



2020-21 NSAA Spring Season Guidelines

Effective: March 1, 2021

Circumstances related to the COVID-19 pandemic are constantly changing and vary from community to community. 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 spring sports season.

Each school has the authority to determine if it will participate in the 2020-21 Spring 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 SPRING ACTIVITIES:

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

- Active participants are permitted, but not required, to wear face coverings during competition/performance.
- Spectators are required to wear face coverings for entrance to all activities. Face coverings may be removed if outside and 6 feet of physical distance can be maintained.
- Face coverings must cover the nose and mouth.
- Follow local/state DHM's for spectator attendance.
- 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.

Recommended protocols for spring contest hosts:

- Coaches and non-active participants are encouraged to wear face coverings at all times
- Create separate points of entry and seating for home and visitor teams/spectators
- Provide no concession stands or separate/multiple concession stands
- Provide separate/multiple restrooms
- Use signage, stanchions, or field 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
- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces

NSAA expects 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 spring season.



2021 NSAA Girls Tennis COVID-19 Modifications

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

NFHS / NSAA MATCH MODIFICATIONS

- Pre-Match and post-match handshakes are prohibited
- Use new balls for each match when possible.
- Players should use opposite sides of the court to change sides or Stay on your side of court
- For flip score cards
 - In a dual, the home team participant will handle the scoring on the flip cards. Choose one person from a doubles team to handle the flip cards
 - In a tournament, the player with the black score to start should handle the flip score cards
 - Sanitize score cards after each match
- Remain apart from other players when taking a break
- Individuals should use the same bench for every break
- Leave the court as soon as reasonably possible.

PRE & POST MATCH PROTOCOL CONSIDERATIONS

- Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the court.
- Consider having each player carry their own hand sanitizer in their bag
- Clean and wipe down your equipment, including racquets and water bottles. Do not share racquets or any other equipment such as wristbands, grips, hats, and towels.
- Use your racquet/foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls.
- If a ball from another court comes to you, send it back with a kick or with your racquet.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- Try to stay at least six feet apart from other players not on your team.
- Avoid touching court gates, fences, benches, etc. if you can.
- Each respective team should have a designated area for teammates not playing that allows for social distancing from other teams
- Do not use the locker room or changing area. Shower at home.