



# STAY AT HOME 2.0

## AMATEUR AND YOUTH SPORTS

### Amateur and Youth Sports: Phase 1

**Amateur and youth sports (including for-profit and non-profit athletics leagues and organizations) will be allowed to conduct limited outdoor small group/team training classes and sessions. No competition or contact sports activities will be allowed. Youth athletic camps shall be considered under separate guidance.**

### General Guidance to Protect All Staff and Athletes:

1. Review and follow the [Universal Guidelines](#) for All New Hampshire Employers and Employees.
2. Review and follow CDC [guidance for cleaning and disinfection](#).
3. 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.
  - a. Provide training on cloth face coverings based on CDC guidance for [Use of Cloth Face Coverings](#).
  - b. Review the NH DHHS information about [using cloth face coverings](#).
  - 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.
4. 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.
5. 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. 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.
6. Commonly touched surfaces and areas should be frequently cleaned and disinfected according to [CDC guidance](#) at the end of each event. Shared equipment must be cleaned and disinfected between use.
7. Staff, athletes, volunteers, and other attendees should be reminded to maintain a distance of at least 6 feet from others.
8. 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



# STAY AT HOME 2.0

## AMATEUR AND YOUTH SPORTS

### Employee, Volunteer, and Athlete Protection:

1. Athletes and staff (including administrative, coaches, 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 [Universal Guidelines](#) and in this document.
2. Athletes and staff must maintain at least 6 feet apart from others at all times.
3. 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.
4. Staff and athletes should be screened on arrival to each sporting event by asking if the individual:
  - a. Has any symptoms of COVID-19 (see [Universal Guidelines](#) for list of potential symptoms) or fever of 100.4 degrees F or higher.
  - b. Has had any close contact with someone who is suspected or confirmed to have COVID-19 in the past 14 days.
  - c. Traveled in the past 14 days either:
    - i. Internationally (outside the U.S.),
    - ii. By cruise ship, or
    - iii. Domestically (within the U.S.) outside of NH, VT, or ME on public transportation (e.g., bus, train, plane, etc.).
5. 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 **not** be allowed into the sporting event:
  - a. Symptomatic persons should be instructed to contact their health care provider to be tested for COVID-19 and [self-isolate](#) at home following the instructions below.
  - 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 [self-quarantine](#) for 14 days from their last exposure or return from travel.
6. Person(s) with suspect or confirmed COVID-19 must stay home until symptom-based criteria are met for [discontinuation of isolation](#):
  - a. At least 10 days have passed since symptoms first appeared  
**AND**
  - 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)
7. 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.
8. 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



# STAY AT HOME 2.0

## AMATEUR AND YOUTH SPORTS

the sidelines or are outside cars in the parking area, they should maintain safe social distance from others.

9. Locker rooms remain closed and not utilized. Athletes and staff should arrive to the sporting event already dressed and prepared to participate.

### **Business Process Adaptations:**

1. Sporting events will be limited to small group or team-based training activities. No competition sporting events or contact sports are allowed.
2. Training sessions must be non-contact with focus on skills and drills that can be developed while maintaining physical distancing.
3. Group size is to be limited to 10 total people or less (example: 9 athletes and 1 staff/coach).
4. 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 coaching or support staff, and no interaction between athletes of different training groups).
5. All training sessions and classes must take place outdoors.
6. 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.
7. 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.
8. 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.
9. Coaches will carry hand sanitizer with team equipment. Players should carry hand sanitizer in personal equipment bag.
10. Adequate breaks for water and sanitization should be provided and are encouraged to occur between changes in training activities.
11. Athletes should bring their own water bottles. No sharing or common use water bottles or drinking stations.
12. Equipment bags/backpacks of athletes should be placed 6-feet apart. Athletes should not touch other players' bags, equipment or water bottles.
13. 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.
14. 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.
15. 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.
16. Coaches shall bring trash bags to sessions and remove all garbage following each session.



# STAY AT HOME 2.0

AMATEUR AND YOUTH SPORTS

17. Organizations shall require players' parents/guardians to sign usual participation waivers outlining the additional risks due to COVID-19 associated with the activity.

