



TO: NHIAA Member Schools  
FROM: Jeffrey T. Collins, Executive Director  
SUBJECT: Covid-19 Return to Sports Guidelines  
DATE: July 2020

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Over the past several months the New Hampshire Interscholastic Athletic Association's Sports Medicine Committee have been diligently working on return to play guidelines for school based athletics in the state of New Hampshire. This dedicated group of individuals represents Physicians, Certified Athletic Trainers, Superintendents, Principals, Athletic Administrators, and University Professors across the state of New Hampshire.

At the center of the NHIAA's return to play guidance is the State of New Hampshire's guidelines allowing amateur and youth sports to practice and return to competition this summer, "Safer at Home Amateur & Youth Sports". These guidelines, vetted and approved by the Governor's reopening taskforce and New Hampshire Department of Health, provided the foundation upon which the NHIAA's recommendations are based. In addition, the NHIAA document contains guidance for weight room and other indoor facilities not contained in the state's "Amateur and Youth" guidelines but found in other guidelines approved by the state and the NH Department of Health. Our goal was to aggregate the various recommendations released by the state into one comprehensive document for schools to utilize when considering a return to play.

In addition to the work of the Sports Medicine Committee, sport specific guidance on the return to play was sought from each of the NHIAA committees overseeing sports sanctioned during the fall season. These conversations were guided by suggested rule modification documents produced by the National Federation of High Schools (NFHS). Input was given as to rule changes/modifications necessary and specific to each sport. These additional guidelines were approved by the sport specific committees as well as the Sports Medicine Committee.

The National Federation of High Schools (NFHS) and the New Hampshire Interscholastic Athletic Association (NHIAA) Sports Medicine Committee feel strongly that Certified Athletic Trainers in high schools are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they are positioned to assist in the development and implementation of COVID 19 risk minimization as well as being a vital component of any return-to-school and athletics plan.

We recognize that returning to interscholastic competition this fall will be individual school decisions. We hope, however, that the guidelines provided in the NHIAA document will help schools and districts make informed decisions about offering school based athletics this academic year.

**Return to play overview:**

- The following topics are addressed in the document
  - o Overall Administrative Functions
  - o Facility Cleaning
  - o Entrance/Exit Strategies
  - o Limitations on Gatherings
  - o Pre-Workout Screening
  - o Face Coverings
  - o Hygiene Practices
  - o Hydration/Food
  - o Travel
  - o Locker Rooms and Athletic Training Facilities
  - o Weight Rooms
  - o Physical Activity and Athletic Equipment
  - o Tennis Courts
  
- The document covers a wide range of considerations and precautions necessary in order to engage in school based athletics.
  
- The phases of the NHIAA document refer to the size and types of activities allowed under the original New Hampshire reopening taskforce recommendations. While the state has done away with a phased approach, the NHIAA document has retained the phases in order to provide guidance to member schools should they wish to slowly bring student athletes back to campus for various small group skill based activities.
  
- Links to other important guidelines are included at the end of the document to include sport by sport rules modifications issued by the National Federation of High Schools and approved by NHIAA sports specific committees as well as the Sports Medicine Committee.

# NHIAA Reopening Sports Guidance<sup>1</sup>

<b>Objective</b>	<p>This document is intended to provide guidance for schools to consider with their stakeholders in designing return-to-play protocols in accordance with state restrictions and national guidance. It allows for a coordinated reopening following the initial stay at home orders and progression to full play. It may also be used if conditions dictate the need for increased restrictions in the future.</p>
<b>Foundational Statements</b>	<p>The NHIAA believes it is essential to the physical, emotional and mental well-being of students to return to physical activity and athletic competition safely.</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"> <li>● <b>Lower risk:</b> cross country (with staggered starts), track and field, swimming, bowling, golf, tennis, alpine skiing, nordic skiing (with staggered starts), sideline spirit.</li> <li>● <b>Moderate risk:</b> volleyball, soccer, baseball, softball, ice hockey, field hockey, girl’s lacrosse, gymnastics, bass fishing.</li> <li>● <b>Higher risk:</b> basketball, football, wrestling, spirit, boy’s lacrosse.</li> </ul>
<b>Points of Emphasis</b>	<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. <a href="#">CDC</a> 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 are continually reviewed by the NHIAA. Phase Three (3) guidelines for practice/competition have been developed in conjunction with current state guidelines, NHIAA sport specific committee’s recommendations, NFHS guidance, and the NHIAA Sports Medicine Committee.</p> <p>Due to high probability 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.</p>

<sup>1</sup> Sources: [NH Guidance Documents for Reopening](#), [NFHS Guidance for Opening Up High School Athletic and Activities](#)

