



# NEVADA GUIDANCE FOR ADULT & YOUTH SPORTS

*Updated March 30, 2021*



## Foreword:

As of March 2021, several key metrics show that COVID-19 transmission is gradually slowing in Nevada. However, we are still in the middle of an unprecedented pandemic requiring continued efforts to mitigate risk of exposure. The risk mitigation efforts must be balanced with the need to attend to the overall well-being of Nevada's citizens of all ages. Youth have been negatively impacted by the strict physical and social distancing mandates, which have limited their ability to engage in necessary, developmentally appropriate socialization activities through school and recreational activities.

Lack of opportunities for social connections and typical life events for youth, such as interacting with peers in-person at school and participating in athletic events, increase risk for isolation, anxiety, depression, substance use, and unrecognized distress. Youth participation in recreational and competitive sports increases protective factors including providing opportunities for in-person interaction with peers, physical activity, supervised time outside of the home, skill practice and mastery, and increased academic performance. In addition, youth sports promote healthy connections with other caring adults who are trained to detect youth distress and signs of abuse and neglect.

An increase in suicidal thoughts and attempts, anxiety, and depression are among the major mental health consequences of the COVID-19 pandemic among youth. As social isolation and disconnection with peers and caring adults is prolonged, the increase in reported psychological distress is expected to increase. It is important that young people do not suffer in silence, and that their mental and emotional wellness be regarded as a top priority.

It is imperative that we look for opportunities to allow Nevada youth to re-engage in activities that promote health and well-being. Learning how to accommodate and live with COVID-19 means finding optimal ways to balance the risks and benefits of mitigation efforts while supporting healthy development in our youth. The goal of this guidance is to provide direction on the necessary protections for youth and adult athletes, coaches, and families to reduce the risk of further COVID transmission while recognizing the inherent benefits of participation in recreational and competitive sports.

**CONSIDERATIONS FOR RETURN TO PLAY:** There are many considerations that recreational sports directors, managers, coaches, parents/guardians and players/athletes need to weigh as they plan to return to play. The risk of transmitting COVID-19 depends on a number of factors, including physical distancing between people, number of people in a certain location, compliance with face covering mandates, length of time at a location in proximity to others, type of location, etc. In order to ensure Nevada can safely expand participation in recreational adult and youth athletic events, the following general guidance must be considered:

- Outdoor locations are safer than indoor;
- Smaller groups are safer than larger;
- Sports that can ensure distance of six (6) feet or more are safer than closer contact; and
- Shorter duration is safer than longer.



## Directive 034, Directive 039, and Summary & Updates as of March 2021:

***This guidance does NOT pertain to professional sports leagues or college division level sports.***

***The Nevada Interscholastic Activities Association (NIAA) retains authority over when high school sports will resume and the guidelines under which competition will resume, consistent with Section 7 of Directive 028, Directive 034 and Directive 038.***

Under [Directive 039](#), sports have been re-categorized based on contact level and associated risk (see chart below).

**NON-CONTACT & MINIMAL CONTACT SPORTS:** Minimal contact and non-contact sports are allowed to hold practices, games, competitions and tournaments\*, indoors and outdoors, if social distancing and all requirements can be met. This applies to all non-contact and minimal-contact sports statewide for all youth and adult sports, including, but not limited to travel clubs, private leagues and clubs, recreational leagues and centers, and park district sports programs for certain groups permitted under Directive 034.

All sports will have to abide by a number of health and safety protocols in this guidance, including screenings for athletes, coaches, and staff, limited equipment sharing, strong requirements for disinfecting and sanitizing equipment, and cooperating with local health authorities on contact tracing.

**FULL CONTACT SPORTS:** Following a review of full-contact sports by his Medical Advisory Team ("MAT") requested by Governor Sisolak, as of March 30, 2021, full-contact\*\* sports may resume for practice and competitions subject to the requirements set forth in [Directive 034](#), including the requirement to adopt a Preparedness and Safety Plan as set forth in Section 11 for all organized leagues and associations beginning competition, games, matches, or league play.

