



NATIONAL JUNIOR COLLEGE ATHLETIC ASSOCIATION

GUIDELINES & RECOMMENDATIONS

SPRING 2021





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2020-21 NJCAA UPDATED PLAN OF ACTION

Following the recommendations from the NJCAA Presidential Advisory Council and the NJCAA Board of Regents, the NJCAA announced its adjusted plan of action for the 2020-21 academic year on July 13, 2020.

The plan shifted all close-contact fall sports to the spring semester, including football, men's and women's soccer, and court volleyball. All winter sports competition were delayed to begin in January. These sports include men's and women's basketball, wrestling, swimming and diving, men's and women's bowling, and men's and women's indoor track and field.

For full 2020-21 NJCAA Updated Plan of Action, click [HERE](#).

PRACTICE START DATES

The practice start date for the following sports will be Monday, January 4, 2021.

- Baseball
- Men's and Women's Basketball
- Men's and Women's Bowling
- Men's and Women's Golf
- Softball
- Men's and Women's Swimming & Diving
- Men's and Women's Tennis
- Men's and Women's Track & Field (Indoor/Outdoor)
- Court Volleyball
- Wrestling

The practice start date for the below sports will be as follows:

- Men's and Women's Lacrosse - Friday, January 15, 2021
- Football - Monday, March 1, 2021
- Beach Volleyball - Wednesday, March 10, 2021
- Men's and Women's Soccer - Monday, March 15, 2021

COMPETITION START DATES

The start of competition date for the below sports will be as follows:

- Men's and Women's Bowling - Friday, January 8, 2021
- Men's and Women's Swimming & Diving - Monday, January 11, 2021
- Men's and Women's Track & Field (Indoor/Outdoor) - Saturday, January 16, 2021
- Men's and Women's Lacrosse - Sunday, February 21
- Football - Thursday, March 25, 2021
- Beach Volleyball - Thursday, April 1, 2021
- Men's and Women's Soccer - Thursday, April 1, 2021

The competition start date for the following sports will be Wednesday, January 20, 2021.

- Men's and Women's Basketball
- Wrestling

COMPETITION START DATES CONTINUED

The competition start date for the following sports will be Friday, January 22, 2021.

- Baseball
- Men's and Women's Golf
- Softball
- Men's and Women's Tennis
- Court Volleyball

MAXIMUM CONTESTS

Due to the reduction of the length of the season, contest maximums have been altered for the following sports:

- Football - Maximum 8 contests
- Men's and Women's Soccer - Maximum 14 contests
- Court Volleyball - Maximum 21 competition dates
- Men's and Women's Basketball - Maximum 22 contests
- Men's and Women's Swimming & Diving - Maximum 16 competition dates
- Men's and Women's Track & Field (Indoor/Outdoor) - Maximum 17 competition dates
- Wrestling - Maximum 14 competition dates

WINTER BREAK HOUSING & MEAL ALLOWANCE

NJCAA member institutions may provide student-athletes with housing from the end of their Fall semester through the start of their Spring semester. During this time, member institutions, regardless of division, would be allowed to provide housing and meals to those student-athletes. Athletic contact is not permitted from December 16th through January 3rd.

For full legislation and NJCAA Eligibility Committee clarification, click [HERE](#).

EARLY ARRIVAL FOR SPRING 2021 ACADEMIC TERM

As done with the fall 2020 term, the NJCAA will accept requests for early arrival to campus for the 2021 spring term. For the purposes of quarantine member colleges may request to provide housing and meals outside of the spring term and the athletic season.

To request early arrival approval, please direct your request to the NJCAA National Office, attn: Robbie Rogers, NJCAA Investigative and Compliance Associate: rrogers@njcaa.org. In the request please detail the plan and steps the institution is implementing regarding safety precautions and quarantine protocols. In addition, please include a statement indicating that you are aware that no athletic contact of any type is permitted during this early arrival period. The NJCAA will review the request and reply promptly to the athletic director in writing.

HEALTH AND SAFETY RECOMMENDATIONS

The NJCAA provided the following recommendations for safety and well-being protocols during regular season competition and championship events for the 2020-21 academic year.

