

Virginia Chapter

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



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Regular exercise is important for our kids' mental and physical well-being. We must do everything we can to minimize the risk of COVID-19 spread. The Virginia Chapter of the American Academy of Pediatrics reaffirms the principles and guidance in the National AAP statement published on December 4, 2020 entitled "COVID-19 Interim guidance: Return to Sports" along with the [Virginia Department of Health's guidance](#). We support the recommendation that athletes always wear cloth face coverings or masks for group training, competition, and on the sidelines.

For outside individual sports, such as golf and singles tennis, cloth face coverings may not be necessary due to a lower risk of transmission. Careful attention should be paid to times when distance is compromised (breaks, meals, travel).

Cloth face coverings should not be worn during competitive cheerleading (tumbling/stunting/flying), gymnastics (while on the different apparatuses), wrestling contact or swimming/diving/ water sports while they are in the water

Wearing of **masks** for **indoor** sports is strongly recommended due to a greater risk of transmission. We reaffirm that cloth face coverings and masks for athletes:

- Are SAFE and effective in reducing the transmission of the SARS-CoV2 virus.
- Do NOT significantly affect blood or muscle oxygen levels
- Do NOT pose a risk to people with well controlled asthma
- Do NOT affect exercise performance
- Will protect athletes and teams from outbreaks and quarantine.
- Also protects the adults who are at higher risk.

We strongly recommend that all Virginia schools (public and private), youth sports organizations, and facilities that host youth sports implement the use of a cloth face covering or mask for athletes, coaches, support staff and spectators. This will keep our athletes and teams healthy and in play.

For more information, see AAP guidance at:

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>