



NCHSAA Reopening Sports/Activities: Summer Guidance

<p>Objective</p>	<p>To provide guidance for member schools to consider in designing return-to-activity protocols in accordance with state, county and NCHSAA restrictions. It allows for a coordinated reopening following the initial stay at home orders and may also be used if conditions dictate the need for increased restrictions in the future; thus, the NCHSAA is developing a multi-phased approach.</p>
<p>Belief Statements</p>	<p>The NCHSAA believes the safety and health of student athletes is vital for our member schools to begin summer workouts.</p> <p>The NCHSAA believes it is essential to the physical, emotional, and mental well-being of students to return to physical activity and athletic competition as soon as deemed safe.</p> <p>The NCHSAA believes that prior to allowing use of facilities, schools must review facility use agreements, especially in the areas of sanitation requirements and liability.</p>
<p>Points of Emphasis</p>	<p>Key Strategies: Frequent, effective hand hygiene; social distancing of at least 6 feet; disinfecting of high touch areas; avoid touching of the face; symptomatic individuals or individuals with exposure to COVID-19 within the past 14 days must not participate; development of plans specific to each school’s venues and facilities.</p> <p>Limited COVID-19 testing availability, lack of resources for contact tracing, and expanding knowledge of COVID-19 transmission could all result in significant changes to this guidance. The NCHSAA will monitor these key data points and will disseminate more information as it becomes available, and prior to moving from phase to phase.</p> <p>Administrators and coaches must emphasize the need for all coaches and participants who have signs or symptoms of illness to stay home to decrease risk of viral transmission, as they may transmit the virus to <i>vulnerable individuals</i>. Vulnerable individuals are defined as, but not limited to: people age 65 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune system may be compromised by treatment such as by chemotherapy for cancer, certain medication for rheumatoid arthritis and other conditions requiring immune suppression.</p> <p>Licensed Athletic Trainers/First Responders are very important to resumption to athletics post-COVID-19. We strongly encourage their involvement during all phases.</p> <p>Current pre-season conditioning and acclimatization models assume that athletes have deconditioned during the stay at home orders. Therefore, the intensity and duration of training must be moderated and monitored upon return. Towards that end, time limits will be indicated for each phase. It is strongly recommended that student athletes participate in only one session per day during Phase One and Phase Two.</p> <p>Due to recurrent outbreaks in the coming months, administrators must be prepared for periodic school closures and the possibility of some teams having to isolate for two or more weeks while in-season. The NCHSAA will work to develop policies regarding practice and/or competition during temporary school closures, the cancellation of contests during the regular season, and parameters for the cancellation or premature ending to post-season events/competitions.</p> <p>NCHSAA Phases are in accordance with guidelines published by the NC DHHS and are subject to change. In order to move from one phase to the next, further criteria will be established, will be in accordance with the Governor and the DHHS, and will be strictly followed.</p>
<p>Pre-Participation Evaluation</p>	<p>Due to the timing of the Stay at Home Order and restrictions some areas may have participated in mass Preparticipation Physicals as has they have in the past. In May, the NCHSAA recognized this issue and allowed for a one-year extension for many student athletes. The approved regulation now states:</p> <p><i>All student athletes who had a valid Preparticipation Examination (PPE) form dated anytime between March 1, 2019 – May 1, 2020 (used for the 2019-2020 seasons) will be granted a temporary one-year extension through the end of the 2020-2021 academic year. If the student does not have a valid form from these dates, they will need an updated physical form prior to any summer workout or season participation.</i></p> <p>Please be reminded that the student-athlete/family medical history portion of the PPE Form is required annually and must be completed and signed by the parent or legal custodian prior to participation during the 2020-2021 academic year. There is no waiver or extension applied to this requirement.</p>

