

FAQ's for the Resocialization of Sports in the St. Louis Region

(Updated 5/28/20)

The St. Louis Sports Medicine COVID-19 Task Force has created this frequently asked questions guide to help individuals understand the Resocialization of Sports Recommendations.

Where can I find information about moving from one phase to the next?

We will provide updates on our websites regarding the gating criteria being met for each phase. This can be found on the SSM Health, BJC and Mercy websites. Additionally, you can reach out to any of the outreach coordinators listed on the recommendations for updates.

How often should we disinfect equipment like baseballs, basketballs, or football?

We recommend that you disinfect any ball as often as is feasible during your activity. For example, disinfect the ball between each session, drill, inning, or quarter. Any time there is enough stoppage in play that it is realistic to disinfect the ball it should be done. A ball can be used during any of the recommended phases, however during the early phases social distancing is recommended when doing so. [CDC guidance for cleaning and disinfecting should be followed.](#)

Phase 1 says individual workouts are allowed to begin but no more than 10 individuals, including coaches, are recommended in a space, does this mean I can only have 10 people in my facility at once?

We recommend only having 10 individuals in a closed or separated space together at once. For example, in a gymnastics facility you could have multiple groups of 10 individuals together but they should be spread out in a way so there is no interaction between the groups and the start and end times should be staggered to allow for no additional interaction of groups. All of this is dependent of the size of your "space".

Should I send my child to practice with a face mask/covering?

Yes, we recommend that individuals are wearing their face mask/covering while being screened and then anytime not doing vigorous physical activity. We also recommend you send a labelled bag with your child for them to store their mask in during practice.

Should I allow my child to participate if they have any of the underlying conditions listed?

If your child has any of the conditions listed as risk factors we recommend you contact your child's primary care provider to discuss their condition and how returning to sports may affect their condition. Every patient's condition is unique and needs to be addressed by their treating provider.

What should I do if I answer yes to one of the screening questions?

If you answer yes to any of the screening questions or have a fever as defined by the guidelines you should have a face cover on, be isolated and return home as soon as possible. We recommend you then contact your primary care provider for further guidance on COVID-19 testing. If you do not have a primary care provider SSM Health, BJC and Mercy all have resources for COVID-19 testing listed of the recommendations. You should not return back to activity until you have documentation demonstrating your COVID-19 test was negative or a note from their healthcare provider indicating they do not need to be tested and their symptoms are not due to COVID-19.

What do I need to do to return to sports after being diagnosed with COVID-19?

In order to return post COVID-19 we recommend you to be fever free for a minimum of 72 hours, have improvement of respiratory symptoms, a minimum of 10 days have passed from when your symptoms first appeared, and you have a clearance note from a medical provider.

The [full list of recommendations](#) can be found on our website.