Full-contact sports organizations, clubs, associations, leagues must also implement a COVID-19 testing and mitigation plan prior to the commencement of competitions, games, matches, or league play. Organizers of full-contact sports are encouraged to work with their local health authority on developing a testing and mitigation plan.

Organizers of full-contact sports planning on commencing competitions, games, matches or league play should review in full this updated Nevada Guidance for Adult & Youth Sports to ensure compliance with all requirements and to understand all recommendations for the safe commencement of full-contact sports.

**\*\*NIAA Full Contact Sports Update as of February 18, 2021:** Pursuant to Directive 038, full-contact sports regulated and governed by the NIAA were allowed to resume under the conditions set forth in Directive 038, including but not limited to, the implementation of a required NIAA COVID-19 Testing and Mitigation Plan.

*\*Tournaments were allowed to resume as of March 15, 2021, if approved in accordance with the process outlined below. For the purposes of this guidance, a "tournament" refers to a competition involving a relatively large number of competitors, all participating in a series of sport or game, and concentrated into a relatively short time interval. [SEE "Tournament COVID-19 Preparedness & Safety Plan" below]*

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## COVID-19 Reopening Guidance



CONTACT LEVEL	RISK LEVEL	DEFINITION	EXAMPLES	STATUS AS OF MARCH 30, 2021	
				Travel clubs, private leagues and clubs, recreational leagues and centers, and park district sports programs	Sports governed and regulated by the Nevada Interscholastic Activities Association (NIAA)
FULL CONTACT SPORTS	HIGH	Sports that require or are likely to have routine or sustained close proximity or physical contact between participants	Football, rugby, wrestling, boxing, ice hockey, group cheer, group dance, basketball, water polo, martial arts, pair figure skating, etc.	Full-contact and close-contact sports <b>may resume</b> under the conditions set forth in Directive 034 and any organizing league, club or other association <b>must implement</b> a Testing and Mitigation Plan.	Full-contact and close-contact sports regulated and governed by the NIAA <b>may resume</b> under the conditions set forth in Directive 038, including but not limited to, the <b>implementation of the required NIAA COVID-19</b> Testing and Mitigation Plan.
MINIMAL CONTACT SPORTS	MODERATE	Sports that involve some close, sustained contact, OR intermittent close contact OR group sports OR sports that use equipment that cannot be cleaned between participants. These sports are ONLY considered "moderate risk" if all mitigation measures are followed.	Baseball, softball, soccer, volleyball, flag football, multi-person rowing, fencing, kickball, field hockey, lacrosse, etc.	Allowed to resume practices, games, competitions and tournaments, indoors and outdoors, if social distancing and all requirements can be met.	
NON-CONTACT SPORTS	LOW	Sports that can be done individually or do not involve (i) person to-person contact, (ii) do not routinely entail individuals interacting within six feet of one another. Equipment can be cleaned between participants. These sports are ONLY considered "low risk" if all mitigation measures are followed.	Golf, tennis, running and cycling events, cross country, track and field, sideline/no-contact cheer and dance, archery, shooting/clay target, swimming and diving, individual rowing, equestrian jumping or dressage, weightlifting, skiing, snowboarding, skateboarding, badminton, disc golf, bowling, individual figure skating, gymnastics, etc.	Allowed to resume practices, games, competitions and tournaments, indoors and outdoors, if social distancing and all requirements can be met.	

Revisions as of March 30, 2021, per Directive 042: Full-contact Sports *not regulated by the NIAA* may resume competitions, and organized leagues, clubs, or other associations must implement a testing and mitigation plan.



## SPORTS COVID-19 PREPAREDNESS & SAFETY PLAN

### PLAN SUBMISSION & APPROVAL FOR RETURN TO PLAY

Prior to any resumption of youth or adult competitions, games, matches or league play under Directive 034, the applicable league, association, venue, facility or organization must adopt a Sports COVID-19 Preparedness & Safety Plan (or "Sports Safety Plan"). The Sports Safety Plan must be submitted to and approved by the Nevada Department of Business & Industry ("B&I") prior to the resumption of competitive sporting activities.

