

New Cumberland Colts Athletic Health and Safety Plan

July 23, 2020

Introduction

The New Cumberland Colts have herein outlined the following health and safety plan for youth athletics based on the following documents:

- West Shore School District *Athletic Health and Safety Plan for Resuming Sports Related Activities*
- Pennsylvania's *Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes, and the Public*
- Center for Disease Control (CDC) *Considerations for Youth Sports*

The New Cumberland Colts recognize that the information related to COVID-19 is continuously changing and being updated as new information becomes available. This Plan was developed and will be updated accordingly in an effort to decrease the risk of exposure for our players, coaches, board members, parents, family members, and extended community. The continuation of New Cumberland Colts youth sports is contingent upon PIAA continuing fall sports. If PIAA cancels fall sports, then New Cumberland Colts will shut down for the remainder of the year.

COVID-19 Primary Point of Contact/Safety Representative

Based on Pennsylvania's *Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes, and the Public*, a primary point of contact must be appointed. The primary point of contact/safety representative for the New Cumberland Colts is:

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Symptoms of COVID-19

COVID-19 can affect people in different ways. Infected people have had a wide range of symptoms reported. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

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Duration of Season

The first practice is anticipated to start of Monday August 17, 2020 and conclude before November 15, 2020.

Pre-Activity Screening for Players and Coaches

All coaches, volunteers, and players, with the help of their parents, should self-screen for symptoms of COVID-19 prior to attending any New Cumberland Colts function. **If you have any symptoms of COVID-19, stay home.** Anyone with symptoms should contact their health care provider.

Upon arrival to activities, players will be asked if they exhibit any of the COVID-19 symptoms and will be screened for temperature. If a player exhibits any symptoms, is sick, or has a temperature of 100.1 degrees, they will be isolated from the team with their parents being contacted so their player can be picked up. Attendance and screening information for coaches and players will be recorded daily by a designated person on each staff and maintained on file as supervised by the Point of Contact/Safety Representative.

Any player or coach returning from any state or location on the State of Pennsylvania's current Travel Quarantine List must self-quarantine for 14 days.

Information Related to Practices

The following information pertains to practices:

- Upon arrival to practice, players must practice social distancing. They may not cross onto the designated practice field until they have had their temperature checked and attendance registered by their coach. Temperature check areas and practice boundaries will be clearly marked. Designated areas for drop off and parking will be designated at a later date.
- It is recommended that practices are closed to parents except at the Smurf and Peewee Level. Otherwise, only coaches and players are permitted. However, the park is open to the public so this may not be enforceable.
- Parents must socially distance themselves from other families and follow government guidelines regarding the use of masks. Parents are not permitted to cross the line onto the designated practice field/area unless given permission by a coach.
- Each football level will be practicing separately from the other levels.
- Social distancing should be applied when possible.
- Masks are not required for players participating during activities. When players are not participating in activities, social distancing should be followed.
- Masks are required for coaches when social distancing cannot be attained.
- Masks are not required for individuals with pre-existing conditions that may harm their health if a mask is worn.
- Outdoor practice activities will be limited to 250 people while indoor activities will be limited to 25.
- Equipment that is shared among several teams must be wiped down after their teams use.
- Hand sanitizer should be used periodically by players and coaches during practice when possible. Players and coaches must provide their own hand sanitizer.
- Athletes and coaches must provide their own water. Team water bottles and jugs are not allowed. Please remember to bring plenty of water to practice and have your name on it.
- Footballs and non-personal equipment should be sanitized periodically during practice.
- Football equipment including shoulder pads and helmets must be sanitized with disinfecting wipes and practice pants and jerseys must be washed after each practice.
- Players should not share towels and cloth items during practice.

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- Activities that increase the risk of exposure to saliva are discouraged including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- Avoid shaking hands, fist bumps, or high fives before, during or after practices. Limit unnecessary physical contact with teammates, other athletes, coaches, and any spectators.
- If a player exhibits symptoms of COVID-19 during practice, they will be removed and isolated until a parent is notified to pick them up. Parents of these players should then contact their physician or health care professional for direction. The organizations Safety Representative/Point of Contact should be notified of the direction given by the health care professional.

Information Related to Games and Scrimmages

The following information pertains to games and scrimmages:

- Upon arrival to games, players must practice social distancing. They may not cross onto the designated warmup area field until they have had their temperature checked and attendance registered by their coach. Temperature check areas and practice areas will be identified and marked. Designated areas for drop off and parking will be designated at a later date.
- Games and scrimmages are subject to the outdoor limit of 250 people per the defined area or section. West Shore Stadium will be broken into 3 sections as shown below;
 - Home side seating area,
 - Visitor seating area,
 - Turf field and remaining fenced area on the facility.Memorial Field will be broken into 2 areas as shown below;
 - Combined area representing the football field and home seating area,
 - Remainder of fenced in area.
- Each football level will be separated from the other levels.
- Social distancing should be applied when possible.
- Masks are not required for players participating during activities. When players are not participating in activities, social distancing should be followed prior to the game and during the game. A sideline volunteer may be provided to assist in the players social distancing.
- Masks are required for coaches for games.
- Masks are not required for individuals with pre-existing conditions that may harm their health if a mask is worn.
- Hand sanitizer should be used periodically by players and coaches during games when possible. Players and coaches must provide their own hand sanitizer.
- Footballs and non-personal equipment should be sanitized after each quarter.
- Athletes and coaches must provide their own water. Team water bottles and jugs are not allowed. Please remember to bring plenty of water and have your name on it.
- Football equipment including shoulder pads and helmets must be sanitized with disinfecting wipes and practice pants and jerseys must be washed after each game.
- Players should not share towels and cloth items during games.
- Activities that increase the risk of exposure to saliva are discouraged including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- Avoid shaking hands, fist bumps, or high fives before, during or after games. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.
- If a player exhibits symptoms of COVID-19 during a game or scrimmage, they will be removed and isolated until a parent is notified to pick them up. Parents of these players should then contact their physician or health care professional for direction. The organizations Safety Representative/Point of Contact should be notified of the direction given by the health care professional.

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What to do if a player has symptoms or has a positive test for COVID-19?

It is essential that everyone take steps to help prevent the disease from spreading to people in your home and community.

If a player displays symptoms of COVID-19 or thinks he/she is infected with the virus, **stay at home**. Call your health-care provider for medical advice but do not return to practice until the symptoms are gone for 2 days.

If a player or players parent thinks the player has been exposed to COVID-19 and developed symptoms, call your health-care provider for medical advice, and **stay at home**.

If a player is sick with COVID-19, **stay at home**.

Notify the Safety Representative immediately if a player is sick or has COVID-19. It will be determined if others who may have been exposed (students, coaches, volunteers) need to be notified, isolated, and/or monitored for symptoms.

If a positive case of COVID-19 is diagnosed, Contact Tracing may be implemented with the assistance of local health professionals and the CDC/PA DOH. Players that test positive for COVID-19 must not return to football activities for 14 days or until a negative test result is attained. Players should also be determined to be non-contagious, fever free (without fever-reducing medicine) with improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea, and should receive medical clearance from their physician or appropriate health-care professional to return to activity, in accordance with current CDC guidance. A copy of the negative test result must be provided to the Point of Contact/Safety representative.

