

Guidance for Youth Sports and Athletic Activities

Timeline For Reopening Youth Sports

JUNE 15, 2020

- **Low touch, outdoor youth sports and athletic activities** (e.g., track and field, biking, tennis, golf, mini-golf, horseback riding, and cross-country, and baseball/softball/teeball) may resume practices without competition. Practices should consist of ten (10) youths or fewer, with no more than one (1) adult coach per group, while following the Healthy at Work social distancing [Guidelines for Groups of 10 People or Fewer](#). Multiple groups may practice but must adhere to the social distancing guidelines in the next section. Any individual not essential for the conduct of these practices should not attend.
- **Low touch, indoor youth sports and athletic activities** (e.g. gymnastics, swimming, diving, bowling, solo-dance/solo-ballet, tap-dance, and archery) may resume small group practices and workouts without competition. Practices and workouts should consist of ten (10) youths or fewer, with no more than one (1) adult coach per group, while following the Healthy at Work social distancing [Guidelines for Groups of 10 People or Fewer](#). Practices are limited to socially distanced, no touch¹, low sharing² skills training, unless necessary to protect the health or safety of a youth participant. Multiple groups may practice but must adhere to the social distancing guidelines in the next section. Any individual not essential for the conduct of these practices should not attend.
- **High touch, indoor youth sports and athletic activities** (e.g. karate/martial arts, basketball, cheerleading, tandem or team dance, ice hockey, volleyball, fencing, wrestling) may hold small group physical fitness workouts, exercises, and skills training of ten (10) youths or fewer, with no more than one (1) adult coach

¹ “No touch” means no physical contact between youth athletes is permitted. All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, or after activities unless the contact is for the purpose of safety. Scrimmages and games are not permitted. “Low touch” means only minimal, necessary contact between youth athletes is permitted.

² “Low sharing” means minimal, necessary sharing of youth sports and athletic activity equipment between youth athletes (e.g. limiting shared items to groups of ten (10) or fewer). “Medium sharing” means moderate levels of sharing of youth sports and athletic activity equipment between youth athletes (e.g. limiting shared items to groups of fifty (50) or fewer). Shared equipment must be sanitized between uses to the greatest extent practicable.

per group, while following the Healthy at Work social distancing [Guidelines for Groups of 10 People or Fewer](#). No competition is permitted. Skills training must be socially distanced, no touch, and low sharing, unless necessary to protect the health or safety of a youth participant. Multiple groups may conduct small group physical fitness workouts, exercises, and skills training but must adhere to the social distancing guidelines in the next section. Any individual not essential for the conduct of these practices should not attend.

- **High touch, outdoor youth sports and athletic activities** (e.g. football, soccer, lacrosse, flag football, field hockey) may resume small group physical fitness workouts, exercises of (10) youths or fewer, with no more than one (1) adult coach per group, while following the Healthy at Work social distancing [Guidelines for Groups of 10 People or Fewer](#). No competition is permitted. Skills training must be socially distanced, no touch, and low sharing, unless necessary to protect the health or safety of a youth participant. Multiple groups may hold small group physical fitness workouts and exercises, but groups must adhere to the social distancing guidelines in the next section. Any individual not essential for the conduct of these practices should not attend.

JUNE 29, 2020

- **Low touch, outdoor youth sports and athletic activities** may resume competition with up to fifty (50) spectators following the Healthy at Work social distancing [Guidelines for Groups of 50 People or Fewer](#). Competitions, practices, and other activities must adhere to the social distancing guidelines in the next section.
- **Low touch, indoor youth sports and athletic activities** may resume competition with up to fifty (50) spectators, following the Healthy at Work social distancing [Guidelines for Groups of 50 People or Fewer](#). Competitions, practices, and other activities must adhere to the social distancing guidelines in the next section.
- **High touch, indoor youth sports and athletic activities** may resume team/group practices without competition. Youth participants should be subdivided into small groups of ten (10) youths or fewer, with no more than one (1) adult coach per group, while following the Healthy at Work social distancing [Guidelines for Groups of 10 People or Fewer](#). All team/group practices are limited to fifty (50) youths or fewer, in accordance with the Healthy at Work social distancing [Guidelines for Groups of 50 People or Fewer](#). Practices are limited to low touch, medium

sharing activities, unless necessary to protect the health or safety of a youth participant. Multiple groups may practice but must adhere to the social distancing guidelines in the next section.

