



GUIDELINES FOR CONDUCTING SUMMER ACTIVITIES

**North Carolina Independent Schools Athletic Association (NCISAA)
Sports Medicine Advisory Committee (SMAC)**

Like member schools, the NCISAA and our Sports Medicine Advisory Committee (SMAC) endorse the idea of returning students to school-based athletics in situations where it can be done safely. The COVID-19 pandemic presents every athletic department with a variety of challenges as we work toward resocialization. In conjunction with our SMAC, we have developed guidelines to address the “how” to resocialize in accordance with state or local restrictions, specifically the State of North Carolina Executive Orders. Schools must be in compliance with any additional public health requirements in their areas.

Vulnerable individuals, for the purpose of these guidelines, are people who are at high risk of severe illness from COVID-19. This includes, but is not limited to, people 65 years or older and people of any age who have serious underlying medical conditions.

Face Coverings

It is strongly recommended that athletes, coaches, staff, and participants wear a cloth face covering when not actively engaged in physical activity or when they may be near (less than 6 feet from) other people.

Athletic Training Services

Given the potential financial impacts at member schools, the NCISAA and SMAC fears that athletic trainer positions will be seen as a “luxury” and those positions will be at risk during the budgeting process.

Athletic trainers are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they can take lead roles in developing and implementing infection control policy throughout the school. The NCISAA highly encourages our member schools to value the importance of athletic trainers in high schools and their role in injury evaluation, treatment and risk minimization as well as being a vital component of any return-to-school and athletics plan.

The following guidelines are meant to help NCISAA member schools navigate the “opening up” of facilities and re-engage our athletic communities. Please note that this document is subject to change. Again, schools must be in compliance with any additional public health requirements in their areas.

Stage 1

- Recommended for 14 days

Pre- workout Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to each workout. Screening includes a temperature check.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix for sample Monitoring Form).
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
 - [Per CDC guidelines](#), if an athlete, coach, staff or participant has been diagnosed with COVID-19 or is presumed positive by a medical professional due to symptoms, they should be excluded from sports program or activities until:
 - No fever for at least 72 hours since recovery (without the use of fever-reducing medicine AND
 - Other symptoms have improved (e.g., coughing, shortness of breath) AND
 - At least 10 days have passed since first symptoms
- Vulnerable individuals should not oversee or participate in any workouts during Phase 1.

Limitations on Gatherings:

- No gathering of more than 10 people at a time inside. Up to 25 individuals may gather outdoors for workouts. (Subject to change, but must be in compliance with the State of North Carolina Executive Orders.)
- Locker rooms should not be utilized during Phase 1. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout. Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in

meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).

- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students should be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.

Examples (including by limited to):

- A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
- A football player should not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players should not be allowed, and there should be no sharing of tackling dummies/donuts/sleds.
- A volleyball player should not use a single ball that others touch or hit in any manner.
- A soccer player should not use a single ball that others touch or kick in any manner.
- Softball and baseball players should not share gloves, 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 should be collected and cleaned individually.
- Wrestlers should work on skill and drill without touching a teammate.

- Cheerleaders should not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible.)
- Tennis players should do individual drills, wall volleys and serves.
- Runners should maintain the recommended 6 feet of distancing between individuals.

Hydration:

- All students should bring their own water bottle. Water bottles should not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

Stage 2

- Recommended for 14 days

Pre-Workout/Contest Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to each workout. Screening includes a temperature check.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix for sample Monitoring Form).
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
 - Per CDC guidelines, if an athlete, coach, staff or participant has been diagnosed with COVID-19 or is presumed positive by a medical professional due to symptoms, they should be excluded from sports program or activities until:
 - No fever for at least 72 hours since recovery (without the use of fever-reducing medicine AND
 - Other symptoms have improved (e.g., coughing, shortness of breath) AND
 - At least 10 days have passed since first symptoms
- Vulnerable individuals should not oversee or participate in any workouts during Phase 2.

Limitations on Gatherings:

- No gathering of more than 10 people at a time inside. Up to 25 individuals may gather outdoors for workouts. (Subject to change, but must be in compliance with the State of North Carolina Executive Orders.)
- If locker rooms or meeting rooms are used, there must be a minimum distance 6 feet between each individual at all times.
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training.

This ensures more limited exposure if someone develops an infection.

- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Consider using tape or paint as a guide for students and coaches.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students should be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and contests.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Hydration:

- All students should bring their own water bottle. Water bottles should not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

Stage 3

- Recommended until start of fall season

Pre- Workout/Contest Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to each workout. Screening includes a temperature check.
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
 - [Per CDC guidelines](#), if an athlete, coach, staff or participant has been diagnosed with COVID-19 or is presumed positive by a medical professional due to symptoms, they should be excluded from sports program or activities until:
 - No fever for at least 72 hours since recovery (without the use of fever-reducing medicine AND
 - Other symptoms have improved (e.g., coughing, shortness of breath) AND
 - At least 10 days have passed since first symptoms
- A record should be kept of all individuals present.
- Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

Limitations on Gatherings:

- Gathering sizes of up to 50 individuals, indoors or outdoors. (Subject to change, but must be in compliance with the State of North Carolina Executive Orders.)
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to

minimize sweat from transmitting onto equipment/surfaces.

- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students should be encouraged to shower and wash their workout clothing immediately upon returning to home.

Physical Activity and Athletic Equipment:

- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Hydration:

- All students should bring their own water bottle. Water bottles should not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but should be cleaned after every practice.

Hygienic

- a. Illness reporting - Create notification process for all athletes and coaches if the organizers/medical personnel learn of suspected or confirmed cases of COVID-19 at a practice or gathering.
- b. Considerations for Coaches, Other Personnel
 - i. Vulnerable individuals should not participate in any practices, conditioning activities or events during Phases 1 and 2.
 - ii. Masks may be worn, social distancing enforced and “Hygiene Basics” adhered to in all situations.
- c. Hygiene Basics

CONTINUE TO PRACTICE GOOD HYGIENE

- Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.
- Strongly consider using face coverings while in public, and particularly when using mass transit.

PEOPLE WHO FEEL SICK SHOULD STAY HOME

- Do not go to work or school.
- Contact and follow the advice of your medical provider.

OTHER CONSIDERATIONS

1. Provide readily available alcohol-based hand sanitizer (with at least 60% alcohol) at practices and gatherings. Participants, coaches and all involved should clean hands frequently.
2. Wiping down the ball and equipment frequently.
3. When sinks or showers are not 6 feet apart, consider limiting use to every other sink or shower so individuals can maintain social distance while using.

DISCLAIMER – NCISAA Statements and Guidelines

The NCISAA regularly distributes statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NCISAA statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NCISAA reserves the right to rescind or modify any statement, guideline or document at any time. Recommendations are fluid and subject to change. Therefore it is important to stay current with public health care guidelines as well as recommendations from governing bodies.

