

# RI Youth & Amateur Sports

For all sports, spectators are limited, masks are required (including during gameplay), clear record-keeping and contact tracing are mandatory. Athletes and coaches should work to reduce risk and follow the [RI guidance](#).

## HIGHER RISK

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

**Examples:** Wrestling, football, boys/men's lacrosse, competitive cheer, competitive group dance, rugby, boxing, competitive martial arts, wrestling, 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

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

*\*Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants*

## LOWER 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.

**Examples:** 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, individual running events, single sculling, individual rowing, individual diving, golf, individual sailing, skateboarding, weightlifting, alpine skiing, curling, skiing, individual speedskating, singles figure skating