



## NCISAA Return-to-Play -Fall Sports Minimum Standards-

KEY:		
<p>A member school must be prepared to comply with <b>new</b> membership standards that have been added due to the impact of Covid-19.</p> <ul style="list-style-type: none"> <li>These standards are considered to be a minimum.</li> <li>A member school may apply more restrictive standards if they choose to.</li> </ul>	<p>The new standards can be applied in 3 categories:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Universal Minimum Standards</li> <li><input type="checkbox"/> Training/Practice Minimum Standards</li> <li><input type="checkbox"/> Competition Minimum Standards (will be sent closer to start dates)</li> </ul>	<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"/> <b>Daily Screening Process</b>		<input type="checkbox"/> Temp Check <input type="checkbox"/> Questionnaire/Monitoring Form <ul style="list-style-type: none"> <li>1 time per day</li> <li>Includes players and coaches</li> <li>Implementation via app or on-site screening</li> </ul>	
<input type="checkbox"/> <b>Monitoring for Symptoms</b>	Athletes, coaches, staff and participants should be encouraged to self-monitor for symptoms such as fever, cough, or shortness of breath.	<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	

		<p>should immediately be separated from other athletes, coaches, staff and participants and sent home.</p> <p><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:</p> <ul style="list-style-type: none"> <li>• No fever for at least 72 hours since recovery (without the use of fever-reducing medicine) AND</li> <li>• Other symptoms have improved (e.g., coughing, shortness of breath) AND</li> <li>• At least 10 days have passed since first symptoms</li> </ul> <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"/> <b>Cleaning Protocols for Facilities - <a href="#">CDC Reference</a></b></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><a href="#">Wilson Ball Cleaning Doc</a></p>

		<ul style="list-style-type: none"> <li><input type="checkbox"/> Remind individuals to bring their own water bottles, and that those water bottles not be shared.</li> <li><input type="checkbox"/> Limit use of hydration stations.</li> <li><input type="checkbox"/> Discontinue use of drinking directly from water fountains.</li> </ul>	
<input type="checkbox"/> <b>Social Distancing-</b> <a href="#">NCDHHS Reference</a>	Each area of a facility and each sport should have a specific social distancing plan based upon current NCDHHS standards.	<ul style="list-style-type: none"> <li><input type="checkbox"/> Close or mark off all common seating areas that promote individuals gathering in groups.</li> <li><input type="checkbox"/> Clearly provide 6 feet floor markings on sidelines, waiting lines, and other areas where there may be a group of people.</li> <li><input type="checkbox"/> Designate and arrange specific equipment for use that is properly spaced at 6 feet apart.</li> <li><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.</li> <li><input type="checkbox"/> Remind individuals not to shake hands, give high fives, or fist pumps before, during, or after the game or practice.</li> <li><input type="checkbox"/> Coaches, officials, and others should modify communication and avoid up close face to face communication.</li> <li><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.</li> <li><input type="checkbox"/> Where possible, provide separate and clearly marked points of entry and exit for spectators.</li> <li><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.</li> <li><input type="checkbox"/> Provide readily available alcohol-based hand sanitizer (with at least 60% alcohol).</li> </ul>	
<input type="checkbox"/> <b>Cloth Face Coverings</b>		<ul style="list-style-type: none"> <li><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 <a href="#">English</a> and <a href="#">Spanish</a>.</li> </ul>	

## 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"/> <b>Fall Acclimatization Plan</b>		<input type="checkbox"/> NCISAA Policy	
<input type="checkbox"/> <b>Training Environment</b>		<input type="checkbox"/> The training environment should be limited to essential personnel <ul style="list-style-type: none"><li>• Coaches</li><li>• Athletic Trainers</li><li>• Student-Athletes</li></ul>	<ul style="list-style-type: none"><li>• Manager</li><li>• Video Person</li></ul>