

# Playing sports during COVID-19

*Tips to help keep you and your teammates COVID-free.*

## Stay home if you're sick...seriously.



- Stay home from practice or a game if you feel sick, have symptoms or have been with someone who has tested positive for COVID-19.
- Tell a coach or staff member if you don't feel well during your practice or game.

## Play sports outdoors whenever possible.



### Plan ahead.

Bring your own supplies:

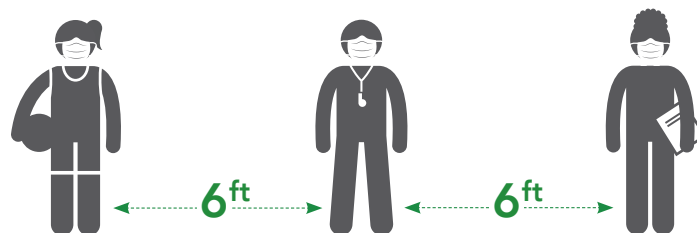


- Masks.
- Equipment.
- Hand sanitizer.
- Water.
- Sunscreen.



### Wear a mask when:

- Walking to and from the playing area.
- You are near players who are shouting or chanting.
- You are on the bus or lightrail on your way to where you are playing.
- It is not possible for you to stay 6 feet away from others.



## Stay 6 feet away from other players, officials and coaches:

- Wait in the car or away from playing area until it's time to warm up.
- Keep your distance while on the sidelines, dugout or bench.
- Avoid high fives, handshakes, fist bumps and hugs. Try elbow bumps or air fives.
- Avoid gathering in the parking lot of the field before or after games.

# More tips to help keep you COVID-free

Wash your hands for at least **20 seconds** before and after you play.

Don't have water or soap? Use hand sanitizer with 60% alcohol.



## Be kind. But don't share:

- Equipment (gloves, bats, balls, etc.).
- Clothing.
- Towels or items to wipe your face.
- Food.
- Coolers.
- Utensils.
- Water bottles or cups. Avoid drinking fountains.
- Don't spit.
- Cover your cough and sneezes with a tissue or inside of your elbow.

## A note for parents and guardians:

- Make sure the league/team has steps in place to prevent the spread of COVID-19.
- If your child has an increased risk for severe illness or has existing health conditions, take extra precautions or choose individual or at-home activities.

## What's the risk?

The risk of COVID-19 spread can be different, depending on the type of activity:



Skill-building drills at home.

Team practice.

Within-team competition.

Competition with teams from your area.

Competition with teams from different areas.