

YOUTH SPORTS GUIDELINES

These guidelines, effective July 20, 2020, supersede and replace the June 26, 2020, guidelines. In accordance with the St. Louis County Department of Public Health's ("DPH") Second Amended Order for Business and Individual Guidelines for Social Distancing and Re-Opening, dated June 26, 2020, effective June 29, 2020, (the "Order") and as may be further amended, these guidelines may be replaced or modified by DPH based on new scientific information and local information including the trajectory of influenza-like illnesses, cases of COVID-19, and any other information deemed relevant to protect public health in St. Louis County.

Guiding principles

Children playing sports with or against other individuals during this time holds an inherent risk that someone they are playing with is infected, that they may then become infected and, in turn, spread the virus to others in their household or community. Please consider this risk when allowing your child to participate in organized sports.

The information regarding SARS-CoV-2, the virus causing the COVID-19 illness, is changing rapidly. As a result, guidance given nationally and in St. Louis County is subject to change. The guidelines provided in this document will be reviewed and updated based on new scientific information and local circumstances, and therefore, may change periodically.

These guidelines are being updated at this time due to the increased community spread of COVID-19 in St. Louis County, particularly with respect to children 10 to 19 years of age at this time when schools will be reopening soon.

The risks associated with playing sports with or against other individuals depends on the type of play, the number of individuals participating, and whether spectators are present. For further information, consult the Centers for Disease Control and Prevention (CDC) [guidance on youth sports. https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html)

The risk of COVID-19 spread increases in youth sports settings as follows:

- **Lowest risk:** Performing skill-building drills or conditioning at home, alone or with family members
- **Increasing risk:** Team-based practice
- **More risk:** Within-team competition
- **Even more risk:** Full competition between teams from the same local geographic area
- **Highest risk:** Full competition between teams from different geographic areas.

Youth sports, whether or not it is organized or competitive, is defined as sports played by those aged 18 and younger.

Examples of youth sports include, but are not limited to: extreme sports, rodeo, water skiing, adventure racing, bicycling, canoeing or kayaking, track and field events (high jump, pole vault, javelin, shot-put), golf, horseback riding, skating (ice, in-line, roller), skateboarding, weight lifting, windsurfing, badminton, orienteering, fishing, riflery, rope jumping, running, sailing, scuba diving, swimming, table tennis,

tennis, baseball, basketball, tackle/flag/touch football, floor hockey, volleyball, bodybuilding, bowling, cheerleading, crew/rowing, dance team, fencing, outdoor floor hockey, field hockey, gymnastics, ice hockey, lacrosse, rugby, soccer, softball, martial arts, boxing racquetball, handball, water polo, wrestling, and ultimate frisbee.

Permitted activities

Effective July 20, 2020, all youth sports are limited to skills development and practices, and are permitted only if:

- Social distancing of at least 6 feet shall be maintained.
- There are a limited number of individuals, including coaches, in a single space, allowing social distancing of at least 6 feet.
- No more than 10 individuals, including coaches, are in that single space.
- The space should be separated by a barrier or large enough distance that individuals can maximum social distancing and no players or coaches should be within 6 feet of each other.
- There should be no interaction between groups of 10.
- All workout machines and equipment must be wiped down with disinfectant after each use.
- Athletes should not interact with anyone outside the area where their individual workout is located.

Prohibited activities

Effective July 20, 2020, no games, scrimmages, showcases, tournaments, or any other competitive play is allowed.

The prohibition on competitive play applies to school sponsored and affiliated sports teams and leagues as well as non-school sponsored and affiliated sports teams.

No spectators are allowed during permitted activities.

Additional examples of prohibited activities:

- Playing without masks except when actively involved in strenuous physical activity;
- Playing within 6 feet of another player;
- Play between 2 teams, whether competitive or not;
- Intra-squad competitions;
- Play with more than 10 people gathering in the space for play;
- Any activity other than practice; and
- Anything not specifically permitted.

Requirements

The permitted activities must be conducted with the following safety measures:

- Athletes, coaches, officials, referees, and umpires shall undergo a health screening and temperature check prior to starting any sports activity allowed by these guidelines.
- Spectators will be not be allowed during permitted activities.

- Players must wear a face covering when not actively involved in strenuous physical activity, including practice or training.
- Coaches, officials, referees, and umpires must wear a face covering at all times.
- Screening times and practice start times must be spaced out to limit the number of athletes and others in the area.
- No competitive play within local sport leagues will be allowed.
- Limit the number of players sitting in confined areas (e.g., dugouts) to allow for social distancing.
- Hand hygiene is essential. Organizations and facilities shall promote frequent and effective hand hygiene by supplying ample hand sanitizer dispensers and hand-washing stations.
- The use of locker rooms is not recommended. If they must be used, proper social distancing must apply within the locker room. Proper area for equipment storage and cleaning is required.
- Limit the number of people present to necessary individuals at practices. To the extent people are present their identity and contact information should be known for contact tracing purposes.
- Parents, guardians, and others that would be spectators shall remain in a separate area away from the athletes and not be allowed onto the field or other areas where the athletes practice or gather.
- No congregating shall be allowed by parents, guardians and would be spectators at the fields or outside of their individual modes of transportation.
- A drop-off and pick-up line for practices is recommended to avoid unnecessary exposure.
- Do not share water bottles. An individual athlete may use their own water bottle, which should be clearly marked with their name. Cups used for water should be single-use and disposable.
- Coolers must be properly sanitized after each use, and each team or group shall have its own cooler.
- Follow CDC guidance for cleaning and disinfecting coolers.
- Avoid whirlpools or cold/hot tubs. If they are required in an emergency, follow best practices. Have a cold-water immersion tub on-site or within 5 minutes of the field.
- If you have ice towels available, follow CDC guidance for cleaning and disinfecting. Ice towels shall be used only once, then discarded or washed properly.
- Do not allow team huddles, handshakes, fist bumps, or other unnecessary physical contact. Remember, social distancing of at least 6 feet shall be maintained at all time.
- Any shared equipment must be disinfected with EPA certified products. Equipment should be disinfected, if possible, after each use, or after each inning or play period.
- Any jerseys used during these workouts must be washed daily and not shared among players.

