

summer  
2020



## COVID-19 safety guidelines for Summer Sports

### Enjoy Your Summer Safely

*You can still enjoy physical activity while protecting yourself and the people around you from COVID-19. If you follow the guidance below, sports can be low-risk activities.*



#### Plan for Physical Distancing

Look for sports that allow for natural physical distancing (staying at least 6 feet apart) between players.

For example, tennis players can maintain at least 6 feet of distance and use their own rackets.



#### For Athletes

Wash your hands before and after playing with shared equipment.

Don't touch your face until you've washed your hands.

Keep your distance from teammates when you're on the sidelines and in team huddles.

Use your own water bottle.

Use your own equipment as much as possible.



#### For Spectators

Keep at least 6 feet between yourself and other fans.

Bring your own chair or blanket so you can spread out away from crowded bleachers.

Come prepared with your summer safety kit. Your kit should include hand sanitizer, disinfecting wipes, tissues and a clean face mask along with your usual summer safety items like bug spray, sunscreen and plenty of water.

See the [CDC's Considerations for Youth Sports](#) for additional guidance.

For more information on COVID-19 in Missouri and what you can do to stop the spread, visit [oneforallmo.com](https://oneforallmo.com) or contact your local public health experts.

