

2021-2022 NCHSAA Sports Guidelines for Best Practices

<p>Regardless of the type of sport being played, it is <i>RECOMMENDED</i> that all administrators of sports programs:</p>	<p><input type="checkbox"/> Have all coaches, athletes, spectators, and other participants who are not fully vaccinated wear a face covering indoors, unless they state that an exception applies, and practice physical distancing from anyone outside of their household at all times.</p>
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Other <i>RECOMMENDED</i> Actions for Settings Where Not All Athletes and Staff are Fully Vaccinated:	
<p><input type="checkbox"/> Coaches, officials, and others should modify communication and avoid close, face-to-face communication.</p>	<p><input type="checkbox"/> Disinfect all shared fitness and sports equipment(if provided) between users, with EPA approved disinfectant for SARS-CoV-2 with adequate contacttime allowed for disinfectant as stated by the manufacturer.</p>
<p><input type="checkbox"/> Consider workouts in groups/pods of individualswith the same group always working out together, including weight training, to limit exposure should someone become sick.</p>	<p><input type="checkbox"/> Remind individuals to bring their own waterbottles. Water bottles must not be shared.</p>
<p><input type="checkbox"/> When possible, schedule contests to include adequate buffer times between games to allow athletes, coaches and staff to enter and exit the facility with limited interaction.</p>	<p><input type="checkbox"/> Provide disposable cups or labeled water bottles for individuals when using any water fountains or hydration stations (water cows, water troughs, water fountains.) Hand sanitizer should be readily available near hydration stations and water fountains.</p>
<p><input type="checkbox"/> Have all coaches, athletes and other participants on the team bench sit a minimum of 3 feet from each other in order to maintain social distancing.</p>	

Please note:

- NCHSAA policies are subject to change, in keeping with any Governor’s Executive Orders.
- Member schools have autonomy, for their respective home events during the regular season, to enforce more restrictive policies/requirements.
- Once competition begins, competing schools are responsible for communicating with one another regarding any face covering policies and/or spectator requirements well in advance of scheduled contests.
- Exceptions for face coverings should be communicated between competing school athletic administrators prior to the contest.
- When required, face coverings should be properly worn. Properly worn means covering both the nose and mouth.
- Contact and work with the Local Health Department with your COVID issues and concerns in the county.
- Important Resources from NCDHHS:
 - [NCDHHS Recommendations for Protecting Each Other from COVID-19](#) (July 29, 2021)
 - The updated [Toolkit](#) is available on the NCDHHS website