Screening

Every coach and athlete must be screened when they enter the campus or facility where the sporting activity will occur. They must wear a face mask for the duration of the health screening if possible.

Designate a consistent person to provide healthcare screenings. This person must wear a face mask and gloves when screening others.

- Ask each individual if they have experienced any of the following new or worsening symptoms within the past 24 hours:

- Fever (temperature greater than 100.4 degrees Fahrenheit)
- Cough
- Shortness of breath or trouble breathing
- Sore throat, different than your seasonal allergies
- Loss of smell and/or taste
- Diarrhea or vomiting
- Ask if they have a close contact who has been diagnosed with COVID-19 in the past 2 weeks.

Positive Screening – If an athlete, coach, or official answers “yes” to any of the screening questions, they should be sent home immediately and told to advise their medical provider. If the athlete’s parents, guardians, or other transportation, are not present, escort the athlete to a designated isolation room or an area away from others. They must wear a mask or face covering.

Individuals who have had a significant exposure (defined as direct contact or prolonged exposure within 6 feet) to a positive COVID-19 individual must quarantine for a minimum of 14 days from the last date of exposure to the positive COVID-19 individual. **If the exposed individual has a negative SARS-Cov 2 test, they still must quarantine for 14 days.** If the exposed individual develops symptoms during these 14 days, testing for SARS Cov-2 should occur.

The school, coach, or other official is required to contact the St. Louis County Department of Public Health to notify them of the positive screening and provide information regarding all contacts that they are aware of to the individual. To add in this contact tracing, all schools, coaches, and other officials conducting the practice or competition must keep a detailed account of all the participants at each practice or competition. Please contact the St. Louis County Department Health to report any positive cases and contacts.

If the individual has health-related questions, they shall consult with their health care provider.

Individuals returning to sports after a COVID-19 diagnosis must consult with their medical provider and the Department of Public Health. Only the St. Louis County Department of Public Health can release a St. Louis County resident from quarantine or isolation.

Special considerations for those with health conditions

Individual players on the team may be at higher risk for severe illness, such as children who have asthma, diabetes, or other health problems. Those individuals with underlying conditions may be more likely to have severe COVID-19 illness. Parents, guardians, and coaches should give special consideration to protecting these players.

Athletes, coaches, parents, and guardians should consider delaying the player’s participation in sports and athletic activities if the player or the coach have any of the following conditions:

- Chronic lung disease, including moderate or severe asthma,
- Type 2 diabetes,
- Chronic kidney disease,
- Sickle Cell disease,
- Heart conditions; or
- Immunocompromised (e.g. any transplant recipient needing immunosuppressant medications – steroids, biologics, etc., and patients receiving chemotherapy) – if you think your child is immunocompromised, please check with your child’s healthcare provider.

Parents or guardians that have children with these risk factors should consider consulting with their

healthcare provider about participation in sports since limited data exist and, in many cases (well-controlled diabetic or asthmatic) an increased risk is likely not present.

References

- St. Louis County Department of Public Health COVID-19 related Orders.
- [CDC Considerations for Youth Sports](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html). <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html> Last reviewed June 17, 2020.
- [CDC Cleaning and Disinfection Tool](https://www.cdc.gov/coronavirus/2019-ncov/community/clean-disinfect/index.html). <https://www.cdc.gov/coronavirus/2019-ncov/community/clean-disinfect/index.html> Last reviewed May 7, 2020.
- [CDC Handwashing Guidelines](https://www.cdc.gov/handwashing/when-how-handwashing.html). <https://www.cdc.gov/handwashing/when-how-handwashing.html> Last reviewed April 2, 2020.
- [Criteria for Return to Work for Healthcare Personnel with Suspected or Confirmed COVID-19 \(Interim Guidance\)](https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html). <https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html> Last reviewed April 30, 2020.
- [Guidelines for Opening Up America Again](https://www.whitehouse.gov/wp-content/uploads/2020/04/Guidelines-for-Opening-Up-America-Again.pdf). <https://www.whitehouse.gov/wp-content/uploads/2020/04/Guidelines-for-Opening-Up-America-Again.pdf> Published April 16, 2020.
- [State of Missouri Novel Coronavirus Analytics](https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/pdf/analytics-update050520.pdf). <https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/pdf/analytics-update050520.pdf> Published May 5, 2020.
- [The resurgence of sport in the wake of COVID-19: cardiac considerations in competitive athletes](https://blogs.bmj.com/bjbm/2020/04/24/the-resurgence-of-sport-in-the-wake-of-covid-19-cardiac-considerations).
- <https://blogs.bmj.com/bjbm/2020/04/24/the-resurgence-of-sport-in-the-wake-of-covid-19-cardiac-considerations>
- Resocialization of Sports in the St. Louis Region. Updated 7/15/20.