According to the State of PA, prolonged contact in regard to COVID-19 exposure occurs when a person has been within 6 feet of another individual for at least 10 minutes cumulatively, who has tested positive for COVID. This individual is considered to have an active COVID infection up to 48 hours before the onset of their symptoms, up until the time that patient was isolated.

Prolonged content is essentially broken into 4 categories:

- Contact without Symptoms: If a player or coach or their family member has had *prolonged contact (6 ft - 10 minutes)* with a person who has tested positive for COVID-19 (up to 48 hours before symptoms), that individual must self-quarantine for 14 days.
- Contact with Symptoms: If the player or coach develops symptoms, that individual may return to activity after providing medical documentation that they have been cleared by a medical doctor.
- COVID-19 Positive at Practice: If a player or coach tests positive for COVID-19 and is determined to have had *prolonged contact (6 ft - 10 minutes)* during the course of a practice, all players who have been determined to have come into contact with that individual must self-quarantine for 14 days. The individual squad (i.e. smurf, peewee, pony, or midget) must also cease practice/games for at least 14 days, while contact tracing, testing and symptom observation dictate when it is safe to return to play. Any player/coach/official who develops symptoms after this exposure, may return to activity after providing medical documentation that they have been cleared by a medical doctor.
- COVID-19 Positive at Game: If a player or coach tests positive for COVID-19 and it is determined to have had *prolonged contact (6 ft - 10 minutes)* with players on either team during the course of a game, all players/coaches/officials on both teams who came into contact with that individual must self-quarantine for 14 days. In addition, both teams (specific squads) must also cease practice/games for at least 14 days, while contact tracing, testing and symptom observation dictate when it is safe to return to play. Any player/coach/official who develops symptoms after this exposure, may return to activity after being cleared by a medical doctor.

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The level of play for the COVID-19 positive player will be shut down for 14 days.

HIPPA requirements and individual privacy must be honored in all situations. The name of any player or coach who is self-quaranting, currently has COVID-19 like symptoms, is suspected to have COVID-19, or has tested positive for the virus, must never be released. However, non-specific information pertaining to public health may be released to parents and the organization.

Spectators and Facility Cleaning

Spectators must adhere to the social distancing guidelines of 6 feet for anyone not in the same household. Masks are required when entering and exiting the facility. Masks are also required when moving around in the facility when social distancing cannot be attained.

**WEST SHORE SCHOOL DISTRICT
ATHLETIC HEALTH AND SAFETY PLAN
FOR RESUMING SPORTS-RELATED ACTIVITIES**

INTRODUCTION

The West Shore School District has outlined the following health and safety plan for athletics in accordance with [Pennsylvania's Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency](#). Administration reviewed the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. Athletic Directors also consulted with head coaches as part of a collaborative effort in summarizing the District's recommendations for the return to sports participation.

The West Shore School District realizes the knowledge regarding COVID-19 is constantly changing, and as new information becomes available, these recommendations will be adjusted as needed in order to decrease the risk of exposure for our staff, students, and spectators. The Athletics Health and Safety Plan is aligned to the [PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools](#), and the decision to resume sports-related activities, including conditioning, practices and games, is at the discretion of a school entity's governing body.

Any sports-related activities in Yellow or Green phased counties must adhere to the gathering limitations set forth by the Governor's Plan for Phased Reopening (25 in yellow, 250 in green) and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law. During the Yellow and Green phases of reopening, sports-related activities at the PK-12 level are limited to student athletes, coaches, officials, and staff only. The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities. This guidance is preliminary; as more public health information is available, the administration may work with impacted entities to release further guidance which could impact fall, winter, or spring seasons.

CONTACT INFORMATION

Any questions regarding this Health and Safety Plan as well as athletic questions related to COVID-19 should be directed to the following planning team members:

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RECOMMENDATIONS

Athletic Directors will educate all head coaches and athletic training staff on the desired health and safety protocols for the phased reopening of sports. Upon review of the District plan, head coaches will respond to the Athletic Director with sport specific application protocol and will educate all assistant coaches, program volunteers, and athletes prior to conducting any activities within the West Shore School District.

In accordance with the CDC [Considerations for Events and Gatherings](#), the District will implement strategies to promote healthy behaviors that reduce the spread of COVID-19 among staff, athletes, and attendees such as:

- Staying Home when Appropriate
- Promoting Hand Hygiene and Respiratory Etiquette
- Wearing Cloth Face Coverings when Appropriate
- Providing Adequate Supplies
- Posting Signs and Messages

Further, the District will continue to utilize multiple strategies for [Maintaining a Healthy Environment](#).

PHASE ONE:

Phase one will provide an initial acclimation period minimally for one week for each participating team under the following guidelines:

Pre-workout Screening:

- All coaches and students will self-screen and monitor for signs/symptoms of COVID-19 prior to attending a workout. Screenings may include a temperature check.
- Any person with positive symptoms should stay home and is not permitted to take part in workouts. Anyone with symptoms should contact his or her primary care provider or other appropriate health-care professional.
- Attendance for all coaches, athletes and officials will be recorded and submitted weekly to the athletic trainer office.

Limitations on Gatherings:

- During phase one of reopening, sports-related activities at the PK-12 level are limited to student athletes, coaches, and staff only.
- No gathering of more than 25 athletes per scheduled field/court. Where feasible, limit groups to a maximum of 10-12 student-athletes per group to encourage social distancing.

- Activities are to be limited to conditioning, strength training, agility, or individual skill development. Shared equipment is not permitted during phase one.
- Social Distancing should be applied during practices and for gathering areas.
- Locker Room/Team Room usage is not permitted.

Facilities Cleaning:

- Continued best practices in cleaning and sanitizing will be followed.
- Weight Room Equipment should be wiped down after each individual's use as well as after the conclusion of the group session.
- Appropriate athletic clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment surfaces.

Physical Activity:

- Students should refrain from sharing clothing/towels and workout clothing should be washed after each practice.
- Shared equipment during a team session is not permitted during phase one. All equipment should be properly disinfected at the conclusion of the session.
- Hand Sanitizer should be used periodically.
- Athletes may wear cloth masks if so desired, but athletes should NOT wear a mask when engaged in any highly aerobic activity or if it will limit proper breathing during an activity.
- Coaching staff and other adult personnel should wear face coverings (masks or face shields), except when social distancing is feasible or when doing so jeopardizes their health.

Hydration:

- All athletes and coaches MUST bring their own water and drinks to team activities. Water bottles MAY NOT BE SHARED. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used.

PHASE TWO:

Phase two may begin any time after the completion of the acclimation period as outlined in Phase One.

Pre-workout/Contest Screening:

- All coaches, athletes and athletic personnel will self-screen and monitor for signs/symptoms of COVID-19 prior to attending a workout/practice/game.

- Any person who has COVID-19 symptoms is not permitted to participate and should contact their primary care physician or other appropriate health-care provider.
- Attendance for all coaches, athletes and officials will be recorded and submitted weekly to the athletic trainer office.

Limitations on Gatherings:

- State and Local Guidelines will be followed in regard to size limitations for all events/contests. Any sports-related activities in Green phased counties must adhere to the gathering limitations set forth by the Governor's Plan for Phased Reopening (250 in green) and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law.
- During the Green phase of reopening, sports-related activities are limited to student athletes, coaches, officials, and staff only. The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.
- Social distancing will continue to be applied to athletes when not directly engaged in a contest/activity.
- Locker Room/ Team Room usage is not permitted until the start of the official PIAA Fall season and/or heat acclimation period for the members of the football team.

