SAFETY CHECKLIST
FOR SPORTS PARTICIPATION DURING COVID-19

BEFORE THE SPORTS SEASON STARTS – ATHLETES SHOULD:

- [ ] Verify return to sports and recreation are approved by your local and state government
- [ ] Understand the new safety rules and expectations
- [ ] Have own cloth face covering, hand sanitizer, towel, water bottle, and tissues labeled with name
- [ ] Ensure sports physical is current before participating

PRIOR TO PRACTICE OR GAMES – ATHLETES SHOULD:

- [ ] Stay home from practice or game if sick or have a fever
- [ ] Wash hands and/or use hand sanitizer before arriving
- [ ] Bring labeled (with name) personal sports equipment, water bottle, towel, tissues, hand sanitizer, and cloth face covering
- [ ] Stay in car or assigned school location until the coach is ready to start practice
- [ ] Avoid gathering in groups before practice, maintain physical distance and wear a cloth face covering

DURING SPORTS PRACTICE OR GAMES – ATHLETES SHOULD:

- [ ] Whenever possible, maintain 6-8 feet physical distance during drills and conditioning
- [ ] Whenever safe and possible, athletes should wear a cloth face covering. Especially on sideline, in dugouts, and during team chats. Exceptions include:
  - active exercise
  - water sports
  - sports where face coverings could get caught on equipment or accidentally cover eyes
- [ ] Avoid these behaviors:
  - huddles, high-fives, fist bumps, handshakes, etc
  - sharing food or drink with teammates
  - cheering, chanting, or singing when closer than 6-8 feet from others
  - spitting or blowing nose without tissue
- [ ] Store personal equipment 6-8 feet away from other teammates' equipment
- [ ] Minimize sharing sports equipment when possible
- [ ] Sanitize hands before and after using shared equipment (balls, bats, sticks, etc)
- [ ] Tell a coach if you are not feeling well and leave practice or game with parent or caregiver

AFTER SPORTS PRACTICE OR GAME – ATHLETES SHOULD:

- [ ] Sanitize or wash hands
- [ ] Wash cloth face covering, towel and practice clothes or uniform
- [ ] Clean personal sports equipment and water bottle

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