UNDERSTANDING RISK RELATED TO COVID-19 AND YOUTH SPORTS

**Lower Risk**

- **Type of Sport**: Individual sports that allow for 6-8 feet between other competitors
- **Sports Equipment**: Sports where athletes do not share equipment
- **Duration of Contact**: Less than 10-15 minutes
- **Type of Venue**: Outdoor spaces, especially if large enough for physical distancing
- **Number of Athletes**: Small teams, or groups less than 10 people, with no mixing of athletes
- **Travel**: Playing within team or staying in local community for games
- **Cloth Face Coverings**: Cloth face coverings at all times
- **Adherence**: Teams, spectators and officials follow safety rules

**Higher Risk**

- **Sports with frequent close contact**
- **Sports which have shared equipment among athletes**
- **Longer than 15 minutes**
- **Indoor spaces especially if smaller, crowded and poorly ventilated**
- **Large group events with many teams mixing play**
- **Traveling and playing outside your community**
- **No cloth face coverings**
- **Teams, spectators and officials do not follow safety rules**

**Note**: Organized sports or sporting events should only occur if permitted by local/state government.

Participating in youth sports can be very good for mental and physical health. However, it is important to know the risks of COVID-19 infection related to sports so you can make decisions that are best for your family.