

## FREQUENTLY ASKED QUESTIONS — SPORTS & ACTIVITIES

# EXECUTIVE ORDER 2020-43.1

### How will this impact my child's youth sports?

All youth activities, school and non-school sponsored contests, are delayed until December 14, 2020. All youth activities, school and non-school sponsored practices and rehearsals are delayed until November 30.

### How was the date of December 14, 2020 chosen?

This date was chosen because the incubation period for COVID-19 is thought to extend to 14 days and this timeframe will allow for two incubation cycles to occur.

### Are coaches able to work with students in the school weight room between November 16 and November 29?

No. [Executive Order 2020-43.1](#) does not allow any in-person organized team activities.

### May a high school student use the school's weight room or athletic facilities as part of a physical education class?

Yes, as this is related to the student's instructional learning plan.

### Are schools able to sponsor open gym/ice sessions off school grounds?

No.

### Are school-sponsored team camps allowed?

No.

### Are winter sports coaches able to instruct their players as part of a non-school team?

No. Student participation on non-school teams is not permitted during the season.

### How does this order impact adult sports?

All adult sports organized through communities, clubs and associations are included in this order and are suspended until December 14, 2020. Practices and rehearsal may resume on November 30.

### Are winter sports participants allowed to attend individual camps, off school grounds, on their own?

No. Special training camps during the season are not allowed.

### Are school-sponsored performances included?

School-sponsored performances that directly relate to a student's educational experience and/or grade are not impacted by this order, but it is strongly recommended that schools reschedule performances until December 14<sup>th</sup>. If performances are not rescheduled, schools should require students to perform with physical distancing, facial coverings and with limited or no spectators.

### Are non-school-sponsored performances and recitals included?

Yes, non-school-sponsored performances are suspended until December 14.

### Is an individual student able to attend a training session at a local fitness center with a personal trainer?

Yes, provided all applicable laws, as well as local and state health guidelines, are followed.

### How does this order impact adult sports?

Adult sport clubs and associations are included in this order and are suspended until December 14, 2020.

### Is there a penalty if this order is not followed?

Yes, a violation of the Executive Order is an infraction, subject to a fine up to \$1000.

### I personally own a martial art, dance studio or a gymnastics facility that is not affiliated with an association. Am I included in this order?

Yes, for purposes of group classes. Individual classes or training may occur one-on-one with students and an instructor. Any competitive events scheduled at the studio or facility must be postponed until December 14 or later. Practices and rehearsals may resume beginning November 30.

### How are spaces like a golf dome, tennis complex and other indoor facilities impacted by this order?

Group classes are not permitted. Individual classes or training may occur one-on-one with a student and an instructor. Any competitive events scheduled at the studio or facility must be postponed until December 14 or later. Practices and rehearsals may resume beginning November 30.

### Do these restrictions apply to parks and rec facilities that host youth and adult sports programs?

Yes, the restrictions apply to adult and youth group and team activities sponsored by communities, associations and clubs. Individual classes or training may occur one-on-one with a student and an instructor.

### Do these restrictions apply to pool, dart, bowling, and curling leagues?

Yes, these are organized sports that are suspended until December 14.

### Why are collegiate teams not suspended?

NDUS school systems belong to regional and national sports divisions and organizations and compete across state lines. NDHSAA and other local organizations fall under the state.

### Is a junior hockey team impacted by this order?

A junior hockey league must adhere to the governing body to which they belong. Therefore, junior hockey leagues may continue as long as they adhere to the ND Smart Restart gathering guidance and the league rules.

### Do adult activities include things like blackjack, bingo, gaming, etc.?

No, blackjack, bingo and gaming are guided by the ND Smart restart guidance when located in a bar or restaurant.

### Can youth athletes train individually at non-school venues like hockey rinks or the YMCA, private gyms, community recreation centers, etc.?

Yes, an individual may use a facility for one-on-one classes or training, with a personal trainer.

## Are scout groups, math clubs or other team activities able to provide virtual practices?

Any activity connected to the NDHSAA must follow the rules of that association regarding the allowability of virtual practice. Other clubs or activities may allow virtual meetings where individuals participate independently from the other members.

*\*\*\*If you have specific questions related to the North Dakota High School Activities Association, please click [here](#) for more information.*