

General Guidance to Protect All Staff, Volunteers 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. Review and follow [swimming pool guidance](#).
4. 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 difficult to maintain.
 - 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, noses, mouths, or faces, or adjust their face coverings without first sanitizing hands. After touching faces or adjusting face coverings, hands must be sanitized.
5. Parents/guardians of minors attending a sporting event should be asked to wear cloth face coverings while around other spectators, staff, volunteers, and athletes when social distancing is not possible.
6. 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. 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.
7. 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.
8. Staff, athletes, volunteers, and spectators should be reminded to maintain a distance of at least 6 feet from others.
9. Assign a dedicated staff member (i.e., a safety officer) to monitor social distancing and compliance with protective actions, and to prompt other staff, volunteers, athletes, and spectators about social distancing, hand hygiene, and the use of cloth face coverings.

Employee, Volunteer, and Athlete Protection:

1. Athletes, volunteers, and staff (including administrative, coaches, trainers or officials) must be provided education and training around safe practices, games, and competitions as it relates to hygiene, sanitation (cleaning and disinfection policies), and illness policies outlined in the [Universal Guidelines](#) and in this document.
2. Require all staff, volunteers, and athletes to report any symptoms of COVID-19 or close contact to a person with COVID-19 to a coach. Staff, volunteers, and athletes should not attend events if they feel sick. Athletes, volunteers, and staff must be asked to leave the training activity, sporting event, competition, game, and/or



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practice if the potential of sickness is identified during screening or during the activity.

3. Staff, athletes, and volunteers must be screened on arrival to each competitive sporting event, training session, or practice by having their temperature taken (temperature checks for athletes participating in competitive events is at the discretion of the organizing entity but is not required) and all shall be asked if they:
 - 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 had COVID-19 in the past 10 days. (NOTE: Healthcare workers caring for COVID-19 patients while wearing appropriate personal protective equipment should answer “no” to this question)
 - c. Traveled internationally (outside of the U.S., except for essential travel to/from Canada) or by cruise ship in the prior 10 days?
 - i. **NOTE:** You do NOT need to quarantine for 10 days or get tested for COVID-19 if either of the following apply:
 1. You are fully vaccinated against COVID-19 and more than 14 days have passed since you received the second dose of your COVID-19 vaccine.
 2. You have previously tested positive for active COVID-19 infection (by PCR or antigen testing) in the last 90 days (if you had a previous infection that was more than 90 days ago, you must still follow all quarantine requirements)
4. Person(s) with any COVID-19 symptoms, those who report that in the past 10 days they have had close contact with someone suspected or confirmed with COVID-19, or report [travel risk factors](#) should not be allowed into the sporting event, competition, game, and/or practice, and:
 - a. Symptomatic persons should be instructed to contact their healthcare providers to be tested for COVID-19 and [self-isolate](#) at home following the instructions below.
 - b. Asymptomatic persons reporting that in the past 10 days they have had close contact with someone suspected or confirmed with COVID-19, or who report one of the [traveled-related risk factors](#) should [self-quarantine](#) for 10 days from their last exposure or return from travel.
 - c. **NOTE:** Healthcare workers caring for COVID-19 patients while wearing appropriate personal protective equipment should answer “no” to this question
 - d. **NOTE:** You do NOT need to quarantine for 10 days or get tested for COVID-19 if either of the following apply:
 - i. You are fully vaccinated against COVID-19 and more than 14 days have passed since you received the second dose of your COVID-19 vaccine.
 - ii. You have previously tested positive for active COVID-19 infection (by PCR or antigen testing) in the last 90 days (if you had a previous



- infection that was more than 90 days ago, you must still follow all quarantine requirements)
5. Person(s) with a suspected or confirmed diagnosis of COVID-19 must stay home until symptom based criteria are met for [discontinuation of isolation which are](#):
 - a. At least 10 days have passed since symptoms first started, AND
 - b. At least 24 hours have passed since last fever (off any fever-reducing medications),
AND
 - c. Symptoms have improved; **or**
 - d. Approved COVID-19 testing is negative, at least 24 hours have passed since their last fever (off any fever reducing medications) and symptoms have improved.
 6. Staff and volunteers should not transport any athletes that are not immediate family members. In the event that transportation becomes necessary due to an emergency situation, all parties must wear cloth face coverings and space out seating to maintain maximal distance from each other.
 7. For Collegiate Programs, review and follow NCAA Safety Guidance. In the event that this guidance conflicts, the NCAA Safety Guidance will control for Collegiate Programs

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 possible or practical, they should be planned and implemented to maintain a minimum of 6 feet of distance between all athletes, volunteers, and staff. In circumstances where closer contact for sustained periods is necessary, staff, volunteers, and athletes must 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 6 feet from



