



# NCHSAA Modified Skill Development Guidelines



<b>Objective</b>	To provide guidance for member schools to consider in designing return-to-activity protocols in accordance with state, county and NCHSAA regulations. It allows for a coordinated reopening following the initial stay at home orders and may also be used if conditions dictate the need for increased restrictions in the future; thus, the NCHSAA has developed a multi-phased approach.
<b>Belief Statements</b>	<p>The NCHSAA believes that protecting the safety and health of all student athletes is the primary guiding principal.</p> <p>The NCHSAA believes it is essential to the physical, emotional, and mental well-being of students to return to physical activity and athletic competition as soon as deemed safe.</p> <p>The NCHSAA believes that prior to allowing use of facilities, schools must review facility use agreements, especially in the areas of sanitation requirements and liability.</p>
<b>Points of Emphasis</b>	<p>Key Strategies: Frequent, effective hand hygiene; social distancing of at least 6 feet; disinfecting of high touch areas; avoid touching of the face; symptomatic individuals or individuals with exposure to COVID-19 within the past 14 days must not participate; development of plans specific to each school's venues and facilities.</p> <p>Limited COVID-19 testing availability, lack of resources for contact tracing, and expanding knowledge of COVID-19 transmission could all result in significant changes to this guidance. The NCHSAA will monitor these key data points and will disseminate more information as it becomes available, and prior to moving from phase to phase.</p> <p>Administrators and coaches must emphasize the need for <b>all</b> coaches and participants who have signs or symptoms of illness to stay home to decrease risk of viral transmission, as they may transmit the virus to <i>vulnerable individuals</i>. Vulnerable individuals are defined as, but not limited to: people age 65 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune system may be compromised by treatment such as by chemotherapy for cancer, certain medication for rheumatoid arthritis and other conditions requiring immune suppression.</p> <p><b>Licensed Athletic Trainers/First Responders are very important to resumption to athletics post-COVID-19. We strongly encourage their involvement during all phases.</b></p> <p>The intensity and duration of training must be moderated and monitored (this is especially true of those who have not participated in summer conditioning and workouts). <b>On a given day, an athlete is limited to 90 minutes of skill development or weight training/conditioning during the academic school year calendar, inclusive of all weekends, holidays, workdays, etc. Skill development sessions are not. Sport specific sessions are not to exceed 90 minutes in duration (inclusive of warm-up, cool-down, meetings, video review, breaks, etc.).</b></p> <p>Due to possibility of recurrent outbreaks in the coming months, administrators must be prepared for periodic school closures and the possibility of some teams having to isolate for two or more weeks while in-season. The NCHSAA will provide guidance regarding practice and/or competition during temporary school closures, the cancellation of contests during the regular season, and parameters for the cancellation or premature ending to post-season events/competitions.</p>

	NCHSAA modified skill development procedures and phases are in accordance with guidelines published by the NC DHHS and are subject to change. With progression to future phases, further criteria will be established, will be in accordance with the Governor and the DHHS, and will be strictly followed.
<b>Pre-Participation Evaluation</b>	<p>Due to the extraordinary circumstances created by the COVID-19 pandemic resulting in school closures, an emergency addition to the NC State Board of Education Policy, ATHL-001, has been approved by the State Board of Education on April 23, 2020. The approved regulation now states:</p> <p><i>All student athletes who had a valid Preparticipation Examination (PPE) form dated anytime between March 1, 2019 - May 1, 2020 (used for the 2019-2020 seasons) will be granted a temporary one-year extension through the end of the <b>2020-2021</b> academic year. If the student does not have a valid form from these dates, they will need an updated physical form prior to being allowed to participate (workouts, skill development, practice, competition).</i></p> <p>Please be reminded that the student-athlete/family medical history portion of the PPE Form is required annually and must be completed and signed by the parent or legal custodian prior to participation during the 2020-2021 academic year. There is no waiver or extension applied to this requirement.</p>
<b>Skill Development Guidelines - Points of Emphasis</b>	<ul style="list-style-type: none"> <li>• <b>All skill development sessions must be voluntary and at no time may a coach require of any student off-season skill development sessions as a measure of continued participation on a team. Any coach who promotes the idea that taking part in off-season skill development is required is blatantly out of compliance with the intent and purpose of this rule.</b></li> <li>• <b>Athletes are limited to a maximum of 90 minutes of skill development per day.</b></li> <li>• <b>Dead Periods:</b> <ol style="list-style-type: none"> <li>1. 1<sup>st</sup> five student days of the academic school year</li> <li>2. Last five student days of 1<sup>st</sup> semester</li> <li>3. Last ten student days of 2<sup>nd</sup> semester</li> <li>4. Additional sport season dead period will be announced by the Board of Directors</li> </ol> </li> <li>• <b>Eight graders are not permitted to participate in skill development sessions on high school campuses.</b></li> <li>• <b>Contests or combined practices between member schools are prohibited during off-season skill development</b></li> <li>• <b>Outside “Club” Program Regulations:</b></li> </ul> <p>Any individual affiliated with an NCHSAA member high school must abide by the skill development, out-of-season workout rules. If this individual also coaches a “non-school” or “club team” outside the sports season but during the school year, and has any students from the high school on that outside team, he or she cannot work with any of them during a dead period and are restricted to the maximum number allowable per sport (<i>Reference: 2020-21 NCHSAA Handbook Policy 2.2.15(e); page 34</i>)</p>

