

Recommended Precautions for Sports Teams to Prevent Spread of COVID-19

There is much to learn about the novel coronavirus (SARS-CoV-2) that causes coronavirus disease 2019 (COVID-19). Based on what is currently known about SARS-CoV-2 and similar coronaviruses, spread from person to person with these viruses happens most frequently among close contacts (within about 6 feet). This type of transmission occurs via respiratory droplets. Transmission of coronavirus occurs much more commonly through respiratory droplets than through contact with contaminated surfaces. Current evidence suggests the virus may remain viable for hours to days on surfaces made from a variety of materials. Cleaning of visibly dirty surfaces such as benches, chairs and gym floors followed by disinfection is a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in recreational facilities.

At this time, there has not been a recommendation to stop or limit sporting events in Louisiana. Health officials in Louisiana are closely monitoring the situation and will update this guidance as necessary.

Purpose

This guidance provides recommendations for players, coaches, officials, volunteers and other people who are associated with sporting events and recreational activities. It suggests actions that individuals and organizations can take to reduce the risk of exposure to COVID-19 by limiting the survival of the virus in the environment. This guidance will be updated if additional information becomes available.

Definitions:

- Community settings (e.g. stadiums, parks, locker rooms and restrooms) encompass most settings that are visited by those who participate in sporting or recreational activities.
- Cleaning refers to the removal of dirt and impurities including germs from surfaces. Cleaning alone does not kill germs. But by removing them, it decreases the number of germs and therefore any risk of spreading infection.
- Disinfecting kills germs on surfaces. Disinfecting works by using chemicals to kill germs on surfaces. This process does not necessarily clean dirty surfaces or remove germs. But killing germs remaining on a surface after cleaning further reduces any risk of spreading infection.

Preventive actions players, coaches, volunteers and officials take for themselves and the general public:

- Be careful and consistent with cleaning your hands. Wash hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Ensure locker rooms and public restrooms are supplied adequately with soap, water and drying materials so visitors and staff can wash their hands.
- Stay at home if you have fever, respiratory symptoms or believe you are sick.
- Practice routine cleaning of frequently touched surfaces including player benches, stadium seating, equipment, locker rooms, handrails and handles, doorknobs, light switches, toilets, faucets, sinks, etc.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid close contact with people who are sick.



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Resources

- For the most up-to-date information, visit [cdc.gov/covid19](https://www.cdc.gov/covid19).
- For more information about COVID-19 in Louisiana, visit [ldh.la.gov/coronavirus](https://www.ldh.la.gov/coronavirus).
- For questions from the general public about COVID-19, call (855) 523-2652.