



At Lakeland Regional Health we know how important it is children remain active. It is also important to make a game plan to reduce risk while playing sports.

Important Risk Considerations:

- The more physical or close contact that occurs the greater risk there is in spreading illness.
- There may be an increased risk of COVID-19 when participating in a game or tournament, and COVID-19 activity may be different in different regions of the state, also contributing to a possible increase in risk.

Help lower your child's exposure to COVID-19:

- Stay home if sick.
- Players should bring their own equipment, like gloves and bats, if possible. All equipment should be labeled with athlete's name.
- Do not share individual water bottles, community snacks, or towels.
- Reduce physical closeness and keep 6 feet of space between players when possible.
- Coaches and spectators should wear a mask, and decide if players need to wear masks.
- Players should clean their hands before and after practices, games, and sharing equipment.

Best Practices:

- When possible and safe, athletes should each wear cloth face covering - especially on the sideline, in dugouts, and during team chats.
- It is important to keep rosters of who was at practices and games each day so contact tracing can be completed quickly.
- Wipe down any shared equipment or surfaces frequently. Cleaning supplies should be as available as hand sanitizer, and should be used just as often.
- All parents/guardians need to report if the athlete or any household contact is exhibiting any signs or symptoms of COVID-19 or tests positive for SARS-CoV-2, even if asymptomatic. These individuals should be held out of ALL practices and games until the CDC-recommended isolation or quarantine period has expired.
- All children should have an annual health supervision visit, which ideally incorporates the preparticipation physical evaluation (sports exam). Individuals who have not been physically active prior to the restart of sports may be at higher risk of an overuse injury.

For additional information or questions, please e-mail COVIDsafe@myLRH.org.