

# 2020 WIAA RETURN TO FALL SPORTS CONSIDERATIONS

September 1, 2020

The purpose of this document is to provide assistance to athletic administrators as they prepare for athletic events. The information and considerations within this document are not considered best practices; instead, they are based on a review of available guidance from multiple reputable sources. These considerations are designed to stimulate critical thinking and help inform decision-making. They can be adapted by decision makers to support event planning, event operations and other business operations based on federal, state and local municipal requirements. (Covid-19 Considerations for Sport and Entertainment Venues and Events, The University of Southern Mississippi National Center for Spectator Sports Safety and Security [NCS4])

This document provides assistance as schools prepare for competitive events.

## COVID Basics

- COVID is primarily transmitted by aerosol, but also by touching contaminated surfaces.
  - Sports/training may cause heavier breathing which can increase spread of aerosol & virus transmission.
- Student-athletes with high-risk conditions or household/close contacts with high-risk conditions may want to avoid and/or adjust participation to reduce risk of transmission. CDC list of risk: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>
- Symptoms of COVID: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- The foundations of reducing risk should always be kept in mind:
  - Avoid participation and attendance if sick (fever and/or symptoms) – always discuss with your primary care provider if questions or concerns.
  - Wear a cloth mask or buff to reduce spread of your aerosol to others (the mask captures some of your aerosol and reduces transmission to other people).
    - Do not wear medical/surgical masks or N95 masks for exercise as these can decrease airflow.
    - Masks must be worn indoors according to the [governor's mandate](#) while practicing or playing. Cloth masks are safe with exercise, they do not decrease oxygen levels, increase carbon dioxide levels, significantly restrict airflow, or cause heat illness. They will take time to get used to, as they can be uncomfortable and increase the perceived effort of exercise.
    - Athletes may wear a mask while participating in exertion, but it is not required. Athletes not participating should wear a mask.
    - Coaches and sideline personnel should wear masks at all times.
  - Social distancing of at least 6 feet when not participating (sideline, waiting for turn, etc.)
    - Continue to train in smaller “pods” of athletes to reduce exposure risk.
    - “Close contact” is based on the World Health Organization (WHO) recommendation that 15+ minutes of close (within 6 feet) exposure to another increases risk of transmission.
  - Continue to emphasize hygiene.
    - Hand sanitization/cleaning frequently (every time on and off field) – each athlete should be encouraged to have their own bottle.
    - Do not share water or food/snacks.
    - Minimize shared equipment as much as possible and sanitize that equipment frequently.

## WHAT IF ATHLETE IS SICK OR EXPOSED

- Any student-athlete that has symptoms and/or fever should not participate in any activity (meetings, practice, competition) and begin self-quarantine immediately
  - Ensure that student-athletes with a positive COVID test (even if no symptoms) do not return to participation in training or competition until:
    - At least 10 days have passed since positive test; AND
    - No fever (fever is temp of 100.4°F or more) without the use of fever-reducing medicine for at least 24 hours; AND
    - COVID symptoms (for example, cough, shortness of breath, etc.) have improved;
    - Athletes may not return earlier if negative follow-up testing (cannot test out of isolation)
  - Ensure that student-athletes with probable COVID (symptoms of COVID – refer to [symptom chart](#) – but not tested), not be allowed to participate in any training or event until:
    - At least 10 days have passed since onset of symptoms; AND
    - No fever (fever is temp of 100.4°F or more) without the use of fever-reducing medicine for at least 24 hours; AND

- COVID symptoms (for example, cough, shortness of breath, etc.) have improved.
  - If a student tests negative, along with no fever without the use of fever-reducing medicine for the past 24 hours, they may allowed to return with a hard copy of the negative test.
- Any student-athlete that has “close contact” (teammate, household, classroom, work, girlfriend/boyfriend, friend – someone with over 15 minutes of exposure within 6 feet) should begin self-quarantine immediately.
  - If the student-athlete that was exposed previously had COVID (with a hard copy positive test) in the last 3 months, then there is no need to continue self-quarantine restrictions.
  - If the student-athlete that was exposed previously had probable COVID (illness but not tested) in the last 3 months, then must continue with self-quarantine restrictions described below.
  - “Close contact” to an individual with a positive COVID test, student-athletes should not return until:
    - They have waited 14 days from last exposure to the infected person; AND
      1. This is a longer period of time than positive COVID test time due to the combination of exposure, virus incubation and elimination from the body. This is similar to influenza, which is why if influenza is caught early enough flu medications may be helpful, but if influenza caught too late in the course then flu medications are not helpful.
    - Have no fever without use of fever-reducing medications; AND
    - No COVID symptoms (for example, cough, shortness of breath, etc.)
    - Athletes may not return earlier if negative follow-up testing (cannot test out of quarantine).
      1. In rare instances where the infected positive exposure is a family member with prolonged illness, then discussion and medical clearance with health care providers can be individually obtained and reviewed.
  - “Close exposure” to an individual with probable COVID (symptoms but not tested), student-athletes should not return until:
    - They have waited 14 days from last exposure to the infected person; AND
    - Have no fever without the use of fever-reducing medications; AND
    - No COVID symptoms (for example, cough, shortness of breath, etc.).
    - If the individual with probable COVID is tested during the course of the quarantine:
      1. The test comes back negative, then all individuals quarantined based on that exposure are free to return to participation if no fever and no symptoms.
      2. The test comes back positive, then all individuals must follow the directions above (close contact).
- Athletes may decondition during their quarantine and may require additional time to get back to full speed.

## **GENERAL CONSIDERATIONS FOR PRACTICES**

### **Pre-Workout/Pre-Contest Screening:**

- Athletes and coaches should check their temperature at home before attending practices or games. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games.
- What if athlete is sick or exposed? – See above section.
- A record should be kept of all individuals present at team activities.
- Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

### **COVID-19 Coach:**

- Designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually, or ensure that [social distancing](#) is maintained during training.

### **Social distancing:**

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This means additional spacing between players while playing, chatting, changing drills so that players remain spaced out, and no congregating of players while waiting to bat. Workouts should be conducted in ‘pods’ of students, with the same 5-10 students always working out together. This ensures more limited exposure if someone develops an infection.
- **Hydration** – All students shall bring their own water bottle. Water bottles must not be shared.
  - Due to the importance of hydration during practice, athletes should not be allowed to work out if they do not have access to their own water bottle.
  - Water cows, water trough, water fountains, etc. should not be utilized.
  - Water refill stations should be cleaned/disinfected frequently.

## GENERAL CONSIDERATIONS FOR EVENTS

### Venue

- Review Air Circulation/Filter System – Work with maintenance staff to ensure that venue meets proper circulation requirements.
- COVID-19 Signage at entrances and throughout venue – i.e. spectator flow with designated entrance/exit areas with one-way traffic, reminders of not to attend if feeling ill, masking, social distancing, of hygiene habits, etc.
- “Commonly touched” areas – identify these items, such as water refill stations, door handles, handrails, etc. and develop a risk minimization/sanitization plan for these areas.
- Sanitizing Stations – Consider placing sanitization products in specific areas, such as scorer’s tables, team benches, ticket sales, etc.
- Parking/Drop-Off/Pick-Up Areas – Coordinate these areas to allow for social distancing before, during and after events.
- Restroom Access – Establish protocols to ensure restroom capacity is limited and adheres to social distancing guidelines.
- Booster Club/Sponsor/Vendor Sales – Consider eliminating to reduce fan congestion.
- Concession Sales – Consider eliminating concession sales completely and/or create seating arrangements to allow for social distancing, cashless transactions, establish a plan per the FDA and CDC guidelines.

### Staff

- Changes to Policies/Procedure Handbooks – Review current policies and procedures, edit as needed and communicate changes.
- Review Emergency Action Plan with Event Staff – Review EAP, edit as needed and communicate changes.
- Training and Education of Staff and Event Personnel – Provide staff with necessary training on sanitization protocols and other COVID-related items for event.
- COVID-19 Coach – Designate a staff member to be responsible for responding to COVID-19 concerns. All coaches, staff, officials, and families should know who this person is and how to contact them.
- Crowd Control Staffing Needs – Ensure adequate staffing to address event needs with additional attention to COVID-related items.
- Minimize the number of personnel on the sidelines.

