

Sports Categories specific for NWAC Member Colleges (defined by State of Oregon & Washington)

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| **PHASE 1-**Facial coverings required for all coaches, volunteers, and athletes at all times, including competitions. | **INDOOR ACTIVITIES** | **OUTDOOR ACTIVITIES** |
| **Low Risk Sports:** Tennis, Golf, Cross Country, Track & Field | \*Work through the NWAC Red and Yellow phased protocols.  \*No spectators allowed.  *\*Must follow the 500 square foot per person as mandated by the Governor’s plan.* | \*Work through the NWAC Red and Yellow phased protocols.  \*Cross Country competitions are allowed.  \*No spectators allowed.  \*Team practices, training and intra-team competitions allowed.  \*Scrimmage against other teams, training or practice with other teams is not allowed. |
| **Moderate Risk Sports:** Softball, Baseball, Soccer, Volleyball | \*Work through the NWAC Red and Yellow phased protocols.  \*No spectators allowed.  *\*Must follow the 500 square foot per person as mandated by the Governor’s plan.* | \*Work through the NWAC Red and Yellow phased protocols.  \*No spectators allowed.  \*Team practices, training and intra-team competitions allowed.  \*Scrimmage against other teams, training or practice with other teams is not allowed |
| **High Risk Sports:** Basketball | \*Work through the NWAC Red and Yellow phased protocols.  \*No spectators allowed.  *\*Must follow the 500 square foot per person as mandated by the Governor’s plan.* | \*Work through the NWAC Red and Yellow Phased protocols. |

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| **PHASE 2-** Facial coverings required for all coaches, volunteers, and athletes at all times, including competitions. | **INDOOR ACTIVITIES** | **OUTDOOR ACTIVITIES** |
| **Low Risk Sports:** Tennis, Golf, Cross Country, Track & Field | \*Work through the NWAC Green phase protocols.  \*Sports specific training, practices and competitions allowed.  \*Occupancy of the facility may not exceed 25% of the fire code rating.  \*Only competitors and essential personnel in attendance.  \*No spectators allowed. | Work through the NWAC Green phase protocols.  \*Training, practices and competitions allowed.  \*Only competitors and essential personnel in attendance.  \*No spectators allowed. |
| **Moderate Risk Sports:** Softball, Baseball, Soccer, Volleyball | \*Work through the NWAC Green phased protocols.  \*Training, practices and competitions allowed.  \*Occupancy of the facility may not exceed 25% of the fire code rating.  \*Only competitors and essential personnel in attendance.  \*No spectators allowed. | \*Work through the NWAC Green phased protocols.  \*Only competitors and essential personnel in attendance.  \*No spectators allowed. |
| **High Risk Sports:** Basketball | Work through the NWAC Green phased protocols.  \*Sports specific training, practices and team competitions allowed.  \*Occupancy of the facility may not exceed 25% of the fire code rating.  \*Only competitors and essential personnel in attendance.  \*No spectators allowed. | Work through NWAC Green phased protocols  \*Training, practices and competitions allowed.  \*Only competitors and essential personnel in attendance.  \*No spectators allowed. |

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| **\*NWAC PHASES** | **ACTIVITIES** |
| GREY PHASE  Shelter In Place | 14-day shelter in place, athlete’s condition on their own, meet virtually SA’s not are not permitted to use athletic facilities at all; cannot test out of this phase, no in-person athletic meetings. |
| RED PHASE  Small Group | Minimum 14-days; small group workouts w/no more than 6 student-athletes and a coach; must adhere to physical distancing measures; gyms should remain closed unless strict distancing and sanitation protocols are practiced; cannot test out of this phase. Team practices and/or sport specific training allowed if players are limited to groups of 6 in separate parts of the field/court, separated by a buffer zone in red phase.  \*Brief close contact (ex. 3 on 3 drills) is permitted.  \* It is preferable for the groups of six to be stable over time. |
| YELLOW PHASE  Partial Team Training | Minimum 14 days; full team practice may take place with distancing measures in place; Contact activities are permitted in this phase when necessary for sport, based on local health authority guidelines; Indoor practice facilities and weight room activities must be in compliance with local health authority; cannot test out of this phase |
| GREEN PHASE  Full Team Practice & Competition | Minimum 14 days; gyms and areas where SA’s congregate and interact can reopen if appropriate sanitation protocols are implemented, but even low-risk populations should consider minimizing time spent in crowded spaces; unrestricted staff may resume with sanitation and physical distancing protocols in place; spectators; cannot test out of this phase. Scrimmages and practices with other teams is not allowed. |
| BLUE PHASE  All Clear | The transition from the previous core principles to a relaxation of these principles can occur when COVID-19 can be managed in a manner consistent with less virulent influenza strains. For COVID-19, future phases are dependent on the successful development of widely available treatment, including prophylactic immunotherapy, coupled with widespread, effective vaccination. |

\*For further clarification please refer to section 2.2 of the NWAC Health and Safety Manual.

**Notes:**

NWAC Washington member colleges participating in practice and/or competition must follow the “Healthy Washington” plan in conjunction with the NWAC Health and Safety protocols. The “Healthy Washington” plan acts like a gate for NWAC phases. The NWAC Health and Safety guidelines are in compliance with the “Healthy Washington” plan and is the **primary source of information and direction** for NWAC member colleges (see bullet points below). More specific information is found at <https://nwacsports.com/documents/SportsMedicine/12-15-NWAC_Covid_Policies_Final_Approved_12_14_20.pdf>. There will be no tournaments. There is no overnight travel unless approved by presidents of each school participating and the NWAC Office. Per NWAC guidelines, no spectators allowed at any NWAC member college athletic event.

* Healthy Washington Roadmap to Recovery, Page 5, 1/6/21
* State of Washington Sporting Activities, Covid-19 Requirements Page 2, 1/11/21
* Higher Education Guidance, November 2021
* State of Washington Outdoor Recreation and Economic Development 1/13/21
* SBCTC Issue Brief 1/14/21

**Fitness Centers**

With regard to sports teams, athletic programs for NWAC member colleges are governed by NWAC instead of the [higher education proclamation](https://www.governor.wa.gov/sites/default/files/proclamations/proc_20-12.2.pdf?utm_medium=email&utm_source=govdelivery) or the [“Healthy Washington”](https://medium.com/wagovernor/inslee-announces-healthy-washington-roadmap-to-recovery-229b880a6859) plan. NWAC member colleges may choose, at their own discretion, to open fitness centers for student-athletes who are members of the athletic teams to train and condition provided member colleges comply with [NWAC Health and Safety protocols](https://nwacsports.com/documents/SportsMedicine/12-15-NWAC_Covid_Policies_Final_Approved_12_14_20.pdf).

**Quarantine 14 days or 10 days?**

CDC still guiding and endorsing 14 days quarantine. Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

*As of 1/19/21, any late participants may not skip any phase protocol to catch up with team.*

*As of 1/19/21, for team travel schools will need to follow the governor’s plan to quarantine for 14 days.*