The Sports Safety Plan must include all the baseline requirements, protocols, restrictions and operating rules set forth in this Guidance document to ensure that, among other requirements: (i) the number of spectators and participants admitted to the premises at any given time does not violate the capacity limits set forth in Governor's [Directive 037](#); (ii) spectators and participants maintain proper social distancing; and (iii) face covering rules are enforced, along with all other requirements in this guidance. Teams, coaches and athletes are responsible for abiding by the rules and requirements set forth in their applicable Preparedness and Safety Plan.

The Sports Safety Plan should be submitted to B&I via email at: [COVID19Plans@dir.nv.gov](mailto:COVID19Plans@dir.nv.gov)

### PLAN SUBMISSION & APPROVAL FOR TOURNAMENTS (allowed to resume March 15, 2021)

Any event organizer or operator, association, league, facility, venue or other organization that wants to host a youth or adult sports tournament and has previously received approval for their Sports Safety Plan to resume play, must also submit a "Tournament COVID-19 Preparedness & Safety Plan" to B&I and receive approval prior to hosting or operating a tournament.

This requirement includes all tournaments or invitational events that are a competition involving a relatively large number of competitors, all participating in a series of sport or game, at the same venue(s), and concentrated into a relatively short time interval. Tournament Plan's must include protocols and guidelines to ensure that, among other requirements: (i) the number of spectators and participants admitted to the premises at any given time does not violate the capacity limits set forth in Governor's [Directive 037](#); (ii) spectators and participants maintain proper social distancing; and (iii) face covering rules are enforced, along with all other requirements in this guidance.

The Tournament Plan should be submitted to B&I via email at: [COVID19Plans@dir.nv.gov](mailto:COVID19Plans@dir.nv.gov)

## BASELINE REQUIREMENTS & GUIDANCE FOR ALLOWED YOUTH & ADULT SPORTS

*Communicate all requirements and guidance to players/participants, parents, guardians, and caregivers prior to resuming or beginning the season.*

**MASKS AND FACE COVERINGS:** Since June 24, 2020, individuals in Nevada have been required to wear a face covering when they are out in public, per Emergency Directive 024. The emergency directive includes [exemptions for children](#) under a certain age and individuals who are unable to wear or tolerate a face covering due to medical or mental health conditions or other reasons. There are also situations in which a face covering may be temporarily removed, such as when *actively* eating or drinking, provided that social distancing is maintained. Businesses, venues and sports leagues may choose to have more protective requirements than those in the Directive. under certain circumstances.

Face coverings must fully cover the mouth and nose and must fit snugly against the sides of the face with no gaps. Reusable face coverings should be machine washed or washed by hand and allowed to dry completely after each use.



### WHO IS REQUIRED TO WEAR A FACE COVERING?

Face coverings should be worn by coaches, managers, sports staff, officials, parents/guardians, and allowed attendees and spectators. Players and athletes must wear face coverings indoors and outdoors, except when:

- actively eating or drinking;
- if an exemption can be applied under Directive 024; or
- when actively exercising or participating in practices or competitions. If social distancing cannot be maintained during activity, players are strongly encouraged to wear face coverings to the extent practicable.

For each game, practice, or competition, a coach, manager, league director or representative, or staff member is required to be designated to enforce all mandated directives including social distancing, face coverings, and cleaning. All staff should be educated on COVID-19 health and safety protocols prior to the resumption of athletic activities.