### Participants

- Eliminate any shared water stations – Require all participants to bring their own water.
- Player benches and coaching boxes – Use paint or tape as a guide to help maintain social distancing on the sideline for athletes and coaches. Encourage teams to clean up their respective benches before leaving the venue.
- Mask/facial covering on sideline for coaches and athletes not participating, especially if not able to maintain full social distancing.

### Spectators

- Follow county guidelines on limiting spectators.
- Face covering requirements – Event Personnel, Media, Spectators – consider having masks available to purchase or to provide for those who may have forgotten to bring one.
- Ticket sales – If unable to eliminate on-site sales, consider steps to establish social distancing and provide a sanitization station.
- Pedestrian flow – Create protocols and signage to address ingress and egress areas and high traffic areas to avoid congestion. Consider using stanchions, tape or paint as a guide and communicate in advance.
- Seating – Establish a procedure for all indoor and outdoor venues that allows for social distancing guidelines. The number of spectators allowed must be in accordance with state/local regulations for gathering sizes.

### Other

- Advance messaging to teams, spectators, media – Visiting school teams and spectators are expected to comply with the host school strategies for COVID risk mitigation.
  - Provide written notice to all attendees, outlining procedures for the event.
  - Provide PA announcements to reinforce key site requirements and reminders of guidelines.
- Social distancing requirements – Teams, event personnel, media, spectators – Review and communicate plans to all
- Face covering requirements – Event personnel, media, spectators – Review and communicate plans to all.
- Livestream options for spectators who cannot attend in person – Review and communicate plans to all, consider camera location(s).

- Seating capacity/configuration – Teams, spectators, media, medical, event personnel. Consider tape or paint as a guide, communicate in advance and create signage.
- Designate Event Management team – Includes a health professional. This group has the authority to modify, restrict, postpone or cancel the event based on public health risk or other factors.
- Screening of participants, spectators, event personnel, event officials, teams, media – Communicate pre-screening expectations for all attendees.
  1. All attendees should check their temperature at home before attending an event. If any attendee has a temperature of 100.4 degrees or above, or if they have any symptoms, they should not attend the event.
- Create communication plan – Attendees can receive an emergency notification, if necessary. Think about how you will address and communicate a positive COVID test of an attendee before, during or after the event.
- Attendees – Consider grouping people into tiers from essential to non-essential and decide which tiers will be allowed at an event:
  1. Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security
  2. Tier 2 (Preferred): Media
  3. Tier 3 (Non-essential): Spectators, vendors

\*Only Tier 1 and 2 personnel will be allowed to attend events until state/local health departments lift restrictions on mass gatherings.
- Athletic Training services – Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they can take lead roles in developing and implementing infection control policy throughout the school. School administrators should partner with athletic trainers to develop and implement infection control policy throughout the school.
- Transportation to events – Schools must consider social distancing requirements when scheduling contests and events for the fall. Masking and social distancing (as required by state or local health departments) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed.

**Additional information can be found in The University of Southern Mississippi National Center for Spectator Sports Safety and Security (NCS4) COVID-19 Considerations for Sport and Entertainment Venues and Events ([click to view](#))**

**MEDICAL CLEARANCE FORM**  
**For Sports Participation After Positive Test or Symptoms of Covid-19**

Name of Student-Athlete \_\_\_\_\_ School \_\_\_\_\_

County of Student-Athlete Residence \_\_\_\_\_ County of School \_\_\_\_\_

Date of Initial Symptoms \_\_\_\_\_ Covid-19 Tested? Yes \_\_\_ No \_\_\_ Date \_\_\_\_\_

**WHAT IF ATHLETE IS SICK OR EXPOSED**

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    - At least 10 days have passed since positive test; AND
    - No fever (fever is temp of 100.4°F or more) without the use of fever-reducing medicine for at least 24 hours; AND
    - COVID symptoms (for example, cough, shortness of breath, etc.) have improved;
    - Athletes may not return earlier if negative follow-up testing (cannot test out of isolation).
  - Ensure that student-athletes with probable COVID (symptoms of COVID— refer to [symptom chart](#)— but not tested), not be allowed to participate in any training or event until:
    - At least 10 days have passed since onset of symptoms; AND
    - No fever (fever is temp of 100.4°F or more) without the use of fever-reducing medicine for at least 24 hours; AND
    - COVID symptoms (for example, cough, shortness of breath, etc.) have improved.
  - If a student tests negative, along with no fever without the use of fever-reducing medicine for the past 24 hours, they may allowed to return with a hard copy of the negative test.
- Any student-athlete that has “close contact” (teammate, household, classroom, work, girlfriend/boyfriend, friend – someone with over 15 minutes of exposure within 6 feet) should begin self-quarantine immediately.
  - If the student-athlete that was exposed previously had COVID (with a hard copy positive test) in the last 3 months, then there is no need to continue self-quarantine restrictions.
  - If the student-athlete that was exposed previously had “presumed” COVID (illness but not tested) in the last 3 months, then must continue with self-quarantine restrictions described below.
  - “Close contact” to an individual with a positive COVID test, student-athletes should not return until:
    - They have waited 14 days from last exposure to the infected person; AND
      1. This is a longer period of time than positive COVID test time due to the combination of exposure, virus incubation and elimination from the body. This is similar to influenza, which is why if influenza is caught early enough flu medications may be helpful, but if influenza caught too late in the course then flu medications are not helpful.
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      1. The test comes back negative, then all individuals quarantined based on that exposure are free to return to participation if no fever and no symptoms.
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I have examined this athlete and reviewed the WIAA guidelines for return to participation and provide medical clearance to return as defined by the above guidelines.

Provider Name \_\_\_\_\_ License # \_\_\_\_\_  
(MD, DO, PA, NP)

Office Address \_\_\_\_\_ Office Phone # \_\_\_\_\_

Provider Signature \_\_\_\_\_ Date of Exam \_\_\_\_\_

# **SPORT-SPECIFIC CONSIDERATIONS FOR RETURN TO FALL SPORTS**

## **CROSS COUNTRY**

### **RULE CONSIDERATIONS**

#### **Start/Conclusion (8-1-3c)**

- Consider widening the course to at least 6 feet at its narrowest point.

#### **Competitor's Uniform (4-3)**

- Cloth face coverings are permissible.
  - Neck Gaiters are allowed as masks that can be easily pulled up or down during the start or finish of a race.
- Gloves are permissible.

### **EQUIPMENT CONSIDERATIONS**

#### **Masks**

- Masks must be worn according to the [governor's mandate](#) upon arrival to the meet venue and until the official warm-ups have started. Face coverings are strongly recommended in all settings where people may come in contact with others, including outdoors when maintaining physical distance is not possible. A violation of the order would not bring any criminal penalties but could result in a \$200 fine.
  - Coaches and officials are strongly encouraged to wear masks, especially when not able to maintain social distancing.
  - Spectators should be strongly encouraged to wear masks and are expected to follow social distancing guidelines.
  - Athletes may use "buffs" or neck gaiters. Competitors may find that it is easier for them to mask-up when they feel they need to, and pull it back down without it dropping on the ground.

#### **Equipment Bins**

- Eliminate all personal items from the starting line. Use of bins for collection of personal gear, headphones, other items from multiple competitors should be avoided.

#### **Team Tents/Camps**

- Should not be used as a place for athletes to congregate. They may be set up as an area for gym bags to be located during competition (6 ft apart).
  - Multiple tents may be set up for one team, so social distancing can be maintained. Consider tape or paint as a guide.
  - No spectators – coaches and athletes only.

#### **Set-up and Breakdown of Meet Equipment**

- Any equipment used for competition should be disinfected prior to and immediately following. Only one individual should handle the equipment on any given day, or gloves should be worn for set up and take down.

#### **Other Equipment**

- Athletes should bring their own watch, or be issued a watch from the school that can be worn only by that athlete for the season. Watches should be disinfected by athletes every day.
- Athletes should bring their own towels, if needed.
- Warm-up equipment must not be shared among athletes (i.e., foam rollers, resistance bands, etc.).

