

2020 CSG General Guidelines

Remember to:

STAY HOME IF YOU HAVE ANY OF THE [COVID-19 SYMPTOMS](#) SET IN PLACE BY THE CDC AND LINCOLN-LANCASTER CO. HEALTH DEPARTMENT

If you are awaiting test results for COVID-19, DO NOT come to any of the CSG events

Cover mouth when coughing or sneezing

Wash hands or use alcohol-based hand sanitizer

Avoid touching eyes, nose and mouth

Avoid close contact and distance yourself from other people

- **CSG Opening Ceremonies:** The CSG Opening Ceremonies will not be held in person
- **Self-Screen at Home:** We are requesting you to screen at home, this includes taking your own temperature and verifying that it is under 100.4 degrees Fahrenheit
- **Waiver:** All athletes must sign the online waiver which includes Covid-19 language prior to the competition
- **Plan:** NSC Staff and the NSC Medical/Safety Committee will work with all facilities on a restroom/equipment/seating sanitization plan
- **Preparation:** Athletes will be asked to arrive at the location dressed and stretched with a bag for a change of shoes if needed
- **Masks:** Masks are required in Lancaster County when indoors.
 - Spectators are required to wear masks at all times when indoors (5+ in age)
 - Athletes are required to wear masks before and after competition, but not during
- **Clean:** All athletes and spectators will be reminded to wash hands often and use hand sanitizer stations where applicable
 - All high-touch areas will be sanitized with spray or wipes at least every two hours
- **Spectators:** All athletes will be encouraged to only allow immediate family to join them at the competition site.
- **Separation:** Provide spacing (Bleachers & Common Gathering Points)
 - Regular social distancing announcements will be made
 - Volunteers will be enforcing social distancing
 - At high traffic/indoor facilities, X's will mark 6 foot distancing requirements on the ground and bleachers where necessary
 - Where needed floor arrows will mark flow of traffic
- **Capacity:** Onsite staff will monitor maximum capacity guidelines at each sport venue
- **Awards:** If applicable: Awards will not be draped over athlete necks. All Awards Ceremony volunteers will hand individually wrapped medals to athletes wearing gloves and face masks. Athletes will be allowed to stand on the medal stand, one by one, for photo opportunities, but only one at a time.