



NCISAA Return-to-Play -Fall 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		<ul style="list-style-type: none"> <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	Athletes, coaches, staff and participants should be encouraged to self-monitor for symptoms such as fever, cough, or shortness of breath.	<ul style="list-style-type: none"> <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"/> Athletes, coaches, staff and participants who have symptoms when they arrive or become sick during the day should immediately be separated from other athletes, coaches, 	

		<p>staff and participants and sent home.</p> <ul style="list-style-type: none"> <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 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 <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. <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><input type="checkbox"/> Cleaning Protocols for Facilities - CDC Reference</p>	<p>Each athletic department should have a plan that includes:</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Promote frequent use of hand washing and hand sanitizer for athletes, coaches, staff and participants. <input type="checkbox"/> Perform ongoing and routine environmental cleaning and disinfection of high-touch areas. <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. <input type="checkbox"/> Individuals should wear their own appropriate workout clothing and not share towels. <input type="checkbox"/> Disinfect all shared fitness and sports equipment (if provided) between users, with EPA approved disinfectant for SARS-CoV-2. <input type="checkbox"/> Remind individuals to bring their own water bottles, and that 	<p>Wilson Ball Cleaning Doc</p>

		<p>those water bottles not be shared.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Limit use of hydration stations. <input type="checkbox"/> Discontinue use of drinking directly from water fountains. 	
<ul style="list-style-type: none"> <input type="checkbox"/> Social Distancing- NCDHHS Reference 	<p>Each area of a facility and each sport should have a specific social distancing plan based upon current NCDHHS standards.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Close or mark off all common seating areas that promote individuals gathering in groups. <input type="checkbox"/> Clearly provide 6 feet floor markings on sidelines, waiting lines, and other areas where there may be a group of people. <input type="checkbox"/> Designate and arrange specific equipment for use that is properly spaced at 6 feet apart. <input type="checkbox"/> Consider workouts in groups/pods of individuals with the same group always working out together, including weight training, to limit exposure should someone become sick. <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. <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). 	
<ul style="list-style-type: none"> <input type="checkbox"/> Cloth Face Coverings 		<ul style="list-style-type: none"> <input type="checkbox"/> It is required 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. An FAQ about face coverings is available in English and Spanish. 	

<input type="checkbox"/> Positive Cases	<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.)	
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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
<input type="checkbox"/> Fall Acclimatization Plan		<input type="checkbox"/> NCISAA Policy	
<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

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"> ● Sport Medicine ● Coaches ● Student-Athletes ● Manager/Statistician 	

		<ul style="list-style-type: none"> • Video Person • Cheerleaders • Security • Officials • Line Judges (VB) • Ball Holders (SOC) • Chains (FB) • Facility Set-Up <ul style="list-style-type: none"> ○ Locker Rooms are not available to visiting teams. ○ Athletic Directors must communicate in advance to determine any exception. (Example - Football) 	
<input type="checkbox"/> Game Day Other		<input type="checkbox"/> No Spectators/Admissions <input type="checkbox"/> No Concessions	<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"/> <u>Volleyball</u>	
		<input type="checkbox"/> <u>Boys Soccer</u>	
		<input type="checkbox"/> <u>Field Hockey</u>	
		<input type="checkbox"/> <u>Football</u>	
		<input type="checkbox"/> Girls Tennis <ol style="list-style-type: none"> 1. <u>Playing Tennis Safely-Facility</u> 2. <u>Player Tips</u> 	
		<input type="checkbox"/> <u>Cross Country</u>	
		<input type="checkbox"/> <u>Girls Golf</u> <ol style="list-style-type: none"> 1. <u>Back2Golf doc</u> 2. <u>Rules & Handicapping doc</u> 	