



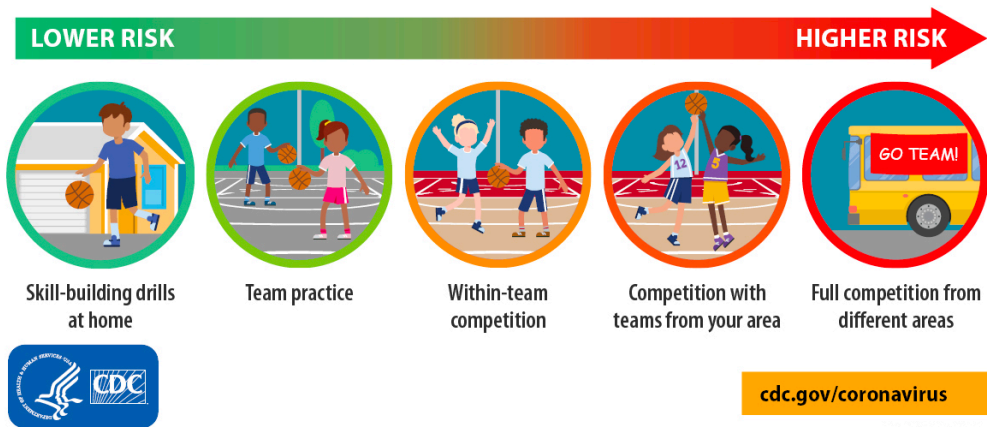
# COVID-19 & Team Sports

Sports are an important part of our children's lives. It improves motor coordination, strength, and endurance, lowers the risk of obesity and increases academic achievement, self-confidence, and so much more.

This year, however, we have to weigh these benefits with the potential risks of COVID-19. Here are a few things to consider as you weigh your decisions. Check out [cdc.com](https://www.cdc.com) for excellent resources.

## Considerations:

- **Distance:** How close do players have to be to play this sport? (ex: wrestling vs. tennis)
- **Number of People:** How many people are on a team? Is there a lot of shared equipment/ gear?
- **Place:** Is this sport played indoors or outdoors? Outdoors is safer. If indoors, how large is the practice and competition space? Is it shared with other teams or not?
- **Travel:** Is travel outside of the county or state an anticipated part of this season? Are accommodations able to be made to keep competitions local or within team scrimmages?
- **Age or Developmental Age:** Is your child mature enough to follow the protocols expected of them? ex: keeping a mask on when appropriate, using their equipment, maintaining distance, etc.
- **Plan:** Has your coach clearly communicated their plan for reducing risk of exposure? What is your level of confidence in this plan?



## Masks:

- May be challenging to wear while playing sports.
- Most important when physical distancing is difficult.
- Should be worn by all coaches, spectators, and staff.
- Do not touch the mask and wash hands frequently.

**The Goal:** This year, the focus may be less on competition and more on the benefits that come through sports: skill development, an opportunity for exercise, and social interaction. It is possible to experience those benefits and stay safe!