The NJCAA understands that membership in different areas of the country have been impacted in different ways by the coronavirus pandemic. The NJCAA encourages member colleges to implement proper health and safety measures for their athletic departments and general campus operations that are consistent with campus policies and requirements of local and state governments.

Each member college should determine the appropriate timing and protocols for when and how student-athletes return to campus for the spring 2021 semester, as well as begin to engage in team activities in practice.

REGULAR SEASON COMPETITION

The NJCAA has provided the below safety protocol recommendations for member colleges for the 2020-21 academic year.

- Member colleges should adhere to all state and local regulations and guidelines regarding COVID-19 and re-opening.
- Temperature checks are encouraged for all student-athletes, coaches, and game personnel prior to each competition.
- Visiting teams are encouraged to check temperatures before departing from their home location.
- Provide sport medicine staff with necessary personal protective equipment.
- Limit contact between teams when possible, including the elimination of the pre-game and post-game handshake.
- Limit student-athlete fan engagement before and after competition.

ATHLETIC FACILITIES & EQUIPMENT

The NJCAA has provided the below safety protocol recommendations for member college athletic facilities and equipment.

- Member colleges should adhere to all state and local regulations and guidelines regarding covid-19 and re-opening facilities.
- Member colleges should clean and disinfect frequently touched surfaces on the field, court, or playing surface.
- Develop a schedule for increased, routine cleaning, and disinfecting.
- Limit the use of shared objects and equipment when possible.
- Eliminate the sharing of water bottles and towels amongst teammates.
- Limit facility access for student-athletes as deemed appropriate.
- Implement social distancing for team benches when possible.
- Encourage fans, staff, and other event attendees to wear face masks.
- Encourage social distancing for fans during the event.

CHAMPIONSHIP HOSTS

The NJCAA has provided the below safety protocol recommendations for 2020-21 championship hosts.

- Championship hosts should follow all safety protocol recommendations provided to NJCAA member colleges for regular-season competition.
- Member colleges should adhere to all state and local regulations and guidelines regarding food service for concessions and hospitality rooms.
- Eliminating championship banquets.
- Eliminating team community service activities.
- Request a social distancing plan from the host prior to the start of the event, including fan ingress, fan egress, fan seating.
- Encourage social distancing and directional signage in venue.
- Extra sanitization of team areas including benches, locker rooms, athletic training rooms, warm-up areas, hospitality spaces.
- Required temperature checks for student-athletes, coaches, and game personnel prior to each entry into the venue.

HEALTH SCREENING

The NJCAA encourages member colleges to complete health screenings of student-athletes and those who are in close contact with student-athletes on a regular basis in conjunction with local and state regulations.

Health screenings should be completed each day a practice or team activity occurs. For competition, all game-day participants, including student-athletes, coaches, support staff, officials, etc., should be screened prior to the contest. All screening should be done by an athletic trainer or designated healthcare professional.

If an institution does not have an athletic trainer or healthcare professional on site, it will be the responsibility of the host institution to conduct all pre-screening requirements for the visiting team(s).

SCREENING FORMS

The NJCAA has provided sample health screening forms for membership to use throughout the spring 2021 semester.

- [Pre-Participation Student-Athlete COVID-19 Screening](#)
- [NJCAA Student-Athlete COVID-19 Daily Screening Questionnaire](#)
- [Student-Athlete/Coach COVID-19 Travel Screening Questionnaire](#)

COVID-19 TESTING

The NJCAA encourages member colleges to implement COVID-19 testing programs within athletic departments as necessary depending on geographical location, access to testing, and requirements of local and state governments.

Members may use local or regional resources for testing, including local health departments and healthcare providers, or use a national resource contact provided by the NJCAA National Office below.

NATIONAL TESTING RESOURCES

Henry Schein

Henry Schein is a worldwide distributor of medical and dental supplies including vaccines, pharmaceuticals, financial services and equipment.