#### **Other Hygiene Considerations**

- There should be no shared athletic equipment. Any equipment that is used should be cleaned and disinfected prior to and immediately following the meet. Be responsible for your own supplies.
- Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use frequently.
- Emphasize to avoid touching the face throughout practice and competition.
- Spitting/Nose Clearing/Coughing – All athletes and coaches are prohibited from spitting/nose clearing and must cover coughs.
- Athletes, coaches and staff should avoid touching doors, gates, fences, benches or other schools' equipment.

#### **General Reminders for Athletes**

- Personal Items – It is recommended that each athlete bring their own gym bag for personal items. Gym bags should be placed in a predetermined area 6 feet apart for the duration of the event. No shared clothing/shoes.
- Athletes are encouraged to provide their own hand sanitizer (at least 60% alcohol) and use frequently.
- Water bottle – All athletes shall bring their own water bottle. Water bottles must not be shared.
- Tell coaches immediately when you are not feeling well.

## COMPETITION CONSIDERATIONS

### Competition Structure

- Consider only local, single opponent, single day competitions (duals or triangular).
  - No multi-team invitationals.
- Staggered starts (some options listed):
  - Individual starts.
  - Wave starts – up to 10 racers at a time (based on ability, times, position on team, etc.).
    - Top 2 runners from each school in first wave, 3<sup>rd</sup> and 4<sup>th</sup> in second wave, etc. Leave 2 min between each wave start.
  - Team starts – Start teams 1-3 minutes apart.
    - Any group or wave would need to be coordinated with the finish timer to ensure proper timing of runners in each wave.
    - Team runs straight out from the team box, maintaining physical distance from other teams.
- Multiple races can be held if separated to allow for appropriate transition.

### Coaches' Meeting

- Consider working out all details through a virtual meeting and/or using the pre-meet document.

### Arrival and Departure of Teams

- Minimizing contact and avoiding situations when a large number of athletes are in the same place at the same time.

### Course and Finish Considerations

- Create chutes and finishes that do not encourage congestion.
  - No congregation or stopping around the finish line – athletes must move away from finish area quickly.
  - Designate to athletes which lane they are in for start and completion of race
  - An open finish corral would allow runners to immediately exit the finish area and head away from the area.
- Consider providing a representative from each team in the finish corral to assist their team's athletes to quickly exit the corral.
  - Each representative should wear a PPE and social distance themselves from individuals not of their team.
  - Athletes that finish should wear a mask as quickly as possible, and maintain social distance from others.
- Host schools can add course monitors/marshals to the course in key spots to monitor social distancing and remind runners to avoid running in packs.
- If spectators are allowed there may need to be additional markings on the course which would restrict them from close contact with the runners. **Spectators must maintain social distancing throughout the race and at the start and finish areas.**

### Social Distancing

- Warm-ups/Stretching – Maintain social distancing between athletes.
- Congregating of Athletes and/or Coaches – Discourage congregating upon arrival to the course, prior to race warm-ups, and immediately following the race.
- Huddles – social distancing to be maintained, as much as possible, when the coach is communicating with the entire team, or in smaller groups.
- Elimination of Handshakes – Teams may find other respectful ways to acknowledge each other before or after a competition, while maintaining social distancing.
- National Anthem – Align team members in a manner that allows them to maintain a 6 ft distance from others.
- Interaction with Officials – Coaches and officials should maintain the 6ft distance when interacting.
- Starting Line/Race Course – Allow only essential personnel in the competition area. These are defined as athletes, coaches, medical personnel/trainers, and officials. All others (i.e. managers, photographers, media, etc.) are considered non-essential personnel and are not to be on the field of play.

### Spectators

- Follow county guidelines on limiting spectators.
- Face covering requirements – Event personnel, media, spectators – consider having masks available to purchase or to provide for those who may have forgotten to bring one.
- Ticket sales – If unable to eliminate on-site sales, consider steps to establish social distancing and provide a sanitization station.
- Pedestrian flow – Create protocols and signage to address ingress and egress areas and high traffic areas to avoid congestion. Consider using stanchions, tape or paint as a guide, communicate in advance and create signage.
- Seating – Establish a procedure for all indoor and outdoor venues that allows for social distancing guidelines. The number of spectators allowed must be in accordance with state/local regulations for gathering sizes.

## OFFICIALS CONSIDERATIONS

**Officials are not responsible for monitoring activities on the sidelines, such as social distancing, hand washing, symptoms of illnesses and other such issues. This monitoring remains with the coaching staff and school personnel.**

- Bring personal hand sanitizer. Wash hands frequently.
- Don't share uniforms or equipment. Bring your own supplies (clip board, pencil, etc.)

- Follow social distancing guidelines – Space judges 6 feet apart at all times.
- Eliminate any handshakes, etc.
- Encourage face coverings for use during the entire meet.

#### **COACHES CONSIDERATIONS**

- Communicate your guidelines in a clear manner to students and parents. Athlete safety is paramount.
- Communicate expectations regarding finish line and chute protocol.
  - Minimizing contact with other runners is paramount. Discussions must encompass behaviors of the athletes when they cross the finish line – i.e. falling to the ground and spitting/nose clearing.
- Follow the CDC guidelines for cleaning and disinfecting the practice/competition venue.



# FOOTBALL

## RULE CONSIDERATIONS

### Team Box (Rule 1-2-3g)

- The team box may be extended up to the 10-yard line for players only.
- Maintain social distancing of six feet.
- Cloth face coverings are permissible for coaches, nonplayers, and substitutes.
- Do not share uniforms, towels, and other apparel/equipment.
- Players should use their own water bottles.

### Ball (Rule 1-3-2)

- The ball should be cleaned and disinfected throughout the contest.
- Ball holders should maintain social distancing at all times.

### Gloves (Rule 1-5-2b)

- Gloves are permissible but must still meet either the NOCSAE standard or SFIA specification.

### Face Masks [Rules 1-5-1a, 1-5-3c(4)]

- Cloth face coverings that tie to the head or loop around the ears under the helmet are permissible to be worn under the faceguard. Athletes may **NOT** use a “buff” or neck gaiter as it could result in a neck/tracheal/laryngeal injury if grabbed from behind and used to drag a ball carrier down.
- No facial covering or shield on the outside of any faceguard. It should be on the inside of the faceguard for risk minimization issues.
- Plastic shields covering the entire face (unless integrated into the face mask and attached to the helmet and clear without presence of any tint) shall not be allowed during the contest.
- The following two shields for football will be permissible for competition and is compliant with current 2020 NFHS Football Rule 1-5-3c(4) as long as it is clear and has no tint. The NFHS SMAC is not endorsing or mandating either of these products:
  - Schutt Sports – Flexible 2-piece “Splash Shield” (clear).
  - Actuated Medical, Inc. – Polycarbonate 2-piece face shield (clear).
  - Oakley has manufactured a face shield for the NFL that attaches to the football face mask. At this time, that face shield is not available for purchase by the public.
- NOCSAE stated the following with regards to facial coverings attached to the faceguard: “A face covering attached to a faceguard would not automatically void the NOCSAE certification of compliance with our NOCSAE standard, assuming it does not attach permanently to the faceguard and has no rigid components that might protrude into the facial area. The helmet/faceguard manufacturer has ultimate final say as to what can and cannot be attached to their face mask.”

### Tooth and Mouth Protectors [Rule 1-5-1d (5)]

- Athletes should refrain from the removal of mouthguards while on the playing field. If mouthguards are removed on the sidelines or bench area, the athlete should use hand sanitizer each time after touching the mouthguard.

### Charged Time-outs and Authorized Conferences (Rules 2-6-2, 3-5-3, 3-5-8)

- A single charged time-out may be extended to a maximum of two minutes.
- The authorized conference for a charged time-out should take place between the 9-yard marks and not at the sideline for social distancing purposes. It would be permissible for more than one coach to be involved in the conference and for technology to be used.
- Each game official and player should have their own beverage container brought out to them on the field.

### Intermission Between Periods and After Scoring (Rule 3-5-7I)

- The intermission may be extended to a maximum of two minutes between the first and second and the third and fourth periods and following a try, successful field goal or safety, and prior to the succeeding free kick.

### Pre-Game Conference, Coin Toss and Overtime:

- For the coin toss, limit attendees to the referee, umpire and one designated representative from each team.
- Coin toss should take place in the center of the field with individuals maintaining social distancing and wearing masks.
- No handshakes prior to and following the coin toss.
- Maintain social distancing while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, individuals handling the balls during the game and team personnel.
- For the overtime procedure, please use the same procedure as used at the start of the contest for the coin toss.

