



COVID-Safe Guidelines for Participation

(adapted from the NMAA 2020-2021 Guideline for Participation)

Face Coverings

- State guidelines for cloth face coverings should be strictly followed.
- Coaches, officials, screeners and all other non-participants in attendance, shall 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).
- Unless otherwise noted in the sport-specific guidelines, face coverings shall be required by all participants, including those actively participating. Waivers shall not be accepted.
- Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for physical activity.
- **Neck gaiters are not permitted.**
- Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.

Hygiene Practices

- Have adequate supplies to support healthy hygiene behaviors, including soap, hand sanitizer with at least 60 percent alcohol (for staff and older children who can safely use hand sanitizer), tissues, and no-touch trash cans.
- Conduct trainings regarding hygiene and safety protocols including proper hand washing, touching of face, covering mouth and nose when coughing/sneezing and social distancing.
- Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
- Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.
- Disinfect frequently used items and surfaces as much as possible.

Hydration/Food

- All participants must bring their own water bottle. Water bottles must not be shared. Food should not be shared.
- Food concessions are prohibited.
- **Sunflower seeds, gum, and spitting prohibited**

Physical Activity & Athletic Equipment

- Physical distancing should be followed when not actively engaged in physical activity (practice/competition).
- Prohibit congregation of players during warm-up, while at rest or hydration breaks, or when entering or leaving the practice site.
- Training should be conducted in “pods” of the same athletes, always training and rotating together in practice to ensure less exposure if someone develops an infection.
- There should be no sharing of personal athletic equipment (towels, clothing, shoes, etc.) between athletes.
- There should be limited sharing of sport-specific equipment. If shared, equipment must be disinfected between individual use.
- Athletes should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned frequently during use and prior to the next workout.