

# National Senior Games Association COVID-19 Safety Guidelines



The National Senior Games Association (NSGA) and 2022 National Senior Games presented by Humana (The Games) is committed to providing a safe and clean Games for all athletes and attendees. NSGA's mission is to promote the health and well-being of older adults in The Games. In light of a global pandemic NSGA is mindful of the importance of protecting the health of attendees of The Games. Participation in The Games is voluntary and it is expected that participants honor the Senior Games athlete's pledge of sportsman-like conduct in safe play and follow appropriate precautions.

## General Precautions & Safety

- Follow [healthy hygiene](#) practices.
- Avoid close contact with people who are sick. Stay home if you have COVID-19 or have been in contact with someone with a confirmed case of COVID-19.
- Practice [physical distancing](#) to lower the risk of disease spread.
- [Masks](#) are encouraged for attendees who have not been fully vaccinated.
- If you are not fully vaccinated and aged 2 or older, you should wear a mask in indoor public places.

The NSGA and The Games will closely monitor updates regarding local government guidelines and [CDC recommendations](#) on preventing the spread of COVID-19 at large gatherings.

- While NSGA does not currently require proof of vaccination to participate in The Games, athletes are encouraged to talk with their health provider about [vaccinations](#).
- Athletes take personal responsibility for using masks and are responsible for their own masks, which should cover your nose and mouth. Always remove masks correctly and wash your hands after handling or touching.
- Athletes take responsibility to practice social distancing from others when possible.
- Avoid using other athletes' equipment when possible. Clean and disinfect items before and after use.
- Practice routine cleaning and disinfection of frequently touched objects and surfaces.

These guidelines will be updated as necessary to provide a clean and safe Games for all athletes and attendees.

## CDC Updates

Reference the [CDC website](#) for the latest COVID-19 guidelines and vaccine information.