST

This checklist is designed to assist program staff and other adaptive sports professionals in thinking through what return to play looks like in your community. It can be used to assess program spaces before scheduling your return.

	Yes	No
1. Have you checked local and state authority guidance on whether <b>current rules and conditions</b> permit activity and to what extent?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you developed a COVID-19 <b>plan</b> that includes mitigation efforts your organization will take to prevent the spread of communicable disease, and the steps you will take if someone in your community becomes sick?	<input type="checkbox"/>	<input type="checkbox"/>
3. Does your plan include a <b>phased approach</b> , bringing activities back gradually, according to an activities individual level or risk?	<input type="checkbox"/>	<input type="checkbox"/>
4. Is <b>testing</b> widely available in your community?	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you considered limiting your program to <b>cohorts</b> ?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have your <b>staff and volunteers</b> received education and training on new mitigation strategies? Are they up to date on risk factors, how to recognize symptoms and how to prevent the spread?	<input type="checkbox"/>	<input type="checkbox"/>
7. Have you consulted with <b>sports governing bodies</b> or reviewed current sport specific literature concerning the risk levels associated with return to play for the sports you offer?	<input type="checkbox"/>	<input type="checkbox"/>
8. Have you planned for how <b>equipment</b> may be loaned or shared safely? How will you clean equipment between every touch/use?	<input type="checkbox"/>	<input type="checkbox"/>
9. Can you obtain adequate <b>supplies</b> to support proper hygiene behaviors and cleaning/disinfection of objects and surfaces?	<input type="checkbox"/>	<input type="checkbox"/>
10. Have you prepared your <b>venues and spaces</b> to allow for physical distancing and avoid group gatherings? Have you prepared inclusive signage or physical barriers?	<input type="checkbox"/>	<input type="checkbox"/>
11. Have you transitioned <b>administrative and registration</b> processes online to avoid onsite delays and reduce touch points?	<input type="checkbox"/>	<input type="checkbox"/>
12. How have you <b>communicated</b> new procedures clearly with your members?	<input type="checkbox"/>	<input type="checkbox"/>
13. Are you providing <b>online services</b> for members of your community who are unable to safely return?	<input type="checkbox"/>	<input type="checkbox"/>
14. Have you considered/assessed the unique <b>risk factors</b> for your own community and sport?	<input type="checkbox"/>	<input type="checkbox"/>
15. Have you communicated with your insurance provider to discuss potential COVID-19 related changes to your <b>liability</b> waiver?	<input type="checkbox"/>	<input type="checkbox"/>
16. Have you considered how someone's <b>health and underlying conditions</b> may affect when they can safely return?	<input type="checkbox"/>	<input type="checkbox"/>
17. What <b>PPE</b> does your organization need if physical distancing cannot be ensured?	<input type="checkbox"/>	<input type="checkbox"/>
18. How will <b>caregivers</b> participate and be supported? How will they be advised on mitigation strategies?	<input type="checkbox"/>	<input type="checkbox"/>
19. Can an <b>event</b> be held safely at this time?	<input type="checkbox"/>	<input type="checkbox"/>

# ADDITIONAL RESOURCES:

*Understanding the Impact of Trauma and Stress*

[CDC Mental Health / Coping with Stress / Helplines](#)

[Truesport Athlete Whole Health and Support](#)

[PsychHub COVID-19 Mental Health Resource Hub](#)

*Youth, Schools & College*

[National Federation of State High School Associations Guidance for Re-Opening High School Athletics](#)

[NCAA Core Principles of Resocialization in Collegiate Sport](#)

[Project Play Return to Youth Sports Webinar](#)

[Little League Season Resumption Guide](#)

[CDC Consideration for Youth Sports](#)

*Parks, Recreation and Facilities*

[Bus Operation Guidelines](#)

[NRPA Path to Recovery](#)

[World Federation of the Sporting Good Industry \(Key Considerations for Sports, Fitness, Aquatics & Ancillary Facilities/Clubs in the Context of COVID-19\)](#)

*Other Operational Resources*

[American Heart Association CPR Guidance](#)

[AACVPR Returning with Care](#)

# ACKNOWLEDGEMENTS

***Cheri Blauwet, MD***

Director, Kelley Adaptive Sports Research Institute, Brigham and Women's Hospital;  
Assistant Professor, Harvard Medical School; Paralympic Athlete, USOPC Board of  
Directors  
Orthopedic Surgery, Physical Medicine and Rehabilitation

***Hadiya Green Guerrero, PT, DPT***

Board Certified Clinical Specialist in Sports Physical Therapy  
Senior Practice Specialist, American Physical Therapy Association

***Kenneth Lee, MD***

Associate Professor, Dept. of Physical Medicine & Rehabilitation, Medical College of  
Wisconsin  
Chief Medical Officer, National Veterans Sports Programs and Special Events, Dept. of  
Veterans Affairs

***Alonzo Sexton, MD***

Orthopedic Surgeon  
Northside Hospital Sports Medicine Network