	NCHSAA Phase Two	NCHSAA Phase Three
<b>Facilities Cleaning</b>	<p>Adequate cleaning schedules must be created and implemented for all athletic facilities. Bathrooms, if opened, must be disinfected after use.</p> <p>Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility must be disinfected (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).</p> <p>Hand sanitizer (containing &gt;60% ethanol or &gt;70% isopropanol) must be plentiful and available to individuals as they move from place to place.</p> <p>Appropriate clothing/shoes must be worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam must be covered.</p> <p>Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.</p> <p><u>Once facilities are cleaned</u> - individuals must wash their hands for a minimum of 20 seconds with water and soap; or, in the absence of a hand washing station, hand sanitizer may be used before touching any surfaces or participating in workouts.</p>	
<b>Entrance/Exit Strategies</b>	<p>Must continue to develop strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact. Strategies include staggering starting/ending times, signage to direct one-way flow of traffic for designated entrance/exit and encouraging staying in vehicles until start of workout/practice.</p>	
<b>Limitations on Gatherings</b>	<p><b>Workouts/conditioning remains limited to no more than 90 minutes in Phase Two. Attention to heat and humidity factors is required.</b></p> <p>Gatherings in outside venues remain limited to <b>no more than 25 persons.</b></p> <p>Gatherings in gymnasiums remain limited to <b>no more than 10 persons.</b></p>	

	<p><b>The gathering numbers, as mentioned above, include coaches, managers, trainers, etc.</b></p> <p>Drills or activities requiring the use of equipment during workouts should be conducted in pods of students with the same 5-10 students working out together weekly (same grouping each day) to limit overall exposures. Records must be maintained of the groupings to facilitate contact tracing, if required. Smaller pods can be utilized for weight training.</p> <p>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 to obtain a minimum distance of 6 feet between each individual.</p>	
<b>Pre-Workout Monitoring</b>	<p>All coaches and students must be screened daily for signs / symptoms of COVID-19 prior to participating, including a temperature check.</p> <p>Anyone with a temperature of <b>100.4° F</b> or higher, or who reports any COVID-like symptoms must not be allowed to participate; must be sent home; and, should be directed to their primary care practitioner (Family Medicine, Pediatrics or Internal Medicine) for evaluation and potential need for further testing.</p> <p>Responses to screening questions for each person must be recorded and stored (see Monitoring Form attached).</p> <p>The head coach (or designee) is responsible for collection of the data from each day's screening. Ideally this would be the same individual each day for consistency.</p> <p>Students or coaches who have a positive pre-workout screening must not be allowed back until they have a note from their healthcare provider indicating that they do not need to be tested or that their symptoms are not due to COVID-19.</p> <p>Students, coaches, staff considered <i>vulnerable individuals</i>, or those concerned with contracting COVID-19 should consult family doctor before supervising or participating in any workouts during Phase Two.</p>	
<b>Exposure of an Athlete, Coach, or Staff Member to a Person Who Tests</b>	<p>If a person on the team tests positive for COVID-19, all members of that pod and those who had close contact with that individual should:</p> <ol style="list-style-type: none"> <li>1. Quarantine (stay at home) until 14 days after your last exposure, unless you have a negative PCR COVID-19 test.</li> </ol>	