- **High touch, outdoor youth sports and athletic activities** may resume team/group practices without competition. Youth participants should be in subdivided small groups of ten (10) youths or fewer, with no more than one (1) adult coach per group, while following the Healthy at Work social distancing [Guidelines for Groups of 10 People or Fewer](#). All team/group practices are limited to fifty (50) youths or fewer, in accordance with the Healthy at Work social distancing [Guidelines for Groups of 50 People or Fewer](#). Practices are limited to low touch, medium sharing activities, unless necessary to protect the health or safety of a youth participant. Multiple groups may practice but must adhere to the social distancing guidelines in the next section.

Pursuant to KRS 156.070 and 702 KAR 7:065, common and private school facilities will receive additional compliance guidelines, restrictions and allowances from the Kentucky Department of Education through its designee, the Kentucky High School Athletic Association, including requirements for facility use by school and non-school teams.

Social Distancing Requirements

League officials, coaches, and other responsible adults should do the following:

- Establish procedures to ensure youth athletes are socially distanced to the greatest extent practicable at all times. League officials, coaches, and other responsible adults should emphasize physical and cardiovascular fitness and individual skill building activities and limit group/team activities. League officials, coaches, and other responsible adults developing activities and practices should consider that older youth might be better able to follow directions for social distancing and take other protective actions.
- Modify workouts, exercise, skills training, practices, competitions to increase distance between athletes, coaches, officials, and spectators, to the greatest extent practicable. During rest periods or other periods of inactivity social distancing should be increased and congregating eliminated.
- Space youth athletes at least six (6) feet apart on the field while participating in the youth sport or athletic activity during warmup, skill building activities, and simulation drills.
- Ensure that during team/group practices, physical fitness workouts, exercises, or skills training where youth athletes are subdivided small groups, that each small groups remains together and separated from other groups to the greatest extent practicable. For example, groups should work through stations, rather than switching groups or mixing groups.

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- Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs. To encourage sportsmanship league officials, coaches, and other responsible adults should encourage alternative, socially distanced, signs of mutual respect. (e.g. tip the cap, wave, salute, bow).
- Eliminate, to the greatest extent practicable, touching of shared equipment and gear (e.g., protective gear, balls, bats, racquets, mats, or water bottles). Where practicable, league officials, coaches, and other responsible adults should provide individual, non-shared equipment to youth athletes. Where not practicable, league officials, coaches, and other responsible adults should encourage youth athletes to provide their own equipment and water bottles.
- Ensure that youth athletes in high-touch sports and activities only play “full contact” during game/competition situations.
- Encourage parents and custodial adults to monitor their own child (e.g. younger children could sit with parents or caregivers).
- Minimize the level of contact between youth athletes who may be at higher risk for severe illness, such as children who may have asthma, diabetes, or other health problems. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>. League officials, coaches, and other responsible adults are encouraged to offer virtual coaching and in-home drills for youth athletes at a higher risk for severe illness.
- Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations.
- Decrease team sizes to the greatest extent practicable..
- Eliminate travel competitions or scrimmages outside of the local community (e.g., neighborhood, town, or community).
- Educate staff and youth athlete families about when they should stay home and when they can return to activity.
- Direct coaches, staff, families, and youth athletes to stay home and/or seek medical attention if they have tested positive for or are showing symptoms of COVID-19.
- Prohibit individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19, from participating in youth sports and athletic activities.
- Identify staff to help maintain social distancing among youth athletes, coaches, umpires/referees, and spectators.
- Prohibit sick coaches, staff members, umpires/officials, or youth athletes from returning until they have met CDC’s criteria to discontinue home isolation

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<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>.

- Prioritize outdoor, as opposed to indoor, practice and play as much as possible.
- Create distance between youth athletes when explaining drills, rules, or other instruction.
- Emphasize physical and cardiovascular fitness individual skill work and drills to the greatest extent practicable.
- Direct youth athletes to wait in their cars with their parent or other custodial adult until just before the beginning of a practice, warm-up, game, or other activity.
- Eliminate the use of carpools or van pools. When riding in an automobile to a sports event, encourage youth athletes to ride to the sports event with persons living in their same household.
- Stagger arrival and drop-off times or locations by group or put in place other protocols to limit contact between groups and with parents, custodial adults, and spectators as much as possible. For example, league officials, coaches, and other responsible adults should increase the amount of time between practices and competitions to allow for one group to depart before another group enters the facility.
- Limit youth sports participation to staff and youth who live in the local geographic area (e.g., community, city, town, or county) to reduce risk of spread from areas with higher levels of COVID-19.
- Stage, to the greatest extent practicable, intra-squad scrimmages instead of playing games with other teams to minimize exposure among players and teams.
- Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations as much as possible – especially with individuals not from the local geographic area (e.g., community, town, city, or county).
- Designate a youth sports program staff person to be responsible for responding to COVID-19 concerns. All coaches, staff, officials, and families should know who this person is and how to contact them.
- Establish protocols for notifying staff, officials, families, and the public of youth sports facility closures and restrictions in place to limit COVID-19 exposure (e.g., limited hours of operation).
- Implement flexible sick leave policies and practices for coaches, officials, and staff that enable employees to stay home when they are sick, have been exposed, or caring for someone who is sick.
- Develop policies for return-to-play after COVID-19 illness.
- Virtually train coaches, officials, and staff on all safety protocols.

