SAFETY CHECKLIST
FOR SPORTS PARTICIPATION DURING COVID-19

BEFORE THE SPORTS SEASON STARTS - ATHLETES SHOULD:

☐ Verify return to sports and recreation are approved by your local and state government
☐ Understand the new safety rules and expectations
☐ Have own cloth face covering, hand sanitizer, towel, water bottle, and tissues labeled with name
☐ Ensure sports physical is current before participating

PRIOR TO PRACTICE OR GAMES - ATHLETES SHOULD:

☐ Stay home from practice or game if sick or have a fever
☐ Wash hands and/or use hand sanitizer before arriving
☐ Bring labeled (with name) personal sports equipment, water bottle, towel, tissues, hand sanitizer, and cloth face covering
☐ Stay in car or assigned school location until the coach is ready to start practice
☐ Avoid gathering in groups before practice, maintain physical distance and wear a cloth face covering

DURING SPORTS PRACTICE OR GAMES - ATHLETES SHOULD:

☐ Whenever possible, maintain 6-8 feet physical distance during drills and conditioning
☐ Whenever safe and possible, athletes should wear a cloth face covering. Especially on sideline, in dugouts, and during team chats. Exceptions include:
  • active exercise
  • water sports
  • sports where face coverings could get caught on equipment or accidentally cover eyes
☐ Avoid these behaviors:
  • huddles, high-fives, fist bumps, handshakes, etc
  • sharing food or drink with teammates
  • cheering, chanting, or singing when closer than 6-8 feet from others
  • spitting or blowing nose without tissue
☐ Store personal equipment 6-8 feet away from other teammates’ equipment
☐ Minimize sharing sports equipment when possible
☐ Sanitize hands before and after using shared equipment (balls, bats, sticks, etc)
☐ Tell a coach if you are not feeling well and leave practice or game with parent or caregiver

AFTER SPORTS PRACTICE OR GAME - ATHLETES SHOULD:

☐ Sanitize or wash hands
☐ Wash cloth face covering, towel and practice clothes or uniform
☐ Clean personal sports equipment and water bottle