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| **December 2021 Sport Guidelines Update** |
| **Event Size & Venue Type** *(indoors/outdoors)* | Indoors- 12 teams or 200 individuals |
| **Type of sport** | All 23 recognized SOMI sports, no restrictions on sports but must be cleared by the state office prior to start of any sport or season. |
| **Onsite Screening** | **Verbal confirmation** of no symptoms for all participants and spectators + onsite temperature checks on arrival (each day, if multiple days) **recommended but not required**. Signage on preventive measures (handwashing, distancing, and masking) and education on symptoms and reminder to stay home if sick or any symptoms. **No need for weekly sign sheets but recommended for contact tracing.** |
| **Positive COVID test or previous COVID disease** | No participation within 10 days of COVID positive test and 7 days of any symptoms. Athletes and Unified partners must receive medical clearance prior to participating in sport. Programs must educate on this requirement. |
| **Masking***Masking requirements may be more stringent if Programs chooses based on local situation.* | Masks are required for ALL participants, when indoors, except during rigorous exercise. All individuals who are unvaccinated to wear masks indoors and outdoors, except during rigorous exercise.  |
| **Distancing** | Take active measures to ensure distancing as much as possible outside of sport activities, especially in indoor spaces. |
| **Transportation** | Private transportation encouraged as much as possible. Distancing on any shared transport organized by SO (No one sitting side by side). Masking required for all on any SO transportation. Please see SOMI’s transportation guidelines for further assistance. |
| **Accommodations** | If ALL individuals in the room are vaccinated, up to 4 individuals may share a room. Otherwise, individuals sharing a room must live in the same household. |
| **Multi-Day Events Testing Protocol** | **Required for International Events and Strongly Recommended for State/Country events:**If event is more than 7 days, rapid PCR test is recommended at least once for credentialed participants.  NOTE: If anyone tests positive, they should not participate, be isolated, and contract tracing should be conducted per event protocol and local regulations.  |
| **Sanitization** | Sanitization protocol for all communal shared areas (e.g., bathrooms, meal areas) and frequently touched surfaces + shared equipment between uses. |
| **Spectators****Sideline observers** *(e.g., family/support staff)* | Permitted per local authority regulations. Separation from participants as much as possible. |
| **Meals** | Stagger mealtimes and cohort groups as much as possible, especially when indoors. |

\*\*Check your local health departments guidelines, if they are stricter, then follow those

Keep in mind that in addition to SOMI guidelines/requirements, all local, county and state health department guideline must be followed.