- Prohibit congregating of youth athletes, spectators, families, coaches, officials, and other persons prior to or following practices or athletic events.
- Maintain a complete list of coaches, youth athletes, and league officials present at each event to include the date, beginning and ending time of the event, plus, name, address, and phone contact to be made available upon request from local health department
- Ensure team meetings occur virtually or over the phone.
- Alert the local health department of the event prior to competitive tournaments.
- prohibit spitting or eating of seeds, gum, or similar products.
- Share these requirements with all youth athletes, coaches, spectators, officials, and employees prior to the beginning of the program.

Facilities holding youth sports and athletic activities, as well as league officials, coaches, and other responsible adults should do the following:

- Provide physical guides, such as signs and tape on floors or playing fields, to make sure that coaches and youth athletes remain at least 6 feet apart.
- Establish flexible worksites (e.g., telework), flexible work hours (e.g., staggered shifts), and policies for social distancing between employees, staff, and others
- Stagger the use of lockers, and clean and disinfect locker rooms between uses.
- Install touchless sensors on sinks and hand dryers to the greatest extent practicable.
- Install digital check-in and registrations as well as touch-free entries and exits to the greatest extent practicable.
- Eliminate “lost and found” bins, vending stations, saunas, steam rooms, water coolers, water fountains, and vending stations to the greatest extent practicable.
- Ensure that controls are established to ensure social distancing in locker rooms, including disabling lockers to enforce six (6) feet of social distancing. Facilities holding youth sports and athletic activities should discourage use of locker rooms or consider measures to socially distance youth athletes (e.g. closing every other locker or groups of lockers in order to space out usage) and sanitize frequently.
- Dugouts or other areas where social distancing is not possible should not be used.

Cleaning and Disinfecting Requirements

League officials, coaches, and other responsible adults should do the following:

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- Create and post a cleaning and sanitizing plan specific to the youth sport or athletic activity, describing how additional cleaning and sanitizing will be implemented.
- Sanitize equipment and used items before, during, and after every event. If equipment cannot be sanitized during the activity, only participants of a single team/group must use equipment and items related to the activity and opposing participants or group members must avoid touching that equipment.
- Set aside touched or shared equipment that requires sanitation and encourage youth athletes to keep their individual equipment separate from the equipment of other athletes.
- Ensure that their programs, including locker rooms, common areas, breakrooms and restrooms are properly cleaned and ventilated.
- Ensure that staff members/employees and youth athletes practice hand hygiene frequently. For younger youth athletes assistance may be required.
- Provide hand sanitizer (as appropriate), handwashing programs, tissues and waste baskets in convenient locations to the greatest extent practicable.
- Establish a cleaning and disinfecting process that follows CDC guidelines to address when any individual is identified, suspected, or confirmed as a COVID-19 case.
- Ensure employees do not use cleaning procedures that could re-aerosolize infectious particles. This includes, but is not limited to, avoiding practices such as dry sweeping or use of high-pressure streams of air, water, or cleaning chemicals.
- Clean and disinfect frequently touched surfaces on the field, court, or play surface (e.g., drinking fountains) at least daily, or between uses as much as possible. Use of shared objects and equipment (e.g., balls, bats, gymnastics equipment) should be limited, or cleaned between use by each individual if possible.
- Ensure there are adequate supplies of shared items to minimize sharing of equipment to the extent possible (e.g., protective gear, balls, bats, water bottles); otherwise, limit use of supplies and equipment to one group of youth athletes at a time and clean and disinfect between use.
- Ensure that, if food is offered at any event, meals be pre-packaged boxes or bags for each attendee instead of a buffet or family-style meal. Avoid sharing food and utensils. Offer hand sanitizer or encourage hand washing.
- Ensure ventilation systems or fans operate properly. Increase circulation of outdoor air as much as possible, for example by opening windows and doors. Do not open windows and doors doing so poses a safety or health risk (e.g., risk of falling or triggering asthma symptoms) to players or others using the facility.
- Support healthy hygiene by providing supplies including soap, paper towels, tissues, and

no-touch/foot pedal trash cans. If hand washing facilities are not available, provide hand sanitizer with at least 60% alcohol (for coaches, staff and older players who can safely use hand sanitizer).

- Should close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).
- Should wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible.