Facilities Cleaning:

- Continued best practices in cleaning and sanitizing will be followed.
- Weight Room Equipment should be wiped down after each individual's use as well as after the conclusion of the group session.
- Appropriate athletic clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment surfaces.

Physical Activity:

- Where feasible, coaches should continue to focus on conditioning, strength training, and individual skill development, but regular off-season activities and competitions are permitted to begin in accordance with State, Local, and PIAA guidelines.
- Whenever feasible, equipment and other items should not be shared. If equipment must be shared during an event, all equipment should be properly disinfected as needed. Any athletic equipment that must be used by multiple individuals may necessitate cleaning intermittently during practice and events if deemed necessary.
- All equipment, regardless of individual or shared usage, should be properly disinfected as needed.
- Students should refrain from sharing clothing/towels and workout clothing should be washed after each practice.
- Hand Sanitizer should be used periodically.

- Athletes may wear cloth masks if so desired, but athletes should NOT wear a mask when engaged in any highly aerobic activity or if it will limit proper breathing during an activity.
- Coaching staff and other adult personnel should wear face coverings (masks or face shields), except when social distancing is feasible or when doing so jeopardizes their health.

Hydration:

- All athletes and coaches MUST bring their own water and drinks to team activities. Water bottles MAY NOT BE SHARED. Team water coolers for sharing through disposable cups are discouraged. Fixed water fountains should not be used.

Transportation:

- No district provided transportation is permitted during Phase Two.

PHASE THREE: START OF PIAA FALL SEASON

Phase three will begin under the following guidelines effective with the start of the Fall Sports Season as designated by PIAA. The current date is set for Monday, August 17, 2020, for all fall sports with a heat acclimatization period for football scheduled to begin on Monday, August 10, 2020. Phase three guidelines are intended to be a full return to PIAA practices and competitions, pending any new guidelines/protocol from PIAA for the 2020-2021 PIAA Sports Season.

Practices/Games or Contest Screening:

- Any person who has COVID-19 symptoms is not permitted to participate in any workout/practice/game and should contact their primary care physician or other appropriate health-care provider.
- Attendance for all coaches, athletes and officials will be recorded if required by PIAA.

Limitations on Gatherings:

- State and Local Guidelines will be followed in regard to limitations for all events/contests.
- Current guidelines on social distancing will be followed.

Games/Contest

- All practices and competitions are expected to be in accordance with State, Local, and PIAA guidelines.

Facilities Cleaning:

- Current practices in cleaning and sanitization will be followed as directed in the prior phases.
- Locker room/Team Room usage will now be permitted and will necessitate routine cleaning after team use.

Hydration:

- Athletes and coaches are encouraged to bring their own water and drinks to practices and games. Hydration stations will be available as provided by the Athletic Trainer. No water bottles can be shared. Team water coolers for sharing through disposable cups are allowed. Athletes should be discouraged from using the fixed water fountains.

Transportation:

- Potential modifications to student bussing will be determined in accordance with the District's bus contractor as well as the guidelines provided by the Department of Education and any State and Local government recommendations.

Social Distancing during Contests/Events/Activities:

- Sidelines/Bench – appropriate social distancing will need to be maintained on sidelines/bench during contests and events, as deemed necessary by the school, PIAA, state and local governments.
- Activities that increase the risk of exposure to saliva are discouraged including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.

Overnight/Out of State Events/ Events in COVID-19 Hot Spots:

- The West Shore School District will evaluate each event and follow all local/state government guidelines on a case by case basis. Every consideration will be taken as to not expose students to unnecessary or potential high risk exposure.

GUIDANCE FOR POSITIVE CASES OR PERSONS SHOWING COVID-19 SYMPTOMS

Staff or Athletes who may be Sick:

- If you are sick with COVID-19 or think you are infected with the virus, STAY AT HOME. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your health-care provider for medical advice.
- Notify the school immediately (principal, athletic director, athletic trainer, coach).
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and /or monitored for symptoms.
- If a Positive case of COVID-19 is diagnosed, [Contact Tracing](#) may be implemented with the assistance of local health professionals and the CDC/PA DOH.

Staff and Athletes Presenting COVID-19 Symptoms during a Workout/practice/game:

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event.
- For students, a parent/guardian will be contacted immediately and arrangements will be made for the student to be picked up.
- Ill individuals will be asked to contact their physician or appropriate healthcare professional for direction.

Staff and Athletes Returning to Athletics after a COVID-19 Diagnosis:

- Athletes should be determined to be non-contagious, fever free (without fever-reducing medicine) with improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea, and should receive medical clearance from their physician or appropriate health-care professional to return to activity, in accordance with then-current CDC guidance.
- Staff may return to work in accordance with then-current PA Department of Health and CDC guidance.

Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes and the Public

Issued June 10, 2020, last updated July 15, 2020

Intent

The virus that causes the Coronavirus 2019 Disease ("COVID-19") is easily transmitted, especially in group settings, and it is essential that the spread of the virus be slowed to safeguard public health and safety.

COVID-19 can be transmitted from infected individuals even if they are asymptomatic or their symptoms are mild, such as a cough. It can also be spread by touching a surface or object that has the virus on it and then touching your mouth, nose or eyes. This guidance document addresses the procedures sports organizations and teams must follow to limit the spread of COVID-19 to the extent they are permitted to conduct in-person operations.

This guidance is preliminary and will be updated as more public health data and other information is available.

Organizations Subject to This Guidance

The Commonwealth is employing a regional and industry-specific approach to reopening non-life sustaining businesses. For more information, and up to date county designations, please refer to the Commonwealth's Phased Reopening website.

All sports in Pennsylvania, including professional, collegiate, Pre-K to 12 school athletics, and amateur and recreational sports, are covered by this guidance.

Sports organizations and teams may only conduct in-person operations if they are able to do so in accordance with all applicable guidance. They are not required to reopen per this guidance.

Significance of Red-Yellow-Green Phases for Sports in Pennsylvania

No sports (professional, collegiate, Pre-K to 12, recreational or amateur) are allowed in counties designated as being in the Red phase.

Professional Sports

Professional sports is defined as any sporting event at which the participants are paid by a league or team, or at which individuals or teams receive prizes or purse.

Effective immediately, professional sports teams may practice and play in counties designated in the Yellow phase of reopening provided the team, the team's governing body, or league, on behalf of the team, has a COVID-19 safety plan approved by Pennsylvania Department of Health (DOH). The plan must include, at minimum, a process for testing or screening for COVID-19, and monitoring all on-premises attendees. In the Yellow phase, no fans or spectators are allowed in or directly outside of the site or venue.

Professional sports organizations in counties designated in the Green phase are permitted to practice or play on site with fewer than 250 people (outdoors) or fewer than 25 people (indoors), provided they follow orders issued by the Secretary of Health and recommendations issued by the Centers for Disease Control and Prevention (CDC) and other health or athletics-based organizations. The sports organization is not required to submit a safety plan for approval to DOH if fewer than 250 people (outdoors) or fewer than 25 people (indoors) are present on site or directly outside of the site.

Professional sports organizations in counties designated in the Green phase that want to play or practice with more than 250 people (outdoors) or more than 25 people (indoors) on site or directly outside of the site must submit a plan to DOH for approval. At this stage of reopening, the administration strongly discourages the attendance of spectators or fans in or directly outside of the site or venue.