	NCHSAA Phase One	NCHSAA Phase Two	NCHSAA Phase Three
Facilities Cleaning	<p>Adequate cleaning schedules must be created and implemented for all athletic facilities. Bathrooms, if opened, must be disinfected after use.</p> <p>Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility must be disinfected (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).</p> <p>Hand sanitizer (containing >60% ethanol or >70% isopropanol) must be plentiful and available to individuals as they move from place to place.</p> <p>Appropriate clothing/shoes must be worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam must be covered.</p> <p>Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.</p> <p><u>Once facilities are cleaned</u> - individuals must wash their hands for a minimum of 20 seconds with water and soap; or, in the absence of a hand washing station, hand sanitizer may be used before touching any surfaces or participating in workouts.</p>	<p>Adequate cleaning schedules must be created and implemented for all athletic facilities. Bathrooms, if opened, must be disinfected after use.</p> <p>Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility must be disinfected (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).</p> <p>Hand sanitizer (containing >60% ethanol or >70% isopropanol) must be plentiful and available to individuals as they move from place to place.</p> <p>Appropriate clothing/shoes must be worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam must be covered.</p> <p>Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.</p> <p><u>Once facilities are cleaned</u> - individuals must wash their hands for a minimum of 20 seconds with water and soap; or, in the absence of a hand washing station, hand sanitizer may be used before touching any surfaces or participating in workouts.</p>	
Entrance/Exit Strategies	<p>Must develop a plan to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times.</p>	<p>Must continue to develop strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact. Strategies include staggering starting/ending times, signage to direct one-way flow of traffic for designated entrance/exit and encouraging staying in vehicles until start of workout/practice.</p>	
Limitations on Gatherings	<p>Workouts/conditioning limited to <u>no more than 90 minutes</u> in Phase One.</p> <p>Gatherings in outside venues are limited to no more than 25 people.</p> <p>Gatherings in gymnasiums are limited to no more than 10 people.</p> <p>The gathering numbers, as mentioned above, include coaches, managers, trainers, etc.</p> <p>Workouts should be conducted in “pods” of students with the same 5-10 students working out together weekly (same grouping each day) to limit overall exposures. Records must be maintained of the groupings to facilitate contact tracing, if required. Smaller pods can be utilized for weight training.</p> <p>There must always be a minimum distance of 6 feet between each individual. If this is not possible indoors, then the maximum number of individuals in the room must be decreased to obtain a minimum distance of 6 feet between each individual.</p>	<p>Workouts/conditioning remains limited to no more than 90 minutes in Phase Two. Attention to heat and humidity factors is required.</p> <p>Gatherings in outside venues remain limited to no more than 25 persons.</p> <p>Gatherings in gymnasiums remain limited to no more than 10 persons.</p> <p>The gathering numbers, as mentioned above, include coaches, managers, trainers, etc.</p> <p>Drills or activities requiring the use of equipment during workouts should be conducted in pods of students with the same 5-10 students working out together weekly (same grouping each day) to limit overall exposures. Records must be maintained of the groupings to facilitate contact tracing, if required. Smaller pods can be utilized for weight training.</p> <p>There must always be a minimum distance of 6 feet between each individual. If this is not possible indoors, then the maximum number of individuals in the room must be decreased to obtain a minimum distance of 6 feet between each individual.</p>	

