

# SPORTS AND TEAMS

## Guidelines and Recommendations for COVID-19 Response



As we continue our COVID-19 response, it's important to implement precautions as sports and teams reconvene.

### RISK LEVELS

#### What is considered a low, medium, and high-risk sport?

**High-risk sports** are sports that involve close, sustained contact between individuals, lack significant protective barriers, and have a high probability that respiratory particles will be transmitted between individuals. Examples: Rugby, boxing, judo, karate, taekwondo, wrestling, pair figure skating, ice dancing, football, lacrosse, hockey, group dance, group cheer, soccer, basketball.

**Medium-risk sports** are sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants or intermittent close contact or group sports or sports that use equipment that can't be cleaned between participants. Examples: Multi-person kayaking, multi-person canoeing, water polo, group gymnastics, doubles tennis, swimming relays, cycling in a group, running in a close group, volleyball, baseball/softball, short track, ultimate Frisbee.

**Low-risk sports** are sports that, without modification, are played individually or played with physical distancing and where there is no to minimal sharing of equipment or the ability to clean the equipment between use is available. Examples: Archery, shooting/clay target, individual running events, individual cycling events, individual swimming, diving, individual gymnastics, individual canoeing/kayaking, individual rowing, equestrian jumping, golf, skateboarding, weightlifting, alpine skiing, nordic skiing, snowboarding, singles figure skating, singles tennis, individual dance, pole vault, high jump, long jump, marathon, triathlon, cross country, track and field, disc golf, badminton, bowling.

### RISK REDUCTION

#### What measures can we take to reduce risk?

- **Consider postponing or significantly altering the structure of high-risk sports at this time.**
- **Minimize equipment sharing**, and clean and disinfect shared equipment between use by different people to reduce the risk of COVID-19 spread.
- **Do not let players share** towels, clothing, or other items they use to wipe their faces or hands.
- **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.

- Actively encourage **sick** staff, families, and players to **stay home**.
- We encourage you to **play outside** as much as possible.
- 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.
- **Do not allow spitting** and encourage everyone to **cover their coughs and sneezes** with a tissue or inside elbow.
- **Do not allow physical contact** such as high fives, handshakes, fist bumps, or hugs.
- **Limit the number of players sitting in confined seating** areas (e.g., dugouts) by allowing players to spread out.
- **Younger children could sit with parents or caregivers**, instead of in a dugout or group area.
- **Identify adult staff members or volunteers to help maintain physical distancing** among youth, coaches, and spectators.
- **Space players at least 6ft apart** on the field while participating in the sport (e.g., during warmup, skill building activities, simulation drills).
- **Provide physical guides**, such as signs and tape on floors or playing fields, to make sure that coaches and players remain at least 6ft apart.
- **Wash hands after play**: If soap and water are not readily available, use alcohol-based hand sanitizer.
- If possible, **close shared spaces like locker rooms**, otherwise, stagger use and clean and disinfect between use.

## PLAYERS, FAMILIES, AND COACHES: COVID-19 SYMPTOMS, EXPOSURE, AND POSITIVE TESTS

### Symptoms

Some people may be asymptomatic and others may experience mild to severe symptoms. Symptoms may appear 2-14 days after exposure to the virus. Below is a list of symptoms for COVID-19:

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

### I Was Exposed to Someone with COVID-19

First, you generally need to be in close contact with someone with COVID-19 to get infected. Close contact includes scenarios like living with or caring for a person with confirmed COVID-19, being within six feet of a person with confirmed COVID-19 for about 15 minutes, or if someone with COVID-19 coughed, kissed, or shared utensils with you.

- *I had close contact with someone with COVID-19 but am not sick*
  - Monitor your health for fever, cough, and shortness of breath for 14 days after your last contact with the sick person.
  - Stay home; do not go to work, school, or childcare. Avoid public places for 14 days.
  - Except for health care personnel, home quarantine for a period of 14 days from the date of last contact or exposure with the ill individual is required.
  - Consider being tested for COVID-19. Some people have the virus but don't have symptoms, so the only way to know is to test. **Even if you have a negative test, you still need to stay home for 14 days.**

- *I had close contact with someone who has COVID-19 and am sick*
  - If you are sick with COVID-19 symptoms, even if your symptoms are mild, isolate yourself.
  - You should be tested. Call your health care provider and tell them you have symptoms of COVID-19 and were exposed to someone with a positive test. If you aren't able to get tested by your health care provider or don't have a health care provider, you should go to a community testing event, if available.
  - Stay home while you are waiting for your test results. **Even if you have a negative test, you still need to stay home for 14 days.**
- *Someone in my home is sick from COVID-19*
  - The sick person should be in their own room and have their own bathroom, if possible. They should have the door closed, and food and other needs should be left outside their door for them to pick up.
  - The CDC has additional guidance for how to clean and disinfect your home if someone is sick, including how to clean surfaces, linens, dishes, and trash.
  - The CDC also has information about how to minimize risk if you live in a house with close quarters (e.g., small apartment with more than one person or a house with multiple generations).

### I Tested Positive for COVID-19

- Restrict activities outside your home, except for getting medical care.
- Separate yourself from other people and animals in your home as much as possible.
- Do not go to work, school or public areas.
- Avoid using public transportation, taxis, or ride-share.
- Monitor your symptoms and call before visiting your doctor. If you have an appointment, be sure you tell them you have or may have COVID-19.
- Tell your employer, school, or child care center about your diagnosis.
- If you have to be around other people or pets, such as sharing a room or vehicle, or before entering a healthcare provider's office, wear a face covering or mask
- If you can't wear a mask because it's hard for you to breathe while wearing one, then keep people who live with you out of your room, and have them wear a mask if they come in your room.
- Cover coughs and sneezes. Wash hands thoroughly afterwards. Soap and water is best.
- Avoid sharing personal household items like dishes and glasses, or bedding.
- Wash your hands often with soap and water for 20 seconds. If you can't wash your hands, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Rub hands together until dry.
- Clean "high touch" surfaces every day (e.g. counters, tables, doorknobs, bathroom fixtures, phones, etc)
- Use a household cleaning product to clean, following the manufacturer's recommendations.
- If you are having a medical emergency, call 911. Notify dispatch that you have or may have COVID-19.
- Public Health will tell you when to stop isolating. In general, people can stop isolating 10 days after their symptoms started if they have been fever-free for at least 24 hours and their symptoms are improving. The last day for isolation for someone who *never* had symptoms is 10 days after their positive test.

### I Have COVID-19 Symptoms, but I Don't Think I've Been Around Anyone with COVID-19

- Check the list on page 2, if you have these symptoms, call your health care provider to request testing or get tested at a community testing site. Stay home while you wait for your test results.
- Cover coughs and sneezes. Do not share personal household items. Clean your hands often. Clean all "high-touch" surfaces like doorknobs often.
- Monitor your symptoms and call your health care provider if symptoms worsen.