Best Practices for Youth Sports under COVID-19

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.

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

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)
Best Practices for Track Sports under COVID-19

Wait to Participate
If you are sick, please stay home.
If you have symptoms of any illness, contact your health care provider about being screened for COVID-19.

Limit Shared Equipment
Suspend the use of shared or loaner helmets, ask riders to bring their own and encourage riders to wear gloves.

Encourage Physical Distancing
Place markers on starting blocks, waiting decks and other areas, indicating where to stand to maintain distance of 6 feet between people at all times.

Celebrate Differently
Refrain from handshaking and high fives, encourage fist bumps as a way to say great job, instead.

Encourage Hand Washing
Install portable hand sanitizing stations and/or hand washing stations.

Stagger Schedules
Consider options in scheduling to reduce the number of people at a location or facility at one time.

Ensure Crowd Control
Limit any non-essential visitors, spectators, volunteers and activities involving external groups or organizations.
Discourage anyone outside Mesa County from attending.

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