

STEPS TO KEEP ATHLETES AND FANS HEALTHY AND COMPETING DURING COVID-19

SPORTING SAFELY

1. Stay home if you are sick
2. Don't share masks, sports equipment, drinks, or food
3. Avoid carpooling with individuals outside your household
4. Maintain 6 feet of distance with others in the stands and on the sidelines
5. Wear a mask when closer than 6 feet to others
6. Wash or sanitize hands frequently
7. Don't gather in groups before or after sporting events or practices
8. Avoid cheering, chanting, or singing when closer than 6-8 feet from others.
9. Avoid huddles, high-fives, fist bumps, handshakes, etc.
10. Follow these steps so everyone can continue to play and watch sports this season!

