REVISED MAY 18, 2020

MINIMUM STANDARD HEALTH PROTOCOLS

☑ CHECKLIST FOR YOUTH SPORTS FAMILIES

A note about children and COVID-19:

The virus that causes COVID-19 can infect people of all ages. While the risk of serious illness or loss of life is greatest in those 65 years of age or older with pre-existing health conditions, persons in every age group can become infected with COVID-19 and some may become seriously ill or even die.

We should all be thankful that, with rare exceptions, COVID-19 is not claiming the lives of our children. However, we can never forget that a child with a mild or even asymptomatic case of COVID-19 can spread that infection to others who may be far more vulnerable.

COVID-19 is spread from person to person through contact that is close enough to share droplets generated by coughing, sneezing, speaking, and even just breathing. COVID-19 can also be spread by touching objects where contaminated droplets have landed. Because of this easy manner of transmission, an infant, child or young person who is infected with COVID-19 can spread the infection to others they come in close contact with, such as members of their household, teachers, or other caregivers. We have learned that infected persons with mild or even no symptoms can spread COVID-19.

These facts are vitally important when considering engaging in youth sporting activities.

One thing is for certain: We must find reasonably safe ways to restore these services so that our children can be cared for, and for their parents and guardians to be able to return to work.

For adults in the workplace or other public spaces, we are confident that if certain measures such as cloth face coverings or non-medical grade masks, respiratory etiquette, frequent hand washing / hand sanitation and environmental cleaning and sanitizing are widely observed, we can then proceed with reopening Texas in a safe and measured way.

However, such protective measures that we can expect from adults are, for a variety of reasons, simply not possible for infants, children and youth to practice in sporting activities.

All of these factors mean that while certain precautions against the spread of COVID-19 can and will be applied to youth sports, the infection control measures that can be put in place in these settings will differ from those that are suitable for other social, business and commercial settings.

Every adult who is responsible for providing care for youth in these settings must be aware of these facts and be willing to comply with the infection control measures that will be in place in these settings. Parents should monitor the health of their children and not send them to participate in sporting activities if they exhibit any symptom of COVID-19. They should seek COVID-19 testing promptly and report results to the program given the implications for other children, families, and staff. Individuals aged 65 or older are at a higher risk of COVID-19. Parents should protect any vulnerable persons who are members of the same household or come into frequent, close contact with individuals who participate in youth sports.

About minimum health protocols:

The following are the minimum recommended health protocols for all individuals participating in youth sports. These minimum health protocols are not a limit on the health protocols that individuals may adopt.

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Individuals are encouraged to adopt additional protocols consistent with their specific needs and circumstances to help protect the health and safety of all Texans.

The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions that place them at higher risk. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in these protocols, all of which facilitate a safe and measured reopening of Texas. The virus that causes COVID-19 is still circulating in our communities. We should continue to observe practices that protect everyone, including those who are most vulnerable.

Please note, public health guidance cannot anticipate every unique situation. Individuals should stay informed and take actions based on common sense and wise judgment that will protect health and support economic revitalization.

Health protocols for participants:

- ☐ Consistent with the actions taken by many individuals across the state, consider wearing cloth face coverings (over the nose and mouth) when participating in the youth sporting event and practice. If available, individuals should consider wearing non-medical grade face masks.
- ☐ Screen the participant before attending the youth sporting event or practice for any of the following new or worsening signs or symptoms of possible COVID-19:
  - ☐ Cough
  - ☐ Shortness of breath or difficulty breathing
  - ☐ Chills
  - ☐ Repeated shaking with chills
  - ☐ Muscle pain
  - ☐ Headache
  - ☐ Sore throat
  - ☐ Loss of taste or smell
  - ☐ Diarrhea
  - ☐ Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
  - ☐ Known close contact with a person who is lab confirmed to have COVID-19
- ☐ Carry and use hand sanitizer regularly, including before and after every meal and activity.

Health protocols for parents or guardians:

- ☐ Individuals should avoid being in a group larger than 10 individuals. Within these groups, individuals should, to the extent possible, minimize in-person contact with others not in the individual's household. Minimizing in-person contact includes maintaining 6 feet of separation from individuals. When maintaining 6 feet of separation is not feasible, other methods should be utilized to slow the spread of COVID-19, such as wearing a face covering or mask, washing or sanitizing hand frequently, and avoiding sharing utensils or other common objects.

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- ☐ Consistent with the actions taken by many individuals across the state, all spectators should consider wearing cloth face coverings (over the nose and mouth). If available, spectators should consider wearing non-medical grade face masks.

Health protocols for vulnerable populations:

Children participating in youth sporting events or practice should minimize in-person contact with any person 65 years of age or older, especially those with pre-existing health conditions, for a period of 14 days. This includes maintaining social distancing of at least 6 feet of separation from those individuals, wearing a face covering or mask, and avoiding sharing utensils or other common objects with those individuals.