



summer
2020



ONE
FOR
ALL
#stopthespread

COVID-19 safety guidelines for

Youth Sports – Coaches

Enjoy Your Summer Safely

Leaders of youth sports organizations should follow the guidance of state and local health officials to protect athletes during competition and practice. If you follow safety guidelines, youth sports can be low-risk activities.



Practice Behaviors that Reduce Spread

Encourage the use of face masks.

Limit the time players spend close to one another during practice and competition.

Focus on individual skills versus competition.

Clean and minimize the use of shared equipment.

Increase the space between players on the sidelines, dugout or bench.



Keep Your Hands Clean

Teach your athletes about good hand hygiene. Encourage frequent hand washing – especially before and after touching equipment.



Provide a Summer Safety Kit

Provide your players with hand sanitizer, disinfecting wipes, tissues. Encourage players to pack their own kits with a clean face mask in addition to their 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 or contact your local public health experts.

