

RECOMMENDED ACTIVITIES FOR COMMUNITY AND INDIVIDUAL SPORT

May 2020

OVERVIEW

This table consists of guidelines made in conjunction with industry professionals and health experts. All sports must maintain awareness of the evolving COVID-19 environment and align current practices with informed decisions for athlete and other community sport member safety.

Please note that it has not been possible to include every sport in this table. For sports that are not listed in the table, please base your sport activities on the recommendations made for a similar sport.

Recommended activities for community and individual sport

			Pending approval of Miami-Dade County Mayor
General description	<p>Activity that can be conducted by a solo athlete or by pairs where at least 6 feet can always be maintained between participants. No contact between athletes and/or other personnel. Examples for all sports — general fitness aerobic and anaerobic (e.g. running, cycling sprints).</p> <p>Strength and sport-specific training permitted if no equipment required, or have access to own equipment (e.g. ergometer, weights).</p> <p>Online coaching and resources (e.g. videos, play books).</p>	<p>Indoor/outdoor activity that can be conducted in small groups (cohorts of not more than 10 athletes and/or other personnel in total) and with adequate spacing (minimum of 1 person per 10 feet).</p> <p>Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats.</p> <p>Non-contact skills training. Accidental contact may occur but no deliberate body contact drills. No wrestling, holding, tackling or binding.</p> <p>Commercial gyms, bootcamps, yoga, Pilates, dance classes (e.g. barre, ballet, hip hop, not partnered), cycling 'spin' classes permitted if other measures (above) are met.</p>	<p>Full sporting activity that can be conducted in groups of any size including full contact (competition, tournaments, matches). Wrestling, holding, tackling and/or binding (e.g. rugby scrums) permitted.</p> <p>For larger team sports, consider maintaining some small group separation at training.</p> <p>For some athletes full training will be restricted by commercial operation of facilities.</p>
General hygiene measures	<p>No sharing of exercise equipment or communal facilities. Apply personal hygiene measures even when training away from group facilities — hand hygiene regularly during training (hand sanitisers) plus strictly pre and post training. Do not share drink bottles or towels. Do not attend training if unwell (contact doctor).</p> <p>Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings must be strongly discouraged.</p>	<p>Communal facilities can be used after a sport-specific structured risk assessment and mitigation process is undertaken.</p> <p>'Get in, train and get out' — be prepared for training prior to arrival at venue (minimize need to use/gather in change rooms, bathrooms). Minimize use of communal facilities (e.g. gym, court) with limited numbers (not more than 10 athletes/staff in total). Have cleaning protocols in place for equipment and facilities.</p> <p>Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training. Thorough full body shower with soap before and after training (preferably at home). Where possible maintain distance of at least 6 feet while training.</p> <p>No socialising or group meals.</p> <p>Spitting and clearing of nasal/respiratory secretions on tracks, fields, or other sport settings must be strongly discouraged.</p>	<p>Return to full use of sporting facilities. Continue hygiene and cleaning measures as per Phase 2.</p> <p>If any massage beds are being used, hygiene practices should include no bed linen except single use towels. Cleaning of treatment beds and key surfaces should occur before and after each athlete treatment. Appropriate hand hygiene before and after each treatment.</p> <p>Limit unnecessary social gatherings.</p> <p>Spitting and clearing of nasal/respiratory secretions on ovals or other sport settings must be strongly discouraged</p>
Spectators, additional personnel	No spectators unless required (e.g. parent or carer).	Separate spectators from athletes. Spectators should maintain social distancing of at least 6 feet.	<p>Minimum contact of non-essential surfaces to occur and hands on treatment should be kept to essential only.</p> <p>Non-essential personnel should be discouraged from entering change rooms.</p>

Community/ Individual Sports			Pending approval of Miami-Dade County Mayor
Football	Running, resistance training (solo), skills training (solo).	Passing, kicking, catching drills. No tackling or grappling. (Cohorts no more than 10 athletes/staff in total).	Full training and competition.
Archery	Outdoor range and solo only.	Full training indoor or outdoor range, with limited numbers/appropriate distancing between athletes.	Full training and competition.
Artistic Swimming	Solo training drills only—land based or in own pool. General fitness, strength work.	Swimming (own lane). In pool solo technical drills or group technical drills without physical contact. No lifting, holding.	Full training and competition.
Athletics	Outdoor training sessions on own, with coach, or with 1 training partner and no sharing of equipment (e.g. javelin, discus, high-jump mats, pole vault, shot put, hammer, starting blocks).	Full training. Avoid running in slipstream of others.	Full training and competition. Competition — Multi Event rooms remain a risk and time spent here should be minimized with adequate space/separation. Similarly, call rooms pre event will need to be restructured.
Badminton	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Full training on court, singles or doubles.	Full training and competition.
Baseball	Running/aerobic training (solo), resistance training (solo), skills training (solo).	Full training with small numbers (cohorts no more than 10 athletes/staff in total).	Full training and competition.
Basketball	Running/aerobic/agility training (solo), resistance training (solo), skills training and shooting drills (solo) at home or outdoor (no indoor sporting facility access allowed). No ball handling drills with others. No more than 3 players per half court, each player must have their own basketball	Non-contact skills using basketball — passing, shooting, defending, screens and team structure (offence and defence).	Full training and competition.

