# **KEEP YOUTH ATHLETES SAFE**

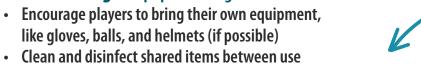
Reduce the Spread of COVID-19 in Youth Sports

### **Reduce physical closeness** between players when possible

- Allow players to focus on building individual skills, like batting, dribbling, kicking, and strength training
- Limit full contact between players to game days (avoid during practice)
- Increase space between players in the practice areas, including on the sideline, dugout, and bench
- Avoid high fives, handshakes, fist bumps or hugs

# Minimize sharing of equipment or gear

- like gloves, balls, and helmets (if possible)



#### **Limit travel** outside of your area

· Consider competing against teams in your local area (neighborhood, town, or community)

## **Identify small groups** and keep them together

- Avoid mixing between groups
- Stagger the arrival and drop off of each group to limit interaction
- Have scrimmages within team to limit exposure

Implement plans to space out spectators by 10 feet at games or competitions. Limit nonessential visitors, spectators, and volunteers.







**Lower Risk** 

Skill-building drills at home



Within-team competition



**Higher risk** 

**Full competition from** different areas



cdc.gov/coronavirus