



☑ CHECKLIST FOR OUTDOOR SPORTS PARTICIPANTS Page 1 of 1

Individuals may engage in outdoor sports, provided that the sports do not include contact with other participants, and no more than four participants play the sport at any time.

The following are the minimum recommended health protocols for all individuals engaging in outdoor sports in Texas. 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 outdoor sports participants:

☑ Self-screen before playing in an outdoor sport 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

☐ Special consideration for golf courses:

- ☐ Clean and sanitize golf carts and push carts between uses.
☐ Except for members of the same household, no more than one individual per golf cart.
☐ Clean and disinfect driving range golf balls between use.
☐ Ensure separation of at least 6 feet between golfers on the driving range.

☑ Individuals aged 65 or older are at a higher risk of COVID-19. To the extent possible, avoid contact within 6 feet with individuals aged 65 and older. Individuals aged 65 and older should stay at home as much as possible.