YOUTH SPORTS
Risk Assessment and Best Practices during COVID-19

Lowest Risk: Performing skill-building drills or conditioning at home, alone or with family members.
Increasing Risk: Team-based practice.
More Risk: Within-team competition.
Even More Risk: Full competition between teams from the same local geographic area.
Highest Risk: Full competition between teams from different geographic areas.

Consider the following when assessing risk for a specific youth sport:

- Number of Participants & Team Size
- Age of Youth
- Physical Closeness
- Duration of Activity
- Equipment Sharing
- Location of Activity
- Interaction Among Players
- Designated Groups Which Don’t Interact
- Commingling of Groups

Lowest Risk

Highest Risk
Best Practices for All
- Stay home when sick or when identified as a close contact of a person with COVID-19
- Practice social distancing and stay at least 6 feet apart
- Wash hands often or use hand sanitizer if washing is unavailable
- Limit unnecessary contacts (no high-fives or handshakes)
- Face coverings should be worn whenever possible

Best Practices for Coaches/Operators
- Provide all staff, players, and parents information and training on prevention policies in place
- Use virtual communication methods whenever possible
- Plan for separation of personal items and equipment; if shared equipment is necessary, provide appropriate cleaning practices between users
- Plan for ways to allow enough space for all players to maintain social distancing
- Create small groups for players to remain with whenever possible and avoid commingling of those groups

Best Practices for Parents/Guardians/Spectators
- Follow all guidance provided by the coach/operator
- Stay in your vehicle whenever possible
- Prior to participation provide your player with guidance of expectations for social distancing and hygienic practices

Best Practices for Players
- Follow all guidance provided by the coach/operator
- Bring and use personal equipment only
- Supply your own water bottle and do not share
- Avoid socializing outside of your assigned group