



# COMBINED NCHSAA GUIDELINES AND GCS RECOMMENDATIONS FOR ATHLETICS AND MARCHING BAND



## Combined NCHSAA Guidelines and GCS Recommendations for Athletics and Marching Band

	NCHSAA Phase One Guidance	Guilford County Schools Additional Recommendations
<b>Activity Description</b>	<p>ONLY Individual Skill Development and Workouts; Maintain Physical Distancing; No Contact with Others No Sharing of Equipment; No Grouping</p>	<p>Sports and marching band may conduct small group activities that do not allow physical contact among participants or use of shared equipment.</p> <p>Activities may begin using the calendar developed for GCS.</p> <p>Sports: The first two weeks will be devoted to mandatory conditioning; no more than two days each week for the first 10 school days.</p> <p>All workouts, up to the official start date for a sport, <b>MUST BE OPTIONAL</b></p>
<b>Facilities Cleaning</b>	<p>Adequate cleaning schedules must be created and implemented for all athletic facilities. Bathrooms, if opened, must be disinfected after use.</p> <p>Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility must be disinfected (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).</p>	<p>Only designated restroom facilities available – least invasive to school facility</p> <p>Use restrooms located in stadium, field house, concession stand or other athletic facilities. (Do not use bathrooms inside of the school, locker room or gymnasium)</p> <p>Maintain social distancing guidelines in restrooms; stagger</p>

	<p>Hand sanitizer (containing &gt;60% ethanol or &gt;70% isopropanol) must be plentiful and available to individuals as they move from place to place.</p> <p>Appropriate clothing/shoes must be worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam must be covered.</p> <p>Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.</p> <p><u>Once facilities are cleaned</u> - individuals must wash their hands for a minimum of 20 seconds with water and soap; or, in the absence of a hand washing station, hand sanitizer may be used before touching any surfaces or participating in workouts.</p>	student use.
<b>Locker Rooms and Athletic Training Areas</b>	<p>Locker rooms are <b>closed</b> during Phase One. Students must report in appropriate attire and immediately return home to shower after participation.</p> <p>No students are allowed in the athletic training room. (If an emergency, LAT must be present and appropriate disinfecting must occur afterwards.)</p>	
<b>Entrance/Exit Strategies</b>	<p>Must develop a plan to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times.</p>	<p>Designated entry and exit points.</p> <p>Multiple points of entry and exit should be used if staff</p> <p>Post signage to direct participants – parking, entry, screening checkpoint, exit, etc.</p> <p>When multiple groups are scheduled on same day, schedules must be staggered at each entry point with a minimum of 30</p>

		<p>minutes between each to allow for departure of early group and arrival of next group to minimize any interaction among groups.</p> <p>Students should be encouraged to arrive no more than 15 minutes before the start of the session. (May allow a little longer for first session to help get everyone acclimated to the check-in process. Athletic director and/or principal may need to be present for first sessions to assist in emphasizing need to follow the rules).</p> <p>Students should report to the designated screening station immediately upon arrival on campus.</p> <p>After being cleared, students should report directly to their designated workout/rehearsal area. Coach/director should escort students to their assigned area.</p> <p>Students must leave campus immediately after their activity has ended.</p>
<b>Spectators</b>	Spectators are not allowed during Phase One. Parents can remain in their cars, if desired. However, there must be no congregating allowed in the parking lot or on adjacent fields.	Approved parent volunteers may be used for screening and/or distance monitoring and correction.
<b>Distancing</b>		<p>Fields/courts/rehearsal spaces marked to facilitate maintenance of 6' distance among participants. (painted lines/circles, cones, discs, etc.)</p> <p>At least one adult (coach or parent volunteer) should be designated to monitor and ensure participants are following distancing guidelines.</p> <p>Avoiding all person-to-person physical contact must be a point of emphasis. Handshakes, high-fives, fist bumps, hugs, etc. will not be permitted.</p> <p>Absolutely no horseplay can be permitted.</p>