## EQUIPMENT CONSIDERATIONS

### Masks

- Masks must be worn according to the [governor's mandate](#) upon arrival to the meet venue and until the official warm-ups have started. Face coverings are strongly recommended in all settings where people may come in contact with others, including outdoors when maintaining physical distance is not possible. A violation of the order would not bring any criminal penalties but could result in a \$200 fine.
  1. Coaches and officials are strongly encouraged to wear masks, especially when not able to maintain social distancing.
  2. Spectators should be strongly encouraged to wear masks and are expected to follow social distancing guidelines.
  3. Cloth face coverings for athletes that tie to the head or loop around the ears under the helmet are permissible to be worn under the faceguard. Athletes may **NOT** use a "buff" or neck gaiter as it could result in a neck/tracheal/laryngeal injury if grabbed from behind and used to drag a ball carrier down.

### Other Hygiene Considerations

- There should be no shared athletic equipment. Any equipment that is used should be cleaned and disinfected prior to and immediately following the meet. Be responsible for your own supplies.
- Each athlete should bring their own hydration/water bottles – no sharing.
- Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use frequently – including before going on the competition field and after returning to the sideline.
- Emphasize to avoid touching the face throughout practice and competition.
- Spitting/nose clearing/coughing – All athletes and coaches are prohibited from spitting/nose clearing and must cover coughs.

### General Reminders for Athletes

- Personal Items – It is recommended that each athlete bring their own gym bag for personal items.
- Clothing/shoes/helmets/shoulder pads – Must not be shared among athletes. Any items that are not currently being worn should be stored inside a personal gym bag.
- Athletes are encouraged to provide their own hand sanitizer (at least 60% alcohol) and use frequently.
- Water bottle – All athletes shall bring their own water bottle. Water bottles must not be shared.
- Towels – Athletes should bring their own towels, if needed.
- Athletes should refrain from the removal of mouthguards while on the playing field. If mouthguards are removed on the sidelines or bench area, the athlete should use hand sanitizer each time after touching the mouthguard.
- Tell coaches immediately when you are not feeling well.

## COMPETITION CONSIDERATIONS

### Competition Structure

- Encourage only local, single opponent, single day competitions.
- Teams from the same school (varsity and JV) should remain on the same sideline.

### Social Distancing

- Warm-ups/Stretching – Maintain social distancing between players
- Congregating of Athletes and/or Coaches – Discourage congregating upon arrival to the field, prior to game warm-ups, and immediately following the game.
- Huddles – Social distancing to be maintained as much as possible when the coach is communicating with the entire team or in smaller groups. All players and coaches should be encouraged to mask during huddles, especially non-active players.
- Elimination of Team Handshakes – Teams may find other respectful ways to acknowledge each other before or after a competition, while maintaining social distancing.
- National Anthem – Align team members in a manner that allows them to maintain social distancing guidelines.
- Interaction with Officials – Coaches and officials should maintain social distancing when interacting.
- Coin Toss – Eliminate and determine protocol (i.e., teams will defend the end of the field where their team bench is located for the first half. Home team will kick off in the first half, visiting team will kick off in the second half.)
  - Reduce the number of individuals at the coin toss.
- Starting line-ups/Introductions – Introduce from positions, after players have taken the field, and other athletes are socially distanced in the team box.
- Playing Field and Sideline area
  - Allow only essential personnel on the playing field. These are defined as athletes, coaches, medical personnel/trainers, and officials. Encourage facial coverings.
  - All others (i.e. managers, photographers, media, etc.) are considered non-essential personnel and are not to be on the field of play. Adhere to social distancing guidelines and encourage facial coverings.
- Team Box – Designate "places", within the team box, for members of the team to be when they are not on the field. Consider paint and/or tape to help athletes recognize social distancing.

- Substitutions – designate a safe area for players entering the game. Minimize contact with the table and with each other.
- Departing the Field of Play (post game) – The visiting team should depart the field immediately after the completion of the game, followed by the home team. Every effort should be made to ensure that a log-jam does not occur upon departure of the two teams.

### **Spectators**

- Follow county guidelines on limiting spectators.
- Face covering requirements – Event personnel, media, spectators – consider having masks available to purchase or to provide for those who may have forgotten to bring one.
- Ticket sales – If unable to eliminate on-site sales, consider steps to establish social distancing and provide a sanitization station.
- Pedestrian flow – Create protocols and signage to address ingress and egress areas and high traffic areas to avoid congestion. Consider using stanchions, tape or paint as a guide, communicate in advance and create signage.
- Seating – Establish a procedure for all indoor and outdoor venues that allows for social distancing guidelines. The number of spectators allowed must be in accordance with state/local regulations for gathering sizes.

### **OFFICIALS CONSIDERATIONS**

**Officials are not responsible for monitoring activities on the sidelines, such as social distancing, hand washing, symptoms of illnesses and other such issues. This monitoring remains with the coaching staff and school personnel.**

- Electronic whistles are permissible – choose a whistle that will carry outside. Bring an extra battery.
- Cloth face coverings are strongly encouraged.
- Bring personal hand sanitizer and/or wash hands frequently. Gloves are permissible.
- Do not share uniforms, towels, and other apparel/equipment.
- Officials should use their own water bottles.

### **COACHES CONSIDERATIONS**

- Communicate your guidelines in a clear manner to students and parents. Athlete safety is paramount.
- Communicate expectations regarding minimizing the spread of the virus and the habits that will contribute.
- Remind players to use hand sanitizer when prior to going on the competition field and after returning to the sideline.
- Follow the CDC guidelines for cleaning and disinfecting the competition venue.

### **FINAL CONSIDERATIONS**

- Before, during, and after the contest, players, coaches, officials, team personnel and game administration officials should wash and disinfect their hands as often as possible.
- Maintain social distancing at all times while on the sidelines and on the field of play when possible.
- Everyone should have their own beverage bottles that are not shared.
- Cloth coverings are recommended for all coaches and team staff for all game administration.
- Gloves are permissible for all coaches and team staff and for all game administration.
- Try and limit the number of non-essential personnel who are on the field level throughout the contest.
- If possible, dressing facilities for game officials and teams should be large enough for them to use social distancing protocols and should be properly cleaned and disinfected prior to their arrival.
- Covid-19 Resources on WIAA web site: <https://www.wiaawi.org/Health/COVID-19-Resources>

# GOLF

## EQUIPMENT CONSIDERATIONS

### Course and Other Equipment

- Players should not touch the flagstick, bunker rakes or ball cleaning devices on the course.
- Attending the flagstick—the flag stick shall remain in for all events. No players or coaches shall touch the flagstick and coaches will not be allowed on the greens.
- Coaches can continue to use carts when allowed – course management is responsible for sanitizing carts before and after use.
- Players should use their own equipment and golf balls. Players should not touch another player's equipment or golf balls.
- Gloves may be worn by athletes if desired.

### Hole/Cups

- Cup types shall be determined by the course management. Use of regular cups, cups with Styrofoam noodle ends or up-side-down cups, etc., are all allowed.

### Hygiene Considerations

- There should be no shared athletic equipment. Any equipment that is used should be cleaned and disinfected prior to and immediately following the meet. Be responsible for your own supplies.
- Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use frequently.
- Emphasize to avoid touching the face throughout practice and competition.
- Spitting/Nose Clearing/Coughing – All athletes and coaches are prohibited from spitting/nose clearing and must cover coughs.
- Athletes, coaches and staff should avoid touching doors, gates, fences, benches or other schools' equipment.

### General Reminders for Athletes

- Personal Items – It is recommended that each athlete bring their own gym bag for personal items. Gym bags should be placed in a predetermined area 6 feet apart for the duration of the event. No shared clothing/shoes.
- Athletes are encouraged to provide their own hand sanitizer (at least 60% alcohol) and use frequently.
- Water bottle – All athletes shall bring their own water bottle. Water bottles must not be shared.
- Tell coaches immediately when you are not feeling well.

## COMPETITION CONSIDERATIONS

### Competition Structure

- Consider only local, single opponent, single day competitions.
- Consider scheduling adjustments to reduce the number of events, duration and/or participants present.
- Consider dual or triangular meets only.
- Contests that require less travel when possible should be considered.
- Out of the area opponents are discouraged.