### TESTING & SCREENING

*Discourage any person, including players, at risk for severe illness or with serious underlying medical conditions from attending any sporting activities.*

#### TESTING

- ADULT COACHES, MANAGERS, OFFICIALS/REFEREES & TEAM STAFF are required to take a COVID-19 test prior to the start of the season or resumption of athletic activity, and it is strongly encouraged every other week during a season (for youth and adult sports).
- PLAYERS/ATHLETES: It is strongly recommended but not mandatory that all players/athletes (youth and adult) test for COVID-19 prior to the start of the season.
- **FULL CONTACT SPORTS:**
  - **Organized League, Association & Club Full Contact Sports:** Pursuant to Directive 042, participants in organized full-contact and close-contact sports, as defined by Directive 039, must implement a COVID-19 testing and mitigation plan prior to the commencement of competitions, games, matches or league play. Organizers are encouraged to work with their local health authority on developing a testing and mitigation plan.
  - **NIAA Full Contact Sports:** Pursuant to Directive 038, participants in full-contact and close-contact sports, as defined by Directive 039, that are governed and regulated by the NIAA must adopt and follow the NIAA's COVID-19 Testing & Mitigation Plan, which dictates at a minimum weekly testing of coaches, staff and athletes.

#### SCREENINGS

- Contactless temperature screenings **MUST** be provided for all players/athletes, coaches, referees/officials, league officials, staff and managers before each practice, game or other team event. Contactless temperature screenings are strongly encouraged for spectators and attendees.
  - Ensure that the thermometer (touchless temperature scanners are recommended) has been thoroughly cleaned in between each check.
- All participants (coaches, managers, athletes/players, referees/officials, league officials, spectators/attendees, staff, etc.) **MUST** respond to COVID-19 screening-survey questions upon arrival and check-in at each practice, game or other team event. See, [NV COVID-19 Health Screening Guide](#).

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- Conduct regular symptom and exposure assessments for all participants including players, coaches, referees, league officials and managers. Daily symptom assessments should include monitoring for fever, cough, and trouble breathing, and also whether individuals have been exposed through household members or others.
- Parents are encouraged to be on the alert for signs of illness in their children and themselves and stay home when sick.

### IF SOMEONE DISPLAYS SYMPTOMS

- If a player, coach, official, staff member, volunteer or spectator displays symptoms of COVID-19 (confirmed temperature of 100.4° Fahrenheit or if they say “yes” to any of the [COVID-19 screening-survey questions](#)) or if there is any suspicion that they are sick or symptomatic, they must be declined admittance and will not be allowed to participate or watch a sporting practice, game or competition. If they arrived with other people (parents/guardians, teammates, etc.), everyone in the group must also be declined admittance and leave immediately.
  - Advise them to go home, stay away from other people, contact their primary care provider or local health authority for further instructions, including where and when to access a test.
  - Assigned staff or volunteers should provide the individual with a face covering and help the individual minimize their contact with others before leaving the facility. Immediately disinfect all areas used by the individual.

### POSITIVE TEST PROTOCOLS (\*Updated as of February 17, 2021)

- If a **coach, manager, or player/athlete of the same team** tests positive for COVID-19, the entire team (if they had been in [close contact](#) with the positive individual) MUST [quarantine](#) for 10 days (if they remain asymptomatic) after last exposure or 7 days if they get tested 5 days after the last exposure (and remain asymptomatic) and the results are negative.
  - All team activities and practices must be canceled for 10 days during the quarantine period or 7 days if everyone gets tested 5 days after the last exposure and the results are negative.
  - Per CDC, people who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been fully vaccinated (2 weeks after final dose) against the disease within the last three months and show no symptoms.
- If a **household member** of a coach, manager, or player/athlete of the same team tests positive for COVID-19, that coach, manager, or player/athlete must notify the sports program administrator or appropriate contact and must cease all activities with the team for 10 days after last exposure or 7 days if they get tested 5 days after the last exposure and the results are negative.

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- If a player/athlete, coach, or team staff member become sick with COVID-19, they should notify the sports program administrator or appropriate contact. They **MUST** cease all athletic activity and participation and **MUST** be on home isolation:
  - If the individual has symptoms:
    - At least 10 days since symptoms first appeared **and**
    - At least 24 hours with no fever without fever-reducing medication **and**
    - Other symptoms of COVID-19 are improving.
  - If the individual has **NO** symptoms:
    - 10 days have passed since the date of specimen collection for the positive test.
  - CDC: *"youth sports organizations should notify local health officials, youth sports program staff, umpires/officials, and families immediately of anyone with COVID-19 while maintaining that person's confidentiality in accordance with the Americans with Disabilities Act (ADA)."*
- It is recommended that anyone who previously tested positive for COVID-19 receive medical clearance before play or activity.



