

# COVID-19 Be Informed

## Know Your Athlete's Risk for COVID-19 Exposure During Sport Activities

On a scale of 1 to 5, with 5 being the highest risk, and assuming that athletes are following currently recommended safety protocols including physical distancing, masking and hand hygiene, **how risky is...**

### LOW RISK

1

- At-home skill building drills
- At-home fitness, exercise or conditioning
- Bringing personal water bottle
- Within team, small group practices
- Outdoor, low-contact sports (golf, tennis, etc.)
- Physical distancing, masking and hand hygiene on sidelines/bench
- Non-punitive approach to missing practice/game due to illness

### MODERATE RISK

2

- Within team competition (scrimmage)
- Smaller team size and no contact between groups
- Coaching & medical staff, and 1-2 spectators per athlete with physical distancing, masking and hand hygiene
- Congregating before/after practices or games
- Indoor, low-contact sports (volleyball, etc.)
- Shared equipment and gear with frequent disinfection (i.e. gymnastics)

3

- Shared team locker room
- Outdoor, high-contact sports (soccer, football, lacrosse, etc.)
- Competition within the local community/region

4

- Large team size
- Competition with a team from a different community with higher COVID-19 incidence
- High fives, handshakes, hugs, fist bumps
- Indoor, close-contact sports (wrestling, basketball, etc.)
- Riding team bus without distancing, masking or hand hygiene

5

- Poor respiratory etiquette (not covering coughs/sneezes)
- Sharing a water bottle/water fountain/hoses
- Participation if athlete's household is positive for COVID-19
- Participation while sick or with fever >100°
- Participation while COVID-19 positive

**Recommended safety protocols to lower risk: pre-participation screening process for symptoms; no sharing of water bottles; physical distancing before/sidelines/after/on buses; masking before/after/sidelines/on buses; proper hand hygiene; medical clearance for return to play after COVID-19 illness.**