### Practice Range and Greens

- Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This means additional spacing between players while playing, chatting, or changing drills so that players remain spaced out, and no congregating of players while waiting to hit.

### On Course Play

- Only essential personnel are permitted on the course. These are defined as players, coaches, athletic trainers, and officials. All others, i.e., managers, video people, media photographers, etc. are considered non-essential personnel and are to be in the gallery remaining by the cart path (when present) or remaining at least 15 yards from the players.

### Media/Press Area

- All local social distancing and hygiene guidelines for spectators should be followed by media members planning to attend meets. Media members should contact host school administrators prior to arriving.
- Local schools shall determine which personnel should be in the designated press area considering Wisconsin DHS guidelines.

### Coach Conferences

- Encourage limiting the number of individuals in a conference and/or huddle to those who must be in close proximity for these discussions. It is strongly encouraged that coaches wear a mask.

### Masks

- Masks must be worn according to the [governor's mandate](#) upon arrival to the meet venue and until the official warm-ups have started. Face coverings are strongly recommended in all settings where people may come in contact with others, including

outdoors when maintaining physical distance is not possible. A violation of the order would not bring any criminal penalties but could result in a \$200 fine.

- Coaches and officials are strongly encouraged to wear masks, especially when not able to maintain social distancing.
- Spectators should be strongly encouraged to wear masks and are expected to follow social distancing guidelines.
- Athletes may use “buffs” or neck gaiters. Competitors may find that it is easier for them to mask-up when they feel they need to, and pull it back down without it dropping on the ground.

### **Social Distancing**

- Warm-ups/driving range– Maintain social distance between athletes.
- Congregating of Athletes and/or Coaches – Discourage congregating upon arrival to the course, prior to warm-ups, and immediately following the competition.
- Huddles – social distancing to be maintained, as much as possible, when the coach is communicating with the entire team, or in smaller groups.
- Elimination of Handshakes – Teams may find other respectful ways to acknowledge each other before or after a competition, while maintaining social distancing.
- Tee Box – Allow only essential personnel in the competition area. These are defined as athletes, coaches, medical personnel/trainers, and marshal. All others (i.e. managers, photographers, media, etc.) are considered non-essential personnel and are not to be on the course.

### **Spectators**

- Follow county guidelines on limiting spectators.
- Face covering requirements – Event personnel, media, spectators – consider having masks available to purchase or to provide for those who may have forgotten to bring one.
- Pedestrian flow – Create protocols and signage to address ingress and egress areas and high traffic areas to avoid congestion. Consider using stanchions, tape or paint as a guide, communicate in advance and create signage.

### **COACHES CONSIDERATIONS**

- Communicate your guidelines in a clear manner to students and parents. Athlete safety is paramount.
- Communicate expectations regarding minimizing the spread of the virus and the habits that will contribute.
- Remind players to use hand sanitizer when prior to entering the course and after the last hole.
- Follow the CDC guidelines for cleaning and disinfecting the competition venue.

### **ADDITIONAL CONSIDERATIONS**

Follow the USGA Back2Golf Operations Playbook and PGA Jr. League Guidelines:

[https://www.usga.org/content/dam/usga/images/course-care/covid-19-resource-center/back2golf/back2golf\\_operations\\_playbook-version4-0-june10-2020.pdf](https://www.usga.org/content/dam/usga/images/course-care/covid-19-resource-center/back2golf/back2golf_operations_playbook-version4-0-june10-2020.pdf)

[https://docs.google.com/document/d/e/2PACX-1vQ1oEw931iYxsVlBfmUtqcrOSTvlq2LX3ECgOyTSYADFFtEF0RATa5segvSi\\_zfF4MchVFVpFxFxNx51D/pub](https://docs.google.com/document/d/e/2PACX-1vQ1oEw931iYxsVlBfmUtqcrOSTvlq2LX3ECgOyTSYADFFtEF0RATa5segvSi_zfF4MchVFVpFxFxNx51D/pub)

# SOCCKER

## RULE CONSIDERATIONS

### Pregame Conference (5-2-2d)

- Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team.
- Move the location of the pregame conference to center of the field. All individuals maintain a social distance of 6 feet.
- Encourage all individuals involved to wear masks.
- Suspend handshakes prior to and following the Pregame Conference.

### Ball Holders (6-1)

- Follow social distancing guidelines.

### Team Benches (1-5-1)

- Encourage bench personnel to observe social distancing guidelines.
- Encourage all athletes and sideline personnel to wear masks.

### Substitution Procedures (3-4)

- Maintain social distancing between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line.

### Officials Table (6-2; 6-3)

- Limit to essential personnel which includes home team scorer and timer, with recommended social distance guidelines.
- Encourage all individuals involved to wear masks.
- Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.

### Equipment and Accessories (4-1)

- Cloth face coverings and neck gaiters/buffs are permissible for athletes to wear during play and encouraged for all athletes and sideline personnel.
- Gloves are permissible.

### Legal Uniform (4-2)

- Long sleeves are permissible. (4-1-1)
- Long pants are permissible. (4-1-1)
- Under garments are permissible but must be of a similar length for the individual and a solid like color for team. (4-1-1d)

## EQUIPMENT CONSIDERATIONS

### Masks

- Masks must be worn according to the [governor's mandate](#) upon arrival to the meet venue and until the official warm-ups have started. Face coverings are strongly recommended in all settings where people may come in contact with others, including outdoors when maintaining physical distance is not possible. A violation of the order would not bring any criminal penalties but could result in a \$200 fine.
  - Coaches and officials are strongly encouraged to wear masks, especially when not able to maintain social distancing.
  - Spectators should be strongly encouraged to wear masks and are expected to follow social distancing guidelines.
  - Athletes may use "buffs" or neck gaiters. Competitors may find that it is easier for them to mask-up when they feel they need to, and pull it back down without it dropping on the ground.

### Set-up and Breakdown Equipment

- Any equipment used for competition should be disinfected prior to and immediately following the game. Only one individual should handle the equipment on any given day (i.e. resistance bands, mats, cones/flags, etc.).

### Balls

- Sanitized before and after each game.
- Switching the ball at intervals during play, having multiple available on the sideline and sanitizing the ball that is removed from play, before entering it back into the game.
- If ball shaggers are used, they could disinfect the balls between use, and should wear a mask and gloves.

### Other Equipment

- Towels – Athletes and officials should bring their own towels, if needed.
- Foam Rollers, Resistance Bands, etc. – Should not be shared among athletes.

### Other Hygiene Considerations

- There should be no shared athletic equipment. Any equipment that is used should be cleaned and disinfected prior to and immediately following the meet. Be responsible for your own supplies.

- Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use frequently.
- Emphasize to avoid touching the face throughout practice and competition.
- Spitting/Nose Clearing/Coughing – All athletes and coaches are prohibited from spitting/nose clearing and must cover coughs.
- Athletes, coaches and staff should avoid touching doors, gates, fences, benches or other schools' equipment.

#### **General Reminders for Athletes**

- Personal Items – It is recommended that each athlete bring their own gym bag for personal items. Gym bags should be placed in a predetermined area 6 feet apart for the duration of the event. No shared clothing/shoes.
- Athletes are encouraged to provide their own hand sanitizer (at least 60% alcohol) and use frequently.
- Water bottle – All athletes shall bring their own water bottle. Water bottles must not be shared.
- Tell coaches immediately when you are not feeling well.

### **COMPETITION CONSIDERATIONS**

#### **Competition Structure**

- Encourage only local, single opponent, single day competitions.
- Teams from the same school (varsity and JV) should remain on the same sideline.