Community/ Individual Sports			Pending approval of Miami-Dade County Mayor
Boxing	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo). Bag work if access to own equipment, without anyone else present.	Shadow sparring allowed. Non-contact technical work with coach, including using bag, speedball, pads, paddles, shields. No contact or sparring.	Full training and competition.
Canoeing/Kayaking/ Sculling	Running/aerobic training (solo), resistance training (solo), on-water training (solo).	No contact. No team boat training. One person per boat.	Full training and competition.
Cricket	Running/aerobic training (solo), resistance training (solo), skills training (solo).	Nets — batters facing bowlers. Limit bowlers per net. Fielding sessions —unrestricted. No warm up drills involving unnecessary person-person contact. No shining cricket ball with sweat/saliva during training.	Full training and competition. No ball shining with sweat/saliva
Cycling	Solo outdoor cycling or trainer, resistance training (solo).	Avoid cycling in slipstream of others— maintain minimum 10 feet from cyclist in front.	Full training and competition.
Diving	On-land training only (solo).	Full training, with 1 athlete per board/platform (or 2 if synchro training).	Full training and competition.
Equestrian	Solo/pairs training only.	Full training.	Full training and competition.
Fencing	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo). No bouts with others. Solo footwork practice (steps, lunges, fleshes). Pointwork—using cushion/board to practice fine motor skills of point work with sword.	Full training and competition. Ensure no shared masks. No shaking hands post bout.	Full training and competition.
Field Hockey	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) if access to appropriate surface available.	Non-contact skills training drills in small groups (not more than 10 athletes/staff in total).	Full training and competition.
Soccer	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo).	Non-contact skill training drills—passing, shooting, headers. Small groups (cohorts not more than 10 athletes/staff in total).	Full training and competition.

Community/ Individual Sports			Pending approval of Miami-Dade County Mayor
Golf	Solo or pairs only. Maintain at least 6 feet between players.	Full training. Maintain at least 6 feet between players.	Full training and competition.
Gymnastics	Resistance training, skills training solo and outside of gym only. Rhythmic — skills at home. Trampoline — off apparatus skills, drills at home only.	Small groups only — 1 gymnast per apparatus (including rhythmic and trampoline). Disinfecting high touch surfaces as per the manufacturer's guidelines.	Full training and competition.
Handball	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Skill drills — passing, shooting, defending. No contact drills. Small groups (cohorts not more than 10 athletes/staff in total).	Full training and competition.
Judo	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo) — e.g. mirror work.	No contact/bouts. Non-contact shadow training. Non-contact technical work with coach.	Full training and competition.
Karate	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo) — e.g. mirror work.	No contact/bouts. Shadow sparring. Non-contact technical work with coach, including using pads, paddles.	Full training and competition.

Community/ Individual Sports			Pending approval of Miami-Dade County Mayor
Motor Sports	<p>Limited Practice and Private Testing.</p> <p>Significantly reduced category numbers.</p> <p>Social distancing and hygiene strictly maintained.</p> <p>Minimum of 6 feet between temporary pit areas, no sharing of pits.</p> <p>No sharing of vehicles, equipment or apparel.</p> <p>Frequent cleaning of tools and touched surfaces.</p>	<p>Competition with reduced numbers per category.</p> <p>Maintain social distancing and hygiene as per Phase 1.</p>	<p>Full training and competition.</p> <p>Maximum of five person per vehicle team.</p> <p>Maintain social distancing and hygiene as per Phase 1.</p>
Para-Athletes Sports (General)	<p>Para-athletes require individualised consideration and assessment through all Phases (1,2,3) of a return to sport. Some para-athletes will have medical conditions that will require detailed planning and consultation with their regular treating medical team prior to a return to formal training/competition, or progression through Phase 1,2,3. Specific para-athlete equipment (e.g. wheelchairs, prostheses) will require regular cleaning (for all levels).</p>		
Rowing	<p>Ergometer if access to own at home.</p> <p>Cycling (solo), running (solo), resistance training (solo).</p> <p>On-water single.</p>	<p>Group resistance training sessions and outdoor group ergometer training placed >6 feet apart (cohorts not more than 10 athletes/staff in total). Groups of single sculls.</p>	<p>Full training and competition.</p>
Rugby	<p>Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, passing, ball skills (e.g. against wall to self).</p>	<p>Skill drills using a ball, kicking and passing.</p> <p>No tackling/wrestling.</p> <p>Small group (cohorts not more than 10 athletes/staff in total) sessions.</p>	<p>Full training and competition.</p>