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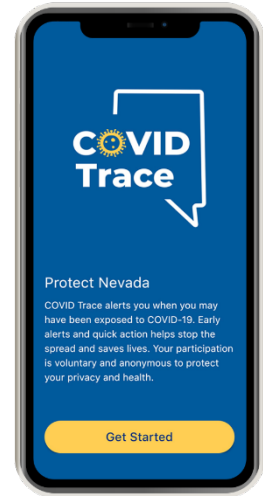
GROUP	REGULAR TESTING REQUIREMENTS	CONTACTLESS TEMPERATURE SCREENINGS	COVID-19 Health Screening Survey	FACE COVERINGS
<p><b>PLAYERS &amp; ATHLETES</b></p>	<p>It is <b>strongly recommended</b> but not mandatory* that all players/athletes (youth and adult) test for COVID-19 prior to the start of the season or resumption of play.</p> <p><i>*Players and athletes participating in full-contact sports governed by the NIAA are required to be tested weekly per NIAA requirements.</i></p>	<p><b>REQUIRED</b></p>	<p><b>REQUIRED</b></p>	<p><b>Face coverings must be worn indoors and outdoors, except when:</b> (i) actively eating or drinking, (ii) if an exemption can be applied under Directive 024, or (iii) when actively exercising or participating in practices or competitions. If social distancing cannot be maintained during activity, players are strongly encouraged to wear face coverings to the extent practicable.</p>
<p><b>COACHES, MANAGERS, STAFF, REFEREES &amp; OFFICIALS</b></p>	<p>Adult coaches*, managers, officials/referees &amp; team staff are <b>required to take a COVID-19 test prior to the start of the season or resumption of athletic activity</b>, and it is strongly encouraged every other week during a season (for youth and adult sports).</p> <p><i>*Coaches and staff participating in full-contact sports governed by the NIAA are required to be tested weekly per NIAA requirements.</i></p>	<p><b>REQUIRED</b></p>	<p><b>REQUIRED</b></p>	<p><b>REQUIRED AT ALL TIMES</b> except when actively eating or drinking, or if an exemption can be applied under Directive 024.</p>
<p><b>SPECTATORS &amp; ATTENDEES</b></p>	<p><b>Testing is strongly encouraged</b> if an individual is experiencing symptoms or has been in close contact to a confirmed case of COVID or with anyone who has symptoms consistent with COVID-19.</p>	<p>Strongly encouraged, not required</p>	<p><b>REQUIRED</b></p>	<p><b>REQUIRED AT ALL TIMES</b> except when actively eating or drinking, or if an exemption can be applied under Directive 024.</p>



### CONTACT TRACING

Cooperate with a Local Health Authorities on contact tracing. Contact tracing is the process used to identify those who have come into contact with people who have tested positive for COVID-19. Given that club sports teams and recreational sports teams are comprised of students enrolled in local school districts, it will be necessary for both club/recreational youth sports staff and school district staff, including but not limited to administrators, school nurses, school safety specialists, counselors, and any other staff deemed appropriate by the school district, to collaborate and assist LHDs with contact tracing in the event of illness of a player, coach, referee, athletic trainer, and/or anyone else involved with a sports team/group.

Consider encouraging the use of the [Nevada COVID Trace app](#) for players/athletes, team staff, officials, and household members. The NV COVID Trace App is a free, easy-to-use mobile phone app that gives us the information we need to fight COVID-19, without compromising your privacy. The app will help Nevadans protect each other and slow the spread by notifying you if you've likely been exposed to COVID-19. Empowering you to quarantine effectively, seek timely medical attention, and reduce risk for your loved ones.