#### **Social Distancing**

- Warm-ups/Stretching – Maintain social distancing between players.
- Congregating of Athletes and/or Coaches – Discourage congregating upon arrival to the field, prior to game warm-ups, and immediately following the game.
- Huddles – Social distancing to be maintained as much as possible when the coach is communicating with the entire team or in smaller groups. All players and coaches should be encouraged to mask during huddles, especially non-active players.
- Elimination of Team Handshakes – Teams may find other respectful ways to acknowledge each other before or after a competition, while maintaining social distancing.
- National Anthem – Align team members in a manner that allows them to maintain social distancing guidelines.
- Interaction with Officials – Coaches and officials should maintain social distancing when interacting
- Coin Toss – Eliminate and determine protocol (i.e., teams will defend the end of the field where their team bench is located for the first half. Home team will kick off in the first half, visiting team will kick off in the second half.)
  - Reduce the number of individuals at the coin toss.
- Starting line-ups/Introductions – Introduce from positions, after players have taken the field, and other athletes are socially distanced in the team box.
- Playing Field and Sideline area
  - Allow only essential personnel on the playing field. These are defined as athletes, coaches, medical personnel/trainers, and officials. Encourage facial coverings.
  - All others (i.e. managers, photographers, media, etc.) are considered non-essential personnel and are not to be on the field of play. Adhere to social distancing guidelines and encourage facial coverings.
- Team Box – Designate “places”, within the team box, for members of the team to be when they are not on the field. Consider paint and/or tape to help athletes recognize social distancing.
- Substitutions – Designate a safe area for players entering the game. Minimize contact with the table and with each other.
- Departing the Field of Play (post game) – The visiting team should depart the field immediately after the completion of the game, followed by the home team. Every effort should be made to ensure that a log-jam does not occur upon departure of the two teams.

#### **Spectators**

- Follow county guidelines on limiting spectators.
- Face covering requirements – Event Personnel, Media, Spectators – consider having masks available to purchase or to provide for those who may have forgotten to bring one
- Ticket sales – If unable to eliminate on-site sales, consider steps to establish social distancing and provide a sanitization station.
- Pedestrian flow – Create protocols and signage to address ingress and egress areas and high traffic areas to avoid congestion. Consider using stanchions, tape or paint as a guide, communicate in advance and create signage.
- Seating – Establish a procedure for all indoor and outdoor venues that allows for social distancing guidelines. The number of spectators allowed must be in accordance with state/local regulations for gathering sizes.

### **OFFICIALS CONSIDERATIONS**

**Officials are not responsible for monitoring activities on the sidelines, such as social distancing, hand washing, symptoms of illnesses and other such issues. This monitoring remains with the coaching staff and school personnel.**

- By state association adoption, long-sleeved shirt/jackets are permissible. (Rule 5-1-3)

- No sharing of game shirts or AR flags for competition.
- Encourage face covering/mask use for AR's who may be near to team benches and/or fans. Consider mask use for all officials during games.
- Electronic whistles are permissible. Bring an extra battery. Choose a whistle whose tone will carry outside.
  - Fox 40 Mini
  - Fox 40 Unisex Electronic – 3 tone
  - Ergo-Guard (3 tone) –orange
  - Windsor (3 tone) – grey
  - Consider other similar items in marketplace
- Bring your own water bottle(s).
- Bring your own supplies (gear, pencil, headset, etc.).
- Coin Toss – check with game administration regarding their decision on the coin toss protocol.
- Bring personal hand sanitizer. Wash hands frequently. Gloves are permissible.
- Eliminate hand shake and follow social distancing guidelines.

#### **COACHES CONSIDERATIONS**

- Communicate your guidelines in a clear manner to students and parents. Athlete safety is paramount
- Communicate expectations regarding minimizing the spread of the virus and the habits that will contribute.
- Remind players to use hand sanitizer when prior to going on the competition field and after returning to the sideline.
- Follow the CDC guidelines for cleaning and disinfecting the competition venue.



# SWIMMING & DIVING

## EQUIPMENT CONSIDERATIONS

### Pool Facilities

- Increase water sanitation level, i.e., keep chlorine closer to 2.0 PPM.
- Eliminate the use of low ventilated spaces and rooms that prevent social distancing, such as locker rooms and small dryland rooms.
- Eliminate the use of locker rooms whenever reasonable.

### Locker Rooms

- To minimize the use of locker rooms, competitors should arrive wearing their competition swimming suits.

### Training Equipment

- Swimmers/Divers should use their own training equipment. Sanitize after each use.

### Masks

- Masks must be worn according to the [governor's mandate](#) upon arrival to the meet venue and until the official warm-ups have started. Face coverings are strongly recommended in all settings where people may come in contact with others, including outdoors when maintaining physical distance is not possible. A violation of the order would not bring any criminal penalties but could result in a \$200 fine.
- Swimmers and divers are not required to wear cloth face coverings while swimming. They should wear face coverings up until stepping onto the blocks and after they exit the water.
- Coaches, team personnel and other meet personnel should wear masks at all times, and should be encouraged to follow social distancing guidelines.
- Spectators should be strongly encouraged wear masks and are expected to follow social distancing guidelines.

### Other Equipment

- Watches, clip boards and lap-counters should be sanitized after each use.
- Do not share uniforms, towels, apparel or equipment.
- Touchpads should be sanitized periodically while out of the water utilizing [EPA-registered disinfectants](#). Diving boards and backstroke flags should be sanitized periodically.

### Other Hygiene Considerations

- There should be no shared athletic equipment. Any equipment that is used should be cleaned and disinfected prior to and immediately following the meet. Be responsible for your own supplies.
- Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use frequently.
- Emphasize to avoid touching the face throughout practice and competition.
- Spitting/Nose Clearing/Coughing – All athletes and coaches are prohibited from spitting/nose clearing and must cover coughs.
- Athletes, coaches and staff should avoid touching doors, gates, fences, benches or other schools' equipment.

### General Reminders for Athletes

- Personal Items – It is recommended that each athlete bring their own gym bag for personal items. Gym bags should be placed in a predetermined area 6 feet apart for the duration of the event. No shared clothing/shoes.
- Athletes are encouraged to provide their own hand sanitizer (at least 60% alcohol) and use frequently.
- Water bottle – All athletes shall bring their own water bottle. Water bottles must not be shared.
- Tell coaches immediately when you are not feeling well.

## COMPETITION CONSIDERATIONS

### Competition Structure

- Consider only local, single opponent, single day competitions.
- Consider scheduling adjustments to reduce the number of events, duration and/or participants present.
- Consider dual or triangular meets only.
- All personnel and spectators should follow social distancing guidelines.

### On Deck During Meets

- Only essential personnel are permitted on the deck. These are defined as swimmers/divers, coaches, athletic trainers, lifeguards and officials. Authorized timers, recorders, runners, computer operators necessary to conduct competition are essential.
- All others, (i.e., team managers, video people, media photographers, family members, non-competing students, etc.) are considered non-essential personnel and should remain in the gallery seating area (when present) and/or must remain outside the deck area.
- All personnel and spectators should follow social distancing guidelines.

### **Coach Conferences**

- Coaches should limit the number of individuals in a conference and/or huddle to those who must be in close proximity for these discussions. All individuals involved in the conference should wear a mask.

### **Pre-meet Conference**

- Limit attendees to one official, the head coach from each team, and a single captain from each team, or speak with the team representatives in a separate meeting.
- All individuals must wear a mask and follow social distancing guidelines while performing all pre-meet responsibilities.
- Use of headsets with other crew members (if applicable).
- Script the conference to ensure consistency with both teams.
- The location of the pre-meet conference should be in an isolated area with plenty of space.
- Encourage bench personnel to follow social distancing guidelines.
- Maintain social distancing between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the area designated for substituting.

### **Scoring Table**

- Limited to essential personnel which includes announcer, scorer and computer software operator – all individuals wear masks.
- Space at the table may limit the number allowed at the scoring table in following social distancing guidelines.

### **Social Distancing**

- Coaches are responsible for ensuring social distancing is maintained between athletes and team personnel as much as possible.
- Consider using tape or cones to mark spacing between swimmers/divers while out of the pool.
- Teams/individuals shall NOT exchange handshakes before, during, or following the practice or competition.
- Follow USA Swimming guidelines and encourage social distancing to reduce congregation of swimmers when in the pool.
- Social distancing for swimmers while waiting for their event should be enforced (see USA Swimming/Diving Charts).

### **Awards & Post-game Ceremony**

- Suspend award ceremonies – awards may be given to coaches wrapped in packaging.

