



Sport Risk Assessment

Low Risk	Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
Moderate Risk	Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.
High Risk	Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Moderate & High Risk sports can still be active during early phases through individual skills training & development.

SPECIAL OLYMPICS SPORTS		
Low Risk	Moderate Risk	High Risk
Athletics - Running Events	Athletics - Field Events / Relays	Judo
Swimming - Individual Events	Swimming - Relays	Competitive Cheer
Bocce - Singles	Bocce - Doubles / Team*	Handball
Tennis - Singles	Tennis - Doubles	Basketball*
Badminton - Singles	Badminton Doubles	Netball
Table Tennis - Singles	Table Tennis - Doubles	Flag Football*
Cycling	Gymnastics (Artistic)*	Dance Sport
Equestrian	Gymnastics (Rhythmic)*	Floor Hockey
Golf	Bowling	Floorball
Open Water Swimming	Powerlifting*	
Triathlon	Rollerskating	
Alpine Skiing	Cricket	
Cross Country Skiing	Baseball*	
Figure Skating	Softball*	
Snowboarding	Volleyball	
Snowshoeing	Sailing	
Speed Skating	Football - Soccer	
	Speed Skating Relays	

*Could be potentially considered lower risk with appropriate cleaning of equipment and use of masks by participants.

General Resources

Government Agencies, Healthcare, Media & Research	<ul style="list-style-type: none"> • Centers for Disease Control (CDC) • World Health Organization (WHO) 	<ul style="list-style-type: none"> • Aspen Institute • Event Safety Alliance
Multi-Sport Organizations	<ul style="list-style-type: none"> • USOPC • Team USA • Special Olympics • NRPA 	<ul style="list-style-type: none"> • NCAA • NAIA • NFHS • USSSA

Not all Governing Bodies and Sport Federations currently have return to play information on their websites. Please continue to check the websites as you need sport specific information for updates.

Summer Sports Governing Bodies & Resources

Athletics (Track & Field) <ul style="list-style-type: none"> • USA Track & Field • World Athletics 	Badminton <ul style="list-style-type: none"> • USA Badminton • Badminton England • Badminton World Federation 	Baseball <ul style="list-style-type: none"> • USA Baseball • Little League • World Baseball Softball Confederation
Basketball <ul style="list-style-type: none"> • FIBA • USA Basketball • Jr NBA 	Bocce <ul style="list-style-type: none"> • SONA Bocce Training Considerations Sample 	Bowling <ul style="list-style-type: none"> • US Bowling Congress • Brunswick Bowling Centers • World Bowling • SONA Bowling Training Considerations Sample
Cricket <ul style="list-style-type: none"> • International Cricket Council 	Competitive Cheer <ul style="list-style-type: none"> • USA Cheer • International Cheer Union 	Cycling <ul style="list-style-type: none"> • USA Cycling • Union Cycliste Internationale
Equestrian <ul style="list-style-type: none"> • US Equestrian • Federation Equestre Internationale (FEI) 	Flag Football <ul style="list-style-type: none"> • NFL FLAG • USA Football • Pop Warner • SONA Flag Football Training Considerations Sample 	Football/Soccer <ul style="list-style-type: none"> • US Youth Soccer • Soccer Social Distancing • Elite Clubs National League • Federation Internationale de Football Association
Golf <ul style="list-style-type: none"> • USGA • Royal Ancient Golf Club of St. Andrew's 	Gymnastics <ul style="list-style-type: none"> • USA Gymnastics • Federation Internationale de Gymnastique (FIG) 	Handball <ul style="list-style-type: none"> • USA Team Handball • International Handball Federation
Judo <ul style="list-style-type: none"> • International Judo Federation • USA Judo 	Kayaking <ul style="list-style-type: none"> • USA Canoe • International Canoe Federation (ICF) 	Netball <ul style="list-style-type: none"> • International Netball Federation (INF) • Netball Australia

Summer Sports Governing Bodies & Resources Cont.

Open Water Swimming	Powerlifting	Roller Skating
<ul style="list-style-type: none"> • USA Swimming • USA Triathlon • Swim England • Federation International de Natation (FINA) 	<ul style="list-style-type: none"> • USA Powerlifting • International Powerlifting Federation 	<ul style="list-style-type: none"> • Team USA Roller Sports • World Skate
Sailing	Softball	Swimming
<ul style="list-style-type: none"> • US Sailing • World Sailing 	<ul style="list-style-type: none"> • USA Softball • Little League • Sports UAC • World Baseball Softball Confederation 	<ul style="list-style-type: none"> • USA Swimming • Swimming Canada • Federation International de Natation (FINA)
Table Tennis	Tennis & Pickleball	Triathlon
<ul style="list-style-type: none"> • International Table Tennis Federation (ITTF) • USA Table Tennis 	<ul style="list-style-type: none"> • U.S. Tennis Association (USTA) • International Tennis federation (ITF) • USA Pickleball 	<ul style="list-style-type: none"> • USA Triathlon • International Triathlon Union
Volleyball		
<ul style="list-style-type: none"> • USA Volleyball • Federation Internationale de Volleyball (FIVB) 		

Winter Sports Governing Bodies & Resources

Alpine Skiing	Cross Country Skiing	Dance Sport
<ul style="list-style-type: none"> • US Ski and Snowboard • Federation Internationale de Ski 	<ul style="list-style-type: none"> • US Ski and Snowboard • Federation Internationale de Ski • 	<ul style="list-style-type: none"> • Dance USA • USA Dancing • World DanceSport Federation
Figure Skating	Floorball	Floor Hockey
<ul style="list-style-type: none"> • U.S. Figure Skating • International Skating Union (ISU) 	<ul style="list-style-type: none"> • USA Floorball • International Floorball Federation 	<ul style="list-style-type: none"> • SONA Floor Hockey Training Considerations Sample • USA Hockey
Speed Skating	Snowboarding	Snowshoeing
<ul style="list-style-type: none"> • US Speedskating • International Skating Union (ISU) 	<ul style="list-style-type: none"> • US Ski and Snowboard • Federation Internationale de Ski 	<ul style="list-style-type: none"> • US Snowshoe Association • World Snowshoe Federation (WSSF)