<b>Positive for COVID-19</b>	<p>2. Check his/her temperature twice a day and watch for developing symptoms of COVID-19.</p> <p>3. If possible, stay away from people who are at higher-risk for getting very sick or contracting COVID-19.</p>	
<b>Athlete or Coach Who Tests Positive for COVID-19</b>	<p>The local public health authority must be notified by the head coach (or designee) to help with contact tracing.</p> <p><b>TO RESUME WORKOUTS</b>, an athlete or coach must meet <b>each</b> of the following criteria:</p> <ol style="list-style-type: none"> <li>1. No fever for 72 hours without fever reducing medications, since recovery</li> <li>2. Resolution of respiratory symptoms</li> <li>3. At least 10 days have passed since symptoms first appeared</li> </ol> <p>A note of clearance from a licensed medical provider (MD, DO, NP, PA)</p>	
<b>Face Coverings</b>	<p>State, local or school district guidelines for acceptable cloth face coverings must be strictly followed. There is no need to require or recommend “medical grade” masks for physical activity.</p> <p>Coaches, staff, managers must maintain 6-feet physical distancing etc. <b>should give strong consideration to</b> wearing cloth face coverings at <b>all times. (Be a role model!)</b></p> <p>Athletes are <b>strongly recommended</b> to wear a cloth face covering when not actively engaged in physical activity and maintain 6-feet physical distancing. Face masks <b>should not</b> be worn during activities that inhibit breathing (i.e. swimming, distance running, or other high aerobic activity).</p> <p>Face masks must not be shared. Plastic shields covering the entire face are not allowed during participation.</p> <p>Artificial noisemakers such as an air horn or a timer system with an alarm, can be used as a signal in place of a traditional whistle.</p>	
<b>Hygiene Practices</b>	<p>Wash hands with soap and water for at least 20 seconds, or use hand sanitizer often, especially after touching frequently used items or surfaces.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face, eyes, and nose. Dispose of all tissues.</p> <p>Disinfect frequently used items and surfaces between use.</p> <p><b>No spitting!</b> - e.g. sunflower seeds, tobacco, phlegm.</p>	

<b>Hydration/Food</b>	<p>No sharing of water bottles. All students must bring their own water bottle, clearly marked with their name. Food must not be shared.</p> <p>Hydration stations (water troughs, water fountains, etc.) must not be utilized by individuals. Designate <b>one</b> person to refill water bottles when needed.</p>	
<b>Locker Rooms and Athletic Training Rooms</b>	<p>Locker rooms can now be opened during Phase Two, under schools/LEA guidance.</p> <p>The athletic training room can be opened; LAT/1st Responder should be present and appropriate disinfecting procedures must be in place</p>	
<b>School Weight and Mat Rooms</b>	<p>Weight and mat rooms can now be opened during Phase Two. LEA guidelines must be followed.</p> <p>If desired, weights, mats and other training equipment can still be moved outdoors.</p> <p>Any lifting equipment or mats must be disinfected between each use.</p> <p>Spotters must wear a mask. Maintain 6 feet distancing, as is appropriate and possible.</p>	
<b>Spectators</b>	<p>Spectators are not allowed during Phase Two. Parents can remain in their cars, if desired. However, there must be no congregating allowed in the parking lot or on adjacent fields.</p>	
<b>Physical Activity and Athletic Equipment</b>	<p>There must be no sharing of towels, clothing, shoes, or other athletic attire between students.</p> <p>Students must wear their own appropriate workout clothing (do not share clothing); Individual clothing/towels must be washed and cleaned after every workout.</p> <p>All athletic equipment, including balls, must be cleaned frequently, and prior to use by another pod.</p> <p>Individual drills requiring the use of athletic equipment are permissible, but the equipment must be cleaned prior to use by another pod.</p> <p>Physical contact such as high-fives, fist/elbow bumps, celebrations, and hugs are not be allowed.</p>	

