



COVID-19 All Sports Exposure Assessment Guidance

The purpose of this document is to provide schools and public health officials guidance during contact investigations involving sports activities. Public health officials recognize the challenges involved in risk assessment for players, coaching staff, and referees when it comes to sport competitions. In many instances, risk assessments must be conducted on a situational basis, taking into consideration all available information at the time. When assessing risk, please consider the following:

- Nature of the sport
 - Tackling in football
 - Being spaced out on a baseball diamond
 - Being close together on an indoor basketball court
- Setting of the sport
 - Outdoors = lower risk
 - Indoors = higher risk
- Team compliance with COVID-19 safety measures
 - Wearing masks when able
 - Spacing apart while not actively playing (i.e., bench, dugout, sideline)
 - Ensure social distancing in the locker room

Higher-Risk Sports

Least ability to maintain physical distance and/or be done individually

Least ability to:

1. Avoid touching of shared equipment
2. Clean/disinfect equipment between uses by different individuals, or
3. Not use shared equipment at all

Football, wrestling, basketball, martial arts, rugby, competitive cheer/dance, competitive lacrosse

Moderate-Risk Sports

Limited ability to maintain physical distance and/or be done individually

Limited ability to:

1. Avoid touching of shared equipment
2. Clean/disinfect equipment between uses by different individuals, or
3. Not use shared equipment at all

Baseball/softball, volleyball, doubles tennis, racket games, water polo, gymnastics, field hockey, swimming relays, crew (multiple rowers), rafting, paintball, soccer, non-contact across, flag football, BMX bike racing

Lowest-Risk Sports

Greatest ability to maintain physical distance and/or be done individually

Greatest ability to:

1. Avoid touching of shared equipment
2. Clean/disinfect equipment between uses by different individuals, or
3. Not use shared equipment at all

Individual running, batting cages, hunting/shooting, archery, golf, boating, singles tennis, rock climbing, horse events and competition, individual swimming, individual crew, cross country running, flying disc games, ropes



High-Risk Sports	Contact Type	Public Health Recommendation
Football	In game (and practice): Click here for football exposure risk assessment by position.	In game (and practice): Quarantine all exposed contacts.
Basketball	In game (and practice): Click here for the standard and alternative basketball exposure risk assessment.	In game (and practice): Quarantine all exposed contacts.
Wrestling and Martial Arts	In match (and practice): Any close physical interaction, regardless of duration.	In match (and practice): Quarantine all exposed contacts.
Rugby and Competitive Lacrosse	In game (and practice): Any physical body contact* with case in the field of play.	In game (and practice): Quarantine all exposed contacts.
Competitive Cheer and Dance	During routine (or practice): Performed in routine with case. Any close physical interaction, regardless of duration.	During routine (and practice): Quarantine all exposed contacts.
Moderate-Risk Sports Including: Soccer, Volleyball, Baseball, Softball, Doubles Tennis	Contact Type	Public Health Recommendation
	Primary sport event/activity (including practice): 6ft or less for 15 or more minutes in same vicinity of case. Body contact*/Setting Type**.	Primary sport event/activity (including practice): Quarantine all exposed contacts.
Low-Risk Sports Including: Golf, Individual Running, Individual Swimming, and Singles Tennis	Contact Type	Public Health Recommendation
	Primary sport event/activity (including practice): 6ft or less for 15 or more minutes. Body contact*.	Primary sport event/activity (including practice): Quarantine all exposed contacts.



*Body Contact: Public health would also want to consider any body contact made during the game. If body contact was made, it should be determined if the face of both parties were in close proximity to each other. If so, the contact identified would be recommended to quarantine.

**Setting type: The risk of transmission increases when some of these sports (i.e., soccer and tennis) are played indoors; therefore, exposure assessment would also be based on proximity of the case to other players during the game. For indoor doubles tennis, the partner of the case would be considered exposed. For indoor soccer, players with positions in the immediate proximity to the case would also be considered exposed.

NOTE: Consideration should be taken to assess exposures outside of the field of play for each sport, such as the bench, sideline, or dugout areas where teammates and coaches congregate. One should also account for outside of competition activities, such as locker rooms, weightlifting, and out-of-school gatherings. In any of these settings, an exposure would constitute as being within 6 feet of a case for 15 or more minutes. Contacts meeting this definition would be recommended to quarantine.