

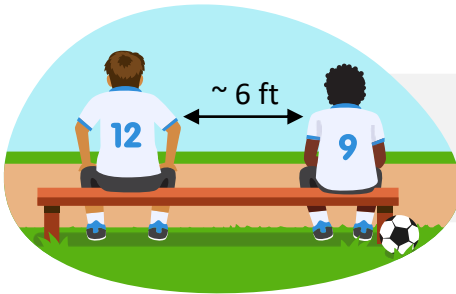
PREVENT COVID-19 OUTBREAKS in Youth Sport Programs

In locker and weight rooms



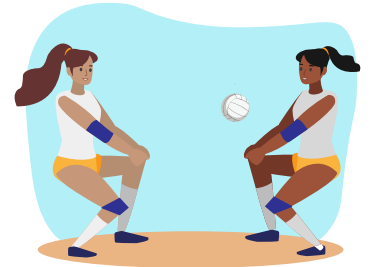
Keep it short. Aim for the least amount of time it takes to change or complete your workout.

Always wear a mask. This includes when putting on pads and protective gear.



Keep your distance. Try to stay at least 2 arms lengths (about 6 feet) away from others.

At Practices and Games



Clean hands often. Use a gel or spray hand sanitizer with at least 60% alcohol that dries quickly. Avoid eating and touching your face with unwashed hands.

Limit unnecessary physical contact and huddles. Use 'air high-fives' or other no-contact alternatives to celebrate. Keep your distance when practical.



For more tips, see ph.lacounty.gov/reducerisk.