



NCSG Summary of Major Changes for 2022

Local Games Policy Update as of December 15, 2021.

- NCSG retains, as its absolute highest priority, the health, safety and wellness of our older participants, who are especially vulnerable to the COVID-19 pandemic. Local Games can offer in-person activities, while following public health guidelines from the Governor, DHHS and/or local public health officials, whichever is more restrictive; or virtual activities; or a combination of both.
- Per the NCDHHS website: “Vaccinations are the best way to end the pandemic”, participants and volunteers are encouraged to get vaccinated and get a booster. All participants and volunteers should continue to practice the 3 W’s when participating in Senior Games activities.
- Local Games participants who complete their sport event(s) and score -- virtual and in-person -- will qualify for State Finals. (no score is necessary for tournament or team sports). Qualification for SilverArts remains: Performing-best in show, Heritage and Visual Places 1-3, Literary places 1-2.

Reminder, these activities were new in 2020 so 2022 may be the first time they are offered in-person:

- Mini golf
- Power Walking -1500m, 5K (fast walking without requiring a straightened knee)
- Recumbent Cycling – 1 mile, 5K, 10K (can be run concurrently with upright cycling, only a difference in equipment)

State Finals Activities:

State Finals activities are being planned for in-person for 2022. All in-person activities will following public health guidelines from the Governor, DHHS and/or local public health officials, whichever is more restrictive.