Collegiate Sports

All collegiate sports sanctioned by the National Collegiate Athletic Association (NCAA), as well as intramural and club sports, may resume in-person activities in counties designated in the Yellow and Green phases, in alignment with the PA Department of Education (PDE) Preliminary Guidance for Resuming In-Person Instruction at Post Secondary Higher Education Institutions and Adult Basic Education Providers, guidance issued by DOH, the CDC, NCAA, and the team's relevant collegiate athletic conference. Postsecondary institutions must develop and post online an Athletic Health and Safety Plan for resuming sporting activities. The plan does not need to be submitted to DOH or PDE for approval.

While institutions may resume in-person sports-related activities in counties designated in the Yellow and Green phases, the decision to do so is at the discretion of the institution, and such events may only occur in compliance with the Phased Reopening Plan and this Guidance. All sports-related gatherings must conform with the gathering limitations set forth by the Governor's Plan for Phased Reopening (25 in yellow, 250 outdoors and 25 indoors in green), and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law. Gatherings' occupancy counts include student athletes, coaches, athletic staff, officials, spectators, site staff, and any other individuals on site during the event. All event attendees, except for the athletes and coaching staff, are expected to maintain social distancing when arriving, attending, and departing the facility.

This guidance is preliminary; as more public health information is available, the administration may work with impacted entities to release further guidance which could impact fall, winter, or spring seasons.

Pre-K to 12 School Sports

Pre-K to 12 (PK-12) school sports under the Pennsylvania Interscholastic Athletic Association (PIAA) and the Pennsylvania Independent Schools Athletic Association (PISAA) are permitted to resume in counties designated in the Yellow and Green phases, in alignment with the PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools and the CDC Considerations for Youth Sports. This also applies to amateur high school boxers under the authority of the State Athletic Commission (SAC).

The decision to resume sports-related activities, including conditioning, practices and games, is the discretion of a school entity's governing body. Each school entity must develop and adopt an Athletics Health and Safety Plan aligning to the PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools prior to conducting sports-related activities with students. The plan must include the provisions of this guidance, be approved by the local governing body of the school entity, and be posted on the school entity's publicly available website. The plan does not need to be submitted to DOH or PDE for approval.

Any sports-related activities in Yellow or Green phased counties must adhere to the gathering limitations set forth by the Governor's Plan for Phased Reopening (25 in yellow, 250 outdoors and 25 indoors in green) and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law. During the Yellow and Green phases of reopening, sports-related activities at the PK-12 level are limited to student athletes, coaches, officials, and staff only. The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.

This guidance is preliminary; as more public health information is available, the administration may work with impacted entities to release further guidance which could impact fall, winter, or spring seasons.

Recreational and Amateur Sports

Recreational and amateur sports organizations and teams (not affiliated with a public or private PK-12 school), including, but not limited to, basketball, hockey, field hockey, football, soccer, swimming, baseball, softball, lacrosse, gymnastics, and kickball, are permitted to conduct in-person activities, including games and practices, in counties designated as being in the Green phase only if they strictly adhere to the requirements of this guidance, including the limits on total occupancy outlined below. For youth sports, refer to the CDC guidance on youth sports as well.

Boxing Under State Athletic Commission

Amateur boxing is permitted to resume in counties designated in the Yellow and Green phases in alignment with PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools and the CDC Considerations for Youth Sports, as well as the general guidance detailed on this page.

Guidance Applicable to All Sporting Events

Local political units and school districts may impose more stringent requirements than those contained in this guidance. In such instances, businesses must adhere to this guidance as well as any other requirements imposed by the local political units. Teams and organizations should contact their local political subdivision to discuss their plan to resume play and to notify them of their intention to resume play.

To conduct games and practices, organizations and teams authorized to conduct in-person activities pursuant to this guidance **must adhere to the following**:

- Coaches and league officials must review and consider the CDC guidance on consideration for youth sports to modify practices and games to mitigate the risk of spreading the virus. This includes focusing on individual skill building versus competition and limiting contact in close contact sports.
- The community, league, or team must designate a primary point of contact for all questions related to COVID-19, and all parents, athletes, officials, and coaches must be provided the person's contact information.
- The community, league, or team must develop a plan of action in the event an athlete, coach, or official falls ill, make the plan publicly available, and explain it to the entire sport community.
- The community, league, or team must educate all athletes, staff and families about the symptoms of COVID-19 and when to stay home. Athletes also should be educated on proper hand washing and sanitizing.
- Coaching staff and other adult personnel should wear face coverings (masks or face shields) at all times, unless doing so jeopardizes their health.
- Coaches and athletes must maintain appropriate social distancing at all times possible, including in the field of play, locker rooms, sidelines, dugouts, benches, and workout areas. During down time, athletes and coaches should not congregate.
- Coaches and athletic staff must screen and monitor athletes for symptoms prior to and during games and practices. If individuals participating in sporting activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be sent home.
- All athletes, coaches, and officials must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used.
- Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.
- Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users.
- If multiple games are to be held at the same facility, adequate time shall be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interaction between athletes. Sports complexes with multiple fields may operate simultaneous games or practices on fields within a complex only if social distancing can be maintained. Each individual game or

practice at a complex must adhere to the gathering occupancy limits (25 in yellow, 250 outdoors and 25 indoors in green), and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law.

- Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

To operate games or practice, organizations and teams that are otherwise permitted to conduct in-person activities pursuant to this guidance **are encouraged to do the following**:

- In counties in the Yellow Phase of Reopening, indoor training or sports may only be conducted by organizations subject to supervision or regulation of the Pennsylvania Interscholastic Athletic Association or National Collegiate Athletic Associations, and only in accordance with guidance provided by those governing bodies. Start by limiting games, scrimmages, and matches to teams in your region first. Expand beyond regional play if cases continue to stay low.
- Adult athletes are encouraged to wear face coverings when they are not engaged in a sporting activity, unless doing so jeopardizes their health.
- Coaches should create a back-up staffing plan which should include cross-training staff and coaches and training all coaches and officials on safety protocols.
- Limit cash transactions to the extent possible; find alternative ways to charge admission and pay for concessions.
- Create protocols to limit entrance and exit traffic, designating specific entry to and exits from facilities. Establish protocols to ensure staggered pick up and drop off for practice and events and ensure that athletes are not congregating while awaiting pick up and to ensure congregation or crowding does not occur on drop off. Pickups and drop offs should remain outside. Parents should not enter the facility.

Guidance for Caregivers and Spectators

- Seating areas, including bleachers, must adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household. To assist with proper social distancing, areas should be clearly marked. Adults should wear face coverings (masks or face shields) at all times.
- Caregivers or spectators should not enter the field of play or bench areas.
- Nonessential visitors, spectators, and volunteers should be limited when possible, including activities with external groups or organizations. Parents should refrain from attending practices, or volunteering to assist with coaching.
- Caregivers and coaches should assess levels of risk based on individual athletes on the team who may be at a higher risk for severe illness.
- Caregivers should monitor their children for symptoms prior to any sporting event. Children and athletes who are sick or showing symptoms must stay home.

Further Guidance and Support

In addition to this guidance, communities and organizations should also review the CDC's Considerations for Youth Sports.

See answers to frequently asked questions (FAQs) involving application of the business safety order.

