

# NEWS

## For Immediate Release

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### **Central District Health clarifies Youth Sports Guidance while in Category 3 (Red)**

Central District Health (CDH) recognizes that participation in sports activities is an important part of the growth and development of children that provides both physical and mental health benefits. However, while valuable, recent CDH COVID-19 investigations estimate upwards of 150 people across Ada, Boise, Elmore, and Valley Counties, are currently on quarantine due to potential COVID-19 exposure from youth sports—a number that continues to increase almost daily. Because of these growing impacts and the nature of youth sports bringing together children and adults from different neighborhoods and communities, CDH has updated its Youth Sports Guidance. The updated guidance more specifically addresses recommendations for youth sports when schools are operating in Category 3/Red and includes a list of sports according to level of contact.

“CDH guidance is focused on having schools operational with some level of in-person learning. Youth sporting events that are High contact and Medium-High contact are an unnecessary risk to be taking while we are seeing such high levels of community transmission. While we recognize the impact this has on our community, if we want to continue to see our students in their classrooms and the benefits that brings, we need to be willing to pause on higher risk activities that may set us back,” said Russ Duke, District Director for Central District Health.

#### ***The following outlines Central District Health’s most current recommendations for youth sports activities:***

Central District Health recommends that when a county or school district is in Category 3 (Red) for community transmission of the coronavirus, some youth sports activities should be paused. At this time, **CDH recommends that high-contact and medium-high-contact sports be paused, including both school-related and non-school-related youth sports.** High-contact sports include wrestling, football, performance and competitive cheer and dance/drill that involves stunting. Medium-High contact sports include baseball, volleyball, basketball, softball, and soccer.

While the current public health orders for Ada County do not specifically prohibit these activities, this CDH recommendation is aimed at reducing exposure risk at a time when case counts are rapidly increasing.

The current public health orders for Ada County prohibit mass gatherings, including gatherings of over 50 people. The Orders also require that anyone two years old or older wear a face covering that completely covers the individual's nose and mouth when they are within 6 feet of someone outside their household. **CDH recommends that any youth sports activity be paused when physical distancing and face coverings are not practical or cannot be enforced.**

While Idaho has no current travel restrictions, **CDH recommends that youth sports teams operating in counties in Category 3 (Red) refrain from travel for youth sports activities, and not host teams from out-of-state.**

**View the updated youth sports guidance document,** weekly school category updates each Monday, and other school-related documents at <https://www.cdh.idaho.gov/dac-coronavirus-schools.php>.

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