

# 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.



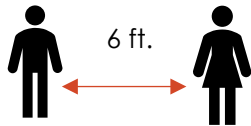
Consider the following when assessing risk for a specific youth sport:



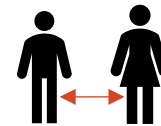
Number of Participants & Team Size



Age of Youth



Physical Closeness



Duration of Activity



Designated Personal Equipment

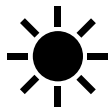


Equipment Sharing



Shared Equipment

Outdoors and Local



Location of Activity



Indoors or Traveling



Designated Groups Which Don't Interact

Interaction Among Players



Commingling of Groups

**Read More:**

<http://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

## 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

### Read More:

<http://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>