Help is available for people who are struggling with their mental or emotional health or feeling anxious or overly stressed. Contact the Crisis Text Line by texting PA to 741-741.

The Administration recognizes the difficulty of procuring materials businesses need to safely resume operations. If assistance is needed to locate masks and other supplies to carry out these required safety procedures, please visit DCED's Business2Business Interchange.

Enforcement

Law enforcement officers should refer to Pennsylvania State Police Enforcement Guidance.

If employees or customers want to report possible health and safety violations related to COVID-19:

1. File a complaint with a local health department or a law enforcement agency.
2. Submit this web form to the PA Department of Health.
3. Review OSHA guidance and, if appropriate, file a complaint at OSHA.gov.

Reminders to Contain the Spread of COVID-19: Social Distancing and Other Requirements

When people need to leave their places of residence in connection with allowable individual activities, allowable essential travel, or by virtue of exemption from this policy, the Department of Health strongly encourages individuals to abide by the following social distancing requirements to:

- Maintain a distance of at least 6 feet from other individuals;
- Wash hands with soap and water for at least 20 seconds as frequently as possible, or use hand sanitizer if soap and water are not available;
- Cover coughs or sneezes with a sleeve or elbow, not hands;
- Do not shake hands;
- Regularly clean high-contact surface areas; and
- When sick, stay at home.

Additional Information

For the most up-to-date, reliable information, please continue to refer to the Commonwealth of Pennsylvania's website for Responding to COVID-19 in Pennsylvania.

Order of the Secretary of the Pennsylvania Department of Health Requiring Universal Face Coverings

COVID-19 is a contagious disease that is rapidly spreading from person to person. People infected are capable of exposing others to COVID-19 even if their symptoms are mild, such as a cough, or even if they are asymptomatic. Additionally, exposure is possible by touching a surface or object that has the virus on it and then touching one's mouth, nose, or eyes. Symptoms of COVID-19 may include fever, cough, shortness of breath, chills, repeated shaking with chills, muscle pain, headache, sore throat, and new loss of taste or smell. Early symptoms may also include chills, body aches, sore throat, headache, diarrhea, nausea or vomiting, and runny nose. Older adults and people who have serious chronic medical conditions are at a higher risk for serious illness.

The first cases of COVID-19 were reported in the United States in January 2020. Since then, multiple areas of the United States have experienced "community spread" of COVID-19, meaning that the illness is being transmitted through unknown contact, and not from contacts with known cases. On March 6, 2020, after the first cases of COVID-19 in the Commonwealth of Pennsylvania were confirmed, the Governor issued a Proclamation of Disaster Emergency. Since that date, the number of positive cases has continued to rise, and community spread has continued in the Commonwealth as well. Case counts rapidly increased throughout the Commonwealth in March and April, 2020. As of July 1, 2020, every county in the Commonwealth has been affected, the number of cases is 87,242, and 6,687 individuals have died from COVID-19.

In order to slow the spread and protect the people of the Commonwealth, the Governor and I issued Orders on March 19, 2020, closing all Commonwealth businesses that are not life sustaining. *See Order of the Governor of the Commonwealth of Pennsylvania Regarding the Closure of All Businesses That Are Not Life Sustaining*, as amended; *Order of the Secretary of the Pennsylvania Department of Health Regarding the Closure of All Businesses That Are Not Life Sustaining*, as amended. On April 1, 2020, the Governor and I issued Orders directing all individuals in Pennsylvania to stay at home. *See Order of the Governor of the Commonwealth of Pennsylvania for Individuals to Stay at Home*, as amended; *Order of the Secretary of the Pennsylvania Department of Health to Stay at Home*, as amended.

In addition, I issued an Order on April 15, 2020, requiring mitigation measures to be applied at businesses that are permitted to engage in in-person operations, including a requirement that all customers wear masks while on premises of businesses that serve the public within a building or a defined area and directs businesses to deny entry to individuals not wearing masks, unless the business is providing medication, medical supplies, or food, in which case the business must provide alternative methods of pick-up or delivery of such goods. Individuals who cannot wear a mask due to a medical condition (including children under the age of 2 years per CDC guidance) are permitted to enter the premises and are not

required to provide documentation of such medical condition. *See Order of the Secretary of the Pennsylvania Department of Health Directing Public Health Safety Measures for Businesses Permitted to Maintain In-person Operations.*

Those mitigation efforts slowed the spread of the disease, protected our hospitals from being overwhelmed, and enabled our hospitals to care for our ill residents. Accordingly, in Orders on May 7, 2020, the Governor and I suspended restrictions for certain areas instituted in the orders on March 19, 2020, as amended, and April 1, 2020, as amended. *See Order of the Governor of the Commonwealth of Pennsylvania for Limited Opening of Business, Lifting of Stay at Home Requirements, and Continued Aggressive Mitigation Efforts, as amended; Order of the Secretary of the Pennsylvania Department of Health for a Limited Opening of Businesses, Lifting of Stay Home Requirements and Continued Aggressive Mitigation Efforts, as amended.*

These mitigation strategies, practiced by all persons in the Commonwealth, have been successful in slowing the spread of the virus, and have allowed the phased and considered reopening of the Commonwealth, *see Order of the Governor of the Commonwealth of Pennsylvania for the Continued Reopening of the Commonwealth* of May 27, 2020, as amended; *Order of the Secretary for the Continued Reopening of the Commonwealth* of May 27, 2020, as amended. Person-to-person spread does continue however, and with the reopening, the Commonwealth is beginning to see increases in new cases. Mindful of the need to slow this increase, in order to avoid the types of stringent Commonwealth-wide mitigation strategies that were discontinued a short time ago, and in order to avoid the resurgence that is overwhelming the health care systems and public health systems in other states, I am ordering that all persons in the Commonwealth wear face coverings in accordance with this Order. Face coverings can decrease the spread of respiratory droplets from people. *See* <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html#recent-studies>. When used in public settings, face coverings will work to reduce the spread of COVID-19 in the Commonwealth.

COVID-19 is a threat to the public's health, for which the Secretary of Health may order general control measures, including, but not limited to, closure, isolation, and quarantine. This authority is granted to the Secretary of Health pursuant to Pennsylvania law. *See* section 5 of the Disease Prevention and Control Law, 35 P.S. § 521.5; sections 2102(a) and 2106 of the Administrative Code of 1929, 71 P.S. §§ 532(a), and 536; and the Department of Health's regulations at 28 Pa. Code §§ 27.60-27.68 (relating to disease control measures; isolation; quarantine; movement of persons subject to isolation or quarantine; and release from isolation and quarantine). Particularly, the Department of Health has the authority to take any disease control measure appropriate to protect the public from the spread of infectious disease. *See* 35 P.S. § 521.5; 71 P.S. § 532(a), and 1403(a); 28 Pa. Code § 27.60.

Accordingly, on this date, July 1, 2020, to protect the public from the spread of COVID-19, I hereby order:

Section 1: Face Coverings Defined

“Face covering” means a covering of the nose and mouth that is secured to the head with ties, straps, or loops over the ears or is wrapped around the lower face. A “face covering” can be made of a variety of synthetic or natural fabrics, including cotton, silk, or linen. For purposes of this order, a face covering includes a plastic face shield that covers the nose and mouth. “Face coverings” may be factory-made, sewn by hand, or be improvised from household items, including but not limited to, scarfs, bandanas, t-shirts, sweatshirts, or towels. While procedural and surgical masks intended for healthcare providers and first responders meet these requirements, such as N95 respirators, these specialized masks should be reserved for appropriate occupational and health care settings.

