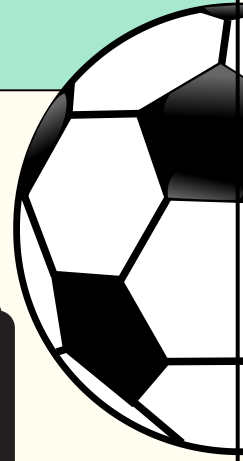


YOUTH SPORTS

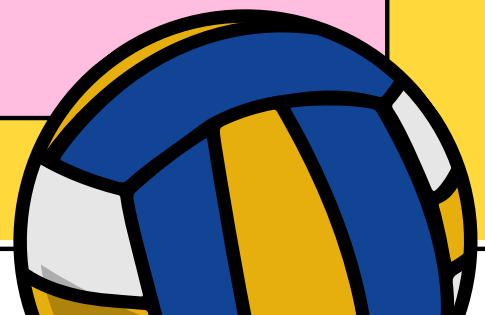


It is strongly recommended that all sports activities occur outdoors where the risk of exposure is lower due to better ventilations than indoors. For indoor spaces, ventilation should be optimized by opening doors/windows and using fans to blow air outwards if possible. Please follow the guidance outlined here to lower the risk of COVID-19 transmission.

Masking

- Wearing a well-fitting mask helps reduce the spread of COVID-19.
 - Masks are strongly recommended in most indoor settings for unvaccinated individuals.
 - Fully vaccinated individuals are recommended to continue indoor masking when the risk may be high.
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Know when to stay home

- Self-screen for COVID-19 symptoms prior to attending youth sports activities
 - Stay home if you have COVID-19 symptoms like fever, cough, or runny nose. Follow [quarantine protocols](#) and get tested.
 - Return to practice and competition after you completed your isolation or quarantine.
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Testing

- Routine periodic screening testing of participants for COVID-19 is one strategy to accurately identify infected individuals and then quickly isolate them.
- Persons who have recovered from laboratory confirmed COVID-19 within the past 90 days should not be included in periodic COVID-19 screening testing if the person is asymptomatic.

Vaccination

- All student athletes ages 5 and older, coaches and team staff are recommended to [get vaccinated](#).
- Individuals with up-to-date vaccination are not required to quarantine if they are close contacts to a case of COVID-19, as long as they do not have symptoms and continue to test negative.

Helpful Tips



- Do not share water bottles or other personal items
- Do not gather in a large group
- Have stable cohorts
- Stagger practice times if facilities must be shared
- Use separate transportation if possible
- Clean and disinfect supplies and equipments between use
- Wash your hands frequently

For more information, please visit <https://www.rivcoph.org/coronavirus>