

NHIAA Reopening Sports/Activities Summer Guidanceⁱ

Objective	<p>This document is intended to provide guidance for schools to consider with their stakeholders in designing return-to-activity protocols in accordance with state restrictions and national guidance. 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.</p>
Foundational Statements	<p>The NHIAA believes it is essential to the physical and mental well-being of students to return to physical activity and athletic competition safely.</p> <p>It is currently unknown how and when NH schools will open in the Fall.</p> <p>Prior to allowing use of facilities, schools should review facility use agreements, especially in the areas of sanitation requirements and liability.</p> <p>National Federation of State High School Associations (NFHS) provides guidance to classify sports into risk levels, based on the ability to achieve physical distancing, limited sharing of equipment, or the ability to clean the equipment between use by competitors. NHIAA reviewed the guidance and suggests the following categorization.</p> <ul style="list-style-type: none"> ● Lower risk: cross country (with staggered starts), track and field, swimming, bowling, golf, tennis, alpine skiing, nordic skiing (with staggered starts), sideline spirit. ● Moderate risk: volleyball, soccer, baseball, softball, ice hockey, field hockey, girl’s lacrosse, gymnastics, bass fishing. ● Higher risk: basketball, football, wrestling, spirit, boy’s lacrosse.
Points of Emphasis	<p>Administrators and coaches must emphasize the need for all coaches and participants who have signs or symptoms of illness to stay home when ill to decrease risk of viral transmission. CDC considers older adults and people of any age who have serious underlying medical conditions might be as higher risk for severe illness from COVID-19.</p> <p>Current pre-season conditioning and acclimatization models assume that athletes have deconditioned during the stay at home orders. The current pandemic may result in students being deconditioned for several months. The intensity and duration of training should be moderated upon return. The NFHS has worked with several organizations in developing consensus guidelines for the resumption of workouts and practices. These guidelines will be reviewed by the NHIAA after they are finalized. Phase Three (3) guidelines for practice/competition will be developed in conjunction with current state guidelines, NHIAA sport specific committee’s recommendations and the NHIAA Sports Medicine Committee.</p> <p>Due to the near certainty of recurrent outbreaks in the coming months, schools must be prepared for periodic school closures and the possibility of some teams having to isolate for two or more weeks while in-season. Each school district should 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>

Recommendations for Phased Approaches to Opening: Phases are in accordance with guidelines published by the State of New Hampshire and are subject to change.

	<u>Phase One</u>	<u>Phase Two</u>
Overall Administrative Functions	<p>Athletes and staff (including administrators, coaches, athletic trainers or officials) must be provided education and training around safe practices as it relates to hygiene, sanitation (cleaning and disinfection policies), and illness policies outlined in the Universal Guidelines and in this document.</p> <p>Assign a dedicated staff member (i.e., a safety officer) to be monitor social distancing and compliance with protective actions, and to prompt other staff and athletes about social distancing, hand hygiene, and use of cloth face coverings</p> <p>Schools shall require players’ parents/guardians to sign usual participation waivers outlining the additional risks due to COVID-19 associated with the activity.</p>	<p>NHIAA sports will be limited to outdoor/indoor team training. Phase 2 includes expanding group training sessions and the reopening of indoor recreational facilities.</p> <p>Athletes and staff (including administrators, coaches, athletic trainers or officials) must be provided education and training around safe practices as it relates to hygiene, sanitation (cleaning and disinfection policies), and illness policies outlined in the Universal Guidelines and in this document.</p> <p>Assign a dedicated staff member (i.e., a safety officer) to be monitor social distancing and compliance with protective actions, and to prompt other staff and athletes about social distancing, hand hygiene, and use of cloth face coverings</p> <p><u>NOTE: Additional considerations for indoor facilities in Phase Two.</u></p> <p>In addition to the guidance herein, review and follow gym and fitness guidance. https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/inline-documents/2020-05/guidance-health-fitness.pdf</p> <p>Common areas are closed, and no congregating allowed.</p> <p>Sneeze guard barriers recommended at check in/out counters. Digital check-in where possible.</p>
Facilities Cleaning	<p>All training sessions and meetings must take place outdoors.</p> <p>Review and follow CDC guidance for cleaning and disinfection.</p>	<p>Review and follow the Universal Guidelines for All New Hampshire Employers and Employees.</p> <p>Review and follow CDC guidance for cleaning and disinfection.</p> <p>Review and follow swimming pool guidance.</p>