Section 2: Face Coverings Required

Except as provided in Section 3, individuals are required to wear face coverings if they are:

- A. outdoors and unable to consistently maintain a distance of six feet from individuals who are not members of their household;
- B. in any indoor location where members of the public are generally permitted;
- C. waiting for, riding on, driving, or operating public transportation or paratransit or while in a taxi, private car service or ride-sharing vehicle;
- D. obtaining services from the healthcare sector in settings including, but not limited to, a hospital, pharmacy, medical clinic, laboratory, physician or dental office, veterinary clinic, or blood bank; or
- E. engaged in work, whether at the workplace or performing work off-site, when interacting in-person with any member of the public, working in any space visited by members of the public, working in any space where food is prepared or packaged for sale or distribution to others, working in or walking through common areas, or in any room or enclosed area where other people, except for members of the person’s own household or residence, are present when unable to physically distance.

Section 3: Exceptions to Face Covering Requirement

- A. The following are exceptions to the face covering requirement in Section 2:
 - i. Individuals who cannot wear a mask due to a medical condition, including those with respiratory issues that impede breathing, mental health condition, or disability;

- ii. Individuals for whom wearing a mask while working would create an unsafe condition in which to operate equipment or execute a task as determined by local, state, or federal regulators or workplace safety guidelines;
 - iii. Individuals who would be unable to remove a mask without assistance;
 - iv. Individuals who are under two years of age;
 - v. Individuals who are communicating or seeking to communicate with someone who is hearing-impaired or has another disability, where the ability to see the mouth is essential for communication;
- B. Individuals are not required to show documentation that an exception applies.

Section 4: Prior Orders

This Order is intended to be read in concert with my Order Relating to Public Health Safety Measures for Businesses Permitted to Maintain In-person Operations, dated April 15, 2020, and with the Governor's and my Orders for the Continued Reopening of the Commonwealth, dated May 27, 2020.

Section 5: Effective Date

This Order is effective immediately and will remain in effect until further notice.



Rachel Levine, MD
Secretary of Health

Coronavirus Disease 2019 (COVID-19)

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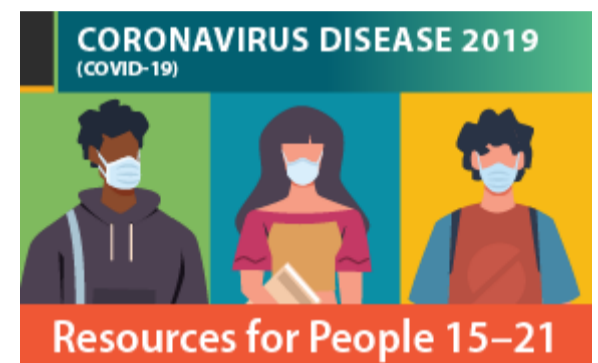
Considerations for Youth Sports

Updated May 29, 2020

[Print](#)

As some communities in the United States begin to start youth sports activities again, the Centers for Disease Control and Prevention (CDC) offers the following considerations for ways in which youth sports organizations can protect players, families, and communities and slow the spread of the Coronavirus Disease 2019 (COVID-19). Administrators of youth sports organizations can consult with [state and local health officials](#) to determine if and how to put into place these considerations.

Each community may need to make adjustments to meet its unique needs and circumstances. Implementation should be guided by what is practical, acceptable, and tailored to the needs of each community. These considerations are meant to supplement – **not replace** – any state, local, territorial, or tribal health and safety laws, rules, and regulations with which youth sports organizations must comply.



Guiding Principles to Keep in Mind

There are a number of actions youth sports organizations can take to help lower the risk of COVID-19 exposure and reduce the spread during competition and practice. The more people a child or coach interacts with, the closer the physical interaction, the more sharing of equipment there is by multiple players, and the longer that interaction, the higher the risk of COVID-19 spread. Therefore, risk of COVID-19 spread can be different, depending on the type of activity. The risk of COVID-19 spread increases in youth sports settings as follows:

- **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.

If organizations are not able to keep in place safety measures during competition (for example, maintaining social distancing by keeping children six feet apart at all times), they may consider dropping down a level and limiting participation to within-team competition only (for example, scrimmages between members of the same team) or team-based practices only. Similarly, if organizations are unable to put in place safety measures during team-based activities, they may choose individual or at-home activities, especially if any members of the team are at [high-risk for severe illness](#).

Assessing Risk

The way sports are played, and the way equipment is shared can influence the spread of COVID-19 among players. When you are assessing the risk of spread in your sport, consider:

- **Physical closeness of players, and the length of time that players are close to each other or to staff.** Sports that require frequent closeness between players may make it more difficult to maintain social distancing, compared to sports where players are not close to each other. For close-contact sports (e.g., wrestling, basketball), play may be modified to safely increase distance between players.
 - For example, players and coaches can:
 - focus on individual skill building versus competition;
 - limit the time players spend close to others by playing full contact only in game-time situations;
 - decrease the number of competitions during a season

- decrease the number of competitions during a season.




Coaches can also modify practices so players work on individual skills, rather than on competition. Coaches may also put players into small groups (cohorts) that remain together and work through stations, rather than switching groups or mixing groups.

- **Amount of necessary touching of shared equipment and gear (e.g., protective gear, balls, bats, racquets, mats, or water bottles).** It is also possible that a person can get COVID-19 by touching a surface or object that has the virus on it, and then touching their own mouth, nose, or eyes. Minimize equipment sharing, and clean and disinfect shared equipment between use by different people to reduce the risk of COVID-19 spread.
- **Ability to engage in social distancing while not actively engaged in play (e.g., during practice, on the sideline, or in the dugout).** During times when players are not actively participating in practice or competition, attention should be given to maintaining [social distancing](#) by increasing space between players on the sideline, dugout, or bench. Additionally, coaches can encourage athletes to use downtime for individual skill-building work or cardiovascular conditioning, rather than staying clustered together.
- **Age of the player.** Older youth might be better able to follow directions for social distancing and take other protective actions like not sharing water bottles. If feasible, a coach, parent, or other caregiver can assist with making sure that athletes maintain proper social distancing. For younger athletes, youth sports programs may ask parents or other household members to monitor their children and make sure that they follow social distancing and take other protective actions (e.g., younger children could sit with parents or caregivers, instead of in a dugout or group area).
- **Players at higher risk of developing serious disease.** Parents and coaches should assess level of risk based on individual players on the team who may be at [higher risk for severe illness](#), such as children who may have asthma, diabetes, or other health problems.
- **Size of the team.** Sports with a large number of players on a team may increase the likelihood of spread, compared to sports with fewer team members. Consider decreasing team sizes, as feasible.
- **Nonessential visitors, spectators, volunteers.** Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations.
- **Travel outside of the local community.** [Traveling](#) outside of the local community may increase the chances of exposing players, coaches, and fans to COVID-19, or unknowingly spreading it to others. This is the case particularly if a team from an area with high levels of COVID-19 competes with a team from an area with low levels of the virus. Youth sports teams should consider competing only against teams in their local area (e.g., neighborhood, town, or community).

Promoting Behaviors that Reduce Spread


Youth sports organizations may consider implementing several strategies to encourage behaviors that reduce the spread of COVID-19.

