



Public Health

Face Covering Guidance

for Sports, Gyms, Recreation Centers, and CHSAA-sponsored sports

This guidance outlines the face covering requirements for gyms, recreation centers, Colorado High School Activities Association (CHSAA)-sponsored sports, and sports leagues, including any sports league or facilities with variances approved by the State of Colorado (“State”).

Face coverings are a key component to reducing the spread of COVID-19. Because of Boulder County residents’ near-universal efforts to wear face coverings, Boulder County has consistently shown fewer cases per capita than neighboring jurisdictions.

All individuals participating in sports, athletics, or exercise must adhere to the following orders:

- State of Colorado [Public Health Order 20-36](#)
- [Boulder County Public Health Order 2021-3 Requiring Face Coverings](#)

Face Coverings Required for All Sports Indoors

Boulder County’s local Face Covering Order requires all individuals older than 10 years to wear a face covering over their nose and mouth whenever they are within a public indoor space.

Boulder County’s local Face Covering Order does not provide an exception for engaging in sports with others while indoors. Any variance granted by the State of Colorado allowing an individual to remove their face covering while participating in certain sports such as hockey, CHSAA spirit, or CHSAA wrestling does not apply in Boulder County unless specifically authorized by Boulder County Public Health (see below).

Boulder County Public Health recommends that individuals participating in such activities and sports obtain a face covering adapted for their sport or modify the sport to accommodate wearing a face covering at all times.

Although face coverings (i.e. masks) make a significant difference in reducing droplet spread from COVID19, it is important that they be used as one component of comprehensive infection prevention. In addition to wearing a face covering, all teams and individuals should implement other protective measures that include:

- Physical distancing
- Avoiding large group gatherings
- Hand washing/disinfection
- Moving activities and sports outdoors as much as possible

Other important prevention practices include:

- Not sharing drinking bottles
- Limiting locker room contact e.g., closing locker or rooms or timing locker room use
- Limiting celebratory hugs and “high fives” or using a non-contact alternative
- Reducing or eliminating spectators
- Using cohorting and testing

Face Covering Guidance for Specific Activities

CHSAA soccer, volleyball, football, bowling, golf, track and field, baseball, lacrosse and field hockey



Indoor participants of all of these sports must wear a face covering at all times.

If playing outdoors, a face coverings is not required but is recommended.

CHSAA Gymnastics

Indoors, gymnasts must wear a face-covering at all times and should obtain a face covering suitable for gymnastics movements. However, during a competition or an exhibition, a gymnast may remove their face covering as long as the gymnast is at least 25 feet away from any other individual. Coaches and spotters must wear a face covering approved for personal services, i.e. a surgical mask, a surgical mask with a cloth mask over it, or a KN95 mask, and Boulder County Public Health strongly recommends that coaches and spotters wear eye protection such as a face shield or sealed safety goggles.

CHSAA Spirit (i.e. cheer and dance)

Participants in CHSAA-approved spirit should wear a face covering at all times unless specifically exempted by Boulder County Public Health's local Face Covering Order. Indoors, a competitor may remove their face covering as long as they are at least 25 feet away from all other individuals (including teammates) at all times.

Outdoors, a face covering is not required but is recommended.

CHSAA wrestling

In Boulder County, all individuals must wear a face covering while wrestling, whether during competition or in practice while indoors. This is more protective than the CDPHE-approved CHSAA guidelines.

Swimming (including CHSAA swimming and diving)

All individuals must wear a face covering while on an indoor swimming deck. A Face Covering may be removed while an individual is in a swimming pool and actively engaged in pool activity in which their Face Covering may become wet, including while on the diving platform to perform a dive.

Outdoors, a face covering is not required but is recommended when not in the water.

Hockey

In Boulder County, all individuals must wear a face covering while practicing or competing in hockey indoors. If playing outdoors, a face covering is not required but is recommended. Individuals participating in hockey should wear a face covering that will not interfere with mouth guards or other helmet safety components. This is more protective than the CDPHE-approved CHSAA guidelines and the state variance for amateur hockey.

Indoor and Outdoor Soccer, Basketball, Lacrosse, Field Hockey, and Similar Sports

Indoor participants must wear a face covering at all times.

If playing outdoors, a face covering is not required but is recommended.

Indoor Fitness Classes

Individuals participating in fitness classes indoors must wear a face covering at all times.

Outdoor Fitness Classes

If participating in a fitness class outdoors, a face covering is not required but is recommended.

Gymnastics

Indoors, gymnasts must wear a face-covering at all times and should obtain a face covering suitable for gymnastics movements. However, during a competition or an exhibition, a gymnast may remove their face covering as long as the gymnast is at least 25 feet away from any other individual. Coaches and spotters must wear masks approved for personal services, i.e. a surgical mask, a surgical mask with a cloth mask over it, or a KN95 mask, and Boulder County Public Health strongly recommends that coaches and spotters wear eye protection such as a face shield or sealed safety goggles.