	<u>Phase One</u>	<u>Phase Two</u>
Facilities Cleaning (Continued)	Commonly touched surfaces and areas should be frequently cleaned and disinfected according to CDC guidance at the end of each event. Shared equipment must be cleaned and disinfected between use.	Commonly touched surfaces and areas should be frequently cleaned and disinfected according to CDC guidance at the end of each event. Shared equipment must be cleaned and disinfected between use. <u>NOTE: Additional considerations for indoor facilities in Phase Two.</u> Enhanced cleaning and disinfection after every room/facility use. Sanitize door handles, faucet handles and all other customer touch-points in common areas, and other areas of hand contact every two hours, at a minimum.
Entrance/Exit Strategies	All training sessions and meetings must take place outdoors. Athletes and staff should arrive to the sporting event already dressed and prepared to participate. During training sessions/practices, parents and other spectators are encouraged to remain in their cars in a designated parking area. However, when/if watching from the sidelines or are outside cars in the parking area, they should maintain safe social distance from others.	During training, parents/guardians and other spectators are encouraged to remain in their cars in a designated parking area. However, when/if watching from the sidelines or are outside cars in the parking area, they should maintain safe social distance from others. <u>NOTE: Additional considerations for indoor facilities in Phase Two.</u> Where possible, establish one-way flow thru the facility, with separately designated entrances and exits, to facilitate distancing. It is recommended that staff or volunteers be positioned throughout the venue to address potential congestion points to address crowd control and adhere to social distance guidelines.
Limitations on Gatherings	Staff, athletes, volunteers, and other attendees should be reminded to maintain a distance of at least 6 feet from others. Group size is to be limited to 10 total people or less (example: 9 athletes and 1 staff/coach).	Staff, athletes, volunteers, and other attendees should be reminded to maintain a distance of at least 6 feet from others. Training sessions may begin and are allowed for groups of up to 50 participants (e.g., 45 athletes per training area with 5 staff/coaches/volunteers).

	<u>Phase One</u>	<u>Phase Two</u>
Limitations on Gatherings (Continued)	Multiple groups are allowed to practice in one large area/field as long as the separate groups do not mix or interact in any way (e.g., no floating of coaches or support staff, and no interaction between athletes of different training groups).	<p>During all training, parents/guardians and spectators shall remain outside of all “in play” areas and shall maintain physical distancing while watching events. They should be at least 6-feet from anyone from another household.</p> <p>Sequential training sessions, should be scheduled to allow adequate time for cleaning of facilities and to allow for spectators, staff, volunteers, and athletes to exit the area and avoid interaction with other incoming or exiting groups.</p> <p><u>NOTE: Additional considerations for indoor facilities in Phase Two.</u></p> <p>Group size is to be limited to 50% of the facility. Capacity limits may be exceeded but only to include one parent/guardian per athlete.</p> <p>Multiple groups may train in one large area but it is encouraged that separate groups do not mix or interact.</p> <p>Training sessions should be planned and implemented to maintain the minimum of 6 feet of distance between all athletes and volunteers, and staff. In circumstances where closer contact for brief periods of time is necessary, staff, volunteers and athletes are encouraged wear cloth face coverings as discussed above when possible.</p>
Pre-Workout Screening	<p>Require all staff and athletes to report any symptoms of COVID-19 or close contact to a person with COVID-19 to a coach. Staff and athletes should not attend events if they feel sick.</p> <p>Staff and athletes should be screened on arrival to each sporting event by asking if the individual:</p> <p style="margin-left: 40px;">A. Has any symptoms of COVID-19 (see Universal Guidelines for list of potential symptoms) or fever of 100.4 degrees F or higher.</p>	<p>Require staff, volunteers, and athletes to report any symptoms of COVID-19 or close contact to a person with COVID-19 to a coach. Staff, volunteers, and athletes should not attend events if they feel sick. Athletes, volunteers, and staff must be asked to leave the training activity if the potential of sickness is identified during screening or during the activity.</p> <p>Staff, volunteers, and athletes should be screened on arrival to each training sessions, all by having their temperature taken and shall be asked if they:</p>

