



Health and Safety: Tournament Guidelines

The National Field Hockey League (NFHL) is committed to ensuring the safety of all players, coaches, captains, staff, spectators and volunteers. The NFHL follows guidelines from the CDC and local public health authorities regarding COVID-19.

Per the [CDC guidelines](#), masks are not needed in outdoor settings with the exception of:

- in areas with high numbers of COVID-19 cases, consider wearing a mask in crowded outdoor settings and for activities with close contact with others who are not fully vaccinated.

CDC Guidelines for Masks:

The CDC guidelines state that individuals who are fully vaccinated against the coronavirus should resume wearing masks in public indoor spaces while in areas of substantial or high transmission as defined by the CDC. [Based on that guidance](#), we are strongly encouraging fully vaccinated attendees to wear CDC-approved face coverings when indoors at a NFHL event. Currently, the only indoor spaces (during non-emergency events) are the public bathrooms.

Anyone over the age of two (or as specified by local authorities) not yet vaccinated must continue to wear CDC-approved face coverings when indoors at a NFHL event. If permitted by local authorities, we won't require participants to wear face coverings when *outdoors*, where physical distancing can be maintained.

Additional Guidelines:

People involved in recreational sports should consider their household's level of risk and interaction with other at-risk populations when determining whether to participate in recreational sports. Factors that place people (including household members) at higher risk of adverse outcomes from COVID-19 include older age, not being vaccinated, and [certain medical conditions](#).

Anyone with symptoms of COVID-19 should remain at home and seek testing. Attendees with a known exposure to someone with COVID-19 should follow CDC and local authority guidelines before returning to practices and competitions.

COVID-19 is also spread off the field. Close contact in locker rooms, in carpooling, or in other confined spaces are high-risk situations, and should be avoided to the extent possible. Wearing masks is important in shared spaces such as locker rooms, and during shared transportation (including carpooling) to/from an event. Pre-game meetings and post-game ceremonies should be avoided or modified to allow proper distancing.

Outdoors: Playing outdoor sports is generally safer than indoors. Unvaccinated athletes, coaches, officials, and spectators should strongly consider wearing masks, especially if close contact is likely to occur. Fully vaccinated people might also consider wearing a mask in crowded outdoor spaces if they or someone in their household is immunocompromised.



NFHL Health & Safety Protocols

Health assessments

All participants are asked to perform a health screening prior to the tournament, evaluating any possible COVID-19 symptoms or exposure. On the day of the event, participants will again be asked about any symptoms or exposure and may have their temperatures checked. We also require all staff and volunteers to check themselves for COVID-19 symptoms before they arrive and to stay home if they feel unwell.

Face coverings

Face coverings are not required while outdoors at a NFHL event (per local and CDC guidelines). While indoors, for the safety of our players, coaches, captains, staff, spectators and volunteers, [CDC-recommended face coverings](#) will be recommended for those who are vaccinated and required for those who are unvaccinated (age 2 years and older).

COVID-19 Precautions Signage

Signage will be posted at each of the fields asking guests to stay home if they are experiencing symptoms or have been in close contact with a confirmed COVID-19 case.

Contactless Check-In and T-shirt Pickup

The registration table will be a contactless check-in and shirt pickup area, although surfaces will be sanitized frequently. Captains/coaches will check-in for each game using a QR code and shirt orders will be self pick-up. There will be contactless methods for payments for any new shirt orders.

Sanitization

Hand sanitizer will be available at the registration table, bathrooms and field tables.