

# KEEP YOUTH ATHLETES SAFE

## Reduce the Spread of COVID-19 in Youth Sports

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

### 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

- Encourage players to bring their own equipment, like gloves, balls, and helmets (if possible)
- Clean and disinfect shared items between use

### 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



Higher risk



Skill-building drills at home



Within-team competition



Full competition from different areas



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)