



Roadmap to Recovery for Nevada

Organized Youth Sports PRACTICE ONLY



Mandatory*

Recommended Best Practices*

General Guidelines

- Training sessions shall 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 crowding.
- Players and coaches will be asked to arrive no earlier than 15 minutes prior to a session and depart no later than 15 minutes after completion.
- Participants should pick up their own trash at the conclusion of all practices and activities. Extra trash bins should be provided, and more frequent dumping should occur.
- All requirements must be shared prior to the practice with all players and coaches.
- Limit sports activities to those in which participants can maintain social distancing or close contact is limited and brief. Examples include golf, baseball, softball, cycling, swimming, diving, dance, tennis, disc golf, horseback riding, track and field, figure skating, curling, running, and pickleball.
- For sports activities in which participants cannot maintain social distancing and close contact is frequent or prolonged (e.g., football, competitive cheer, lacrosse, basketball, wrestling, rugby, water polo, and hockey), activities should be limited to conditioning, drills, and practices in which dummy players, sleds, punching bags, and similar equipment are used.
- All coaches and managers are required to wear face coverings. Players should wear face masks except while playing or exercising (e.g. on the sidelines).

- Parents or guardians should be discouraged from attending practice, but if they must, coaches and facility operators must require 6 feet of social distancing except for members of the same household.
- Coaches/adult leaders and players should check their temperatures before participation in soccer activities and ask/administer screening questions about symptoms in participants or their household members.**
- Players are strongly encouraged not to travel with other members of the team and only members of their immediate households.
- Post informational signs regarding social distancing, facial coverings, and what to do if symptomatic.
- Promote healthy hygiene practices, such as hand washing as feasible.
- Provide hand sanitizer stations.
- Coaches and team managers should ensure that players are following COVID-19 related prevention measures included herein.

Team/Players

- Players' personal items and equipment should be spaced out at least 6 feet apart.
- Players should use their own equipment as much as possible.
- Players must bring their own water/beverage to consume during and after practice. No shared drinking fountains or coolers.
- No shared/communal snacks.
- Conduct daily symptom assessments.**
- No touch rule- no high fives, handshakes or other physical contact.
- No spitting or eating seeds, gum, or other similar products.

- Encourage social distancing through increased spacing, small groups, and limited mixing between groups, and staggered scheduling, arrival, and drop off, if feasible.
- Promote healthy hygiene practices, such as hand washing wearing a cloth face covering, as feasible.
- Facility, the team, and/or coaches should have bottled drinks on hand, in case a player forgets his or her water bottle.
- Players should bring their own snacks; if snacks are provided, they should be individually packaged.

**Daily symptom assessments should include monitoring for fever, cough, and trouble breathing.

*These recommendations were compiled by the LEAP based on guidance from the CDC, the U.S. Food and Drug Administration (FDA), [Nevada OSHA](#), and other relevant agencies for the industry and public health officials, including state licensing boards. The information provided is only intended as general information to the public. Following these guidelines does not constitute, and is not a substitute for, compliance with all laws and regulations applicable at any particular time. Individuals and businesses are responsible to ensure that they comply with all laws and regulations that apply to them, including, but not limited to, federal and state health and safety requirements. Additionally, compliance with these regulations does not ensure against the spread of infections from COVID-19 or any other cause.

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Recommended Best Practices*

Coaches/ Parents

- Ensure social distancing for all practice activities.
- Coaches must clean and disinfect shared equipment before and after each practice and games. Use disinfectants outlined on [EPA List N](#).
- Parents must remain in their cars or drop off and pick players up afterwards.
- Enforce no touch rule – no high fives, handshakes or other physical contact.
- Stay up-to-date on the latest guidance issued by the CDC, state and local health authorities.

- Where feasible, adjust activities and procedures to limit sharing of items such as toys, belongings, supplies, and equipment.
- Train all coaches on health and safety protocols.
- Balls shared during practice should be changed out every 30 minutes with cleaned and disinfected balls.
- Before and after practice, teams should wash their hands for 20 seconds. If no handwashing station is available, then an appropriate hand sanitizer should be used.

Medical Clearance

- Require medical clearances from those that had previously tested positive for COVID-19.
- For individuals who have experienced a known COVID-19 exposure in the past 14 days, home quarantine for 14 days is required. A medical clearance is required to return to practice following the home quarantine.
- Report the onset of any new symptoms immediately. Conduct daily symptom assessments.**
- Players should contact their physician and follow the recommendations, if they have any symptoms.
- Any player feeling unwell should not practice and immediately notify their coach/team manager.
- Any (or their family member) player presenting symptoms of COVID-19 (fever, cough, trouble breathing, etc.) should notify their coach and team manager immediately. All activities should be suspended until testing is complete.
- Any player (or their family member) who tests positive will require all team activities and practices to be canceled for 14 days.

- For individuals with pre-existing medical condition, written clearance from their physician should be provided. The written clearance should note that the player can participate fully, and the activity is recommended.

Confirmed Cases

- Immediately isolate and seek medical care for any individual who develops symptoms while at the event and follow CDC guidelines.
- Contact the local health district about suspected cases or exposures and employers should maintain the confidentiality of employee health information.
- Shutdown any facility for deep cleaning and disinfection, if possible.
- Use disinfectants outlined on [EPA List N](#).

- Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/notifications.
- Once testing is readily available, test all suspected infections or exposures.
- Following testing, contact local health department to initiate appropriate care and tracing.

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