



NORD COVID-19 Operational Guidelines - Athletics

NORD has adopted best practice guidelines of the State of Louisiana and the City of New Orleans Health Department, as well as several organizations including the Louisiana High School Athletic Association (LHSAA), National Federation of State High School Associations (NFHS), United States Specialty Sports Association (USSSA), and the Centers for Disease Control (CDC). The information provided in this plan was designed to create the healthiest environment for all participants. Adjustments to these recommendations will be made as needed or directed.

FACE MASK USAGE

Recognizing the benefits and potential drawbacks of the use of cloth face coverings during conditioning and physical activity, the NFHS recommends the following:

- State, local or school district guidelines for cloth face coverings should be strictly followed.
- Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for athletic activity.
- Neck gaiters must be made of 2 ply tight weave cotton and must fully cover the nose and mouth.
- Any player who prefers to wear a cloth face covering during a contest should be allowed to do so.
- The NFHS recommends that cloth face coverings be worn by players during Phases 1 and 2 as outlined below. Exceptions are swimming, distance running, or other high intensity aerobic activity. Cloth face coverings may continue to be used during Phase 3 when not engaging in vigorous activity, such as sitting on the bench during contests, in the locker room, and in the athletic training room.
- Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during conditioning. Their use during workouts increases the risk of unintended injury to the person wearing the shield or teammates.
- Coaches, staff, spectators and players on the sideline must wear cloth face coverings at all times. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.)

Facility Usage and Coaching Requirements

- All coaches must be NORD certified. Before any conditioning can be conducted, a coach must complete and submit a NORD volunteer application and a background check. **Once all information has been verified and the coach has been notified of clearance, conditioning may begin.**
- All players must have a completed and signed Covid 19 Waiver from their parent/guardian.
- All coaches must sign the Adult COVID-19 Waiver.



*****Private entities and travel teams must complete the rental process. Proof of insurance and proof of adequate COVID-19 waivers for each coach and player is required. This information must be submitted to the Athletics Department prior to any activity at a NORD facility.**

Pre-Work Out and Pre Game Screening: MANDATORY

- All coaches and players should be screened daily for signs/symptoms of COVID-19 prior to conditioning and games. Screening includes a temperature check. Groups are recommended to arrive in waves.

Screening locations should be in close proximity of drop-off location/entrance to park or rec center.

Parents and/or guardians must remain on-site until player has cleared the screening process.

****If multiple players carpool and arrive together, all players will be turned away if one or more players presents as symptomatic. Players belonging to different groups should not carpool together.*

****** Use of a non-contact thermometer at screening location is recommended. If a player displays a temperature of 100.4°F or above, they will be considered symptomatic.***

Responses to screening questions for each player should be recorded and stored so that there is a record of everyone present in case a player develops COVID-19.

Any player with positive symptoms reported will be turned away at screening location; should not be allowed to take part in conditioning, practice or games; and should contact his or her primary care provider or other appropriate health-care professional.

***A clearance note from a physician, physician assistant, or nurse practitioner is required to return to conditioning.

- Vulnerable individuals should not oversee or participate in any conditioning.
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Limitations on Gatherings

- Indoor groupings must follow social distancing. If an indoor space does not allow for adequate social distancing between groups, grouping numbers will need to be reduced for those indoor spaces.
- Players should report to conditioning in proper gear and immediately return home to shower at end of the conditioning.
- 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 until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during conditioning. Consider using tape or paint as a guide for players and coaches.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
 - Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized.
 - Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in conditioning.
 - Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
 - Any equipment such as athletic pads, etc. having holes with exposed foam should be covered.
 - Players must be encouraged to shower and wash their workout clothing immediately upon returning to home.
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Physical Activity and Athletic Equipment:

- There should be no shared athletic towels, clothing or shoes between players.
- Players should wear their own appropriate workout clothing (***do not share clothing***), and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment should be cleaned intermittently during workouts. Athletic equipment with porous surfaces should be avoided (ex: leather football, leather baseball, etc.), but if options are limited, the equipment should be thoroughly cleansed between uses with an approved cleanser.
- Athletic equipment used by one group should not be shared with another group during any workout and during entire Phase.
- It is recommended that coaches and staff oversee cleaning any equipment used.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, balls, batting helmets and catchers gear should be cleaned between each use.

Hydration:

- All players shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations should not to be utilized. Players should be encouraged to bring adequate water to last the duration of practice and games.
- Heat and humidity timeouts shall be implemented during the month of October 2020
- The break between the 1st and 2nd and the 3rd and 4th quarter shall be 2 minutes in length

Cheer and Dance:

- Cheer and Dance teams should maintain adequate distancing from the team bench to allow for adequate distancing between groups
- Pre Game banners or other congregations should be discouraged
- Cheer and dance teams must enter the field through the end zone and not through player benches
- All Cheer and Dance teams are required to wear face coverings at all times except while performing on the field or court
- Cheer and Dance members are included in the state/local occupancy number of the venue. They are not included in the LHSAA designated areas