- **Staying Home when Appropriate**
 - Educate staff and player families about when they should stay home and when they can return to activity
 - Actively encourage sick staff, families, and players to stay home. Develop policies that encourage sick employees to stay at home without fear of reprisal, and ensure employees aware of these policies.
 - [Individuals, including coaches, players, and families, should stay home](#) if they have tested positive for or are showing COVID-19 [symptoms](#).
 - Individuals, including coaches, players, and families, who have recently had a [close contact](#) with a person with COVID-19 should also [stay home and monitor their health](#).
 - CDC's criteria can help inform return to work/school policies:
 - [If they have been sick with COVID-19](#)
 - [If they have recently had a close contact with a person with COVID-19](#)
- **Hand Hygiene and Respiratory Etiquette**
 - Teach and reinforce [handwashing](#) with soap and water for at least 20 seconds
 - If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used (for staff and older children who can safely use hand sanitizer).
 - Do not allow spitting and encourage everyone to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.
 - If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used.
- **Cloth Face Coverings**

- Teach and reinforce the use of [cloth face coverings](#). Face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease). Face coverings may be challenging for players (especially younger players) to wear while playing sports. Face coverings should be worn by coaches, youth sports staff, officials, parents, and spectators as much as possible.
- Wearing cloth face coverings is most important when physical distancing is difficult.
- People wearing face coverings should be reminded to not touch the face covering and to [wash their hands](#) frequently. Information should be provided to all participants on the [proper use, removal, and washing of cloth face coverings](#).
 - Note: Cloth face coverings should **not** be placed on:
 - Babies and children younger than 2 years old;
 - Anyone who has trouble breathing or is unconscious;
 - Anyone who is incapacitated or otherwise unable to remove the cloth face covering without assistance.
- **Adequate Supplies**
 - If hand washing facilities are available, support healthy hygiene by providing supplies including soap, paper towels, tissues, and no-touch/foot pedal trash cans. If hand washing facilities are not available, provide hand sanitizer with at least 60% alcohol (for coaches, staff and older players who can safely use hand sanitizer).
- **Signs and Messages**
 - Post signs in highly visible locations (e.g., at entrances and exits, and in restrooms) that [promote everyday protective measures](#)  and describe how to [stop the spread](#)  of germs such as by [properly washing hands](#) and [properly wearing a cloth face covering](#) .
 - Broadcast [regular announcements on public announcement \(PA\) system](#)
 - Include COVID-19 prevention messages (for example, [videos](#)) about behaviors that prevent spread of COVID-19 when communicating with staff, volunteers, officials, and families. This could include links, videos, and prevention messages in emails, on organization websites, and through the team and league's [social media accounts](#).
 - Find freely available CDC print and digital resources on [CDC's communication resources](#) main page.

Maintaining Healthy Environments

Youth sports organizations may consider implementing several strategies to maintain healthy environments.

- **Cleaning and Disinfection**
 - [Clean and disinfect](#) frequently touched surfaces on the field, court, or play surface (e.g., drinking fountains) at least daily, or between uses as much as possible. Use of shared objects and equipment (e.g., balls, bats, gymnastics equipment) should be limited, or cleaned between use by each individual if possible.
 - Develop a schedule for increased, routine cleaning and disinfection.
 - Ensure [safe and correct use](#) and storage of disinfectants, including storing products securely away from children. Use products that meet [EPA disinfection criteria](#) .
 - Identify an adult staff member or volunteer to ensure proper cleaning and disinfection of objects and equipment, particularly for any shared equipment or frequently touched surfaces.
 - Cleaning products should not be used near children, and staff should ensure that there is adequate ventilation when using these products to prevent children or themselves from inhaling toxic fumes.
 - Use gloves when removing garbage bags or handling and disposing of trash. [Wash hands after removing gloves](#).
- **Shared Objects**
 - Discourage sharing of items that are difficult to clean, sanitize, or disinfect. Do not let players share towels, clothing, or other items they use to wipe their faces or hands.
 - Make sure there are adequate supplies of shared items to minimize sharing of equipment to the extent possible (e.g., protective gear, balls, bats, water bottles); otherwise, limit use of supplies and equipment to one group of players at a time and clean and disinfect between use.
 - Keep each player's belongings separated from others' and in individually labeled containers, bags, or areas.
 - If food is offered at any event, have pre-packaged boxes or bags for each attendee instead of a buffet or family-style meal. Avoid sharing food and utensils. Offer hand sanitizer or encourage hand washing.
- **Ventilation**

- If playing inside, ensure ventilation systems or fans operate properly. Increase circulation of outdoor air as much as possible, for example by opening windows and doors. Do not open windows and doors if doing so poses a safety or health risk (e.g., risk of falling or triggering asthma symptoms) to players or others using the facility.
- **Water Systems**
 - To minimize the risk of [Legionnaires' disease](#) and other diseases associated with water, [take steps](#) to ensure that all water systems and features (e.g., drinking fountains, decorative fountains) are safe to use after a prolonged facility shutdown. Drinking fountains should be cleaned and disinfected but encourage staff and players to bring their own water to minimize touching water fountains.
- **Modified Layouts and Social (Physical) Distancing**
 - Identify adult staff members or volunteers to help maintain [social distancing](#) among youth, coaches, umpires/referees, and spectators (if state and local directives allow for spectators).
 - Space players at least 6 feet apart on the field while participating in the sport (e.g., during warmup, skill building activities, simulation drills)
 - Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.
 - Prioritize outdoor, as opposed to indoor, practice and play as much as possible.
 - Create distance between players when explaining drills or the rules of the game.
 - If keeping physical distance is difficult with players in competition or group practice, consider relying on individual skill work and drills.
 - Encourage players to wait in their cars with guardians until just before the beginning of a practice, warm-up, or game, instead of forming a group.
 - Limit the use of carpools or van pools. When riding in an automobile to a sports event, encourage players to ride to the sports event with persons living in their same household.
 - If practices or competition facilities must be shared, consider increasing the amount of time between practices and competitions to allow for one group to leave before another group enters the facility. If possible, allow time for cleaning and/or disinfecting.
- **Physical Barriers and Guides**
 - Provide physical guides, such as signs and tape on floors or playing fields, to make sure that coaches and players remain at least 6 feet apart.
- **Communal Spaces**
 - Close shared spaces such as locker rooms, if possible; otherwise, stagger use and [clean and disinfect](#) between use.
 - Limit the number of players sitting in confined player seating areas (e.g., dugouts) by allowing players to spread out into spectator areas if more space is available (e.g., if spectators are not allowed).

Maintaining Healthy Operations

Youth sports organizations may consider implementing several strategies to maintain healthy operations.

- **Protections for Staff and Players at Higher Risk for Severe Illness from COVID-19**
 - Offer options for individuals at [higher risk of severe illness from COVID-19](#) that limit exposure risk (such as virtual coaching and in-home drills).
 - Limit youth sports participation to staff and youth who live in the local geographic area (e.g., community, city, town, or county) to reduce risk of spread from areas with higher levels of COVID-19.
- **Regulatory Awareness**
 - Be aware of state or local regulatory agency policies related to group gatherings to determine if events can be held.
- **Identifying Small Groups and Keeping them Together (Cohorting)**
 - Keep players together in small groups with dedicated coaches or staff, and make sure that each group of players and coach avoid mixing with other groups as much as possible. Teams might consider having the same group of players stay with the same coach or having the same group of players rotate among coaches.
 - Consider staging within-team scrimmages instead of playing games with other teams to minimize exposure among players and teams.
- **Staggered Scheduling**
 - Stagger arrival and drop-off times or locations by cohort (group) or put in place other protocols to limit contact between groups and with guardians as much as possible. One example is increasing the amount of time between

practices and competitions to allow for one group to depart before another group enters the facility. This also allows for more time to clean the facility between uses.

