### \*\*IMPORTANT COVID GUIDELINES FOR OCEAN CITY, MD\*\* Sports Gatherings and Events Guidelines

# 1. Cleaning/Disinfecting/Reducing Contact

- a. Do not share water, towels or other personal or playing equipment.
- b. Frequently clean and disinfect equipment, gear and high touch surfaces.
- c. Centralized hydration stations are not permitted.

d. Public restrooms are open to the public and used at a person's own risk. Masks must be worn inside the facilities and proper hand hygiene practiced after use.

# 2. Physical Distancing

- a. Follow physical distancing guidelines from the CDC. Congregating is not permitted.
- b. Maintain six-foot spacing.
- c. High traffic areas require six-foot spacing and mask use.
- d. No handshakes, high fives, fist bumps or group celebrations are recommended before, during or after event.
- e. Once the event is over, participants and spectators should leave the area.

# 3. Spectators

- a. Only immediate family may spectate a sporting event.
- b. Refrain from entering the event until their team's scheduled game time.
- c. Bring chairs.

d. Tents are only permitted during a team's game time. At the conclusion of each game, tents must be dismantled and removed.

# 4. Teams

- a. Individual players should travel on their own or with immediate family instead of carpooling.
- b. Practice proper hand hygiene before and after participation.
- c. Players should use their own equipment and disinfect it before and after each activity, and during activities when possible.
- d. Players should label their equipment.
- e. Arrive dressed and ready to participate.
- f. Have sanitizing options available.
- g. Upon returning home, remove and launder clothes and shower.

# 5. Warm Ups/Warm Up Areas

- a. Teams should not interact with one another during warm ups and should stay in their groups.
- b. Participants should arrive no earlier than the scheduled game time.