Community/ Individual Sports			Pending approval of Miami-Dade County Mayor
Sailing	Solo or double handlers only.	Full training.	Full training and competition.
Shooting	Training on an outdoor field of play and an indoor firing line for up to two people, while observing appropriate social distancing practices.	Training and competition on an outdoor field of play and an indoor firing line for up to 10 people, while observing appropriate social distancing practices.	Full training and competition.
Skateboarding	Outdoor and solo only, or indoor only if have own facilities.	Full training with appropriate distancing between athletes.	Full training and competition.
Softball	Running/aerobic training (solo), resistance training (solo), skills training (solo).	Full training with small numbers (cohorts no more than 10 athletes/staff in total).	Full training and competition.
Sport Climbing	Restricted training. Aerobic and resistance training (solo). Climbing on home wall and equipment.	Full training. Use of hand sanitiser prior and after the use of each climb/belay station. Use of liquid chalk only. Daily cleaning offloorequipment including bouldering mats.	Full training and competition.
Squash/Raquetball	Solo training drills only—running/aerobic/agility training, resistance training, skills training at home, outdoor or closed courts (not open to others).	Full training on court — singles only. Limited number of players in centre (2 per court).	Full training (with doubles) and competition.
Surfing	Solo or with 1 training partner only.	Full training.	Full training and competition.
Swimming	In-water training (solo) in own pool.	Use of communal pool with limited numbers maintaining social distancing requirements. Learn to swim programs must follow Red Cross guidelines.	Full training and competition.
Table Tennis	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Full training on court, singles or doubles.	Full training and competition.

Community/ Individual Sports			Pending approval of Miami-Dade County Mayor
Taekwondo	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo).	<p>Non-contact technical work with coach, including using pads, paddles, shields.</p> <p>No physical contact or grappling.</p> <p>No kicking of chest guards.</p>	Full training and competition.
Tennis	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo)—e.g. serving only, hitting with ball machine.	Full training on court, singles or doubles.	Full training and competition.
Touch football	<p>Running/aerobic/agility training/resistance training on own, with coach, or with 1 training partner (no sharing of equipment).</p> <p>Skills training (solo) including ball handling skills—e.g. roll ball, scooping, passing (e.g. against wall, to self).</p>	<p>Small group training (cohorts not more than 10 athletes/coaches/ parents in total) based on skills with no contact/defending/ attacking/match play drills.</p> <p>No social gatherings and maintain social distancing where possible.</p>	Full training (with doubles) and competition.
Triathlon/Running	<p>Solo or in pairs only. Consider remote programming.</p> <p>In pool water training if access to own pool (consider using swim tether) or open-water only.</p> <p>Consider use of wind trainer and treadmill for those in quarantine (who are medically well).</p>	<p>Avoid cycling in slipstream of others— maintain 10 feet from cyclist in front.</p> <p>Maintain 10 feet social distancing while running.</p> <p>Use of communal pool with limited numbers, 1 athlete per lane, consider 1 lane between athletes.</p>	Full training and competition.
Volleyball	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	<p>Small group (cohorts not more than 10 athletes/staff in total) skill sessions only.</p> <p>No matches.</p>	Full training and competition.
Water Polo	In-water training (solo) if access to own pool only, or open-water.	<p>Use of communal pool with limited numbers and distance maintained.</p> <p>Swimming, throwing (passing/shooting) drills.</p> <p>No full contact/defending drills, wrestling.</p>	Full training and competition.
Weightlifting	Resistance training, technical work at home (no indoor sporting facility/gym access allowed).	Full training with limited numbers to avoid congestion.	Full training and competition.

Community/ Individual Sports			Pending approval of Miami-Dade County Mayor
Wheelchair Basketball	Aerobic training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Non-contact shooting, dribbling drills. Other non-contact technical/skill drills. Small groups (cohorts not more than 10 athletes/staff in total).	Full training and competition.
Wrestling	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo).	Non-contact skills training. Resistance training in gym, solo mat-based drills (e.g. weighted bags).	Full training and competition.