

Recommendations for Return to Sports in the St. Louis Region

(Updated 5/26/20)

St. Louis Sports Medicine COVID-19 task force, a collaboration between medical experts at SSM Health, BJC HealthCare and Mercy has provided the following set of recommendations for return to youth and high school sports in the St. Louis Region.

Phases:

Phase 1: Recommend starting this phase no sooner than June 15th*, however, no more than 10 individuals, including coaches, are recommended in a space. Social distancing should remain during this phase.

Phase 2: Team practices can begin, but limit one on one drills and equipment. Social distancing should be in place for the majority of the practice.

Phase 3: Full team practices and scrimmages can begin.

Phase 4: Full competition can begin, but should be limited to St. Louis region teams.

Recommendations:

- Athletes, coaches, and officials/referees/umpires MUST undergo a [healthcare screening](#) prior to starting any activity (practice, scrimmage or games). Health screening includes:
 - Today or in the past 24 hours have you had any of the following symptoms:
 1. Fever
 2. New or worsening cough
 3. Shortness of breath or trouble breathing
 4. Sore throat, different than your seasonal allergies
 5. New loss of smell and/or taste
 6. Diarrhea or vomiting
 7. Do you have a household or close contact who has been diagnosed with COVID-19 in the past 2 weeks?
 - Temperature check with a thermometer is recommended but not required
 - If an individual has positive finding on screening they should be sent home immediately and should contact their PCP. The athlete or coach/officiant should not be allowed back until they have a note from a medical provider documenting a negative test or clearing them to participate.
- Practice or games times should be spaced out.
- Hand hygiene is essential.
- The use of locker rooms is not recommended.
- There should be no spectators allowed at any workouts or practices. Parents/caregivers can remain in their cars during this time. A drop-off line for practices is recommended to avoid unnecessary exposure.
- Any scrimmages or games should be played only against team located within the St. Louis region.
- No sharing of water bottles is recommended during practice.
- No team huddles, handshakes or fist bumps should take place.
- Parents, coaches and officials/referees/umpires are recommended to wear masks/face coverings.
- Equipment used during activities should be disinfected as often as is feasible during the activity.
- Jerseys used during workouts should be used by one participant only and washed daily
- Social distancing should apply as much as possible during and between activities.

To view the entire list of recommendations visit: <https://www.ssmhealth.com/newsroom/2020/5/stl-health-care-systems-collaborate-youth-sports>

*Dates listed are pending continued decrease in COVID-19 cases in the region your organization is located. June 15th has been chosen based on the date of initial reopening of May 18th and the expected time for a resurgence of COVID-19 to be observed, 1-3 weeks after reopening. If there is an increase in cases within your region or organization, it is recommended you return back to the previous phase and potentially will need to stop sports. Dates are subject to change per this recommendation at any time based on local health department guidance.