### **Spectators**

- Follow county guidelines on limiting spectators.
- Face covering requirements – Event personnel, media, spectators – consider having masks available to purchase or to provide for those who may have forgotten to bring one.
- Ticket sales – If unable to eliminate on-site sales, consider steps to establish social distancing and provide a sanitization station.
- Pedestrian flow – Create protocols and signage to address ingress and egress areas and high traffic areas to avoid congestion. Consider using stanchions, tape or paint as a guide, communicate in advance and create signage.
- Seating – Establish a procedure for all indoor and outdoor venues that allows for social distancing guidelines. The number of spectators allowed must be in accordance with state/local regulations for gathering sizes.

## **OFFICIALS CONSIDERATIONS**

**Officials are not responsible for monitoring activities on the sidelines, such as social distancing, hand washing, symptoms of illnesses and other such issues. This monitoring remains with the coaching staff and school personnel.**

- Electronic whistles are permissible – choose a whistle that will carry outside. Bring an extra battery.
- Cloth face coverings are strongly encouraged throughout the event.
- Eliminate any handshakes, etc. Maintain social distancing at all times.
- Bring personal hand sanitizer and/or wash hands frequently. Gloves are permissible.
- Do not share uniforms, towels, and other apparel/equipment. Bring your own supplies (clip board, pencil, etc.). Use your own pen to sign the scoresheet.
- Officials should use their own water bottles.
- Work with assignors and have backup officials. Take your temperature before you leave for the event. Anything over 100.4 is considered unacceptable, and you are to notify the school that you will not be attending.

## **COACHES CONSIDERATIONS**

- Communicate your guidelines in a clear manner to students and parents. Athlete safety is paramount.
- Communicate expectations regarding minimizing the spread of the virus and the habits that will contribute.
- Remind athletes to use hand sanitizer when prior to stepping on the blocks and after exiting the pool.
- Follow the CDC guidelines for cleaning and disinfecting the competition venue.

Creative Individual Swimming training video: <https://www.runnersworld.com/training/g31981398/swimming-during-coronavirus/>

# TENNIS

## EQUIPMENT CONSIDERATIONS

### Tennis Balls

- Open and use two cans of balls (four for doubles) – Give each player a different numbered ball.
- Don't touch a ball with another competitor's number.
- Use racquet/feet to advance the ball to the other side (avoid using hands to pick up a ball).

### Masks

- Masks must be worn according to the [governor's mandate](#) upon arrival to the meet venue and until the official warm-ups have started. Face coverings are strongly recommended in all settings where people may come in contact with others, including outdoors when maintaining physical distance is not possible. A violation of the order would not bring any criminal penalties but could result in a \$200 fine.
  - Coaches, team personnel and other meet personnel are strongly encouraged to wear masks at all time, especially when not able to maintain social distancing.
  - Spectators should be strongly encouraged to wear masks and are expected to follow social distancing guidelines.
  - Athletes may use "buffs" or neck gaiters. Competitors may find that it is easier for them to mask-up when they feel they need to, and pull it back down without it dropping on the ground.

### Court and Other Equipment

- Players should use their own equipment and tennis balls. Players should not use or touch other players' equipment or tennis balls.
- Gloves may be worn by athletes if desired.

### Other Hygiene Considerations

- There should be no shared athletic equipment. Any equipment that is used should be cleaned and disinfected prior to and immediately following the meet. Be responsible for your own supplies.
- Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use frequently.
- Emphasize to avoid touching the face throughout practice and competition.
- Spitting/Nose Clearing/Coughing – All athletes and coaches are prohibited from spitting/nose clearing and must cover coughs.
- Athletes, coaches and staff should avoid touching doors, gates, fences, benches or other schools' equipment.

### General Reminders for Athletes

- Personal Items – It is recommended that each athlete bring their own gym bag for personal items. Gym bags should be placed in a predetermined area 6 feet apart for the duration of the event. No shared clothing/shoes.
- Athletes are encouraged to provide their own hand sanitizer (at least 60% alcohol) and use frequently.
- Water bottle – All athletes shall bring their own water bottle. Water bottles must not be shared.
- Tell coaches immediately when you are not feeling well.

## COMPETITION CONSIDERATIONS

### Competition Structure

- Consider only local, single opponent, single day competitions.
- Consider scheduling adjustments to reduce the number of events, duration and/or participants present.
- Consider dual or triangular meets only.
- Consider not playing doubles—Singles only.
- All personnel and spectators should follow social distancing guidelines.
- Follow USTA Guidelines: <https://www.usta.com/en/home/stay-current/national/usta-statement-on-safety-of-playing-tennis-during-the-covid-19-v.html>.

### Courts and Sidelines

- Allow only essential personnel around the tennis courts. These are defined as players, coaches, medical personnel/athletic trainers, and officials. Strongly encourage facial coverings for athletes not actively participating.
- All others, (i.e., managers, photographers, media, etc.) are considered non-essential personnel and are to be in the gallery or remaining outside the court area (behind the fence). Personnel must maintain social distancing guidelines and encouraged to wear masks.
- Consider using every other court.
- Consider having nine players with one coach on a bank of four courts.
- Consider staggered practices to limit the number of participants.
- Remain apart when taking a break and maintain social distancing if changing ends of the court.

### **Coach Conferences**

- Limit the number of individuals in a conference and/or huddle to those who must be in close proximity for these discussions. It is encouraged that coaches wear a mask.

### **Social Distancing**

- Warm-ups/Stretching – Maintain social distance between athletes.
- Congregating of Athletes and/or Coaches – Discourage congregating upon arrival to the venue, prior to practice, match or meet.
- Elimination of Handshakes – Teams may find other respectful ways to acknowledge each other before or after a competition, while maintaining social distancing.
- Seating capacity/configuration – Teams, spectators, media, medical, event personnel. Consider tape or paint as a guide, communicate in advance and create signage.

### **COACHES CONSIDERATIONS**

- Communicate your guidelines in a clear manner to students and parents. Athlete safety is paramount.
- Communicate expectations regarding minimizing the spread of the virus and the habits that will contribute.
- Remind players to use hand sanitizer when prior to going on the competition field and after returning to the sideline
- Follow the CDC guidelines for cleaning and disinfecting the competition venue.

# VOLLEYBALL

## RULE CONSIDERATIONS

### Pre-match Conference (1-2-4a; 1-6-2; 1-6-3; 2-1-10; 5-4-1h, k; 5-6-1; 7-1-1; 7-1-1 PENALTIES 1; 9-1a; 12-2-3)

- Limit attendees to one coach from each team, first referee and second referee.
- Move the location of the pre-match conference to center court with one coach and one referee positioned on each side of the net. All four individuals should follow social distancing guidelines. Each participant should extend their arms to establish proper distancing. All attendees are strongly encouraged to wear masks.
- Suspend the use of the coin toss to determine serve/receive. The visiting team will serve first in set 1 and alternate first serve for the remaining non-deciding sets.
- Suspend roster submission at the pre-match conference. Rosters are submitted directly to the officials' table before the 10-minute mark.

### Substitution Procedures (2-1-7, 10-2-1, 10-2-3, 10-2-4)

- Maintain social distancing of 3 to 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.

### Deciding Set Procedures [1-2-4b, 5-4-4c, 5-5-3b(26), 9-2-3c]

- Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distancing. A coin toss, called by the home team, will decide serve/receive. Each participant should extend their arms to establish proper distancing. All attendees are strongly encouraged to wear masks.
- Suspend the protocol of teams switching benches before a deciding set. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present.

### Team Benches (5-4-4b, 9-1-2, 9-1-2 NOTE, 9-3-3b)

- Suspend the protocol of teams switching benches between sets. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present.
- Limit bench personnel to observe social distancing.
- Utilize staggered benches for teams to achieve proper social distancing. If that is not a possibility, the team bench may be extended beyond the end line, which will decrease the amount of playable area.

### Line Judge Flags (5-9-4)

- Flags must be sanitized after each use.
- Line judges should maintain possession of the flag he/she is using throughout the match.
- It is acceptable and recommended to eliminate the use of flags and to allow line judges to use hand signals.

### Officials Table (3-4)

- Limit to essential personnel which includes home team scorer, libero tracker and timer with recommended social distancing between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location. It is allowable to have a single person perform, both the scoreboard and the libero tracking duties. The official scorekeeper should not also have the libero tracking duty.

## EQUIPMENT CONSIDERATIONS

### Warm-up Balls

- Teams should not share warm-up balls. Visiting team provides their own warm-up balls. In the event that the visiting team does not have warm-up balls, they should be provided with their own ball cart and 15 balls, not to be used by the home team. All balls must be disinfected after the match.