<p><b>Limitations on Gatherings</b></p>	<p><b>Workouts/conditioning limited to <u>no more than 90 minutes</u> in Phase One.</b></p> <p>Gatherings in outside venues are limited to <b>no more than 25 people</b>.</p> <p>Gatherings in gymnasiums are limited to <b>no more than 10 people</b>.</p> <p><b>The gathering numbers, as mentioned above, include coaches, managers, trainers, etc.</b></p> <p>Workouts should be conducted in “pods” of students with the same 5-10 students working out together weekly (<b>same grouping each day</b>) to limit overall exposures. Records must be maintained of the groupings to facilitate contact tracing, if required. Smaller pods can be utilized for weight training.</p> <p>There must always be a minimum distance of 6 feet between each individual. If this is not possible indoors, then the maximum number of individuals in the room must be decreased to obtain a minimum distance of 6 feet between each individual.</p>	<p>The 90-minute period will include arrival, screening/check-in, workout/rehearsal, and departure.</p> <p>Allow outdoor workouts and rehearsals only during Phase I.</p> <p>All efforts should be made to make sure groups and pods do not interact with each other.</p>
<p><b>Pre-Workout Monitoring</b></p>	<p>All coaches, directors and students must be screened daily for signs / symptoms of COVID-19 prior to participating, including a temperature check.</p> <p>Anyone with a temperature of <b>100.4° F</b> or higher, or who reports any COVID-like symptoms must not be allowed to participate; must be sent home; and, should be directed to their primary care practitioner (Family Medicine, Pediatrics or Internal Medicine) for evaluation and potential need for further testing.</p> <p>Responses to screening questions for each person must be recorded and stored (see <a href="#">Monitoring Form</a> attached).</p> <p>The head coach (or designee) is responsible for collection of the data from each day’s screening. Ideally this would be the same individual each day for consistency.</p>	<p>Screening includes a temperature check.</p> <p>Appropriate attention must be given to privacy and confidentiality.</p> <p>After checking in, coaches should escort students to their designated workout area.</p> <p>After being cleared, staff and students are issued a wristband, which must be worn to allow entry into the facility.</p> <p>A different color wristband is used each day.</p>

	<p>Students or coaches who have a positive pre-workout screening must not be allowed back until they have a note from their healthcare provider indicating that they do not need to be tested or that their symptoms are not due to COVID-19.</p> <p>Students, coaches, staff considered <i>vulnerable individuals</i>, or those concerned with contracting COVID-19 must not supervise or participate in any workouts/rehearsals during Phase One.</p>	
<b>Exposure of an Athlete, Coach, or Staff Member to a Person Who Tests Positive for COVID-19</b>	<p>If a person on the team tests positive for COVID-19, all members of that pod and those who had close contact with that individual should:</p> <ol style="list-style-type: none"> <li>1. Quarantine (stay at home) until 14 days after your last exposure, unless you have a negative PCR COVID-19 test.</li> <li>2. Check your temperature twice a day and watch for developing symptoms of COVID-19.</li> <li>3. If possible, stay away from people who are at higher-risk for getting very sick for contracting COVID-19</li> </ol>	
<b>Athlete or Coach Who Tests Positive for COVID-19</b>	<p>The local public health authority must be notified by the head coach (or designee) to help with contact tracing.</p> <p><b>TO RESUME WORKOUTS</b>, an athlete or coach must meet <b>each</b> of the following criteria:</p> <ol style="list-style-type: none"> <li>1.No fever for 72 hours without fever reducing medications, since recovery</li> <li>2.Resolution of respiratory symptoms</li> <li>3.At least 10 days have passed since symptoms first appeared</li> <li>4.A note of clearance from a licensed medical provider (MD, DO, NP, PA)</li> </ol>	<p>The head coach will not contact the local public health authority.</p> <p>School staff (athletic trainer, athletic director, or head coach) will notify the district director of athletics (Leigh Hebbard) and/ or the district director of health services and nursing (Yvetta Grier) immediately when they become aware that a student or coach/director has tested positive for COVID-19.</p> <p>Leigh Hebbard (<a href="mailto:hebbarl@gcsnc.com">hebbarl@gcsnc.com</a>) or (336) 370 – 8950</p> <p>Yvetta Grier (<a href="mailto:griery@gcsnc.com">griery@gcsnc.com</a>) or (336) 370 – 8325</p>
<b>Hygiene Practices</b>	<p>Wash hands with soap and water for at least 20 seconds, or use hand sanitizer often, especially after touching frequently used items or surfaces.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face, eyes, and nose. Dispose of all tissues.</p>	<p>Hand washing/sanitizing stations made readily available to all.</p> <p>Handwashing/sanitizing encouraged upon arrival and departure as well as at any time during the activity where incidental physical contact may have occurred.</p> <p>Participants must be encouraged to shower immediately upon returning home.</p>

