



Trempealeau County Health Department



Public Health
Prevent. Promote. Protect.

Telephone: (715) 538-2311 Ext. 220
Fax: (715) 538-4861
Email: thealth@co.trempealeau.wi.us

Barbara Barczak
Director/Health Officer

Government Center
36245 Main Street; P. O. Box 67
Whitehall, WI 54773-0067

TEAM SPORTS GUIDANCE

Effective Date: June 2, 2020

**For More Information Contact: Barb Barczak RN, Director/Health Officer,
Trempealeau County Health Department (715) 538-2311 ext 220**

Trempealeau Co. Health Department recommends that adult and youth team-contact sports be suspended at this time due to the risk of COVID-19 spread and transmission. Team sports are considered a public gathering - all public gathering, including sporting activities, should be limited to no more than 10 people. The risk of spreading COVID-19 increases when more players or coaches interact, close physical contact occurs, and equipment is shared by multiple players.

If any adult and youth team-contact sports are held, certain precautions must be taken to limit the spread and transmission of COVID-19. Physical distancing of 6 feet between individuals needs to be maintained at all times. While some team sports may be able to maintain 6 feet between players, activities may also need to be modified based on the following considerations:

CDC – Risk of COVID-19 spread increases in youth sports settings as follows (Trempealeau Co. is including adult sports)

- **Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members.
- **Increasing Risk:** Team-based practice.
- **More Risk:** Within-team competition.
- **Even More Risk:** Full competition between teams from the same local geographic area.
- **Highest Risk:** Full competition between teams from different geographic areas.
- Review CDC guidelines for Youth Sports: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

If players can maintain 6 feet distance at all times, here are best practices to minimize the spread of COVID-19:

- Do not share any gear (balls, bats, mats, rackets, etc.) as much as possible, and clean shared gear between users
- Do not share water bottles, coolers, or food items
- Stay home when sick with any symptoms of COVID-19
(Current list of symptoms <https://www.dhs.wisconsin.gov/covid-19/symptoms.htm>)
- Provide spaces for hand washing or supply hand sanitizer
- Cover coughs or sneezes (into the sleeve or elbow, not hands)
- Clean high-touch surfaces often (railings, doors, etc.)
- Do not allow handshakes or high-fives
- Consider only holding activities for older youth or adults who can follow physical distancing requirements (under the Lowest Risk indicated by CDC)
- Review WEDC Reopen Guidelines: <https://wedc.org/reopen-guidelines/>

Trempealeau Co. Guidance for All Situations:

1. Stay home if you are sick
2. Avoid gathering with more than 10 people who do not live in your household
3. Observe physical distancing of 6 feet between yourself and others
4. Wear a mask or face covering in all public settings
5. Wash your hands frequently with soap and water
6. Cover coughs and sneezes with your elbow
7. Avoid touching your face