



September 14, 2021

NCSAA has prepared health and safety guidelines set forth by the Centers for Disease Control and Prevention (CDC), as well as federal and local authorities. The knowledge surrounding COVID-19 is constantly changing and circumstances may warrant for changes throughout the season. Until COVID-19 is eradicated there is no way to completely eliminate the risk of infection and as a result NCSAA strongly encourages all participants to follow these recommendations as safety precautions. The information is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment, nor does NCSAA assume any liability or responsibility for the recommendations provided herein.

A. Taking Part in Athletic Activities:

- Be symptom free prior to any activity.
- Stay home if you are sick or do not feel well.
- Be aware of and disclose any potential contacts with affected individuals.
- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Parents and Coaches should assess level of risk based on individual players on the team who may be at higher risk for severe illness, such as children who may have asthma, diabetes, or other health problems.
- NCSAA reserves the right to not allow spectators to attend games should a significant rise in cases occur or state and local guidelines dictate such.
- Refrain from having physical contact with other participants and attendees (no high fives, hugs, fist bumps, etc).
- Practice social distancing as often as possible.
- Participants will need to wear a face mask while **indoors prior to and after** each game. This includes student-athletes who may play an outdoor sport going inside for any reason including to use the restroom. Student-athletes & game officials will **NOT** need to wear a face covering while actively playing/officiating unless their individual school requires it or it's a personal decision to do so. We will require all student-athletes taking part in indoor sports to wear a face covering while on the sidelines.
- Face coverings should be worn by coaches, youth sports staff, parents, and spectators at all times **indoors** regardless of vaccination status. NCSAA reserves the right to ask those not complying to leave the premises immediately. Babies and children younger than 2 years old are not expected to wear a mask. Those with issues that may prevent you from wearing a mask are asked to refrain from attending for yours and others safety.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Properly dispose of your personal drinking cups, bottles, or utensils used in the trash cans.
- No sharing of water bottles, drinks, towels, cell phones, cleats, socks, shin guards, etc.
- Place equipment, bags, etc. at least 6 feet apart
- Each team will be responsible for sanitizing their game ball at each break when possible.
- Each team will be responsible for having their own hand sanitizer and sanitizing wipes. NCSAA and the Host Venue will not be providing these at the game site.
- There will be no post-game handshakes.
- Teams and spectators will need to remain outside of the area of the game court until their game time. If the game prior to yours is running late, you should remain as far away as possible.
- Spectators should assess level of risk when deciding to attend a game or practice. Those who may be at higher risk for severe illness based on age or other health problems should refrain from attending.
- Any team that has a positive case (coach or team member) should notify NCSAA as soon as possible. NCSAA will then make the determination whether to remove a team from the schedule for their next game. NCSAA will do everything possible to reschedule the game(s) at a later date – unless it is logistically impossible due to time constraints in the season. NCSAA reserves the right to declare the game a no-contest if time does not allow for a makeup.
- All host sites will be expected to adhere to all NCSAA policies at all times while NCSAA is hosting games.