

Mayo Clinic Minute: Youth sports safety during a pandemic

VIDEO	AUDIO
DeeDee	The youth sports playing field has changed significantly in 2020.
David Soma, M.D. Pediatric and Adolescent Medicine Mayo Clinic 01:16	"Sports do require oftentimes close contact, sharing of equipment and other things that do pose risks ... how do we do that in the safest way possible I think is the million-dollar question."
DeeDee	Dr. David Soma is a Mayo Clinic pediatrician specializing in sports medicine. He says sports provide valuable mental and physical benefits for kids, but the COVID-19 pandemic is a whole new ballgame.
Dr. Soma 05:55	"If we are going to have kids play sports, we need to really strongly encourage a lot of those social safety measures: social distancing, hand hygiene, masking when possible."
DeeDee	He also recommends screening athletes for COVID-19 symptoms before practices and games.
DeeDee	And if an athlete has recovered from COVID-19 ...
Dr. Soma 06:10	... "There's a lot of discussion right now about the potential development of heart complications following COVID-19 infection, and that when they go back to sports, there could be a risk. I think that we need to just be monitoring that very carefully."
DeeDee	Dr. Soma says limiting the number of people at events and masking everyone on the sidelines and in the stands is also important.
DeeDee	For the Mayo Clinic News Network, I'm DeeDee Stiepan.