

**The following provides further clarification on what is allowed within spring activity participation limitations for North Dakota High School Activities Association member schools following the Emergency Executive Order 2020-06 issued by Governor Burgum.**

**Effective until at least April 6, 2020 the following direction is provided for NDHSAA member schools:**

**Coaches and Directors May Not:**

- Have in-person contact with participants.
- Require or suggest groups of participants to gather.
- Suggest or support “captain’s practices” or “open gyms.”
- Provide evaluations or feedback on participants’ performance.(i.e. require participants to submit video of a skill or performance)
- Require participants to take part in individual workouts or skills training, etc. (i.e. journaling, reporting of time spent, submission of results)
- Place undue influence on participants to take part in any individual workouts or skills training.

**Coaches and Directors May:**

- Connect with participants via technology (i.e. email or other school-approved communication tools).
- Provide optional individual workouts or optional individual skills training via electronic communication.
- Connect with and support participants who are challenged by the changes in their routines and life due to changes caused by COVID-19 limitations and restrictions.

**Coaches and Directors Must:**

- Include the Activities Administrator on all communication to participants.

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School administration at their discretion, may place more restrictive limitations on practice and participation.

As COVID-19 is rapidly evolving, the NDHSAA will continue to monitor the situation and make adjustments as necessary.

Spring sports are officially in season. Therefore, all NDHSAA regulations and By-Laws and local school policies surrounding participation are in effect.