



NCISAA Return-to-Play -Winter Sports Minimum Standards-

KEY:		
<p>A member school must be prepared to comply with new membership standards that have been added due to the impact of Covid-19.</p> <ul style="list-style-type: none"> • These standards are considered to be a minimum. • A member school may apply more restrictive standards if they choose to. 	<p>The new standards can be applied in 3 categories:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Universal Minimum Standards <input type="checkbox"/> Training/Practice Minimum Standards <input type="checkbox"/> Competition Minimum Standards 	<p>~See the following tables for more details and checklists.</p>

Universal Minimum Standards:

All of the standards listed below apply to the training **and** competition setting.

Universal Minimum Standards	Details	Requirements	Recommendations
<input type="checkbox"/> Daily Screening Process		<input type="checkbox"/> Temp Check <input type="checkbox"/> Questionnaire/Monitoring Form <ul style="list-style-type: none"> • 1 time per day • Includes players and coaches • Implementation via app or on-site screening 	
<input type="checkbox"/> Monitoring for Symptoms	<p>Athletes, coaches, staff and participants should be encouraged to self-monitor for symptoms such as fever, cough, or shortness of breath.</p>	<input type="checkbox"/> Have a plan in place for immediately removing athletes, coaches, staff and participants from activity or the sports setting if symptoms develop. <input type="checkbox"/> 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: <ul style="list-style-type: none"> • No fever for at least 72 hours since recovery (without 	

		<p>the use of fever-reducing medicine) AND</p> <ul style="list-style-type: none"> ● Other symptoms have improved (e.g., coughing, shortness of breath) AND ● At least 10 days have passed since first symptoms <p><input type="checkbox"/> Per CDC guidelines, if an athlete, coach, staff or participant has been diagnosed with COVID-19 but does not have symptoms, they should remain out of sports activity until 10 days have passed since the date of their first positive COVID-19 diagnostic test, assuming they have not subsequently developed symptoms since their positive test.</p> <p><input type="checkbox"/> Provide athletes, coaches, staff and participants with information on helplines to access information or other support in reference to COVID-19, e.g. 211 and Hope4NC Helpline (1-855-587-3463).</p>	
<p><input type="checkbox"/> Cleaning Protocols for Facilities - CDC Reference</p>	<p>Each athletic department should have a plan that includes:</p>	<p><input type="checkbox"/> Promote frequent use of hand washing and hand sanitizer for athletes, coaches, staff and participants.</p> <p><input type="checkbox"/> Perform ongoing and routine environmental cleaning and disinfection of high-touch areas.</p> <p><input type="checkbox"/> Limit sharing of equipment and assign individual equipment (e.g., batting gloves, catcher's equipment, discs, racquets, balls) to avoid sharing between participants.</p> <p><input type="checkbox"/> Individuals should wear their own appropriate workout clothing and not share towels.</p> <p><input type="checkbox"/> Disinfect all shared fitness and sports equipment (if provided) between users, with EPA approved disinfectant for SARS-CoV-2.</p> <p><input type="checkbox"/> Remind individuals to bring their own water bottles, and that those water bottles not be shared.</p> <p><input type="checkbox"/> Limit use of hydration stations.</p> <p><input type="checkbox"/> Discontinue use of drinking directly from water fountains.</p>	<p>Wilson Ball Cleaning Doc</p>
<p><input type="checkbox"/> Social Distancing- NCDHHS Reference</p>	<p>Each area of a facility and each sport should have a specific social distancing plan based upon current NCDHHS standards.</p>	<p><input type="checkbox"/> Close or mark off all common seating areas that promote individuals gathering in groups.</p> <p><input type="checkbox"/> Clearly provide 6 feet floor markings on sidelines, waiting lines, and other areas where there may be a group of people.</p> <p><input type="checkbox"/> Designate and arrange specific equipment for use that is properly spaced at 6 feet apart.</p> <p><input type="checkbox"/> Consider workouts in groups/pods of individuals with the</p>	

		<p>same group always working out together, including weight training, to limit exposure should someone become sick.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Remind individuals not to shake hands, give high fives, or fist pumps before, during, or after the game or practice. <input type="checkbox"/> Coaches, officials, and others should modify communication and avoid up close face to face communication. <input type="checkbox"/> Schedule games to include adequate buffer times between games to allow athletes, coaches and staff to enter and exit the facility with limited interaction and cleaning. <input type="checkbox"/> Where possible, provide separate and clearly marked points of entry and exit for spectators. <input type="checkbox"/> When sinks or showers are not 6 feet apart, consider limiting use to every other sink or shower so individuals can maintain social distancing while using. <input type="checkbox"/> Provide readily available alcohol-based hand sanitizer (with at least 60% alcohol). 	
<input type="checkbox"/> Cloth Face Coverings		<ul style="list-style-type: none"> <input type="checkbox"/> Beginning on December 14, 2020, any school choosing to participate in basketball or wrestling must require that everyone indoors wear a mask, including those actively participating unless an exception applies. Face coverings are also required for those indoors at swimming, other than those actually in the pool. 	
<input type="checkbox"/> Positive Cases		<ul style="list-style-type: none"> <input type="checkbox"/> Report to local health agency who will manage quarantining implementation. <input type="checkbox"/> Complete the NCISAA Covid Incident Report Form (Found on the NCISAA website/Health & Safety page OR ADMIN forms.) <input type="checkbox"/> Notify all opponents within the past 48 hours of a positive test. 	

Training/Practice Minimum Standards:

The training or practice setting should implement the **UNIVERSAL MINIMUM STANDARDS** as well as the standards below:

Training/Practice Minimum Standards	Details	Requirements	Recommendations
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<input type="checkbox"/> Training Environment		<input type="checkbox"/> The training environment should be limited to essential personnel <ul style="list-style-type: none"> ● Coaches ● Athletic Trainers ● Student-Athletes 	<ul style="list-style-type: none"> ● Manager ● Video Person
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Competition Minimum Standards:

The competition setting should implement the **UNIVERSAL MINIMUM STANDARDS** as well as the standards below:

Competition Minimum Standards	Details	Requirements	Recommendations
<input type="checkbox"/> Game-Day Communication	ADs must communicate with their opponent within 24 hours of competition to confirm conditions.	<input type="checkbox"/> The following items should be a minimum of what is relayed in communication: <ul style="list-style-type: none"> ● Roster Screening of Essential Personnel <ul style="list-style-type: none"> ● See Addendum ● Facility Set-Up <ul style="list-style-type: none"> ○ Locker Rooms are available to visiting teams. ○ Athletic Directors must communicate in advance to determine any/all limitations. 	
<input type="checkbox"/> Game Day Other		<input type="checkbox"/> Spectators/Admissions <ul style="list-style-type: none"> ● Regular Season Indoor Spectator- <ul style="list-style-type: none"> ○ A maximum of 25 spectators of the host team per contest per Governor's Executive Order. ○ Host Schools/Facilities may or may not allow spectators. <input type="checkbox"/> Concessions at the discretion of the host team.	<ul style="list-style-type: none"> ● Streaming
<input type="checkbox"/> Cancellations/No Contest		<input type="checkbox"/> Schools may declare a scheduled event as "no contest" if virus related issues arise.	
<input type="checkbox"/> Sport-Specific Protocols:		<input type="checkbox"/> Boys Basketball	
		<input type="checkbox"/> Girls Basketball	
		<input type="checkbox"/> Swimming	
		<input type="checkbox"/> Cheerleading	
		<input type="checkbox"/> Wrestling	