**Recommendations for Phased Approaches to Opening:** *These phases are based on the State of New Hampshire Guidelines which have been vetted and published by the New Hampshire Department of Health and Human Services(NH DHHS) with input from the NHIAA sport specific committee’s recommendations, NFHS guidance, and the NHIAA Sports Medicine Committee and are subject to change.*

Phase	<u>Phase One</u>	<u>Phase Two</u>	<u>Phase Three</u>
<b>Types of Activities Covered</b>	<p>Limited to outdoor small group/team training classes and sessions. No competition or contact sports activities allowed.</p> <p>Released by, State of New Hampshire May 18, 2020</p>	<p>Limited to outdoor team sporting events and practices. Team sporting events (e.g., competitive scrimmages, games, etc.) only allowed for low physical contact sports. Phase 2 expanded group training sessions and practices and the reopening of indoor recreational facilities.</p> <p>Released by State of New Hampshire June 11, 2020</p> <p>Guidelines for indoor health and fitness centers were released June 18, 2020.</p> <p>NOTE: NHIAA bylaws do not allow competitions, games and tournaments/jamborees in the summer.</p>	<p>Practices, training sessions, competitions, games, and tournaments/jamborees are permitted. This applies to all sports at all three risk levels noted above and includes all NHIAA sports.</p> <p>Released by State of New Hampshire July 17, 2020</p> <p>NOTE: NHIAA bylaws do not allow competitions, games and tournaments/jamborees in the summer.</p>
<b>Overall Administrative Functions</b>	<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 <a href="#">Universal Guidelines</a> and in this document.</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 <a href="#">Universal Guidelines</a> and in this document.</p>	<p>Athletes, volunteers, and staff (including administrators, coaches, athletic trainers, and 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 <a href="#">Universal Guidelines</a> and in this document.</p>

Phase	<u>Phase One</u>	<u>Phase Two</u>	<u>Phase Three</u>
<b>Overall Administrative Functions (Continued)</b>	<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>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><b><u>NOTE: Additional considerations for indoor facilities in Phase Two.</u></b></p> <p><b>In addition to the guidance herein, review and follow <a href="#">gym and fitness guidance</a>.</b></p> <p><b>Common areas are closed, and no congregating allowed.</b></p> <p><b>Sneeze guard barriers recommended at check in/out counters. Digital check-in where possible.</b></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, and spectators about social distancing, hand hygiene, and use of cloth face coverings.</p> <p><b><u>NOTE: Additional considerations for indoor facilities in Phase Three.</u></b></p> <p><b>In addition to the guidance herein, review and follow <a href="#">gym and fitness guidance</a>.</b></p> <p><b>Common areas are closed, and no congregating allowed.</b></p> <p><b>Sneeze guard barriers recommended at check in/out counters. Digital check-in where possible.</b></p>
<b>Facilities Cleaning</b>	<p>All training sessions and meetings must take place outdoors.</p> <p>Review and follow <a href="#">CDC guidance for cleaning and disinfection</a>.</p> <p>Commonly touched surfaces and areas should be frequently cleaned and disinfected according to <a href="#">CDC guidance</a> at the end of each event. Shared equipment must be cleaned and disinfected between use.</p>	<p>Review and follow the <a href="#">Universal Guidelines</a> for All New Hampshire Employers and Employees.</p> <p>Review and follow <a href="#">CDC guidance for cleaning and disinfection</a>.</p> <p>Review and follow swimming pool guidance.</p>	<p>Review and follow the <a href="#">Universal Guidelines</a> for All New Hampshire Employers and Employees.</p> <p>Review and follow <a href="#">CDC guidance for cleaning and disinfection</a>.</p> <p>Review and follow swimming pool guidance.</p>

