**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.