SAFETY CHECKLIST FOR SPORTS PARTICIPATION DURING COVID-19
BEFORE THE SPORTS SEASON STARTS - ATHLETES SHOULD:
<ul> <li>Verify return to sports and recreation are approved by your local and state government</li> <li>Understand the new safety rules and expectations</li> <li>Have own cloth face covering, hand sanitizer, towel, water bottle, and tissues labeled with name</li> <li>Ensure sports physical is current before participating</li> </ul>
PRIOR TO PRACTICE OR GAMES - ATHLETES SHOULD:
<ul> <li>Stay home from practice or game if sick or have a fever</li> <li>Wash hands and/or use hand sanitizer before arriving</li> <li>Bring labeled (with name) personal sports equipment, water bottle, towel, tissues, hand sanitizer, and cloth face covering</li> <li>Stay in car or assigned school location until the coach is ready to start practice</li> <li>Avoid gathering in groups before practice, maintain physical distance and wear a cloth face covering</li> </ul>
DURING SPORTS PRACTICE OR GAMES - ATHLETES SHOULD:
<ul> <li>Whenever possible, maintain 6-8 feet physical distance during drills and conditioning</li> <li>Whenever safe and possible, athletes should wear a cloth face covering. Especially on sideline, in dugouts, and during team chats. Exceptions include:         <ul> <li>active exercise</li> <li>water sports</li> <li>sports where face coverings could get caught on equipment or accidentally cover eyes</li> </ul> </li> <li>Avoid these behaviors:         <ul> <li>huddles, high-fives, fist bumps, handshakes, etc</li> <li>sharing food or drink with teammates</li> <li>cheering, chanting, or singing when closer than 6-8 feet from others</li> <li>spitting or blowing nose without tissue</li> </ul> </li> <li>Store personal equipment 6-8 feet away from other teammates' equipment</li> <li>Minimize sharing sports equipment when possible</li> <li>Sanitize hands before and after using shared equipment (balls, bats, sticks, etc)</li> <li>Tell a coach if you are not feeling well and leave practice or game with parent or caregiver</li> </ul>
AFTER SPORTS PRACTICE OR GAME - ATHLETES SHOULD:
Sanitize or wash hands

- Wash cloth face covering, towel and practice clothes or uniform
- Clean personal sports equipment and water bottle



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