- When possible, use flexible worksites (e.g., telework) and flexible work hours (e.g., staggered shifts) to help establish policies and practices for social distancing (maintaining a distance of approximately 6 feet) between employees and others, especially if social distancing is recommended by state and local health authorities.
- **Gatherings, Spectators, and Travel**
 - Avoid group events, such as games, competitions, or social gatherings, where spacing of at least 6 feet between people cannot be maintained.
 - Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations as much as possible – especially with individuals not from the local geographic area (e.g., community, town, city, or county).
 - Avoid activities and events such as off-site competitions or excursions (e.g., watching a professional team compete).
- **Designated COVID-19 Point of Contact**
 - Designate a youth sports program staff person to be responsible for responding to COVID-19 concerns. All coaches, staff, officials, and families should know who this person is and how to contact them.
- **Communication Systems**
 - Put systems in place for:
 - Consistent with applicable law and privacy policies, having coaches, staff, umpires/officials, and families of players (as feasible) self-report to the youth sports organization if they have [symptoms](#) of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance with [health information sharing regulations for COVID-19](#) [↗](#) (e.g. see “Notify Health Officials and Close Contacts” in the **Preparing for When Someone Gets Sick** section below), and other applicable laws and regulations.
 - Notifying staff, officials, families, and the public of youth sports facility closures and restrictions in place to limit COVID-19 exposure (e.g., limited hours of operation).
- **Leave (Time Off) Policies**
 - Implement flexible sick leave policies and practices for coaches, officials, and staff that enable employees to stay home when they are sick, have been exposed, or [caring for someone who is sick](#).
 - Examine and revise policies for leave, telework, and employee compensation.
 - Leave policies should be flexible and not be punitive to people for taking time off and should allow sick employees to stay home and away from co-workers. Leave policies should also account for employees who need to stay home with their children if there are school or childcare closures, or to care for sick family members.
 - Develop policies for return-to-play after COVID-19 illness. CDC’s criteria to [discontinue home isolation and quarantine](#) can inform these policies.
- **Back-up Staffing Plan**
 - Monitor absenteeism of coaches and officials, cross-train staff, and create a roster of trained back-up personnel.
- **Coach and Staff Training**
 - Train coaches, officials, and staff on all safety protocols.
 - Conduct training virtually, or ensure that [social distancing](#) is maintained during training.
- **Recognize Signs and Symptoms**
 - If feasible, conduct daily health checks (e.g., [symptom checking](#)) of coaches, officials, staff, and players safely and respectfully, and in accordance with any applicable privacy and confidentiality laws and regulations.
 - Youth sports program administrators may use examples of screening methods found in CDC’s supplemental [Guidance for Child Care Programs that Remain Open](#) as a guide for screening children, and CDC’s [General Business FAQs](#) for screening staff.
- **Sharing Facilities**
 - Encourage any organizations that share or use the youth sports facilities to also follow these considerations.
- **Support Coping and Resilience**
 - Encourage employees to take breaks from watching, reading, or listening to news stories, including social media if they are feeling overwhelmed or distressed.
 - Promote healthy eating, exercising, getting sleep, and finding time to unwind.
 - Encourage employees to talk with people they trust about their concerns and how they are feeling.
 - Consider posting signs for the national distress hotline: 1-800-985-5800, or text TalkWithUs to 66746

- Consider posting signs for the national distress hotline, 1-800-965-5990, or text TALKWITHUS to 68746.

Preparing for When Someone Gets Sick

Youth sports organizations may consider implementing several strategies to prepare for when someone gets sick.

- **Advise Sick Individuals of Home Isolation Criteria**
 - Sick coaches, staff members, umpires/officials, or players should not return until they have met CDC's [criteria to discontinue home isolation](#).
- **Isolate and Transport Those Who are Sick**
 - Make sure that coaches, staff, officials, players, and families know that sick individuals should not attend the youth sports activity, and that they should notify youth sports officials (e.g., the COVID-19 point of contact) if they (staff) or their child (families) become sick with COVID-19 [symptoms](#), test positive for COVID-19, or have been [exposed](#) to someone with COVID-19 symptoms or a confirmed or suspected case.
 - Immediately separate coaches, staff, officials, and players with COVID-19 [symptoms](#) (i.e., fever, cough, shortness of breath) at any youth sports activity. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow [CDC guidance for caring for oneself and others](#) who are sick. Individuals who have had [close contact](#) with a person who has [symptoms](#) should be separated and sent home as well, and follow [CDC guidance for community-related exposure](#) (see "Notify Health Officials and Close Contacts" below). If symptoms develop, individuals and families should follow [CDC guidance for caring for oneself and others](#) who are sick.
 - Establish procedures for safely transporting anyone who is sick to their home or to a healthcare facility. If you are calling an ambulance or bringing someone to the hospital, try to call first to alert them that the person may have COVID-19.
- **Clean and Disinfect**
 - Close off areas used by a sick person and do not use these areas until after [cleaning and disinfecting](#) them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).
 - Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure [safe and correct use](#) and storage of [cleaning](#) [☑](#) and disinfection products, including storing them securely away from children.
- **Notify Health Officials and Close Contacts**
 - In accordance with state and local privacy and confidentiality laws and regulations, youth sports organizations should notify [local health officials](#), youth sports program staff, umpires/officials, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the [Americans with Disabilities Act \(ADA\)](#) [☑](#) and other applicable laws and regulations.
 - Work with [local health officials](#) to develop a reporting system (e.g., letter) youth sports organizations can use to notify health officials and close contacts of cases of COVID-19.
 - Advise those who have had [close contact](#) with a person diagnosed with COVID-19 to stay home and [self-monitor for symptoms](#), and to follow [CDC guidance](#) if symptoms develop.

Communication Resources



Assess Your Risk (Graphic)
Game plan on to how reduce risk while playing sports [Download](#) [\[IMAGE - 425 KB\]](#)



Letter Template for Sports Administrators and Coaches
Send out a customized letter to parents to inform them about steps taken to protect players. [Download](#) [\[DOC - 65 KB\]](#)



Sports Banner (6'X3')
Educate players on how to stay staff on and off the field [Download](#) [\[PDF - 408 KB\]](#)

Other Resources

[Latest COVID-19 Information](#)

[Face Coverings](#)

[Cleaning and Disinfection](#)

[Social Distancing](#)

[Guidance for Businesses and Employers](#)

[COVID-19 Frequently Asked Questions](#)

[Guidance for Park Administrators and Visitors \(including for aquatic venues\)](#)

[Persons at Higher Risk](#)

[Guidance for Schools and Childcare Centers](#)

[Managing Stress and Coping](#)

[Guidance for Park Administrators](#)

[HIPAA and COVID-19](#) 

[COVID-19 Prevention](#)

[CDC communication resources](#)

[Handwashing Information](#)

[Community Mitigation](#)

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