<b>Lower Infection Risk Activities</b>	<i>Activities that can be done with physical distancing or individually with limited sharing of equipment or the ability to clean the equipment between use by competitors.</i>	
	<i>NCHSAA Sports &amp; Activities: cross country (with staggered starts), golf, baseball, softball, swimming*, diving, tennis, track and field*</i>	
	<i>Notes: In swimming, relays need to maintain social distance. In track and field, any field event with an implement/mat needs to be cleaned frequently and masks could be worn by participants</i>	
	<b>NCHSAA Phase Two</b> [Small Group Workouts/Practice; Maintain Physical Distancing; Limited Sharing of Equipment; No Grouping]	<b>NCHSAA Phase Three</b>
<b>Cross Country</b>	Runners must maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).	
<b>Golf</b>	Maintain physical distancing of at least 6 feet.	
<b>Baseball</b>	Limited sharing of balls and bats within pods. Disinfect equipment frequently and prior to use by another pod. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Must maintain 6 feet physical distancing. Dugouts must be <b>closed</b> .	
<b>Softball</b>	Limited sharing of balls and bats within pods. Disinfect equipment frequently and prior to use by another pod. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Must maintain 6 feet physical distancing. Dugouts must be <b>closed</b> .	
<b>Swimming and Diving</b>	Must maintain 6 feet physical distancing at all times—in the pool and on the deck. Only one lap swimmer per lane. Ensure frequent disinfecting measures are occurring in the pool, on deck and with all equipment.	
<b>Tennis</b>	Limit sharing of balls; each player may use own can of balls to serve and uses racket to pass other balls (singles only), ball machine use by individuals only. Wipe down rackets and balls after. Must maintain 6 feet physical distancing.	
<b>Track &amp; Field</b>	Runners must maintain 6 feet physical distancing between individuals; no grouping (i.e. starts and finishes). Limit sharing of implements / equipment to within pods. Disinfect frequently between use. Padded equipment /landing pits/poles must be disinfected between use.	

Higher Infection Risk Activities	<p>Activities that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.</p> <p>NCHSAA Sports &amp; Activities: football, cheerleading, lacrosse, basketball, soccer, wrestling, volleyball</p>	
	<p><b>NCHSAA Phase Two</b></p> <p>[Small Group Workouts/Practice; Maintain Physical Distancing; Limited Sharing of Equipment; No Grouping]</p>	<p><b>NCHSAA Phase Three</b></p>
Football	<p>Wearing protective equipment is <b>prohibited</b> during Phase Two. Limit sharing of balls/equipment to within pods. Disinfect equipment frequently, and prior to use by another pod. Must maintain 6 feet physical distancing. Contact with other players is not allowed. Tackling dummies / donuts / sleds must be cleaned before use by another pod.</p>	
Cheerleading	<p>Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible with 6-feet physical distancing. If sharing mats, must be disinfected after each individual stunt.</p>	
Lacrosse	<p>Wearing protective equipment is <b>prohibited</b> during Phase Two. Limited sharing of balls/equipment to within pods. Disinfect equipment frequently. Must maintain 6 feet physical distancing.</p>	
Basketball	<p>Limit sharing of balls to within pods. Disinfect equipment frequently, and prior to use by another pod. No physical contact. Must maintain 6 feet physical distancing.</p>	
Soccer	<p>Limit sharing of balls to within pods. Disinfect equipment frequently, and prior to use by another pod; no body contact; Must maintain 6 feet physical distancing.</p>	
Wrestling	<p>Mat room can be opened in Phase Two, only under LEA guidelines. Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill, without touching a teammate, with 6-feet distancing. Limited to 10 persons.</p>	
Volleyball	<p>Limit sharing of balls to within pods. Disinfect equipment frequently, and prior to use by another pod. Must maintain 6 feet physical distancing.</p>	



Resources	
Signage/Posters	<a href="#">CDC Print Resources</a>
Additional Links	<a href="#">White House Guidelines for Opening Up America Again   Spanish</a> <a href="#">NCDHHS Interim Guidance for Administrators and Participants of Youth, College &amp; Amateur Sports Programs</a> <a href="#">CDC Considerations for Youth Sports</a> <a href="#">CDC Recommendations Regarding the Use of Cloth Face Coverings</a> <a href="#">NFHS Guidance for Opening Up High School Athletic and Activities</a> <a href="#">NCAA Core Principles of Resocialization of Collegiate Sport</a> <a href="#">U.S. Olympics and Paralympics Committee: Return to Training Considerations</a> <a href="#">Swiss Rugby Union Protection Concept for Resumption of Sports Activities</a> <a href="https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2#filter_col1">https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2#filter_col1</a> <a href="https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html">https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html</a> <a href="https://www.cdc.gov/coronavirus/2019-ncov/hcp/hand-hygiene.html">https://www.cdc.gov/coronavirus/2019-ncov/hcp/hand-hygiene.html</a>