

Sport Activities Updates for Schools and Sports Clubs: What you Need to Know to Protect Yourself from Covid-19

RETURN OF SPORTS:

- All sport practices and competitions may resume for medium and high-risk sports in both outdoor and indoor settings.

High Risk Sports: football, wrestling, boxing martial arts, group dance

Medium Risk: hockey, running in groups, soccer, basketball, baseball/softball

- Indoor practices and competitions required to limit 25% capacity of a room.
- Coaching staff, parents should wear cloth or disposable masks at all times.
- Athletes are not required to wear masks while participating in a sport/activity.
- Athletes should wear cloth or disposable masks, when sitting on the bench, during time outs, talking to athletic trainer etc.
- All athletes, coaches, and staff should bring their own water and drinks to practice activities.
- Individuals should remain 6 feet apart especially when face coverings are not worn.

PLEASE REMEMBER:

• For Athletes:

- **Let your coach know** that you are not feeling well. Stay home if you test positive, are showing COVID-19 symptoms or have been in close contact with someone who has tested positive for COVID.

• For Coaches:

- When you, your athlete presents with symptoms of COVID-19 or has been in close contact with COVID, you should also stay home, not go to school, play sports, etc., until isolation or quarantine period is over.

• For Parents:

- **Please share** any possible exposures that your child may have to COVID-19, whether in the home, in school or during sports or other extracurricular activities with Case Investigators and Contact Tracers.
- **Protect your children** and the community from further spread of COVID 19 by identifying contacts.

When athletes, coaches and parents work together with a **game plan** to assure that everyone is safe from COVID 19 by following the guidelines, the health and safety of all will make the sports season continue and be a success in Camden County.

For any questions regarding COVID 19 please call Camden County Department of Health and Human Services at **1-800-999-9045**.



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