

UNDERSTANDING RISK RELATED TO COVID-19 AND YOUTH SPORTS

	Lower Risk	Higher Risk
Type of Sport	Individual sports that allow for 6-8 feet between other competitors 	Sports with frequent close contact 
Sports Equipment	Sports where athletes do not share equipment 	Sports which have shared equipment among athletes 
Duration of Contact	Less than 10-15 minutes 	Longer than 15 minutes 
Type of Venue	Outdoor spaces, especially if large enough for physical distancing 	Indoor spaces especially if smaller, crowded and poorly ventilated 
Number of Athletes	Small teams, or groups less than 10 people, with no mixing of athletes 	Large group events with many teams mixing play 
Travel	Playing within team or staying in local community for games 	Traveling and playing outside your community 
Cloth Face Coverings	Cloth face coverings at all times 	No cloth face coverings 
Adherence	Teams, spectators and officials follow safety rules 	Teams, spectators and officials do not follow safety rules 

Participating in youth sports can be very good for mental and physical health. However, it is important to know the risks of COVID-19 infection related to sports so you can make decisions that are best for your family.

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Note: Organized sports or sporting events should only occur if permitted by local/state government.