

# MINIMUM STANDARD HEALTH PROTOCOLS



## CHECKLIST FOR ADULT RECREATION SPORT PARTICIPANTS Page 1 of 2

### About minimum health protocols:

***All individuals must wear a face covering (over the nose and mouth) wherever it is not feasible to maintain six feet of social distancing from another individual not in the same household or, for those engaging in physical activities outdoors, wherever the individual is not able to maintain a safe physical distance from others not in the same household.***

*The following are the minimum recommended health protocols for all individuals participating in adult recreation sports. These minimum health protocols are not a limit on the health protocols that individuals may adopt. Individuals are encouraged to adopt additional protocols consistent with their specific needs and circumstances to help protect the health and safety of all Texans.*

*The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions that place them at higher risk. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in these protocols, all of which facilitate a safe and measured reopening of Texas. The virus that causes COVID-19 is still circulating in our communities. We should continue to observe practices that protect everyone, including those who are most vulnerable.*

*Please note, public health guidance cannot anticipate every unique situation. Individuals should stay informed and take actions based on common sense and wise judgment that will protect health and support economic revitalization.*

### Health protocols for participants:

- Screen the participant before attending the adult recreation event or practice for any of the following new or worsening signs or symptoms of possible COVID-19:
  - Cough
  - Shortness of breath or difficulty breathing
  - Chills
  - Repeated shaking with chills
  - Muscle pain
  - Headache
  - Sore throat
  - Loss of taste or smell
  - Diarrhea
  - Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
  - Known close contact with a person who is lab confirmed to have COVID-19
- Carry and use hand sanitizer regularly, including before and after every meal and activity.

### Health protocols for spectators:

- Individuals may not be in a group larger than 10 individuals. Within these groups, individuals should, to the extent possible, minimize in-person contact with others not in the individual's household. Minimizing in-person contact includes maintaining 6 feet of separation from individuals. When maintaining 6 feet of separation is not feasible, other methods should be utilized to slow the

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## ADULT RECREATION SPORT PARTICIPANTS: Page 2 of 2

spread of COVID-19, such as washing or sanitizing hand frequently, and avoiding sharing utensils or other common objects.

### Health protocols for vulnerable populations:

Participants of adult recreation sports events or practices should minimize in-person contact with any person 65 years of age or older, especially those with pre-existing health conditions, for a period of 14 days. This includes maintaining social distancing of at least 6 feet of separation from those individuals, wearing a face covering or mask, and avoiding sharing utensils or other common objects with those individuals.