NVHAA COVID-19 Training Safety Requirements

Effective 8/1/20

POC: Athletic Director Ron Garrett

NVHAA's number one priority is the safety and health of all Players, Coaches, volunteers, and families. As such, the following minimum guidelines have been compiled for all NVHAA training. Guidelines are subject to change and determined by state/federal/local requirements. Teams may have stricter guidelines as long as they meet these minimum requirements.

1.**Sports Physical:** All athletes are required to have a valid physical (within one year of date of participation) prior to any NVHAA sports participation. **All NEW athletes must have a preparticipation sports physical**. However, grace is given to athletes who registered and uploaded a valid physical for a sport last year. A new physical is still required of returning athletes, but last year’s physical will be accepted until the new physical is completed.

2.**Screening:**

* Prior to participating in any NVHAA team training event, screening of coaches, staff, and players for COVID-19 symptoms is required. Answers to screening questions should be annotated on the COVID/19 Coaches and Athletes Monitoring Form (separate form.)
* Anyonewith a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days, is not permitted to participate and must follow appropriate guidelines for medical care, quarantine, or isolation.

3. **Safety Education**: Post and discuss the following flyers with athletes.

* + Symptoms of Coronavirus (COVID-19) Flyer
  + Stop the Spread of Germs Flyer

4. **Training:**

\*Athletes and Coaches/Staff minimum guidelines for safety and hygiene during training:

* wash & sanitize hands before/after practice
* avoid touching face
* sneeze or cough into a tissue, or the inside of elbow.
* bring own water and not share it
* wear t-shirts that cover chest and shoulders
* encourage athletes to bring own equipment
* disinfect shared equipment before/after use
* avoid high-fives, fist bumps, or any form of physical contact not part of training
* adhere to state and/or local jurisdiction regarding face-covering requirement
* social distancing: Indoor and outdoor recreational sports should maintain ten feet of physical distance between all instructors, participants, and spectators, where practicable. Six feet away from others when not training (does not include those who live in same household).
* Train in small groups when possible (10-20)

Encourage parent/guardians to stay in/near their vehicles during training and observe all team safety guidelines during practices and games.

Separate Attachments:

* 1. Symptoms of Coronavirus (COVID-19) Flyer
  2. Stop the Spread of Germs Flyer
  3. COVID/19 Coaches and Athletes Monitoring Form

References:

1. Executive Order Number 67, Governor, Commonwealth of Virginia, <file:///C:/Users/User/Desktop/NVHAA/VIRUS/2020%20July%20Govenor%20Phase%20III%20EO-67.pdf>
2. Phase III Guidelines, Governor, Commonwealth of Virginia, <file:///C:/Users/User/Desktop/NVHAA/VIRUS/2020%20July%20Forward-Virginia-Phase-Three-Guidelines%20(1).pdf>
3. “GUIDANCE FOR OPENING UP HIGH SCHOOL ATHLETICS AND ACTIVITIES,” National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC), [https://www.nfhs.org/articles/guidance-for-state-associations-to-consider-in-re-opening-high-school-athletics-and-other-activities/](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.nfhs.org_articles_guidance-2Dfor-2Dstate-2Dassociations-2Dto-2Dconsider-2Din-2Dre-2Dopening-2Dhigh-2Dschool-2Dathletics-2Dand-2Dother-2Dactivities_&d=DwMGaQ&c=H_yUuJ1M28mOtEdftPnR2z5ijYvNrOSi2iKmrnMPbhg&r=0MPLj2952KAf7_G9vU90shvaeLdfo5YRiF_tUqvsuNU&m=-DMglBnk_r23C_1_dAM2qCcl-yw2tiCJszQILqWdPhg&s=8nAwWp0i9VcFZzCtSn8CBN3eQC1f4F2Ha8NXYUtgV7Q&e=)
4. “VHSL Announces Phase III Guidelines for Reopening of sports/activities,” <file:///C:/Users/User/Downloads/VHSL_Phase%20III_Guidelines_for_Reopening_Sports_7_31_2020.pdf>