For more information, visit: henryschein.com

Contacts: **Troya Thomas**

- POCT LAB Specialist
- Enterprise Health
- 321.917.6557
- troya.thomas@henryschein.com

Eric Kearns

- Senior National Sales Manager
- Cell 631-793-5020
- eric.kearns@henryschein.com

PRIVIT

PRIVIT, the Official Health Information Platform of the NJCAA, is a secure solution for the distribution, collection and tracking completion of medical eligibility requirements. COVID-19 testing is available through their partnership with Idaho Case Management, founded and led by Dr. Thomas Young with data collection, health department reporting and results delivery streamlined through PRIVIT's platform.

When using PRIVIT + IDCM for testing, clients will have access to symptom screening resources in the PRIVIT portal, at no additional cost, to streamline the health screening and testing process.

For more information, visit: privit.com/privitpass

Contact: **Jodi Murphy**

- VP of Sales
- jmurphy@privit.com
- D: 614-767-5998
- O: 855.977.4848 Ext. 216
- M: 480.254.3008
- To access Jodi's calendar to schedule a call, click [HERE](#).

STUDENT-ATHLETE HEALTH INSURANCE

On October 22, 2020, the NJCAA Board of Regents approved an amendment to Article VI - B.4.b of the NJCAA Bylaws regarding student-athlete health insurance. For the 2020-21 academic year, NJCAA member colleges may provide general health-related medical coverage to all student-athletes, regardless of division.

NOTICE TO OPPONENTS

Communication among NJCAA member colleges will be essential to keeping student-athletes safe and completing the spring 2021 season. The NJCAA encourages member colleges to keep open lines of communication between opponents region leadership, and the National Office regarding schedule changes as they occur.

SPECTATORS

The NJCAA does not have a position on spectator attendance for regular season play, other than to require that all local and state guidance is followed. Member colleges and/or regions should determine if any additional precautions beyond local and state guidance should be implemented. The NJCAA encourages all member colleges to publicize their regulations regarding spectators clearly and well in advance.

RESOURCES

The NJCAA Council on Student-Athlete Welfare and Safety identified and evaluated helpful resources member colleges can use in developing institutional safety protocols. The following documents can be used as resources as colleges develop their athletic institutional plan for return-to-play:

- [*Return to Sports and Exercise during the COVID-19 Pandemic: Guidance for High School and College Athletic Programs.* Korey Stringer Institute, University of Connecticut, Storrs, CT](#)
- [*Pre-Return and Return-to-Campus Preparation and Communication Plan.* NATA Intercollegiate Council for Sports Medicine.](#)
- [*Return to Training Considerations Post-COVID-19.* United States Olympic and Paralympic Committee.](#)

The NJCAA National Office has provided the below links as additional resources for member colleges during the spring 2021 semester:

- [2020-21 NJCAA Championship COVID-19 Resources](#)
- **Risk Mitigation – Facility Usage & Prevention Considerations:**
 - [ACHA Guidelines for Reopening Institutions](#)
 - [CDC Considerations for Institutions of Higher Ed](#)
 - [USCAH Return to Sport Considerations for College & University Intercollegiate Athletics](#)

- [USCAH Return to Sport Checklist: Facility Preparation and Management](#)
- [USCAH Return to Sport Checklist: Personnel Development and Training](#)
- **Equipment and Facility Sanitation:**
 - [CDC/EPA Guidance for Cleaning and Disinfecting Public Spaces, Workplaces and Schools](#)
 - [CDC Guidelines for Cleaning, Disinfecting and Laundry](#)
 - [EPA List N: Disinfectants for Use Against SARS-CoV-2](#)
- **Athletic Healthcare:**
 - [ICSM Return-to-Campus Preparation](#)
 - [CDC Infection Prevention and Control Recommendations for Healthcare Facilities](#)
 - [USCAH Addressing COVID-19 Within Athletic Medicine](#)
- **Training Safety following Inactivity:**
 - [NSCA COVID-19 Return to Training](#)
 - [CSCCa and NSCA Joint Consensus Guidelines for Transition Periods \(Safe Return to Training Following Inactivity\)](#)

MOVING FORWARD

As the NJCAA continues to move forward through the COVID-19 pandemic, the National Office remains dedicated to assisting member colleges in preparations for and during the spring 2021 semester. With student-athlete health and safety as a priority, the NJCAA will continue to monitor evolving protocols and best practices for the association. For questions or concerns, please contact the NJCAA National Office.