Phase	<u>Phase One</u>	<u>Phase Two</u>	<u>Phase Three</u>
<b>Facilities Cleaning (Continued)</b>		<p>Commonly touched surfaces and areas should be frequently cleaned and disinfected according to <a href="#">CDC guidance</a> at the end of each event. Shared equipment must be cleaned and disinfected between use.</p> <p><b><u>NOTE: Additional considerations for indoor facilities in Phase Two.</u></b></p> <p><b>Enhanced cleaning and disinfection after every room/facility use.</b></p> <p><b>Sanitize door handles, faucet handles and all other touch-points in common areas, and other areas of hand contact every two hours, at a minimum.</b></p>	<p>Commonly touched surfaces and areas should be frequently cleaned and disinfected according to <a href="#">CDC guidance</a> at the end of each event. Shared equipment must be cleaned and disinfected between use.</p> <p><b><u>NOTE: Additional considerations for indoor facilities in Phase Three.</u></b></p> <p><b>Enhanced cleaning and disinfection after every room/facility use.</b></p> <p><b>Sanitize door handles, faucet handles and all other touch-points in common areas, and other areas of hand contact every two hours, at a minimum</b></p>
<b>Entrance/Exit Strategies</b>	<p>All training sessions and meetings must take place outdoors.</p> <p>Athletes and staff should arrive to the sporting event already dressed and prepared to participate.</p> <p>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.</p>	<p>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.</p>	<p>During practices, parents/guardians and other spectators are encouraged to remain in their cars in a designated parking area.</p> <p>Sequential competitive sporting events, training sessions, or practices should be scheduled to allow adequate time for cleaning of facilities/equipment and to allow for spectators, staff, volunteers, and athletes to exit the area and avoid interaction with other incoming or exiting groups.</p>

Phase	<u>Phase One</u>	<u>Phase Two</u>	<u>Phase Three</u>
<b>Entrance and Exit Strategies (Continued)</b>		<p><b><u>NOTE: Additional considerations for indoor facilities in Phase Two.</u></b></p> <p><b>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.</b></p>	<p>Teams should be provided a designated area for warm-ups that provides for the necessary social distancing.</p> <p><b><u>NOTE: Additional considerations for indoor facilities in Phase Three.</u></b></p> <p><b>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.</b></p>
<b>Limitations on Gatherings</b>	<p>Staff, athletes, volunteers, and other attendees should be reminded to maintain a distance of at least 6 feet from others.</p> <p>Group size is to be limited to 10 total people or less (example: 9 athletes and 1 staff/coach).</p> <p>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>	<p>Staff, athletes, volunteers, and other attendees should be reminded to maintain a distance of at least 6 feet from others.</p> <p>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).</p> <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>Practices, training sessions, competitions, games, and tournaments/jamborees are permitted. When possible or practical, they should be planned and implemented to maintain a minimum of 6 feet of distance between all athletes, volunteers, and staff. In circumstances where closer contact for sustained periods is necessary, staff, volunteers, and athletes must wear cloth face coverings/masks when possible.</p> <p>Staff, athletes, volunteers, and other attendees should be reminded to maintain a distance of at least 6 feet from others.</p>

Phase	<u>Phase One</u>	<u>Phase Two</u>	<u>Phase Three</u>
<b>Limitations on Gatherings (Continued)</b>		<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><b><u>NOTE: Additional considerations for indoor facilities in Phase Two.</u></b> 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>	<p>During competitive sporting events, 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>New England residents or members, registered participants and students only.</p> <p><b><u>NOTE: Additional considerations for indoor facilities in Phase Three.</u></b> 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>



Phase	<u>Phase One</u>	<u>Phase Two</u>	<u>Phase Three</u>
<p><b>Pre-Workout Screening</b></p>	<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>a. Has any symptoms of COVID-19 (see <a href="#">Universal Guidelines</a> 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"> <li>i. Internationally (outside the U.S.),</li> <li>ii. By cruise ship, or</li> <li>iii. Domestically (within the U.S.) outside of NH, VT, or ME on public transportation (e.g., bus, train, plane, etc.).</li> </ul> <p>Schools may want to consider recording that screening was completed for each person.</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, <b>all by having their temperature taken and</b> shall be asked if they:</p> <p>a. Have any symptoms of COVID-19 (see <a href="#">Universal Guidelines</a> 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"> <li>i. Internationally (outside the U.S.),</li> <li>ii. By cruise ship, or</li> <li>iii. Domestically (within the U.S.) outside of NH, VT, or ME on public transportation (e.g., bus, train, plane, etc.).</li> </ul>	<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, officials, and athletes must be screened prior to each competitive sporting event, training sessions, or practice by having their temperature taken and being asked if they:</p> <p>a. Have any symptoms of COVID-19 (see <a href="#">Universal Guidelines</a> 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. (NOTE: Healthcare workers caring for COVID-19 patients while wearing appropriate personal protective equipment should answer “no” to this question)</p> <p>c. Traveled in the past 14 days either:</p> <ul style="list-style-type: none"> <li>i. Internationally (outside the U.S.),</li> <li>ii. By cruise ship, or</li> <li>iii. Domestically (within the U.S.) outside of NH, VT, or ME on public transport (bus, train, plane, etc.).</li> </ul> <p><i>(NHIAA recommends that athletes are screened prior to departure for an away activity.)</i></p>

