

GUIDANCE FOR SPORTS AND PHYSICAL ACTIVITIES

According to the CDC, sports that require physical contact or close interaction, are played indoors, and share equipment may pose a greater risk for COVID-19 infection or transmission. More frequent, longer and closer interactions equal higher risk. Coaches should adhere to strict precautions to not only mitigate the potential spread of COVID-19 but limit their players' risk of a potential quarantine that would remove them completely from the competition setting for 14 days.

Parents should note that the update guidance provided to schools on modified quarantine does not apply to extracurricular activities such as youth sports. Should a student athlete be exposed to COVID-19, they will be quarantined from practice and the competition setting.

Screen each team member at the beginning of each practice and before each game for fever and other COVID-19 symptoms. Any individual with a temperature of 100.4 degrees or higher, or any COVID-19 symptoms should be sent home and they should seek testing.

Symptoms of COVID-19 include:

- Fever or chills
- Cough
- Shortness of breath
- Difficulty breathing
- New loss of taste or smell
- Headache
- Fatigue
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



All coaches, athletes and student trainers who are symptomatic must self-isolate and if possible seek antigen testing (such as in the school setting) immediately. Symptomatic individuals from private teams or league play should contact their PCP to arrange testing at the earliest convenience.

- This includes among players when they are not actively engaged in play. Space chairs on the sidelines six feet apart for players who are not in the game.



If physical distancing is not possible (i.e. contact sports) then all players will be considered close contacts if a player tests positive for COVID-19 and all players will have to quarantine for 14 days. Close contact is defined as closer than 6 feet for more than 15 minutes (cumulatively) OR any physical contact for any length of time.

- The CDC recommends non-contact skill-building drills and conditioning to allow for physical distancing
- Examples of non-contact skill-building drills include: One on One coaching, running drills, rebounding drills etc.

Further minimize player contact by eliminating actions such as handshakes, high fives, and team huddles.



Consider shortening game times and modifying gameplay to minimize contact.

Face coverings must be worn by all spectators over the age of 11, according to current City of Springfield Code, Chapter 58, Article XIII, Section 58-1102

- **Yelling can increase the spread of COVID-19, so it is highly recommended that staff and coaches not remove their mask when projecting their voice. When not actively coaching, coaches should be a role model and demonstrate to players proper mask wearing.**



Require players to wear face covering while not actively playing (i.e.: on the sideline; during halftime, etc.)

Hand sanitizer should be widely available. Participants, coaches and officials should clean hands frequently.



If the school or organization hosts multiple teams (i.e. freshman, sophomore, junior varsity and varsity) do not intermix members of each team. Keep practice separate and only allow individuals to play in their respective team's games.



Outdoor activities are considered to be lower risk than indoor activities.

Ensure indoor spaces are properly ventilated by reviewing recommendations from the [EPA](#) and [ASHRAE](#).

Water and other drinks should not be shared.

Minimize the sharing of equipment.

When traveling outside of city limits, consider other ordinances and regulations in place in neighboring communities as well as their current case count. More cases and lower restrictions will result in a higher risk of potential exposure.



Avoid playing against teams from communities that do not require quarantine for close contacts of positive individuals. Speak directly with opposing sports team prior to competitions to ensure that other participating students are not ill.

Cancel or postpone all tournaments and other inter-group events that draw lots of crowds from across the region.

Have team members travel to and from away games with members of their own households only.

When bus transportation is required, create a seating chart with six feet of space between individuals. Keep as many windows open to allow for best possible ventilation as weather allows. Require individuals to remain masked during travel.



Avoid use of locker rooms if possible.

Have players wait in car or bus away from the playing area until just before the warm-up period or the beginning of the game.

Have players leave the field or court immediately after games conclude.

Maintain attendance logs of all practices and activities, to assist with contact tracing if needed.

Prohibit food in stands/spectator areas. Consuming food and drink requires removal of face coverings which substantially increases the risk of disease transmission.

BREAKDOWN OF CONTACT SPORTS

Sports can be classified into three categories: high contact, moderate contact, and low contact. More frequent, longer and closer interactions equal greater risk for COVID-19 infection or transmission. Therefore, low contact sports offer a lower risk for disease transmission where high contact sports offer higher risk.



High contact sports include basketball, wrestling, ice hockey, tackle/flag/touch football, martial arts, rugby, water polo, competitive cheerleading and lacrosse.



Moderate contact sports include baseball, softball, dance team, fencing, floor hockey, field hockey, ultimate frisbee, soccer, and volleyball.

Low contact sports include swimming, tennis, gymnastics, water skiing, bicycling, canoeing/kayaking, track and field events, golf, horseback riding, skating (ice, in-line, roller), skateboarding, weight lifting, badminton, bowling, golf, fishing, and riflery.



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