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Amateur Sports: Phase 1

Amateur Sports for consideration as part of Phase 1 will be limited to outdoor team sports. These sports can be categorized as high physical contact sports (soccer, lacrosse, field hockey and football) and low physical contact sports (baseball and softball)

Note: Small group activity/practices are detailed as part of Phase 1

Note: In subsequent phases, indoor sports such as basketball, volleyball and ice hockey will be considered for re-opening.

Note: Return to competition for all outdoor sports will be outlined in subsequent phases.

Safeguarding Guidance:

The Governor's Economic Re-Opening Task Force recommends protocols for safeguarding all New Hampshire businesses and individuals during the coronavirus disease 2019 (COVID-19) pandemic. This industry-specific guidance is based on what is currently known about COVID-19 and is intended to protect the public's health and allow New Hampshire to remain open for business.

The intent of these recommendations is to reduce transmission of COVID-19 among players, volunteers, employees and customers; support healthy community activities, business operations; and maintain a healthy work environment.

In addition to strict adherence to U.S. Centers for Disease Control and Prevention (CDC), Equal Employment Opportunity Commission (EEOC) and Occupational Safety and Health Administration (OSHA) guidance, and US Food and Drug Administration (FDA), the State of New Hampshire recommends policies and procedures to protect consumers, volunteers and employees, including:

Employee Protection:

- 1) Employees and volunteers (administrative, coaches, trainers or officials) of for-profit athletic organization as well as non-profit athletics leagues and organizations shall be provided education and training around safe practices as it relates to hygiene, sanitation and illness policies outlined in the Universal Guidelines for All New Hampshire Employers and Employees.
- 2) Employers of athletic organizations with administrative offices should follow the policies outlined in the Universal Guidelines for All New Hampshire Employers and Employees within the facilities.
- 3) Employees and volunteers (administrative, coaches, trainers or officials) as outlined above must be screened as outlined in the Universal Guidelines for All New Hampshire Employers and Employees prior to commencing any activities with athletes, coaches, officials or parents.
- 4) Follow sanitation frequency guidance contained in this document at all times.

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- 5) Hand sanitizer must be made available to each head coach of a team and kept with team equipment at all times.
- 6) Employees and volunteers should not transport any youth athletes that are not immediate family members whenever possible. In the event, that this becomes necessary, all parties shall wear masks.

Consumer Protection Phase 1:

- 1) For the purposes of this guideline, consumer is intended to mean athletes.
- 2) Team/group-based training activities may begin and allow for groups of up to 10 people. (Example: 9 participants per training area with 1 staff/coach)
- 3) During team/group-based training activities, care should be taken to keep groups together throughout the training session and not intermingle participants from separate groups.
- 4) Prior to participating in team/group-based training activities all participants (coaches, players, trainers or officials) shall have their temperature taken and shall be asked the following questions as outlined in the Universal Guidelines for All New Hampshire Employers and Employees and a record kept with the coach:
 - a) Have you been in close contact with a confirmed case of COVID-19?
 - b) Are you experiencing a cough, shortness of breath or sore throat?
 - c) Have you had a fever in the last 48 hours?
 - d) Have you had changes in your sense of taste or smell?
 - e) If you answered yes to any of these questions, please do not put our other players, employees and other guests at risk and come back another day when you feel better.
- 5) Participants should not attend if they feel sick. Participants will be asked to leave the training activity if the potential of sickness is identified during screening prior to the activity.
- 6) All training sessions/classes shall take place outdoors.
- 7) Training sessions/classes shall be planned and developed to maintain the minimum 6-feet of physical distance between all participants and coaches. In circumstances where this becomes necessary, coaches shall wear face masks as outlined by the CDC.
- 8) Teams shall remain in the organization's home state until government guidelines allow for interstate travel.
- 9) Phase 1 training sessions shall be non-contact sessions/classes with focus on skills and drills that can be developed while maintaining physical distancing.
- 10) Non-contact activities shall include shaking hands, high-5's, group cheers and huddles.
- 11) Players shall have their own equipment and will not share equipment with other players. Shared training equipment will be provided by the coaches and with sanitizing protocol after each use.
- 12) Coaches will carry hand sanitizer with team equipment. Players should carry hand sanitizer in personal equipment bag.
- 13) Equipment bags/backpacks of participants should be placed 6-feet apart. Participants should not touch other players' bags, equipment or water bottles.
- 14) Participants should not use bench or dugout areas for storage of personal equipment. Centralized areas such as benches and dugouts should be avoided.
- 15) Adequate breaks for water and sanitization shall be provided and are encouraged to occur between changes in training activities. Participants should have their own water bottles.

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- 16) 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.
- 17) During training sessions, parents and spectators shall remain in a designated parking area. While in the parking area, parents and spectators shall maintain physical distancing. No spectators will be allowed within the playing area or on the sidelines.

Business Process Adaptations:

- 1) Coaches leading training sessions shall keep hand sanitizer with team equipment.
- 2) All shared equipment that comes in contact with participants bare hand or other skin surfaces shall be sanitized at the completion of sessions.
- 3) Organizations shall require players' parents/guardians to sign usual participation waivers outlining the additional risks due to COVID-19 associated with the activity.
- 4) All mouth-based activities traditionally encountered with sports shall not be allowed. This includes but is not limited to the following: spitting, chewing gum, licking fingers, and chewing/spitting sunflower seeds.
- 5) Coaches shall bring trash bags to sessions and remove all garbage following each session.
- 6) All youth athletic camps shall be considered under separate guidance.

