

YOUTH SPORTS POSITION STATEMENT

Introduction

Participation in sports activities is an important part of the growth and development of children and provides both physical and mental health benefits. By their nature, youth sports bring together children and adults from different neighborhoods and communities. This can lead to increased risk of COVID-19 spread and introduction or reintroduction of the virus into new areas. While COVID-19 is circulating in the United States, measures need to be taken in order to ensure that activities are conducted in a way that minimizes risk.

As noted in Governor Brad Little's Idaho Rebounds plan, "[u]ntil we have targeted, case-based interventions for each infectious person, an effective vaccine, or effective treatment, we must maintain some level of community interventions to slow the spread of COVID-19."

The following are Central District Health's recommendations for youth sports activities based on the phases outlined in Governor Little's Idaho Rebounds Plan:

Until the time that gatherings of unlimited size are allowed, tournaments and other large, events with more than two teams present should not be held.

During Every Stage

- Encourage physical distancing
- Adhere to local public health orders related to mask mandates where applicable, or teach and reinforce the use of face coverings whenever possible
- Routinely clean and disinfect equipment and surfaces.
- Discourage sharing of water bottles and cups.
- Provide and encourage hand washing and use of hand sanitizer often.
- Encourage athletes to participate in individual drills and activities.
- Encourage participants to use their own equipment, when possible.
- Monitor athletes and coaches/staff for signs and symptoms of COVID, require ill persons to stay home.

Stage 0

- Individual activities only.

Stage 1

- Group/team practices may occur, provided that appropriate physical distancing occurs.
- Follow protocols outlined in Idaho's [Stage 1: Protocols for Youth Activities](#).
Aligns with community spread Category 3 for schools

Stage 2

- Group/team practices may occur, provided that appropriate physical distancing occurs. Plan and facilitate individual/small group drills; discourage scrimmaging.
- No inter-organization activities recommended at this time.
Aligns with community spread Category 3 for schools

Stage 3

- Group/team practices and scrimmages may occur but no more than two teams or groups should be present. Total number of spectators should be limited to what is allowable based on local public health orders for max capacity of gatherings sizes.
Aligns with community spread Category 2 and 3 for schools

Stage 4

- Scrimmages, games and no more than two leagues, schools, or groups should be present at the venue or field at the same time. Total number of spectators should be limited to what is allowable based on local public health orders for max capacity of gatherings sizes. If no max capacity size is indicated in a public health order then organizations (including schools) should allow only the number of spectators where physical distancing of at least six feet can be maintained between non-household members.
- If a team is traveling from another county, cancel or postpone event if team is traveling from an area designated Category 3 by their local public health department.
Aligned with community spread Category 1 and 2 for schools

Table for Schools: Level of Community Spread Categories

Level of Contact	Examples from IHSAA	Category 1	Category 2	Category 3 Parameters: See below
High	Wrestling, football, performance and competitive cheer and dance/drill that involves stunting	Multi-team/group games	Two team/group games, no large tournaments	Intra-squad, <u>within individual school only</u> , no large tournaments
Medium-High	Basketball, volleyball, baseball, softball, soccer	Multi-team/group games	Two team/group games, no large tournaments	Intra-squad, <u>within individual school only</u> , no large tournaments
Medium	Gymnastics, tennis, swimming relays, pole vault, high jump, long jump, bowling, and 7 on 7 football	Multi-team/group games	Multi-team/group games, small tournaments	Two team/group games <u>within your school district</u> , no large tournaments
Low	Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, performance and non-competitive dance/drill with no stunting, and cross country running (with staggered starts)	Multi-team/group games, large tournaments/events may be considered	Multi-team/group games, small tournaments/events may be considered	Multi-team/group games, <u>within your conference</u> , limit number of teams or stagger activities to ensure gatherings remain small in number, but physical space can be considered
Spectators		Where physical distancing can be maintained, follow any local public health gathering size limits		