### Game Balls

- Designate 3-5 game balls and develop a system for sanitizing before rotating a ball into play.
- Consider the ball rotation system used in collegiate matches with designated ball shaggers near each end line and another near the scorer's table.
- Volleyballs brought to the scorer's table in between sets for sanitization.
- Molten USA has provided the following information: The use of sanitizing wipes inclusive of bleach or similar disinfectant have proven to be effective against emerging viral pathogens. However due to the porous surface of the leather and composite volleyballs, tests have not confirmed the ability to kill the novel coronavirus. When using the wipes, it is suggested to place the wipe in one hand while thoroughly rotating the ball to ensure cleaning of the entire surface. Once the entire surface has been cleansed, the ball will need to dry prior to being placed back in use. Please note due to the chemical properties in the wipes, some of the ink on the ball may be removed. Alcohol wipes have resulted in damage to the product and are not recommended at this time.

## **Masks**

- Masks must be worn according to the [governor's mandate](#) upon arrival to the meet venue and until the official warm-ups have started. Face coverings are strongly recommended in all settings where people may come in contact with others, including outdoors when maintaining physical distance is not possible. A violation of the order would not bring any criminal penalties but could result in a \$200 fine.
  - Coaches and officials are strongly encouraged to wear masks, especially when not able to maintain social distancing.
  - Spectators should be strongly encouraged to wear masks and are expected to follow social distancing guidelines.
  - Athletes may use "buffs" or neck gaiters. Competitors may find that it is easier for them to mask-up when they feel they need to, and pull it back down without it dropping on the ground.

## **Other Equipment**

- Kneepads – Players should use their own kneepads and they should be washed after each match.
- Towels – Players should use their own towel and they should be washed after each match.
- Equipment sanitization – Coaches must sanitize shared equipment before and after each event. Please check with your equipment manufacturers. The NFHS SMAC recommends referencing and utilizing disinfectants [listed by the United States Environmental Protection Agency](#).
- Equipment may be wiped with listed disinfectants and a damp cloth

## **Other Hygiene Considerations**

- There should be no shared athletic equipment. Any equipment that is used should be cleaned and disinfected prior to and immediately following the meet. Be responsible for your own supplies.
- Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use frequently.
- Emphasize to avoid touching the face throughout practice and competition.
- Spitting/Nose Clearing/Coughing – All athletes and coaches are prohibited from spitting/nose clearing and must cover coughs
- If a player puts their hands/fingers in their mouth or spits on their hands, the event must be stopped and the player must sanitize their hands and/or any equipment touched. Coaches should work to discourage these habits.
- Athletes, coaches and staff should avoid touching doors, gates, fences, benches or other schools' equipment.

## **General Reminders for Athletes**

- Personal Items – It is recommended that each athlete bring their own gym bag for personal items. Gym bags should be placed in a predetermined area 6 feet apart for the duration of the event. No shared clothing/shoes.
- Athletes are encouraged to provide their own hand sanitizer (at least 60% alcohol) and use frequently – before and after each at play or series of plays and when going out to and coming off the court.
- Water bottle – All athletes shall bring their own water bottle. Water bottles must not be shared.
- Tell coaches immediately when you are not feeling well.

## **COMPETITION CONSIDERATIONS**

### **Competition Schedule**

- Consider only local, single opponent, single day competitions.
- Consider scheduling adjustments to reduce the number of events, duration and/or participants present
- Consider dual or triangular meets only.
- All personnel and spectators should follow social distancing guidelines.
- Arrange courts to ensure proper social distancing of all participants and event workers. Consider eliminating side by side courts.

### **Competition Floor**

- Only essential personnel are permitted in the playing area. These are defined as players, coaches, trainers, and officials. All others, i.e., managers, video personnel, media personnel, etc., are considered non-essential personnel and are to be outside of the playing area.

### **Ball Shaggers**

- Shaggers shall return the ball to the scorer's table for sanitization. Ball shaggers shall sanitize their hands after each retrieval of a ball. Line judges do not retrieve balls.

### **Coach Conferences/Team Huddles**

- Encourage limiting the number of individuals in a conference to those who must be in close proximity for these discussions. It is strongly encouraged that coaches wear a mask.
- Team huddles should be conducted using social distancing guidelines, this includes team huddles following each point.

### **Social Distancing**

- Warm-ups/stretching – Maintaining social distance between athletes

- Congregating of athletes and/or coaches – Discourage congregating upon arrival to the event, prior to warm-ups, and immediately following the meet.
- Huddles – social distancing to be maintained, as much as possible, when the coach is communicating with the entire team, or in smaller groups.
- Elimination of Handshakes – Teams may find other respectful ways to acknowledge each other before or after a competition, while maintaining social distancing.
- National Anthem – Align team members in a manner that allows them to maintain social distance from others.
- Interaction with Officials & Line Judges – Coaches and officials should maintain social distance when interacting with an official or any other event worker. If unable to properly social distance a face mask must be worn.

#### **Pre and Post Match Procedure**

- Establish volleyball specific social distancing match protocols including the elimination of handshakes before and after the match, high fives, and huddles.
- Develop awards presentation procedures that maintain proper social distancing

#### **Hydration**

- All team personnel shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water refill stations, etc.) may be utilized but must be cleaned after every practice/contest.

#### **Spectators**

- Follow county guidelines on limiting spectators.
- Face covering requirements – Event personnel, media, spectators – consider having masks available to purchase or to provide for those who may have forgotten to bring one
- Ticket sales – If unable to eliminate on-site sales, consider steps to establish social distancing and provide a sanitization station
- Pedestrian flow – Create protocols and signage to address ingress and egress areas and high traffic areas to avoid congestion. Consider using stanchions to guide traffic flow.
- Seating – Establish a procedure for all indoor and outdoor venues that allows for social distancing guidelines. The number of spectators allowed must be in accordance with state/local regulations for gathering sizes.

### **OFFICIALS CONSIDERATIONS**

**Officials are not responsible for monitoring activities on the sidelines, such as social distancing, hand washing, symptoms of illnesses and other such issues. This monitoring remains with the coaching staff and school personnel.**

- Electronic whistle/air horn in lieu of a traditional whistle is allowed – bring an extra battery. Whistle information provided from the 2020 National Championship AAU after action report:
  - Most officials kept the e-whistle on a lanyard, so hands were free to signal
  - Point ‘sound’ towards the participants for the best results – hold longer for louder sound.
  - Mini Fox-40 had the least sound – The mini Fox-40 batteries (LR44/L1154 watch battery) only lasted about 13 matches; ‘Fish’ whistle used (4) 1154 batteries and lasted for 31 matches – The ‘Fish’ also has an on/off button; ‘Sport’ whistle has 3 sounds and lasted for 31 matches; Regular Fox-40 uses a 9-volt battery (a normal battery lasted at least 4 days/16 matches)
- Cloth face coverings are strongly encouraged throughout the event.
- Eliminate any handshakes, etc. Walk to 10’ line on each side and wave. Maintain social distancing during pre-match warm-ups
- Bring personal hand sanitizer and/or wash hands frequently. Gloves are permissible
- Do not share uniforms, towels, and other apparel/equipment. Bring your own supplies (clip board, pencil, etc.). Use your own pen to sign the scorebook.
- Officials should use their own water bottles
- Line judges – Each team provides 1 line judge. That line judge stays on the side of their own team bench throughout the match.
- Work with assignors and have backup officials. Take your temperature before you leave for the event. Anything over 100.4 is considered unacceptable, and you are to notify the school that you will not be attending.
- Tournament directors should keep an officiating crew on the same court throughout the course of the event. Officiating crews should not change during the course of the event. Keep the same partner throughout the event.
- Don’t wet your needle to inflate or check ball.
- Officials should not hand out WIAA ranking cards, rely on WIAA website.

### **COACHES CONSIDERATIONS**

- Communicate your guidelines in a clear manner to students and parents. Athlete safety is paramount.
- Communicate expectations regarding minimizing the spread of the virus and the habits that will contribute.
- Remind players to use hand sanitizer when prior to going on the competition court and after returning to the sideline
- Follow the CDC guidelines for cleaning and disinfecting the competition venue.