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
- 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 6 feet at games or competitions. Limit nonessential visitors, spectators, and volunteers.

Lower Risk
Skill-building drills at home

Within-team competition

Full competition from different areas

Higher risk

at least 6 feet

GO TEAM!

cdc.gov/coronavirus