

August 2020

## **Dallas County Education and Public Health Ad Hoc Committee Statement on Sports and Musical Activities**

There are known and yet unknown potential risks of intense physical exercise, playing of musical instruments and singing activities related to COVID-19 infection.

To mitigate these risks to students, in-person organized sporting activities, music, theater, recitals, and choir should not be conducted during times when levels of community transmission of COVID-19 infection are moderate or high using the Red/Orange categories as designated by the Public Health Committee.

By delaying these high-risk transmission activities that occur outside the classroom, there will be a more expedited return of in-classroom learning for all students.

- While COVID-19 infection has had mild symptoms in many children and adolescents, severe manifestations have occurred in otherwise healthy children, including heart failure and death. [MMWR 2020](#) [Belhadjer Z et al](#) [Blumfield et al](#) [CNN](#)
- Outbreaks of COVID-19 infection have been reported with both indoor and outdoor intense physical exercise, and shared changing rooms. [Jang S et al](#), [Brlek A, et al](#) [CNN](#)
- The risks of playing musical instruments in the COVID-19 era are unknown. Practice rooms are small spaces which might easily be filled with aerosol. The techniques of less experienced players may create more risk of aerosol production and subsequent COVID-19 spread. The NFHS recommends engaging with state and local health departments in regards to when students should return for band activities. [Schwalje and Hoffman](#) [Lai et al](#) [nfhs.org](#)
- High attack rates of SARS-CoV-2 have been associated with singing and cheering in indoor and outdoor settings. [Hamner L et al](#) [Szablewski CM et al](#)
- Increases in cases and deaths due to COVID-19 may have been linked to large popular sporting events. [Sassano M et al](#)