



2020-21 NSAA Winter Season Guidelines

Circumstances related to the COVID-19 pandemic are constantly changing and vary from community to community. Difficult decisions will have to be made from week to week or even day to day. The health and safety of students, staff, and local communities remain the priority of the NSAA as we provide opportunities to participate in the winter sports season.

Each school has the authority to determine if it will participate in the 2020-21 Winter Season. During the season it will be the responsibility of the host school to provide administrative oversight and compliance with established COVID-19 guidelines in accordance with their local health departments and facilities.

FOR ALL WINTER ACTIVITIES:

The NSAA is requiring the following of schools, officials and spectators for all winter season contests:

- Active participants are permitted, but not required, to wear face coverings during competition/performance.
- Coaches and non-active participants (those not currently on the court, mat or stage) are required to wear face coverings at all times.
- Spectators are required to wear face coverings at all times while attending indoor events.
- Face coverings must cover the nose and mouth.
- The host school may establish additional requirements in consultation with local health departments. Additional requirements implemented by the host school must be the same for all schools, officials, judges, and spectators.

The host school shall comply with the current directed health measure (DHM), mitigate risk and provide adequate opportunities for physical distancing procedures for the visiting schools, officials, judges and all spectators.

Recommended protocols for winter contest hosts:

- Restricted attendance/seating areas based on current DHM
- Require 6 feet of physical distance between household groups in stands and spectator areas
- Create separate points of entry and seating for home and visitor teams/spectators
- Provide no concession stands or separate/multiple concession stands for home and visitor spectators
- Provide separate/multiple restrooms for home and visitor spectators
- Use signage, stanchions or floor markings to ensure physical distancing of 6 feet at concession stands and restrooms
- Communicate availability of locker room space for the opposing team and officials to maintain 6 feet of physical distance
- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces

PROGRAM NORMS FOR ALL ACTIVITIES:

Symptom Monitoring:

- Participants, coaches, judges, officials and staff must perform a self-screening prior to arriving at school sites or participating in NSAA activities.
- Symptomatic participants, coaches, judges, officials and staff may not attend until:
 1. Visiting a healthcare provider, being given an alternate diagnosis, are fever-free for 24 hours and symptoms have improvedOR
 2. Testing negative for COVID-19

Distancing:

- During practice/rehearsals, coaches and staff shall ensure physical distancing whenever possible. Provide at least 6 feet of distance when participating in warm-up, stretching, instructional time and drills.
- During competition, the team, bench, and backstage areas should be restricted to essential personnel only. Coaches, officials, judges and participants must follow physical distancing guidelines maintaining 6 feet of distance when interacting before, during, and after contests/performances.
- Spectators should maintain at least 6 feet from other spectators who are not part of their household and be at least 12 feet from players and coaches during competition.

Groups:

- Coaches should utilize smaller training/rehearsal groups as much as possible.
- Limit group sizes as much and as often as possible.
- Groups should be kept consistent throughout the season as much as possible.
- A daily attendance record should be kept, including group information.

NSAA encourages schools to play their regularly scheduled competitions unless a COVID-19 issue prevents them from playing. Member schools, in consultation with their local health department, shall be responsible for determining whether a scheduled game, match, contest, or other activity is cancelled or postponed due to a COVID-19 related issue. Member schools shall notify the NSAA of any cancellation or postponement.

The NSAA has great appreciation for all its member schools and their tireless efforts to provide opportunities for learning and participation in NSAA activities. Communication, flexibility, and patience will be key in supporting our high school student participants as they participate in activities this winter season.



2020-21 NSAA Bowling Rules Modifications & Considerations

These modifications are subject to change in response to COVID-19.

Participants, coaches, staff, officials, or spectators that have COVID-19 symptoms, feel sick or have been advised to quarantine or isolate by public health or school officials, shall not attend or participate in practice or competition. The NSAA requires all non-active participants, coaches, and spectators to wear face coverings. Face coverings should cover the nose and mouth. Physical distancing of 6 feet should be maintained when possible.

NSAA Approved Rulings:

- 1. Extend the deadline to submit varsity schedules from November 19th to December 3rd.**
- 2. Any regular season contest canceled due to COVID-19 will be considered a “no-contest.”**
 - a. Schools will notify the NSAA of any contest cancellations.**
 - b. Wild card points will not be awarded for “no-contest” competitions.**
 - c. Forfeits will not be issued for a “no-contest.”**
- 3. Replacement contests (not originally scheduled) may be scheduled at any time.**
 - a. Wild card points will not be awarded.**
 - b. Contest limitations may not be exceeded.**

The host administration must pre-communicate local protocols & activity requirements to participating school(s).

USBC/NSAA Rules Modifications & Considerations:

Schedule: Modify your contest schedule to allow for physical distancing.

Single Lane, USBC Rules 106a/106b & 320a/320b: Individual teams are temporarily allowed to compete on a single lane without the requirements to rotate lanes (on a pair). You may schedule open lanes between teams and play opponents on different lanes. Work with your bowling center management before deciding on how to schedule teams while accommodating physical distancing.

Facial Coverings: Facial coverings are required for any coach and inactive participant. Active participants may remove their facial covering when on the approach. Coverings should not be distracting and have no designs.

Cleaning, USBC Rule 18: Bowlers are temporarily allowed to use isopropyl alcohol (rubbing alcohol) to clean their bowling ball during competition. This exception only applies to isopropyl alcohol – no other USBC-approved cleaners will be allowed during competition.

Further Considerations:

Sanitization & Disinfection: Schools should discuss and consider sanitizing and disinfecting strategies with bowling center management. This should include capturing and storing equipment that is used daily.

Equipment: Participants should not share equipment.

Additional Resources:

[USBC COVID-19 Best Practices](#)