Phase	<u>Phase One</u>	<u>Phase Two</u>	<u>Phase Three</u>
<b>Pre-Workout Screening (Continued)</b>	<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 <b>not</b> be allowed into the sporting event:</p> <p>a. Symptomatic persons should be instructed to contact their health care provider to be tested for COVID-19 and <b>self-isolate</b> at home following the instructions below.</p> <p>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 <b>self-quarantine</b> for 14 days from their last exposure or return from travel.</p>	<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 <b>not</b> be allowed into the training session:</p> <p>a. Symptomatic persons should be instructed to contact their health care provider to be tested for COVID-19 and <b>self-isolate</b> at home following the instructions below.</p> <p>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 <b>self-quarantine</b> for 14 days from their last exposure or return from travel.</p>	<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 <b>not</b> be allowed into the training session:</p> <p>a. Symptomatic persons should be instructed to contact their health care provider to be tested for COVID-19 and <b>self-isolate</b> at home following the instructions below.</p> <p>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 <b>self-quarantine</b> for 14 days from their last exposure or return from travel.</p> <p>c. NOTE: Healthcare workers caring for COVID-19 patients while wearing appropriate personal protective equipment should answer “no” to this question.</p>

Phase	<u>Phase One</u>	<u>Phase Two</u>	<u>Phase Three</u>
<b>Pre-Workout Screening (CONTINUED)</b>	<p>Person(s) with suspect or confirmed COVID-19 must stay home until symptom-based criteria are met for <a href="#">discontinuation of isolation</a>:</p> <p>a. At least 10 days have passed since symptoms first appeared</p> <p><b>AND</b></p> <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 participants at the beginning of every training session for participants that develop symptoms during the activity.</p>	<p>Person(s) with suspect or confirmed diagnosis of COVID-19 must stay home until symptom-based criteria are met for <a href="#">discontinuation of isolation</a>:</p> <p>a. At least 10 days have passed since symptoms first appeared, <b>AND</b></p> <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 who develop symptoms during the training session.</p>	<p>Person(s) with suspect or confirmed diagnosis of COVID-19 must stay home until symptom-based criteria are met for <a href="#">discontinuation of isolation</a>:</p> <p>a. At least 10 days have passed since symptoms first appeared, <b>AND</b></p> <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 who develop symptoms during the training session.</p>
<b>Face Coverings</b>	<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>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>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>

Phase	<u>Phase One</u>	<u>Phase Two</u>	<u>Phase Three</u>
<b>Face Coverings (Continued)</b>	<p>a. Provide training on cloth face coverings based on <a href="#">CDC guidance for Use of Cloth Face Coverings</a>.</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>a. Provide training on cloth face coverings based on <a href="#">CDC guidance for Use of Cloth Face Coverings</a>.</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>	<p>a. Provide training on cloth face coverings based on <a href="#">CDC guidance for Use of Cloth Face Coverings</a>.</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>
<b>Hygiene Practices</b>	<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>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>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>

Phase	<u>Phase One</u>	<u>Phase Two</u>	<u>Phase Three</u>
<b>Hygiene Practices (Continued)</b>	Shared equipment must be cleaned and disinfected between use.	Shared equipment must be cleaned and disinfected between use.	
<b>Hydration/Food</b>	<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><b><u>NOTE: Additional considerations for indoor facilities in Phase Two.</u></b>  <b>Food Services will follow <a href="#">food services guidelines</a>.</b></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><b><u>NOTE: Additional considerations for indoor facilities in Phase Three.</u></b>  <b>Food Services will follow <a href="#">food services guidelines</a>.</b></p>

Phase	<u>Phase One</u>	<u>Phase Two</u>	<u>Phase Three</u>
<b>Travel</b>	<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 competitive sports events, training sessions, or practices in New Hampshire. In this context the staff and athletes home state is the state in which the school is located.</p> <p><b><u>NOTE: Additional considerations for indoor facilities in Phase Two.</u></b>  <b>New Hampshire, Maine or Vermont residents or members, registered participants and students only.</b></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 other than from New England are allowed at the competitive sports events, training sessions, or practices in New Hampshire.</p>
<b>Locker Rooms and Athletic Training Areas</b>	<p>Locker rooms remain closed and not utilized.</p>	<p><b><u>NOTE: Additional considerations for indoor facilities in Phase Two.</u></b>  <b>Locker room facilities can be used for changing clothes, showering, and toileting.</b></p> <p><b>Participants should preferably practice wear-in/wear-out clothes.</b></p>	<p><b><u>NOTE: Additional considerations for indoor facilities in Phase Three.</u></b>  <b>Locker room facilities can be used for changing clothes, showering, and toileting. Participants should preferably practice wear-in/wear-out clothes.</b></p>