Screening and Illness Requirements

League officials, coaches, and other responsible adults should

- Conduct daily health checks (e.g., symptom checking) of coaches, officials, staff, and youth athletes safely and respectfully to the greatest extent practicable.
- Use examples of approved screening methods found in CDC's supplemental Guidance for Child Care Programs that Remain Open as a guide for screening children, and CDC's General Business FAQs for screening staff.
- Staff members who demonstrate symptoms of COVID-19 must be tested for the illness.
- Should direct coaches, staff, families, and youth athletes that test positive for COVID-19 to follow the recommendations of their local health department on when to return to the youth sport or activity.
- Ensure that when a youth athlete shows a fever or other contagious symptoms, the youth athlete is moved to a in a safe, secluded area until the youth athlete's parent or custodial adult can pick-up the youth athlete.
- Notify all league families and youth athletes of a diagnosed case of COVID19 in the program, while still protecting the privacy of the diagnosed individual.
- Encourage coaches, staff, umpires/officials, and families of youth athletes to self-report to the youth sports organization if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days.

Personal Protective Equipment (PPE) Requirements

League officials, coaches, and other responsible adults should do the following:

- Wear face coverings at all times, unless doing so would represent a serious risk to their health or safety.

- Ensure youth athletes wear cloth face coverings or masks when not actively participating in the youth sport or athletic activity, unless doing so would represent a serious risk to their health or safety. Youth athletes who are five (5) years of age or under should not wear masks due to increased risks of suffocation and strangulation.
- Recommend to the parents of children over five (5) that their child wear a mask and provide information about the benefits of masking.
- Establish a policy as to whether to allow parents, custodial adults, or other spectators attend youth sports competitions or events if the individual refuses to wear a face covering or comply with social distancing guidelines.
- Ensure gloves are available to staff members, coaches, volunteers engaging in high-touch activity to the greatest extent practicable provided that they do not create additional hazards while being worn.
- Ensure, to the greatest extent practicable, that cloth face coverings or masks be worn by coaches, youth sports staff, officials, parents, and spectators as much as possible.
- Provide youth athletes and their families information on proper use, removal, and washing of cloth face coverings.
- Establish a policy as to whether youth athletes, who do not adhere to these guidelines or its own policy on requiring masks, will be allowed to participate in that youth sport or athletic activity. League officials, coaches, and other responsible adults may choose not to allow a youth athlete to participate if the athlete refuses to wear a mask or comply with social distancing guidelines.
- Ensure that staff, volunteers, coaches, youth athletes are trained how to properly clean cloth face coverings and masks.
- Ensure that staff, volunteers, coaches use gloves when cleaning equipment, facilities, or other items requiring sanitation.

Training and Safety Requirements

Facilities holding youth sports and athletic activities (e.g. competitions, recitals, tournaments, practices, games) should do the following:

- Place conspicuous signage at entrances and throughout the facility alerting youth athletes and spectators of the guidelines for the facility and the event. Signage should inform youth athletes and spectators about good hygiene and new practices.
- Establish procedures for disinfecting high-touch surfaces (seating, locker rooms, etc.).
- Post signage at entrance that no one with a fever or symptoms of COVID-19 may enter the facility.

- Implement, to the greatest extent practicable, reserved seating for spectators at higher risk for severe illness per CDC guidelines.
- Ensure employees are informed that they may identify and communicate potential improvements and/or concerns in order to reduce potential risk of exposure at the workplace. All education and training should be communicated in the language best understood by the individual receiving the education and training.
- Broadcast regular announcements on public announcement system, encouraging COVID-19 prevention and new policies and behaviors that prevent spread of COVID-19.
- Establish scheduling policies to ensure additional time is available to clean and disinfect between uses, where a facility is shared.
- Ensure parents, custodial adults, youth athletes, and spectators are informed that they may identify and communicate potential improvements and concerns in order to reduce the risk of exposure at the workplace. All education and training should be communicated in the language best understood by the individual receiving the training.
- Place emphasis on progressive training where general conditioning is emphasized first, followed by strength and body conditioning and then moving on to anything sports specific.

Other Requirements

- Facilities holding youth sports and athletic events that contain:

aquatic centers must follow the [Healthy at Work Requirements for Aquatic Centers](#).

fitness centers or other weight lifting and strength building equipment must follow the [Healthy at Work Requirements for Fitness Centers](#).

bowling alleys must follow the [Healthy at Work Requirements for Bowling Alleys](#).

horse tracks/arenas must follow the [Healthy at Work Requirements for Horse Shows](#) and/or [Healthy at Work Requirements for Racetracks](#) as applicable.

dining areas, snack bars, concession stands must follow the [Healthy at Work Requirements for Restaurants](#).