

# SAFER AT HOME

## Amateur and Youth Sports

### Employee Protection:

1. Follow [Universal Guidelines](#)
2. Follow [Restaurant and Food Service Guidance](#) where applicable.
3. Follow [Retail Guidance](#) where applicable.

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

1. Alcohol-based hand sanitizer with at least 60% alcohol must be readily made available to staff, volunteers, and athletes and kept with staff and equipment at all times.
2. Staff, athletes - when not actively competing or practicing, volunteers, and spectators should be reminded to maintain a distance of at least 6 feet from others where possible, masks recommended when this can not happen.
3. Staff, athletes, and volunteers must be screened on arrival to each competitive sporting event, training session, or practice by having their temperature taken.

### Business Process Adaptations:

These adaptations are applicable but are not limited to the following athletic activities: Badminton, Baseball, Basketball, Cheerleading/Competitive Spirit Squad, Dance, Field Hockey, Football/Flag Football, Gymnastics, Ice Hockey, Indoor Track, Lacrosse, Rugby, Skiing, Snowboarding, Soccer, Softball, Spirit, Swimming, Diving, Tennis, Track and Field, Cross Country, Volleyball, Water Polo, and Wrestling.

1. Practices, training sessions, competitions, games, and tournaments/jamborees are permitted. When practical, they should be planned and implemented to maintain a minimum of 6 feet of distance between all athletes, volunteers, and staff. When not engaged in practice or competing events, and in circumstances where closer contact for sustained periods is necessary, staff, volunteers, and athletes are encouraged to wear cloth face coverings/masks when possible.
2. No international teams/groups/athletes are allowed at competitive sporting events, training sessions, or practices in New Hampshire except under the following conditions:
  - a. If each athlete or member of a team/group arriving in New Hampshire for a competitive sporting event, training session, or practice, certifies in writing that he or she has “quarantined” for the 10 days prior to arriving in New Hampshire, then that athlete, team, or group may participate in the competitive sporting event, training session, or practice.
  - b. Under this paragraph, “quarantine” means that the individual executing the certification swears that he or she remained at a home for at least 10 days before arriving in New Hampshire, only going out for essential items or work, and when outside of the home maintained physical distancing of



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6 feet from other people and wore a cloth face covering/face mask when within less than 6 feet of another person during this 10 day “quarantine” period.

- c. The written certifications must be delivered to the individual coordinating the New Hampshire competitive sporting event, training session, or practice, and must be maintained for a period of at least 21 days after the completing of the sporting event, training session, or practice.
  - d. No athlete or member of a team/group shall be allowed to participate in a competitive sporting event, training session, or practice in New Hampshire if he or she has traveled internationally in the 10 day period prior to arriving in New Hampshire by public transportation, including, but not limited to, airplane, train, bus, or subway.
3. Shared equipment must be cleaned and disinfected after every use between athletes.
  4. Athletes, staff, and volunteers should bring their own water bottles. No sharing or common use water bottles or drinking stations are allowed.
  5. Centralized areas for congregating, such as benches and dugouts, should allow for at least 6 feet of space between staff, volunteers, and athletes.
  6. An isolation area shall be identified and communicated to all staff, volunteers, and athletes at the beginning of every sporting event, training session, and practice for anyone who develops symptoms during the competitive sporting event, training session, or practice.
  7. Athletes preparing to play defense should sanitize hands prior to leaving the bench or dugout.

## **Indoor Recreational Facilities:**

1. In addition to the guidance herein, review and follow gym and fitness guidance.
2. Group training activities are encouraged to be limited to small group or team based training activities.
3. Competition sporting events are permitted but shall be limited to two teams per field or designated area of play.
4. Multiple groups may practice in one large area but it is encouraged that separate groups do not mix or interact.