	<u>Phase One</u>	<u>Phase Two</u>
Pre-Workout Screening (Continued)	<p>B. Has had any close contact with someone who is suspected or confirmed to have COVID-19 in the past 14 days.</p> <p>C. Traveled in the past 14 days either:</p> <ul style="list-style-type: none"> i. Internationally (outside the U.S.), ii. By cruise ship, or iii. Domestically (within the U.S.) outside of NH, VT, or ME on public transportation (e.g., bus, train, plane, etc.). <p>Schools may want to consider recording that screening was completed for each person.</p> <p>Person(s) with any COVID-19 symptoms, those who report close contact with someone suspected or confirmed with COVID-19, or those reporting travel risk factors should not be allowed into the sporting event:</p> <ul style="list-style-type: none"> A. Symptomatic persons should be instructed to contact their health care provider to be tested for COVID-19 and self-isolate at home following the instructions below: B. Asymptomatic persons reporting close contact with someone suspected or confirmed with COVID-19, or who report one of the traveled-related risk factors should self-quarantine for 14 days from their last exposure or return from travel. <p>Person(s) with suspect or confirmed COVID-19 must stay home until symptom-based criteria are met for discontinuation of isolation:</p> <ul style="list-style-type: none"> A. At least 10 days have passed since symptoms first appeared <p>AND</p>	<p>A. Have any symptoms of COVID-19 (see Universal Guidelines for list of potential symptoms) or fever of 100.4 degrees F or higher.</p> <p>B. Has had any close contact with someone who is suspected or confirmed to have COVID-19 in the past 14 days.</p> <p>C. Traveled in the past 14 days either:</p> <ul style="list-style-type: none"> i. Internationally (outside the U.S.), ii. By cruise ship, or iii. Domestically (within the U.S.) outside of NH, VT, or ME on public transportation (e.g., bus, train, plane, etc.). <p>Schools may want to consider recording that screening was completed for each person.</p> <p>Person(s) with any COVID-19 symptoms, those who report close contact with someone suspected or confirmed with COVID-19, or those reporting travel risk factors should not be allowed into the training session:</p> <ul style="list-style-type: none"> A. Symptomatic persons should be instructed to contact their health care provider to be tested for COVID-19 and self-isolate at home following the instructions below: B. Asymptomatic persons reporting that in the past 14 days they have had close contact with someone suspected or confirmed with COVID-19, or who report one of the traveled-related risk factors should self-quarantine for 14 days from their last exposure or return from travel. <p>Person(s) with suspect or confirmed diagnosis of COVID-19 must stay home until symptom-based criteria are met for discontinuation of isolation:</p> <ul style="list-style-type: none"> A. At least 10 days have passed since symptoms first appeared, AND B. At least 3 days (72 hours) have passed since recovery (recovery is defined as resolution of fever off any fever reducing medications plus improvement in other symptoms)

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Pre-Workout Screening (CONTINUED)	<p>B. At least 3 days (72 hours) have passed since recovery (recovery is defined as resolution of fever off any fever reducing medications plus improvement in other symptoms)</p> <p>An isolation area shall be identified and communicated to all staff, volunteers, and athletes at the beginning of every training session for anyone that develop symptoms during the training session.</p>	<p>An isolation area shall be identified and communicated to all staff, volunteers, and athletes at the beginning of every training session for anyone that develop symptoms during the training session.</p>
Face Coverings	<p>All staff, volunteers, and athletes should bring to sporting events and wear, reusable/washable cloth face coverings over their nose and mouth when around others and not actively engaged in athletics and when social distancing is not possible.</p> <p>A. Provide training on cloth face coverings based on CDC guidance for Use of Cloth Face Coverings.</p> <p>B. Review the NH DHHS information about using cloth face coverings.</p> <p>C. People wearing face coverings must not touch their eyes, nose, mouth, or face, or adjust their face covering without first sanitizing hands. After touching face or adjusting face covering, hands must be sanitized</p> <p>Parents/guardians of minors attending a sporting event should be asked to wear cloth face coverings while around other attendees, staff and athletes when social distancing is not possible.</p>	<p>All staff, volunteers, and athletes should bring to training sessions and wear, reusable/washable cloth face coverings over their nose and mouth when around others and not actively engaged in athletics and when social distancing is not possible.</p> <p>A. Provide training on cloth face coverings based on CDC guidance for Use of Cloth Face Coverings.</p> <p>B. Review the NH DHHS information about using cloth face coverings.</p> <p>C. People wearing face coverings must not touch their eyes, nose, mouth, or face, or adjust their face covering without first sanitizing hands. After touching face or adjusting face covering, hands must be sanitized.</p> <p>Parents/guardians of minors attending a training session should be asked to wear cloth face coverings while around other attendees, staff and athletes when social distancing is not possible.</p>