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- 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. Athletes shall bring their own equipment, including, but not limited to, gloves, helmets, bats, and not share their personal equipment with other athletes.
 4. Shared equipment provided by staff or volunteers must be cleaned and disinfected according to [CDC guidance](#) after every use between athletes and at the completion of each practice, training session, or sporting event.
 5. Staff and volunteers will carry hand sanitizer with team equipment. Athletes should carry hand sanitizer in personal equipment bag.
 6. During practices, training sessions, and competitive sporting events, close-contact, **non-athletic activities** shall be avoided.
 7. Adequate breaks for water and sanitization should be provided and are encouraged to occur between changes in activities.
 8. Athletes, staff, and volunteers should bring their own water bottles. No sharing or common use water bottles or drinking stations are allowed.
 9. Equipment bags and backpacks should be placed 6-feet apart. Athletes should not touch other athletes’ bags, equipment, or water bottles. Benches and dugout areas must not be used for storage of personal or group equipment.
 10. Centralized areas for congregating, such as benches and dugouts, should be avoided unless there is enough room to allow for at least 6 feet of space between staff, volunteers, and athletes.
 11. During sporting events (competitive scrimmages and games for sports), the dugout/bench areas shall be allowed to extend to areas around the dugout in order to provide for 6-foot separation of athletes 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 competitive sporting events.
 12. 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.



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13. 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.
14. Staff or volunteers shall bring trash bags to each competitive sporting event, training session, or practice and remove all garbage following each competitive sporting event, training session, or practice.
15. During practices, parents/guardians and other spectators are encouraged to remain in their cars in a designated parking area. However, when/if watching from the sidelines or are outside cars in the parking area, they should maintain a safe social distance from others.
16. During competitive sporting events, parents/guardians and spectators shall remain outside of all “in play” areas and shall maintain physical distancing while watching events. They should be at least 6-feet from anyone from another household.
17. Back-to-back competitive sporting events, training sessions, or practices must be avoided. Sequential competitive sporting events, training sessions, or practices should be scheduled to allow adequate time for cleaning of facilities and to allow for spectators, staff, volunteers, and athletes to exit the area and avoid interaction with other incoming or exiting groups.
18. Teams must be provided a designated area for warm-ups that provides for the necessary social distancing.
19. During competitive sporting events (competitive scrimmages and games), each team shall provide its own game balls to be used while on defense (if applicable).
20. Athletes preparing to play defense should sanitize hands prior to leaving the bench or dugout.
21. In spaces that are able to have a concession stand, employees or volunteers of that concession stand must wear masks and gloves at all times in accordance with the Governors 2.0 [Restaurant/Food Service Guidelines](#). For patrons ordering food, if social distancing cannot be achieved then cloth face coverings/masks shall be required when ordering and picking up the food. Buffet/self-serve food and beverage should be avoided.

Indoor Recreational Facilities:

1. In addition to the guidance herein, review and follow [gym and fitness guidance](#).
2. Food Services will follow [food services guidelines](#).
3. Common areas are closed, and no congregating in lobby.
4. Sneeze guard barriers recommended at check in/out counters. Digital check-in where possible.
5. Where possible, establish one-way flow thru the facility, with separately designated entrances and exits, to facilitate distancing. It is recommended that Staff or volunteers be positioned throughout the venue to address potential congestion points to address crowd control and adhere to social distance guidelines.
6. Enhanced cleaning and disinfection after every room/facility use
7. Sanitize door handles, faucet handles and all other customer touch-points in common areas and other areas of hand contact every two hours, at a minimum.



8. General public group events and activities are closed except for public ice skating.
9. New England residents or members, registered participants and students only.

Small Group / Staff, Volunteers and Athletes / Personal Training Appointments:

1. Group training activities are encouraged to be limited to small group or team based training activities. Competition sporting events are permitted but shall be limited to two teams per field or designated area of play. Training sessions are encouraged to be non-contact with focus on skills and drills that can be developed while maintaining physical distancing.
2. Group size is to be limited to 50% of the facility. Capacity limits may be exceeded but only to include one parent/guardian per athlete.
3. Multiple groups may practice in one large area but it is encouraged that separate groups do not mix or interact
4. Training sessions should be planned and implemented to maintain the minimum of 6 feet of distance between all athletes and volunteers, and staff. In circumstances where closer contact for brief periods of time is necessary, staff, volunteers and athletes are encouraged wear cloth face coverings as discussed above when possible.

Locker Rooms (including shower and sauna):

1. Locker room facilities can be used for changing clothes, showering, and toileting. Members should preferably practice wear-in/wear-out clothes.
2. Saunas and steam rooms are closed.
3. Alcohol-based hand sanitizer should be made available at entrances to locker rooms and changing facilities.
4. Members should bring their own locks for lockers. Locks that are provided by the facility for use should be cleaned and disinfected before handing back in.
5. Facility hairdryers stations should be removed or taken out of operation.

