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Tips

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for parents with children returning to high-risk sports



Kids should not play if they're sick or have had close contact with someone with coronavirus. If an athlete or family member has symptoms or tests positive for COVID-19 — even without symptoms — they should not go to practice or games until their doctor says that it is safe to return.

Bring your own equipment, when possible. This might include bats, balls, protective gear, face masks or coverings, water bottles, hand sanitizer, and towels. Label all equipment and personal items.



Players should wash their hands well and often. They should wash hands before going to practice and after touching shared equipment. Pack hand sanitizer, especially if soap and water aren't available.

Coaches, referees and umpires, parents, and spectators should wear masks or face coverings at all times. Athletes should wear face coverings at all times except for when lowering a mask temporarily for recovery.



Shared surfaces should be cleaned and disinfected. Things that get touched a lot (such as benches, faucets, and doorknobs) should be cleaned at least daily and as often as possible. Shared equipment should be limited and cleaned between each use.

Social distancing is a must. This includes during instructions, when warming up, practicing drills and before and after practice/games. Coaches, parents, and spectators should stay at least 6 feet apart at all times. Adults, spectators, and coaches should maintain distancing.



Group size may be smaller. Leagues may limit team sizes, stagger practices, and place students in cohorts. Cohorts (also called pods) are groups of players and coaches that stay together throughout the season.



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