### CAPACITY FOR ALLOWED PRACTICES & COMPETITIONS

All allowed sport activities must abide by the limit on gatherings, per [Directive 037](#) which, as of March 15, 2021, is currently limited to 250 people or 50 percent capacity, whichever is less. See, "[Nevada Guidance for Safe Gatherings](#)" for additional information.

### MANAGE THE FLOW OF PEOPLE TO AVOID CONGESTION AND CROWDING

- Games and practices **MUST** be timed to allow **at least a 30-minute break between the finish and start of subsequent sessions**, to allow for departure and arrival without congestion.
- Players and coaches are encouraged to **minimize their arrival time** prior to a game or practice session.
- Teams and spectators are required to depart the field or facility immediately upon completion of the game or practice.
- Encourage players to wait in their cars with guardians as feasible until just before the beginning of a practice, warm-up, or game, instead of forming a group.
  - Stay outside of the premises (e.g., in vehicles) until scheduled practice or play time. This allows people to leave the premises before entering and minimizes gathering. Encourage players and players' families to do the same.
- Stagger arrival and departure times for staff, players and spectators to minimize congregating at entrances, exits and restrooms to follow required physical distancing requirements. To the extent practicable, separate entrances/exits for staff, players and spectators.
- Consider assigning staff to monitor number of individuals in a restroom at one time to prevent congestion.
- When multiple sporting events occur at the same sports complex or venue at the same time, leagues, coaches and trainers are required to:



- Ensure players and spectators for sporting events do not share space, including but not limited to restrooms, hallways, concession stands.
- Ensure that high-traffic areas such as entrances, exits, check-in tables, restrooms and concession areas, are cleaned and sanitized between subsequent games and events.

### **SPECTATORS**

- Under the Governor's Directive 037 related to gatherings, spectators may be allowed at sporting events covered under this guidance pursuant to the capacity restrictions set forth in the directive. However, it is still recommended that fans at sporting events be additionally limited and restricted to minimize the congregation of fans, parents/guardians, household members, and other spectators during this pandemic.

### **SOCIAL DISTANCING**

- Coaches, managers and/or league directors MUST assign a designated monitor to make sure that spectators keep 6 feet of physical distance, including at entrances, exits, restrooms and any other area where people may gather.
- Assign designated areas for managers and coaches, when not practicing/playing, to ensure physical distancing is maintained.
- Develop and implement a plan to limit the number of spectators admitted into the premises so that all staff, volunteers, contractors and spectators can keep 6 feet of physical distance.
- Ensure everyone at the sports facility, including all players, coaches, referees, volunteers and independent contractors, to keep a physical distance of at least 6 feet from individuals not residing in the same household, especially in common areas.
- When feasible, increase the size of the field or court.
- Encourage social distancing through increased spacing during warm-ups, small groups, and limited mixing between groups, and staggered scheduling, arrival, and drop off, as feasible.
- During times when players are not actively participating in practice or competition, ensure social distancing by increasing space between players on the sideline, dugout, or bench. Additionally, coaches can encourage athletes to use downtime for individual skill-building work or cardiovascular conditioning, rather than staying clustered together.
- Space players at least 6 feet apart on the field, when possible, while participating in the sport (such as during warmup, skill building activities and simulation drills).
- If keeping physical distance is difficult with players in competition or group practice, consider relying on individual skill work and drills.
- Limit contact with other teams. Create physical distance between players when explaining drills or the rules of the game.
- Provide physical guides and post signs or visual cues on the ground or walls to indicate appropriate spacing distance.
- Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.



- Players are strongly encouraged not to travel with other members of the team and only members of their immediate households.

