Children's Hospital of Philadelphia
PolicyLab

New Winter Indoor Sports Guidance Amid COVID-19

Date:

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PolicyLab experts—alongside colleagues in Children's Hospital of Philadelphia's Sports Medicine and Performance Center, Division of Infectious Diseases, and Center for Injury Research and Prevention—released new guidance intended to support youth sports programs in making evidence-based decisions regarding safety during this difficult period of the COVID-19 pandemic. Because several areas of the country are experiencing high rates of viral transmission, the experts recommend delaying team competition for youth winter sports until early spring. However, the guidance does consider universal masking a requirement for any type of training or competition for indoor activities that still occur. The team also provides their thoughts on testing smaller sports teams—like basketball and wrestling—as an additional mitigation strategy.

Be sure to read the full guidance here.