

# RI Youth & Amateur Sports Risk Levels

## HIGH RISK

Close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants

- **Sports:** wrestling, football, boys/men's lacrosse, competitive cheer, competitive group dance, rugby, boxing, competitive karate, competitive judo, competitive taekwondo, pairs figure skating

## MODERATE RISK

Intermittent close contact or close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission or sports that use equipment that can't be cleaned between participants

- **Sports:** basketball, ice hockey, volleyball, baseball, softball, soccer, gymnastics, competitive individual dance, field hockey, tennis, girls/women's lacrosse, water polo, fencing, competitive group cycling, team sailing/rowing, sport climbing, trampoline, table tennis, swimming relays, synchronized diving, artistic swimming, pole vault, high jump, long jump, badminton, group running, biathlon, triathlon, modern pentathlon, cross country skiing, Nordic combined, short track and group speed skating

## LOW RISK

Sports that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

- **Sports:** individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, alpine skiing, sideline cheer, individual dance, cross country, archery, shooting, individual cycling, equestrian dressage or eventing, snowboarding, singles figure skating, solo sailing, single sculling, individual rowing, individual diving, golf, individual sailing, skateboarding, weightlifting, alpine skiing, curling, individual speedskating, singles figure skating

Sources: the National Federation of State High School Associations, Sports Medicine Advisory Committee: [Guidance for Opening Up High School Athletics and Activities](#); and the United States Olympic & Paralympic Committee, [USOPC Guidance: Return to Training and Sport Event Planning](#);

Note: The risk assessment level for an individual sport and the current lists of categorized sports are subject to change.