Phase	<u>Phase One</u>	<u>Phase Two</u>	<u>Phase Three</u>
<b>Locker Rooms and Athletic Training Areas (Continued)</b>		<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>	<p>Alcohol-based hand sanitizer should be made available at entrances to locker rooms and changing facilities.</p> <p>Members 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>
<b>Weight Rooms</b>	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.	<p><b><u>NOTE: Additional considerations for indoor facilities in Phase Three. For weight rooms, this additional guidance is from State of NH <a href="#">gym and fitness guidance</a>.</u></b></p> <p><b>Admissions to the facility should be limited to, at most, 50% of the maximum licensed capacity, or the number where people can consistently maintain at least 6 feet of separation from others while in workout rooms, whichever number is lower.</b></p> <p><b>Fitness machines, benches, and weight-lifting and other equipment should be re-arranged to allow more than 6 feet of space between machines and work-out spaces.</b></p>

Phase	<u>Phase One</u>	<u>Phase Two</u>	<u>Phase Three</u>
<b>Weight Rooms (Continued)</b>		<p>Safety officers should strictly enforce these requirements. please reference the state guidelines for indoor fitness activity  <a href="https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/inline-documents/2020-05/guidance-health-fitness.pdf">https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/inline-documents/2020-05/guidance-health-fitness.pdf</a></p>	<p><b>If fitness class equipment or machines cannot be physically moved to accommodate spacing and distance requirements, then fitness class 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.</b></p> <p><b>Participants are required to thoroughly clean and disinfected used equipment (machines, benches, bars, dumbbells, weights, sporting equipment, etc.) after each use.</b></p> <p><b>Only clean equipment should be placed back on a storage rack or in a container to be ready for the next use.</b></p>
<b>Physical Activity and Athletic Equipment</b>	<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>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>Athletes shall not share their personal equipment with other players.</p> <p>Shared equipment provided by the staff or volunteers must be cleaned and disinfected according to <a href="#">CDC guidance</a> after every use between athletes and at the completion of each, training session.</p> <p>Staff and volunteers will carry hand sanitizer with team equipment. Athletes should carry hand sanitizer in personal equipment bag.</p>



Phase	<u>Phase One</u>	<u>Phase Two</u>	<u>Phase Three</u>
<b>Physical Activity and Athletic Equipment (CONTINUED)</b>	<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>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>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> <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.</p> <p>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>During practices, training sessions, and competitive sporting events, close-contact, <b>non-athletic activities</b> shall be avoided.</p> <p>Equipment bags and backpacks of athletes should be placed 6-feet apart. Athletes should not touch other athletes' bags, equipment or water bottles. 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 sporting events (competitive scrimmages and games for sports) 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>

Phase	<u>Phase One</u>	<u>Phase Two</u>	<u>Phase Three</u>
<b>Physical Activity and Athletic Equipment (CONTINUED)</b>	<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>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 training sessions.</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>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>During competitive sporting events (competitive scrimmages and games), each team shall provide its own game balls to be used for baseball and softball.</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> <p><b><u>NOTE: Additional considerations for indoor facilities in Phase Three.</u></b></p> <p><b>Group training activities are encouraged to be limited to small group or team-based training activities. Competition sporting events are permitted but shall be limited to two teams per indoor facility or designated area of play. Training sessions are encouraged to be non-contact with focus on skills and drills that can be developed while maintaining physical distancing.</b></p>

Phase	<u>Phase One</u>	<u>Phase Two</u>	<u>Phase Three</u>
<b>Physical Activity and Athletic Equipment (CONTINUED)</b>		<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> <p><b><u>NOTE: Additional considerations for indoor facilities in Phase Two.</u></b>  <b>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.</b></p>	
<b>Tennis Courts</b>		<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>	

Phase	<u>Phase One</u>	<u>Phase Two</u>	<u>Phase Three</u>
<b>Tennis Courts (Continued)</b>		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.	

**ADDITIONAL NFHS CONSIDERATIONS NOT IN NH GUIDANCE:**

1. Social distancing during Contests/Events/Activities
  - a. Rules and guidance regarding spectator guidelines (social distancing, attendance/capacity restrictions, etc.) at athletic events is the purview of the home school. Those guidelines must be followed.

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](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)

Individual Sport Specific Recommendations

- [Bass Fishing](#)
- [Cross Country](#)
- [Field Hockey](#)
- [Football](#)
- [Golf](#)
- [Soccer](#)
- [Unified Soccer](#)
- [Spirit](#)
- [Volleyball](#)