These guidelines are recommendations for all sporting events to be held in a way that will help to protect participants’ and fans’ health.

- All individuals in stands and concession areas shall adhere to social distancing requirements at all times and continue to practice proper hygiene.

- Try to limit close contact as much as possible. If touching is required to help with certain techniques, avoid face-to-face contact to the best of your ability and perform proper hand hygiene before and after.

- Participants and parents should understand there may be some risk of exposure with face-to-face contact.

- Coaches should wear a mask if social distancing requirements cannot be maintained.

- Provide hand sanitizer at games and practices.

- Proper Hygiene Practices:
  - Wash your hands with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water is not available.
  - Avoid touching your eyes, nose, and mouth with unwashed hands.
  - Avoid close contact with people who are sick.
  - Stay home when you are sick.
  - Cover your cough or sneeze.
  - Clean and disinfect frequently touched objects and surfaces.

Questions about COVID-19: www.cochealth.org