

CLOTH FACE COVERINGS

in Youth Sport

- PROTECT YOUR TEAMMATES • PROTECT YOUR SEASON •
- PROTECT YOURSELF •

Part of being on a team is caring for and protecting your teammates! One of the best ways to do that is to wear a cloth face covering.

★ Athletes should wear a cloth face covering over the nose and mouth when:

- on the sideline, bench or in dugouts
- participating in team chats
- arriving and departing the field, court, gym, pool, etc

★ Cloth face coverings are particularly important when:

- it is not possible to stay at least 6 feet apart
- indoors

★ Whenever safe and possible, athletes, coaches, and officials should wear a cloth face covering. Face coverings should not be worn when actively exercising.

★ Face coverings should never be worn when performing:

- water sports
- sports where coverings could pose an injury risk due to getting caught on equipment or accidentally covering eyes

★ Spectators should wear cloth face coverings especially when indoors or physical distance of 6 feet cannot be maintained



Parent Corner: Here are some ideas to help with this transition:

- Help your child find a comfortable cloth face covering that they can take on and off themselves
- Talk to them about their concerns and help them feel more comfortable
- Make sure they have a special place (like their sports bag) to store the cloth face covering
- Set a good example by wearing a cloth face covering as a spectator