CLOTH FACE COVERINGS in Youth Sport

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

American Academy of Pediatrics
National Athletic Trainers' Association
American Medical Society for Sports Medicine