

## YOUTH SPORTS POSITION STATEMENT

### Introduction

Participation in sports activities is an important part of the growth and development of children and provides both physical and mental health benefits. By their nature, youth sports bring together children and adults from different neighborhoods and communities. This can lead to increased risk of COVID-19 spread and introduction or reintroduction of the virus into new areas. While COVID-19 is circulating in the United States, measures need to be taken in order to ensure that activities are conducted in a way that minimizes risk.

As noted in Governor Brad Little's Idaho Rebounds plan, "[u]ntil we have targeted, case-based interventions for each infectious person, an effective vaccine, or effective treatment, we must maintain some level of community interventions to slow the spread of COVID-19."

**The following are Central District Health's recommendations for youth sports activities based on the phases outlined in Governor Little's Idaho Rebounds Plan:**

*Until the time that gatherings of unlimited size are allowed, tournaments and other large, events with more than two teams present should not be held.*

### During Every Stage

- Encourage physical distancing
- Adhere to local public health orders related to mask mandates where applicable, or teach and reinforce the use of face coverings whenever possible
- Routinely clean and disinfect equipment and surfaces.
- Discourage sharing of water bottles and cups.
- Provide and encourage hand washing and use of hand sanitizer often.
- Encourage athletes to participate in individual drills and activities.
- Encourage participants to use their own equipment, when possible.
- Monitor athletes and coaches/staff for signs and symptoms of COVID, require ill persons to stay home.

## **Stage 0**

- Individual activities only.

## **Stage 1**

- Group/team practices may occur, provided that appropriate physical distancing occurs.
- Follow protocols outlined in Idaho's [Stage 1: Protocols for Youth Activities](#).  
*Aligned with community spread Category 3 for schools*

## **Stage 2**

- Group/team practices may occur, provided that appropriate physical distancing occurs. Plan and facilitate individual/small group drills; discourage scrimmaging.
- No inter-organization activities recommended at this time.  
*Aligned with community spread Category 3 for schools*

## **Stage 3**

- Group/team practices and scrimmages may occur but no more than two teams or groups should be present. Total number of spectators should be limited to what is allowable based on local public health orders for max capacity of gatherings sizes.  
*Aligned with community spread Category 3 for schools*

## **Stage 4**

- Scrimmages, games and multi-team events may occur but no more than two teams or groups should be present. Total number of spectators should be limited to what is allowable based on local public health orders for max capacity of gatherings sizes. If no max capacity size is indicated in a public health order then organizations (including schools) should allow only the number of spectators where physical distancing of at least six feet can be maintained between non-household members.
- If a team is traveling from another county, cancel or postpone event if team is traveling from an area designated Category 3 by their local public health department.  
*Aligned with community spread Category 1 and 2 for schools*