### **LIMIT SHARED EQUIPMENT & AVOID COMMONLY TOUCHED SURFACES**

- Players' personal items and equipment should be spaced out at least 6 feet apart.
- Encourage players to use only their own equipment when feasible. Avoid or minimize equipment sharing.
  - When it is necessary to share critical or limited equipment, all surfaces of each piece of shared equipment **MUST** be cleaned and disinfected frequently, as appropriate for the sport (e.g., between players, sets, periods, or games). Use disinfectants that are included on the [Environmental Protection Agency \(EPA\) approved list](#) for the SARS-CoV-2 virus that causes COVID-19.
  - Clean all equipment that directly contacts the head, face and hands with extra attention and detail.
- Players should not pick-up or touch another teams' equipment when not necessary for play. During games or competitions equipment for play should be provided by one team or the league/association for optimal control to the extent practicable.
- Encourage players or their family members to clean and disinfect equipment after each use.
- Players must bring their own water/beverage to consume during and after games and practice. No shared drinking fountains / stations or shared water coolers. Close water fountains, except for those designed to refill water bottles without contact between the bottle and fountain. Encourage players to bring prefilled water bottles.
- No shared/communal snacks.
- Encourage players to not spit or eat sunflower seeds, gum, or other similar products.

### **CLEANING & DISINFECTION**

LEAGUES, COACHES, MANAGERS, TRAINERS & STAFF are responsible for ensuring all requirements are met and guidance is followed:

- Frequently clean and disinfect shared equipment and objects/surfaces that are frequently touched. This includes, but is not limited to, equipment such as bats and rackets. This may also include gate handles, light switches, sink handles, countertops, and benches. Use disinfectants that are included on the [Environmental Protection Agency \(EPA\) approved list](#) for the SARS-CoV-2 virus that causes COVID-19.
  - Separate equipment in a container to be cleaned and disinfected before reusing.
  - Equipment that cannot be cleaned and sanitized should not be used.
- Develop a schedule for cleaning and disinfecting, including, at minimum, before and after each practice and game.
- Jerseys, uniforms and other practice/game attire should be washed after every use.
- Require staff and players to practice healthy hygiene including washing their hands frequently and covering their sneezes and coughs. Wash hands often with soap and water for at least 20 seconds, especially after touching shared objects or blowing your nose, coughing, or sneezing. Avoid touching your eyes, nose, and mouth.



- Provide hand sanitizer stations and encourage all participants and adults to wash and sanitize hands regularly. Use an alcohol-based hand sanitizer that contains at least 60% alcohol or wash hands with soap and water for at least 20 seconds. If hands are visibly soiled, soap and water should be used before using alcohol-based hand sanitizer.
- Leagues, coaches, managers and trainers MUST have supplies for event staff and participants available, including hand sanitizer that contains at least 60% alcohol, tissues, trash baskets, disposable facemasks, and disinfecting products.
- Participants should pick up their own trash at the conclusion of all games, practices and activities. Extra trash bins should be provided, and more frequent disposal should occur. Where applicable, departing teams or league representative must sanitize the team/player area.
- Ensure restrooms are cleaned and disinfected prior to and after any league activity.

### **SIGNAGE**

- Post signage at gathering venue entrances outlining established protocols. Consider utilizing signage with easy to interpret graphics in commonly used languages reminding everyone to maintain 6 feet of distance, wear masks, wash hands, etc.
- Post instructions for individuals throughout the gathering venue at entrances, and inform individuals of:
  - Capacity limits (see above);
  - Prohibitions on entering a gathering if they are experiencing symptoms;
  - Hygiene and social distancing instructions, signage, and markings; and
  - Face covering requirements.

### **ENCOURAGED BEST PRACTICES**

- Teams/ groups should be static, with no mixing of employees or participants between groups for the duration of the season, if practical.
- Teams/ groups should not add new participants once the season has started.
- If practical, assign participants from the same household to the same team or group.
- Limit spectators to immediate household members or guardians of participants.
- If practical, assign shared equipment to one household for duration of sports season.
- Limit spectators to immediate household members or guardians of participants.
- Provide reasonable accommodation for COVID-19-vulnerable employees, including but not limited to work from home (if feasible), reduced contact with others, use of barriers to ensure minimum distance between others whenever feasible or other accommodations that reduce chances of exposure.
- Allow only trainers, coaches and players to attend practices to ensure physical distancing and prevent people from gathering.
- Ensure that ventilation systems operate properly. Increase air circulation and ventilation as much as possible by opening windows and doors. In indoor spaces, fans should only be used when windows or doors are open to the outdoors in order to circulate indoor and outdoor air. Do not open windows and doors if doing so poses a safety or health risk to staff, spectators or players.