<p>Pre-Workout Monitoring</p>	<p>All coaches and students must be screened daily for signs / symptoms of COVID-19 prior to participating, including a temperature check.</p> <p>Anyone with a temperature of 100.4° F or higher, or who reports any COVID-like symptoms must not be allowed to participate; must be sent home; and, should be directed to their primary care practitioner (Family Medicine, Pediatrics or Internal Medicine) for evaluation and potential need for further testing.</p> <p>Responses to screening questions for each person must be recorded and stored (see Monitoring Form attached).</p> <p>The head coach (or designee) is responsible for collection of the data from each day's screening. Ideally this would be the same individual each day for consistency.</p> <p>Students or coaches who have a positive pre-workout screening must not be allowed back until they have a note from their healthcare provider indicating that they do not need to be tested or that their symptoms are not due to COVID-19.</p> <p>Students, coaches, staff considered <i>vulnerable individuals</i>, or those concerned with contracting COVID-19 should consult family doctor before supervising or participating in any workouts during Phase One,</p>	<p>All coaches and students must be screened daily for signs / symptoms of COVID-19 prior to participating, including a temperature check.</p> <p>Anyone with a temperature of 100.4° F or higher, or who reports any COVID-like symptoms must not be allowed to participate; must be sent home; and, should be directed to their primary care practitioner (Family Medicine, Pediatrics or Internal Medicine) for evaluation and potential need for further testing.</p> <p>Responses to screening questions for each person must be recorded and stored (see Monitoring Form attached).</p> <p>The head coach (or designee) is responsible for collection of the data from each day's screening. Ideally this would be the same individual each day for consistency.</p> <p>Students or coaches who have a positive pre-workout screening must not be allowed back until they have a note from their healthcare provider indicating that they do not need to be tested or that their symptoms are not due to COVID-19.</p> <p>Students, coaches, staff considered <i>vulnerable individuals</i>, or those concerned with contracting COVID-19 should consult family doctor before supervising or participating in any workouts during Phase Two.</p>	
<p>Exposure of an Athlete, Coach, or Staff Member to a Person Who Tests Positive for COVID-19</p>	<p>If a person on the team tests positive for COVID-19, all members of that pod and those who had close contact with that individual should:</p> <ol style="list-style-type: none"> 1. Quarantine (stay at home) until 14 days after your last exposure, unless you have a negative PCR COVID-19 test. 2. Check your temperature twice a day and watch for developing symptoms of COVID-19. 3. If possible stay away from people who are at higher-risk for getting very sick or contracting COVID-19. 	<p>If a person on the team tests positive for COVID-19, all members of that pod and those who had close contact with that individual should:</p> <ol style="list-style-type: none"> 1. Quarantine (stay at home) until 14 days after your last exposure, unless you have a negative PCR COVID-19 test. 2. Check his/her temperature twice a day and watch for developing symptoms of COVID-19. 3. If possible stay away from people who are at higher-risk for getting very sick or contracting COVID-19. 	
<p>Athlete or Coach Who Tests Positive for COVID-19</p>	<p>The local public health authority must be notified by the head coach (or designee) to help with contact tracing.</p> <p>TO RESUME WORKOUTS, an athlete or coach must meet each of the following criteria:</p> <ol style="list-style-type: none"> 1. No fever for 72 hours without fever reducing medications, since recovery 2. Resolution of respiratory symptoms 3. At least 10 days have passed since symptoms first appeared 4. A note of clearance from a licensed medical provider (MD, DO, NP, PA) 	<p>The local public health authority must be notified by the head coach (or designee) to help with contact tracing.</p> <p>TO RESUME WORKOUTS, an athlete or coach must meet each of the following criteria:</p> <ol style="list-style-type: none"> 1. No fever for 72 hours without fever reducing medications, since recovery 2. Resolution of respiratory symptoms 3. At least 10 days have passed since symptoms first appeared 4. A note of clearance from a licensed medical provider (MD, DO, NP, PA) 	
<p>Face Coverings</p>	<p>State, local or school district guidelines for acceptable cloth face coverings must be strictly followed. There is no need to require or recommend "medical grade" masks for physical activity.</p> <p>Coaches, staff, managers, etc. should wear cloth face coverings at all times and maintain 6-feet physical distancing.</p> <p>Athletes are strongly recommended to wear a cloth face covering when not actively engaged in physical activity and maintain 6-feet physical distancing. Face masks should not be worn during activities that inhibit breathing, (i.e. swimming, distance running, or other high aerobic activity).</p> <p>Face masks must not be shared.</p> <p>Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or to others.</p>	<p>State, local or school district guidelines for acceptable cloth face coverings must be strictly followed. There is no need to require or recommend "medical grade" masks for physical activity.</p> <p>Coaches, staff, managers must maintain 6-feet physical distancing etc. should give strong consideration to wearing cloth face coverings at all times. (Be a role model!)</p> <p>Athletes are strongly recommended to wear a cloth face covering when not actively engaged in physical activity and maintain 6-feet physical distancing. Face masks should not be worn during activities that inhibit breathing (i.e. swimming, distance running, or other high aerobic activity).</p> <p>Face masks must not be shared. Plastic shields covering the entire face are not allowed during participation.</p>	

	Artificial noisemakers such as an air horn or a timer system with an alarm, can be used as a signal in place of a traditional whistle.	Artificial noisemakers such as an air horn or a timer system with an alarm, can be used as a signal in place of a traditional whistle.	
Hygiene Practices	<p>Wash hands with soap and water for at least 20 seconds, or use hand sanitizer often, especially after touching frequently-used items or surfaces.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face, eyes, and nose. Dispose of all tissues.</p> <p>Disinfect frequently-used items and surfaces between use.</p> <p>No spitting! - e.g. sunflower seeds, tobacco, phlegm.</p>	<p>Wash hands with soap and water for at least 20 seconds, or use hand sanitizer often, especially after touching frequently used items or surfaces.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face, eyes, and nose. Dispose of all tissues.</p> <p>Disinfect frequently used items and surfaces between use.</p> <p>No spitting! - e.g. sunflower seeds, tobacco, phlegm.</p>	
Hydration/Food	<p>No sharing of water bottles. All students must bring their own water bottle, clearly marked with their name. Food must not be shared.</p> <p>Hydration stations (water troughs, water fountains, etc.) must not be utilized by individuals. Designate one person to refill water bottles when needed.</p>	<p>No sharing of water bottles. All students must bring their own water bottle, clearly marked with their name. Food must not be shared.</p> <p>Hydration stations (water troughs, water fountains, etc.) must not be utilized by individuals. Designate one person to refill water bottles when needed.</p>	
Team Travel	No team travel permitted during Phase One.	No team travel permitted during Phase Two.	