	<p>Disinfect frequently used items and surfaces between use.</p> <p><b>No spitting!</b> - e.g. sunflower seeds, tobacco, phlegm.</p>	<p>Participants must be encouraged to wash their workout clothes immediately upon returning home.</p> <p>All participants should always wear appropriate clothing to help mitigate the possibility of transmission from contaminated surfaces.</p>
<b>Face Coverings</b>	<p>State, local or school district guidelines for acceptable cloth face coverings must be strictly followed. There is no need to require or recommend “medical grade” masks for physical activity.</p> <p>Coaches, staff, managers, etc. are strongly recommended to wear cloth face coverings at <b>all times</b> and maintain 6-foot physical distancing.</p> <p>Athletes are strongly recommended to wear a cloth face covering when NOT actively engaged in physical activity and maintain 6-foot physical distancing. Face masks <b>should not</b> be worn during activities that inhibit breathing, (i.e. swimming, distance running, or other high aerobic activity)</p> <p>Face masks must not be shared.</p> <p>Plastic shields covering the entire face will NOT be allowed during participation due to the risk of unintended injury to the person wearing the shield or to others.</p> <p>Artificial noisemakers such as an air horn or a timer system with an alarm, can be used as a signal in place of a traditional whistle.</p>	<p>Coaches must always wear a face covering while on campus.</p> <p>Students are expected to wear a mask while on campus, except during workouts or rehearsals.</p>
<b>Hydration/Food</b>	<p>No sharing of water bottles. All students must bring their own water bottle, clearly marked with their name.</p> <p>Food must not be shared.</p> <p>Hydration stations (water troughs, water fountains, etc.) must not be utilized by individuals.</p> <p>Designate <b>one</b> person to refill water bottles when needed.</p>	<p>Community watering stations such as fountains, troughs, or caddies are not permitted.</p> <p>Students and staff should arrive with the water bottle filled.</p> <p>If water coolers are used for refilling water bottles, they must be sanitized between each session.</p>
<b>Team Travel</b>	<b>No team travel permitted during Phase One.</b>	

<p><b>School Weight and Mat Rooms</b></p>	<p>Weight and mat rooms are <b>closed</b> during Phase One.</p> <p>Weights, mats and other training equipment can be moved outdoors, only, if they can be spaced 12 feet apart.</p> <p>Any lifting equipment or mats must be disinfected between each use.</p> <p>Spotters must wear a mask. Maintain 6 feet distancing as is possible.</p>	<p>Schools should not move weight equipment outdoors.</p> <p>No weightlifting activities during Phase I</p>
<p><b>Physical Activity and Athletic Equipment</b></p>	<p>There must be no sharing of athletic equipment --towels, clothing, shoes, or sports specific equipment-- between students.</p> <p>Students must wear their own appropriate workout clothing (do not share clothing); Individual clothing/towels must be washed and cleaned after every workout.</p> <p>All athletic equipment, including balls, must be cleaned after each individual use and prior to the next workout.</p> <p>Individual drills requiring the use of athletic equipment are permissible, but the equipment must be cleaned prior to use by the next individual.</p> <p>Physical contact such as high-fives, fist/elbow bumps, and hugs are not be allowed.</p>	<p>No equipment can be used that would involve physical contact by multiple participants, such as bats, balls, helmets, musical instruments, etc.</p> <p>Flags and other equipment where quantities are typically limited must be assigned to individual students.</p> <p>Sharing equipment among students is strictly prohibited.</p> <p>Personal equipment/instruments must be taken home daily. These items cannot be stored at the school.</p> <p>If using band uniforms, students should arrive fully dressed. Students will store these garments at home until directed to return them safely. All garments must be professionally dry-cleaned prior to use following the current season. Students should wear undergarments that sufficiently cover the skin where feasible. Directors should avoid using hats. Gloves, socks, and shoes should not be reused from one student to the next.</p> <p>Equipment used during the activity must be sanitized immediately after the activity has ended and before it can be used again. For marching band, please refer to the recommendation guidelines for synchronous, in-person instruction. Instrumental directors should refer to the <a href="#">NAMM COVID-19 Instrument Cleaning Guidelines</a>.</p> <p>Each student should have their own area (4' x 3' square) designated for their case, other equipment, or personal items that is their space alone and not touching other students. Students should be encouraged to use the center of that space and then move outward as needed.</p>

		For larger equipment that cannot be transported home, the coaches/directors will be responsible for packaging and storing in a location designated by principals or in their exterior travel trailers/storage buildings.
<b>Middle School</b>		<b>Sports and activities not permitted during Phase I</b>



## **Resources**

[NFHS Guidance for Opening Up High School Athletics and Activities](#)

[NFHS Guidance for a Return to High School Marching Band](#)

[NCHSAA Reopening Sports/Activities: Summer Guidance](#) (complete document, NCHSAA Phase I issued 06/08/20)

[CDC Considerations for Youth Sports](#)

GCS Warm Weather Procedures 2020-21 - [Link](#)

COVID-19 Instrument Cleaning Guidelines - [Link](#)

COVID-19 and the Performing Arts - [Link](#)