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Hygiene Practices	<p>Alcohol-based hand sanitizer with at least 60% alcohol must be readily made available to staff and athletes and kept with staff and equipment at all times.</p> <p>Frequent hand hygiene should be required including, but not limited to, hand hygiene upon arrival, before and after meals or snacks, before and after going to the bathroom, before and after touching a person’s face or face covering, and prior to leaving the event.</p> <p>Shared equipment must be cleaned and disinfected between use.</p>	<p>Alcohol-based hand sanitizer with at least 60% alcohol must be readily made available to staff and athletes and kept with staff and equipment at all times.</p> <p>Frequent hand hygiene should be required including, but not limited to, hand hygiene upon arrival, before and after meals or snacks, before and after going to the bathroom, before and after touching a person’s face or face covering, and prior to leaving the training session.</p> <p>Shared equipment must be cleaned and disinfected between use.</p>
Hydration/Food	<p>Adequate breaks for water and sanitization should be provided and are encouraged to occur between changes in training activities.</p> <p>Athletes should bring their own water bottles. No sharing or common use water bottles or drinking stations.</p>	<p>Adequate breaks for water and sanitization should be provided and are encouraged to occur between changes in training activities.</p> <p>Athletes, staff, and volunteers should bring their own water bottles. No sharing or common use water bottles or drinking stations are allowed.</p> <p>In spaces that are able to have a concession stand, employees or volunteers of that concession stand must wear masks and gloves at all times in accordance with the Governors 2.0 Restaurant/Food Service Guidelines. For patrons ordering food, if social distancing cannot be achieved then cloth face coverings/masks shall be required when ordering and picking up the food. Buffet/self-serve food and beverage should be avoided.</p> <p><u>NOTE: Additional considerations for indoor facilities in Phase Two.</u></p> <p>Food Services will follow food services guidelines.</p>

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Travel	<p>Staff and other volunteers should not transport any athletes that are not immediate family members. In the event, that this becomes necessary, all parties must wear cloth face coverings and space out seating to maintain maximal distance from each other.</p> <p>Staff and athletes shall remain in the team’s home state; No teams/groups/athletes from other states are allowed at the sports training events in New Hampshire. In this context the staff and athletes home state is the state in which the school is located.</p>	<p>Staff and other volunteers should not transport any athletes that are not immediate family members. In the event, that this becomes necessary, all parties must wear cloth face coverings and space out seating to maintain maximal distance from each other.</p> <p>No teams/groups/athletes from other than home states of New Hampshire, Maine and Vermont are allowed at the training events in New Hampshire. In this context the staff and athletes home state is the state in which the school is located.</p> <p><u>NOTE: Additional considerations for indoor facilities in Phase Two.</u></p> <p>New Hampshire, Maine or Vermont residents or members, registered participants and students only.</p>
Locker Rooms and Athletic Training Areas	Locker rooms remain closed and not utilized.	<p><u>NOTE: Additional considerations for indoor facilities in Phase Two.</u></p> <p>Locker room facilities can be used for changing clothes, showering, and toileting.</p> <p>Participants should preferably practice wear-in/wear-out clothes.</p> <p>Alcohol-based hand sanitizer should be made available at entrances to locker rooms and changing facilities.</p> <p>Participants should bring their own locks for lockers. Locks that are provided by the facility for use should be cleaned and disinfected before handing back in.</p> <p>Facility hairdryers stations should be removed or taken out of operation.</p>

	<u>Phase One</u>	<u>Phase Two</u>
Weight Rooms	All training sessions and classes must take place outdoors.	Use of indoor training can begin following indoor facility guidelines of 50% capacity, maintaining social distancing of 6 feet. If equipment or machines cannot be physically moved to accommodate spacing and distance requirements, then equipment or machines should be taken out of order, or a process should be developed to prevent adjacent machines that are 6 feet or closer from being used at the same time. Staff/ volunteers should stay at least 6 feet apart from other staff/volunteers and participants at all times. If staff/volunteers must be within 6 feet of others, then staff/volunteers must wear cloth face coverings at those times. Safety officers should strictly enforce these requirements. please reference the state guidelines for indoor fitness activity https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/inline-documents/2020-05/guidance-health-fitness.pdf
Physical Activity and Athletic Equipment (continued on next 2 pages)	<p>Sporting events will be limited to small group or team-based training activities. No competition sporting events or contact sports are allowed.</p> <p>Training sessions must be non-contact with focus on skills and drills that can be developed while maintaining physical distancing.</p> <p>Training sessions should be planned and implemented to maintain the minimum of 6 feet of distance between all participants and coaches. In circumstances where closer contact for brief periods of time is necessary, staff and athletes must wear cloth face coverings as discussed above.</p> <p>Players shall bring their own equipment and not share their personal equipment with other players. Shared training equipment provided by the coaches must be cleaned and disinfected according to CDC guidance after every use between athletes.</p>	<p>During training sessions close contact, non-athletic activities shall be avoided.</p> <p>Training sessions are allowed but should be non-contact with focus on skills and drills that can be developed while maintaining physical distancing.</p> <p>Training sessions should be planned and implemented to maintain the minimum of 6 feet of distance between all athletes, volunteers, and staff. In circumstances where closer contact for brief periods of time is necessary, staff, volunteers, and athletes must wear cloth face coverings as discussed above.</p> <p>Athletes shall bring their own equipment, including, but not limited to, gloves, helmets, bats, and not share their personal equipment with other players.</p>

