



# NCHSAA Reopening Sports/Activities: Summer Guidance

<b>Objective</b>	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.
<b>Belief Statements</b>	<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>
<b>Points of Emphasis</b>	<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 <b>all</b> 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><b>Licensed Athletic Trainers/First Responders are very important to resumption to athletics post-COVID-19. We strongly encourage their involvement during all phases.</b></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. <b>Towards that end, time limits will be indicated for each phase.</b> It is strongly recommended that student athletes participate in <b>only one session</b> per day during Phase One.</p> <p>Due to the possibility of 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>
<b>Pre-Participation Evaluation</b>	<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
<b>Facilities Cleaning</b>	<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 &gt;60% ethanol or &gt;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>Phases Two and Three will be developed and shared according to the Governor's continuing reopening guidelines, NC DHHS guidance, and CDC guidance.</p>	
<b>Entrance/Exit Strategies</b>	<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>		
<b>Limitations on Gatherings</b>	<p><b>Workouts/conditioning limited to <u>no more than 90 minutes</u> in Phase One.</b></p> <p>Gatherings in outside venues are limited to <b>no more than 25 people</b>.</p> <p>Gatherings in gymnasiums are limited to <b>no more than 10 people</b>.</p> <p><b>The gathering numbers, as mentioned above, include coaches, managers, trainers, etc.</b></p> <p>Workouts should be conducted in "pods" of students with the same 5-10 students working out together weekly (<b>same grouping each day</b>) 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>		
<b>Pre-Workout Monitoring</b>	<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 <b>100.4° F</b> 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 must not supervise or participate in any workouts during Phase One.</p>		
<b>Exposure of an Athlete, Coach, or Staff Member to a Person Who Tests Positive for COVID-19</b>	<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"> <li>1. Quarantine (stay at home) until 14 days after your last exposure, unless you have a negative PCR COVID-19 test.</li> <li>2. Check your temperature twice a day and watch for developing symptoms of COVID-19.</li> <li>3. If possible stay away from people who are at higher-risk for getting very sick. contract4ing COVID-19</li> </ol>		
<b>Athlete or Coach Who Tests Positive for COVID-19</b>	<p>The local public health authority must be notified by the head coach (or designee) to help with contact tracing.</p> <p><b>TO RESUME WORKOUTS</b>, an athlete or coach must meet <b>each</b> of the following criteria:</p> <ol style="list-style-type: none"> <li>1. No fever for 72 hours without fever reducing medications, since recovery</li> <li>2. Resolution of respiratory symptoms</li> <li>3. At least 10 days have passed since symptoms first appeared</li> <li>4. A note of clearance from a licensed medical provider (MD, DO, NP, PA)</li> </ol>		
<b>Face Coverings</b>	<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. are strongly recommended to wear cloth face coverings at <b>all times</b> 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 <b>should not</b> 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>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.</p>		
<b>Hygiene Practices</b>	<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><b>No spitting!</b> - e.g. sunflower seeds, tobacco, phlegm.</p>		

<b>Hydration/Food</b>	No sharing of water bottles. All students must bring their own water bottle, clearly marked with their name. Food must not be shared.  Hydration stations (water troughs, water fountains, etc.) must not be utilized by individuals. Designate <b>one</b> person to refill water bottles when needed.		
<b>Team Travel</b>	<b>No team travel permitted during Phase One.</b>		

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

<b>General Activity Description</b>	<b>ONLY Individual Skill Development and Workouts; Maintain Physical Distancing; No Contact with Others No Sharing of Equipment; No Grouping</b>		
<b>Lower Infection Risk Activities</b>	<i>Activities that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors. NCHSAA Sports &amp; 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 after each use and masks could be worn by participants</i>		
<b>Cross Country</b>	Runners must maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).		
<b>Golf</b>	Maintain appropriate physical distancing of at least 6 feet.		
<b>Baseball</b>	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 <b>closed</b> in Phase One.		
<b>Softball</b>	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 <b>closed</b> in Phase One		
<b>Swimming and Diving</b>	Maintain appropriate physical distancing of at least 6 feet at all times.		
<b>Tennis</b>	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 down rackets and balls afterwards.		
<b>Track and Field</b>	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.		

Higher Infection Risk Activities			
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<b>Football</b>	Wearing protective equipment is <b>prohibited</b> 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.		
<b>Cheerleading</b>	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.		
<b>Lacrosse</b>	Wearing protective equipment is <b>prohibited</b> during Phase One. Conditioning and individual drills. Contact with other players is not allowed. There can be no sharing of equipment.		
<b>Basketball</b>	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.		
<b>Soccer</b>	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.		
<b>Wrestling</b>	Mat room <b>closed</b> in Phase One. Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill, without touching a teammate, with six-foot distancing.		
<b>Volleyball</b>	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.		

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