



ALEXANDRIA HEALTH DEPARTMENT

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Alexandria Health Department Interim Recommendations / Guidance on Sports and Activities

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To Whom It May Concern:

Alexandria Health Department (AHD) has been asked by schools and organizations to provide recommendations on sports and activities.

AHD respects and supports athletics for physical and mental health and the importance of learning and practicing life-skills such as teamwork and sportsmanship. However, at this time, Northern Virginia is [approaching substantial community transmission](#) of COVID-19, and numbers are increasing regionally, statewide, and nationally. Therefore, to reduce the risk of COVID-19 transmission in Alexandria, AHD **does not recommend** conducting/participating in sports and activities in which there is close proximity of athletes (i.e. within 10 feet).

Note: this is a recommendation. AHD does not have the authority to regulate these activities. AHD recognizes and respects that every school, organization, and family has unique circumstances and varying levels of risk tolerance. AHD will continue to support those who choose not to follow this recommendation (e.g. guidance to reduce risks, case investigations and contact tracing, isolation and quarantine).

If a school, organization, or family decide to proceed with sports and activities, the Virginia Department of Health has issued guidance on its webpage, [Considerations for Recreational Sports](#). This webpage will help individuals make informed decisions and addresses mask wearing, risk categorization of different sports, and alternatives to reduce risks. It has a number of tabs (Considerations for Recreational Sports; Best Practices; and Risk Categorization) that should be carefully reviewed and considered.

Additional essential resources that schools, organizations, and families should review include:

- The Virginia High School League's [Guidelines for Return to Participation](#)
- The [Sixth Amended Executive Order 67](#) (including certain restrictions related to sports)

I hope this guidance is helpful in our collective effort to protect and promote health and well-being. Families are also encouraged to review this with their healthcare provider. Schools and organizations that would like to discuss AHD recommendations or VDH guidelines with an AHD team member should call the COVID-19 Hotline at 703.746.4988 (weekdays, 9am-6pm).

Sincerely,

Stephen A. Haering, MD, MPH, FACPM