	<u>Phase One</u>	<u>Phase Two</u>
Physical Activity and Athletic Equipment (CONTINUED)	<p>Coaches will carry hand sanitizer with team equipment. Players should carry hand sanitizer in personal equipment bag.</p> <p>Equipment bags/backpacks of athletes should be placed 6-feet apart. Athletes should not touch other players' bags, equipment or water bottles.</p> <p>Participants should not use bench or dugout areas for storage of personal equipment. Centralized areas for congregating, such as benches and dugouts, should be avoided.</p> <p>All mouth-based activities often encountered with sporting events shall not be allowed. This includes but is not limited to: spitting, chewing gum, licking fingers, and chewing/spitting sunflower seeds.</p> <p>Coaches shall bring trash bags to sessions and remove all garbage following each session.</p>	<p>Shared training equipment provided by the staff or volunteers must be cleaned and disinfected according to CDC guidance after every use between athletes and at the completion of each, training session. Staff and volunteers will carry hand sanitizer with team equipment. Athletes should carry hand sanitizer in personal equipment bag.</p> <p>Equipment bags/backpacks of athletes should be placed 6-feet apart. Athletes should not touch other athletes' bags, equipment or water bottles.</p> <p>Benches and dugout areas must not be used for storage of personal equipment or group equipment.</p> <p>Centralized areas for congregating, such as benches and dugouts, should be avoided unless there is enough room to allow for at least 6 feet of space between staff, volunteers, and athletes.</p> <p>During training sessions the dugout/bench areas shall be allowed to extend to areas around the dugout in order to provide for 6-foot separation of athletes during time in dugout/bench areas. Areas outside of the dugout/bench shall be protected by a safety fence/barrier from the field of play. Care should be taken when choosing fields for competitive sporting events.</p> <p>All mouth-based activities often encountered with training sessions shall not be allowed. This includes but is not limited to: spitting, chewing gum, licking fingers, and chewing/spitting sunflower seeds.</p> <p>Staff or volunteers shall bring trash bags to each training session and remove all garbage following each training session.</p> <p>Athletes preparing to play defense should sanitize hands prior to leaving the bench or dugout.</p>

	<u>Phase One</u>	<u>Phase Two</u>
Physical Activity and Athletic Equipment (CONTINUED)		<p><u>NOTE: Additional considerations for indoor facilities in Phase Two.</u></p> <p>Group training activities are encouraged to be limited to small group or team-based training activities. Training sessions are encouraged to be non-contact with focus on skills and drills that can be developed while maintaining physical distancing.</p>
Tennis Courts		<p>Use of tennis courts is limited to small group or team-based training activities. Review guidance for amateur and youth sports.</p> <p>Group size is to be limited to 4 total people or less on the court at a time.</p> <p>Individuals should stay at least 6 feet away from others at all times (unless individuals are close household contacts).</p> <p>Multiple groups of 4 or less are allowed to train on multiple courts as long as the separate groups do not mix or interact in any way.</p>

Additional Resources

[White House Guidelines for Opening Up America Again | Spanish](#)
[NH Guidance Documents for Reopening](#)
[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](#)
<https://ksi.uconn.edu/wp-content/uploads/sites/1222/2020/06/Return-to-Sports-and-Exercise-during-the-COVID-Final-endorsed-6.2.2020.pdf>

ⁱ Sources: [NH Guidance Documents for Reopening](#) , [NFHS Guidance for Opening Up High School Athletic and Activities](#)