Amateur Sports: Phase 2

Amateur Sports for consideration as part of Phase 2 will continue to be limited to outdoor team sports. These sports can be categorized as high physical contact sports (soccer, lacrosse, field hockey and football) and low physical contact sports (baseball and softball)

Note: Phase 2 includes return to competition for low physical contact sports as well as expanding group training sessions/class to no more than 50 participants.

Note: Subsequent phases, indoor sports such as basketball, volleyball and ice hockey will be considered for re-opening.

Note: Return to competition for all outdoor sports will be outlined in Phase 2 and Phase 3.

Phase 2 will go into effect upon the increase to no more than 50 participants in amateur sports activities when deemed appropriate by NH Public Health and the Governor. At that point, outdoor team sports may expand in-person operations if they operate in accordance with the following guidelines.

Employee Protection:

- 1) The employee protection protocol outlined in Phase 1 shall remain in effect for Phase 2.

Consumer Protection Phase 2 – Low Physical Contact Outdoor Team Sports (Baseball and Softball):

- 1) For the purposes of this guideline, consumer is intended to mean youth athletes.
- 2) Team/group-based training activities may begin and allow for groups of up to 50 participants. (Example: 45 participants per training area with 5 staff/coaches)
- 3) Return to competition (games and scrimmages) is allowed for low physical contact outdoor youth sports as long as total number of people within field of play does not exceed 50 (including players, coaches, trainers and officials). Additional requirements outlined below.
- 4) Prior to participating in team/group-based training activities or competition all participants (coaches, players, trainers or officials) shall have their temperature taken and shall be asked the following questions as outlined in the Universal Guidelines for All New Hampshire Employers and Employees and a record kept with the coach:
 - a) Have you been in close contact with a confirmed case of COVID-19?
 - b) Are you experiencing a cough, shortness of breath or sore throat?
 - c) Have you had a fever in the last 48 hours?
 - d) Have you had changes in your sense of taste or smell?
 - e) If you answered yes to any of these questions, please do not put our other players, employees and other guests at risk and come back another day when you feel better.
- 5) Participants should not attend if they feel sick. Participants will be asked to leave the training activity if the potential of sickness is identified during screening or during the activity.
- 6) All training sessions/classes as well as competitions shall take place outdoors.
- 7) Training sessions/classes shall continue to be planned and developed to maintain the minimum 6-feet of physical distance between participants and coaches. In circumstances where this becomes difficult, coaches shall wear face masks as outlined by the CDC.
- 8) Teams shall remain in the organization's home state until government guidelines allow for interstate travel.
- 9) Officials (umpires) shall provide their own guidance for safety prior to commencing with competition.
- 10) Players shall have their own equipment and will not share equipment with other players. Player shall provide their own gloves, helmets and bats during scrimmages and games.
- 11) Shared equipment during training activities will be provided by the coaches and with strict sanitizing protocol after each use.
- 12) Phase 2 training sessions shall continue to be non-contact sessions/classes. A focus on skills and drills that can be developed while maintaining physical distancing is encouraged.
- 13) Both during training sessions and competition, non-contact activities shall include shaking hands, high-5's, group cheers and huddles.
- 14) During training sessions, parents and spectators shall remain in their cars in a designated parking area. While in the parking area, parents and spectators shall maintain physical distancing. No spectators will be allowed within the playing area or on the sidelines.
- 15) During scrimmages and games, parents and spectators shall remain outside of all areas considered "in play". Separation from the "in play" line shall be 6 feet. Spectators shall maintain physical distancing while watching scrimmages and games and should be no closer than 6-feet from anyone from another household.

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- 16) Should there be back-to-back games, teams to play should arrive no earlier than 30 minutes prior to the scheduled start time.
- 17) Teams to play next must be provided a designated area for warm-ups that provide for the necessary social distancing.
- 18) All shared equipment that is touched by players' bare hands or body shall be sanitized at the completion of each training session or game.
- 19) Coaches will carry hand sanitizer with team equipment. Players should carry hand sanitizer in personal equipment bag.
- 20) During competitive events (scrimmages and games), the dugout/bench areas shall be allowed to extend to areas around the dugout. The intent is to provide 6-foot separation of players 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 competition.
- 21) During competitive events (scrimmages and games), each team shall provide their own game balls to be used while on defense.
- 22) Teams preparing to play defense should sanitize hands prior to leaving the bench or dugout.
- 23) During training sessions, participants shall continue to not use bench or dugout areas for storage of personal equipment. Centralized areas such as benches and dugouts should be avoided.
- 24) Equipment bags/backpacks of participants should be placed 6-feet apart. Participants should not touch other players' bags, equipment or water bottles.
- 25) Adequate breaks for water and sanitization shall be provided and are encouraged to occur between changes in training activities. Participants should have their own water bottles.
- 26) 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.

Business Process Adaptations:

- 1) The Business Process Adaptation protocol outlined in Phase 1 shall remain in effect for Phase 2.

Consumer Protection Phase 2 – High Physical Contact Outdoor Sports (Soccer, Lacrosse, Field Hockey and Football):

- 1) All Consumer Protection Protocol outlined in Phase 1 shall remain in effect in Phase 2 for High Physical Contact Outdoor Sports with the following modification.
- 2) Team/group-based **training** activities may begin and allow for groups of up to 50 participants. (Example: 45 participants per training area with 5 staff/coaches)

Business Process Adaptations:

- 1) The Business Process Adaptation protocol outlined in Phase 1 shall remain in effect for Phase 2.