

Best Practices for Youth Sports under COVID-19

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

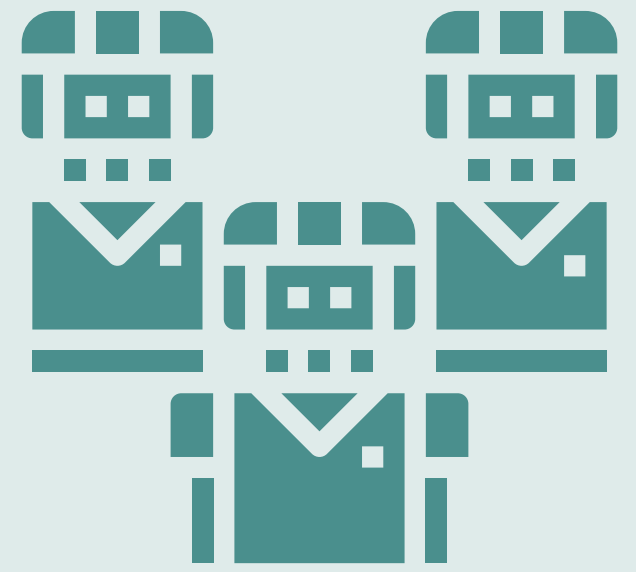
Limit physical interaction by encouraging skill building drills.

Offer activities athletes can do on their own or with family at home to enhance their training.



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.

Best Practices for Track Sports under COVID-19

When we come together for a competition, even when the participants are individuals, not teams, there is a risk for transmission of illness.

These best practices can help outline how you can safely enjoy BMX and other racing venues.

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.



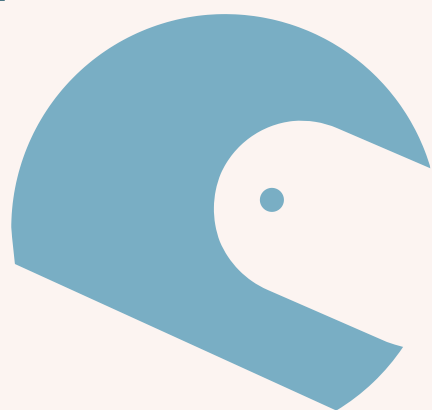
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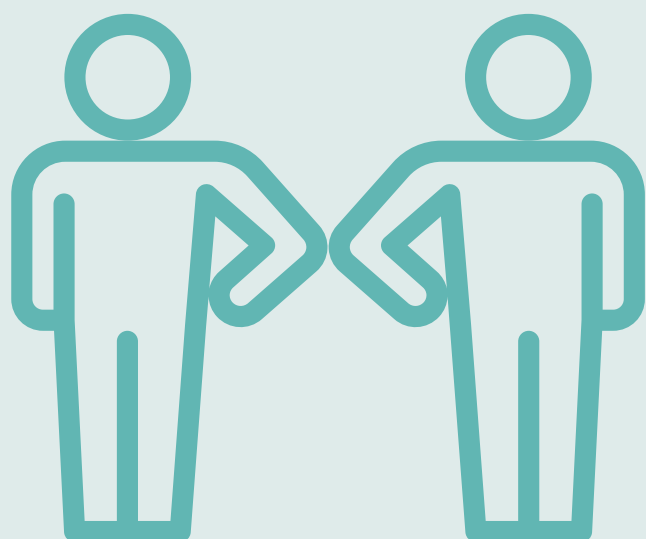
Limit Shared Equipment

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



Celebrate Differently

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



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.



Ensure Crowd Control

Limit any non-essential visitors, spectators, volunteers and activities involving external groups or organizations.



Discourage anyone outside Mesa County from attending.



Encourage Hand Washing

Install portable hand sanitizing stations and/or hand washing stations.