## **ADDITIONAL RESOURCES**

[CDC: Youth Sports Program FAQs](#)

[CDC: Considerations for Youth Sports](#)

## **LOCAL HEALTH AUTHORITIES IN NEVADA**

### **Carson City Health and Human Services**

Areas Served: Carson City, Douglas County, Storey County and Lyon County (Cities: Minden, Gardnerville, Genoa, Glenbrook, South Lake Tahoe, and Topaz Lake)

Address: 900 East Long Street, Carson City, NV 89706

Phone: (775) 827-2190

### **Nevada Division of Public and Behavioral Health**

Areas Served: Churchill County, Elko County, Esmeralda County, Eureka County, Humboldt County, Lander County, Lincoln County, Mineral County, Nye County, Pershing County, and White Pine County.

Address: 4150 Technology Way, Carson City, NV 89706

Phone: (775) 684-4200

### **Southern Nevada Health District**

Areas Served: Clark County (Cities: Las Vegas, North Las Vegas, Henderson, Boulder City, Mesquite and Laughlin)

Address: 280 S. Decatur Blvd., Las Vegas, NV 89107

Phone: (702) 759-1000

### **Washoe County Health District**

Areas Served: Washoe County (Cities: Reno, Sparks, Gerlach, Vya, Pyramid, Washoe City)

Address: 1001 East 9th Street, Reno, NV 89512

Phone: (775) 328-2400

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CONTACT LEVEL	RISK LEVEL	DEFINITION	EXAMPLES	STATUS UNDER DIRECTIVES 034, 039 & 042
<p><b>FULL CONTACT SPORTS</b> (classified as "High Risk" by NCAA)</p>	<b>HIGH</b>	Sports that require or are likely to have routine or sustained close proximity or physical contact between participants	Football, rugby, wrestling, boxing, ice hockey, group cheer, group dance, basketball, water polo, martial arts, pair figure skating, etc.	<p>Allowed to resume practices, games, competitions and approved tournaments, indoors and outdoors, if social distancing and requirements can be met. Organized Full-Contact Sports must also implement testing and mitigation plans.*</p> <p><i>*NIAA governed Full-contact Sports must adopt NIAA required testing and mitigation plans as set forth in Directive 038.</i></p>
<p><b>MINIMAL CONTACT SPORTS</b> (classified as "Intermediate Risk" by NCAA)</p>	<b>MODERATE</b>	Sports that involve some close, sustained contact, OR intermittent close contact OR group sports OR sports that use equipment that cannot be cleaned between participants. These sports are ONLY considered "moderate risk" if all mitigation measures are followed.	Baseball, softball, soccer, volleyball, flag football, multi-person rowing, fencing, kickball, field hockey, lacrosse, etc.	Allowed to resume practices, games, competitions and approved tournaments, indoors and outdoors, if social distancing and all requirements can be met.
<p><b>NON-CONTACT SPORTS</b> (classified as "Low" by NCAA)</p>	<b>LOW</b>	Sports that can be done individually or do not involve (i) person to-person contact, (ii) do not routinely entail individuals interacting within six feet of one another. Equipment can be cleaned between participants. These sports are ONLY considered "low risk" if all mitigation measures are followed.	Golf, tennis, running and cycling events, cross country, track and field, sideline/no-contact cheer and dance, archery, shooting/clay target, swimming and diving, individual rowing, equestrian jumping or dressage, weightlifting, skiing, snowboarding, skateboarding, badminton, disc golf, bowling, individual figure skating, gymnastics, etc.	Allowed to resume practices, games, competitions and approved tournaments, indoors and outdoors, if social distancing and all requirements can be met.