

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