Locker Rooms and Athletic Training Areas	<p>Locker rooms are closed during Phase One. Students must report in appropriate attire and immediately return home to shower after participation.</p> <p>No students are allowed in the athletic training room. (If an emergency, LAT must be present and appropriate disinfecting must occur afterwards.)</p>	<p>Locker rooms remain closed during Phase Two. Students must report in appropriate attire and immediately return home to shower after participation.</p> <p>No students are allowed in the athletic training room. (When necessary, LAT must be present and appropriate disinfecting must occur afterwards.)</p>	
School Weight and Mat Rooms	<p>Weight and mat rooms are closed during Phase One.</p> <p>Weights, mats and other training equipment can be moved outdoors, only, if they can be spaced 12 feet apart.</p> <p>Any lifting equipment or mats must be disinfected between each use.</p> <p>Spotters must wear a mask. Maintain 6 feet distancing as is possible.</p>	<p>Weight and mat rooms remain closed during Phase Two..</p> <p>Weights, mats and other training equipment can be moved outdoors, only, if they can be spaced 12 feet apart.</p> <p>Any lifting equipment or mats must be disinfected between each use.</p> <p>Spotters must wear a mask. Maintain 6 feet distancing as is possible.</p>	
Spectators	Spectators are not allowed during Phase One. Parents can remain in their cars, if desired. However, there must be no congregating allowed in the parking lot or on adjacent fields.	Spectators are not allowed during Phase Two. Parents can remain in their cars, if desired. However, there must be no congregating allowed in the parking lot or on adjacent fields.	
Physical Activity and Athletic Equipment	<p>There must be no sharing of athletic equipment --towels, clothing, shoes, or sports specific equipment-- between students.</p> <p>Students must wear their own appropriate workout clothing (do not share clothing); Individual clothing/towels must be washed and cleaned after every workout.</p> <p>All athletic equipment, including balls, must be cleaned after each individual use and prior to the next workout.</p> <p>Individual drills requiring the use of athletic equipment are permissible, but the equipment must be cleaned prior to use by the next individual.</p> <p>Physical contact such as high-fives, fist/elbow bumps, and hugs are not be allowed.</p>	<p>There must be no sharing of towels, clothing, shoes, or other athletic attire between students.</p> <p>Students must wear their own appropriate workout clothing (do not share clothing); Individual clothing/towels must be washed and cleaned after every workout.</p> <p>All athletic equipment, including balls, must be cleaned frequently, and prior to use by another pod.</p> <p>Individual drills requiring the use of athletic equipment are permissible, but the equipment must be cleaned prior to use by another pod.</p> <p>Physical contact such as high-fives, fist/elbow bumps, celebrations, and hugs are not be allowed.</p>	

