There are a number of actions youth sports organizations can take to help lower the risk of COVID-19 exposure and reduce the spread during competition and practice.

**Emphasize Skill Building**
Limit physical interaction by encouraging skill building drills. Offer activities athletes can do on their own or with family at home to enhance their training.

**Limit Shared Equipment**
Minimize shared equipment and clean and disinfect shared equipment between different people.

**Create Cohorts**
Coaches may put players into small groups (cohorts) that remain together rather than switching or mixing groups.

**Be Diligent During Downtime**
Increase space between players on the sideline, dugout, or bench.

**Consider Age**
Older youth might be better able to follow directions for social distancing and take other protective actions like not sharing water bottles.

**Watch Who's Watching**
Limit any non-essential visitors, spectators, volunteers and activities involving external groups or organizations. Discourage anyone outside Mesa County from attending.

**Always be the Home Team**
Traveling outside the local community may increase the chances of exposing players, coaches, and fans to COVID-19, or unknowingly spreading it to others.

**Stagger Schedules**
Consider options in scheduling to reduce the number of people at a location or facility at one time. For example instead of 4 games starting at one time consider start times on the quarter hour so arrival and departures are not crowded.

**Source**
Mesa County Public Health (health.mesacounty.us) Centers for Disease Control and Prevention (cdc.gov)