General Activity Description	ONLY Individual Skill Development and Workouts; Maintain Physical Distancing; No Contact with Others; No Sharing of Equipment; No Grouping	Small Group Workouts/Practice; Maintain Physical Distancing; Limited Sharing of Equipment; No Grouping	
Lower Infection Risk Activities	<i>Activities that can be done with physical distancing or individually with limited sharing of equipment or the ability to clean the equipment between use by competitors. NCHSAA Sports & Activities: cross country (with staggered starts), golf, baseball, softball, swimming*, diving, tennis, track and field* Notes: In swimming, relays need to maintain social distance. In track and field, any field event with an implement/mat needs to be cleaned frequently and masks could be worn by participants</i>		
Cross Country	Runners must maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).	Runners must maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).	
Golf	Maintain appropriate physical distancing of at least 6 feet.	Maintain physical distancing of at least 6 feet.	
Baseball	Conditioning and "tee" or pitching machine work. Players must not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they must be collected and disinfected individually. Dugouts must be closed in Phase One.	Limit sharing of balls and bats within pods. Disinfect equipment frequently, and prior to use by another pod. Must maintain 6 feet physical distancing. Dugouts must remain closed in Phase Two.	
Softball	Conditioning and "tee" or pitching machine work. Players must not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they must be collected and disinfected individually. Dugouts must be closed in Phase One.	Limit sharing of balls and bats to within pods. Disinfect equipment frequently, and prior to use by another pod. Maintain 6 feet physical distancing. Dugouts must remain closed in Phase Two.	
Swimming and Diving	Maintain appropriate physical distancing of at least 6 feet at all times.	Must maintain 6 feet physical distancing at all times—in the pool and on the deck. Only one lap swimmer per lane. Ensure frequent disinfecting measures are occurring in the pool, on deck and with all equipment.	
Tennis	Conditioning; no sharing of balls; each player may use own can of balls to serve. Ball machine use by individuals only. Players may do individual drills, wall volleys and serves. Disinfect rackets and balls afterwards.	Limit sharing of balls; each player may use own can of balls to serve and uses racket to pass other balls (singles only), ball machine use by individuals only. Wipe down rackets and balls after. Must maintain 6 feet physical distancing.	
Track and Field	Runners must maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes). No sharing of implements / equipment (e.g. relay baton, shot put, discus). Padded equipment / landing pits/poles must be disinfected between use.	Runners must maintain 6 feet physical distancing between individuals; no grouping (i.e. starts and finishes). Limit sharing of implements / equipment to within pods. Disinfect frequently between use. Padded equipment /landing pits/poles must be disinfected between use.	

Higher Infection Risk Activities	<i>Activities that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. NCHSAA Sports & Activities: football, cheerleading, lacrosse, basketball, soccer, wrestling, volleyball</i>		
Football	Wearing protective equipment is prohibited during Phase One. Conditioning and individual drills only. A player must not participate in drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed. Tackling dummies / donuts / sleds must be disinfected after each use.	Wearing protective equipment is prohibited during Phase Two. Limit sharing of balls/equipment to within pods. Disinfect equipment frequently, and prior to use by another pod. Must maintain 6 feet physical distancing. Contact with other players is not allowed. Tackling dummies / donuts / sleds must be cleaned before use by another pod.	

Cheerleading	Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible with 6-foot physical distancing.	Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible with 6-foot physical distancing. If sharing mats, must be disinfected after each individual stunt.	
Lacrosse	Wearing protective equipment is prohibited during Phase One. Conditioning and individual drills. Contact with other players is not allowed. There can be no sharing of equipment.	Wearing protective equipment is prohibited during Phase Two. Limited sharing of balls/equipment to within pods. Disinfect equipment frequently. Must maintain 6 feet physical distancing.	
Basketball	Conditioning, individual basketball skill drills; no contact or sharing of balls. A player may practice shooting and must retrieve own ball. A player must not participate in drills with a single ball that will be handed off or passed to other teammates.	Limit sharing of balls to within pods. Disinfect equipment frequently, and prior to use by another pod. No physical contact. Must maintain 6 feet physical distancing.	
Soccer	Conditioning, individual ball skill drills, each player has own ball which is disinfected at the end of practice. Feet only (no heading/use of hands); no contact.	Limit sharing of balls to within pods. Disinfect equipment frequently, and prior to use by another pod. Feet only (no heading/no use of hands); no contact. Must maintain 6 feet physical distancing.	
Wrestling	Mat room closed in Phase One. Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill, without touching a teammate, with 6-foot distancing.	Mat room remains closed in Phase Two. Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill, without touching a teammate, with 6-foot distancing.	
Volleyball	Conditioning, individual ball handling drills, each player has own ball. A player must not participate in drills with a single ball that will be bumped, served, or passed to other teammates.	Limit sharing of balls to within pods. Disinfect equipment frequently, and prior to use by another pod. Must maintain 6 feet physical distancing.	

Resources	
Signage / Posters	CDC Print Resources
Additional Links	White House Guidelines for Opening Up America Again Spanish CDC Considerations for Youth Sports CDC Recommendations Regarding the Use of Cloth Face Coverings NFHS Guidance for Opening Up High School Athletic and Activities NCAA Core Principles of Resocialization of Collegiate Sport U.S. Olympics and Paralympics Committee: Return to Training Considerations Swiss Rugby Union Protection Concept for Resumption of Sports Activities https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2#filter_col1 https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html https://www.cdc.gov/coronavirus/2019-ncov/hcp/hand-hygiene.html