

2020 WIAA RETURN TO WINTER SPORTS CONSIDERATIONS

Updated October 26, 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.

Viral transmission is much more likely indoors than outdoors, some studies report 19 times higher risk. Knowing that winter sports are all played at indoor venues, there may be elevated risk for viral transmission. Be smart and safe, and even more diligent.

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.
- 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 PCR test, **antibody tests are not sufficient**) in the last 3 months **and that student is asymptomatic**, 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 a turn. 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

WIAA Event Accountability:

- When arriving at the venue for a contest, coaches will exchange a [tracing sheet](#) and [verification form](#) signed by the coach and athletic director acknowledging that the students have been pre-screened and the tracing sheet is accurate.
- When departing for the contest, coaches take their tracing sheet and verification form signed by the coach and athletic director acknowledging the tracing sheet's accuracy. If a coach cannot, or does not produce the tracing sheet when verification is requested, it shall be reported to the WIAA office by the opposing coach.
- Failure to produce the verification form and/or the tracing sheet will result in a forfeit.

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.

Concessions

- Post signage at stand for patrons to maintain social distancing of 6' between parties near food stand.
- Maintain a sanitize solution for wiping cloths during operations and increase cleaning/sanitizing frequency – especially high-contact surfaces such as equipment, utensils and countertops.
- Discontinue self-service operations for the public such as drink stations, condiment trays, cup/napkin/utensil dispensers and other amenities to help maintain infection control.
- Consider the use of fans or open (screened) windows to improve air circulation in smaller indoor stands.
- Use single-use condiment packets and avoid using shared condiment containers if possible.
- Consider barriers such as Plexiglass between employees and customers if practical.

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 _____

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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.
- 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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 - If the individual with probable COVID is tested during the course of the quarantine:
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- Athletes may decondition during their quarantine and may require additional time to get back to full speed.

I have reviewed the WIAA guidelines for return to participation for this athlete, 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 _____

SPORT-SPECIFIC CONSIDERATIONS FOR WINTER SPORTS

BASKETBALL

RULE CONSIDERATIONS

Pregame Protocol (2019-2021 NFHS Officials Manual, page 16, 1.8; NFHS Basketball Rule Book – 3-4-5)

- Limit attendees to the referee and the head coach from each team with each coach standing on the center circle on each side of the division line.
- All individuals maintain a social distance of 6 feet or greater at the center circle.
- Suspend handshakes prior to and following the Pregame Conference.

Team Benches (1-13-1)

- Limit the number of bench personnel to observe social distancing of 6 feet or greater.
- Ideally, place team benches opposite the spectator seating with no spectators behind the team benches. However, if spectator seating must occur behind the bench, ensure there is at least 6 feet of separation.
- Additional chairs or rows may be utilized to allow bench personnel to observe social distancing of 6 feet or greater.
- Create separation between the team bench and spectator seating behind the bench.
- Limit contact between players when substituting.
- Personnel not in the game should adhere to any required local/state face covering requirements.

Officials Table (2-1-3)

- The host should sanitize the table before the game and at half time.
- Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
- Limit seats at the table to essential personnel which includes home team scorer and timer with a recommend distance of 6 feet or greater between individuals. Other personnel (visiting scorer, statisticians, media, etc.) may not be deemed essential personnel and consider an alternate location for them.
- Table personnel should adhere to any required local/state face covering requirements.

EQUIPMENT CONSIDERATIONS

Equipment and Accessories (Rule 4-1)

- Ball given to officials in the locker room, where it is sanitized as recommended by the ball manufacturer and not used for warm-ups.
- The host school should ensure that the ball is sanitized during time-outs and between quarters.
- Sanitizer should be provided by the host team at the table.
- Cloth face coverings are permissible for players.
- Consider requiring coaching staff and other bench personnel to wear face coverings while on the bench.

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 game personnel should wear masks at all times, and should be encouraged to follow social distancing guidelines.
 - 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

- **Towels** – Athletes should bring their own towel, if needed and they should be washed after each game.
- Warm-up equipment must 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 game. 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, 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

WIAA Event Accountability

- A [tracing sheet](#) and [verification form](#) shall be kept of all individuals traveling with the team to the contest verifying that the traveling party has been prescreened that day before departure.
- When departing for the contest, coaches take their tracing sheet and verification form signed by the coach and athletic director acknowledging the tracing sheet's accuracy. If a coach cannot, or does not produce the tracing sheet when verification is requested, it shall be reported to the WIAA office by the opposing coach.

Competition Schedule

- Consider only local, single opponent, single day competitions.
- Consider scheduling adjustments to reduce the number of events, duration and/or participants present.
- 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.

Pre- and Post-Game Ceremony

- Suspend the pre-game introduction handshakes.
- Suspend post-game protocol of shaking hands.

Half-time

- Consider suspending half-time shows. If cheer and dance perform, wear masks and socially distance.
- Suspend youth and middle school demonstrations and games.

Throw-in

- Official may stand 6 feet or greater away from player making the throw-in and bounce the ball to that player on a front court throw-in.

Free Throw Administration

- The lead official shall stand on the end line and bounce the ball to the free thrower.

Jump Ball

- Eliminate the jump ball and award the ball to the visiting team the first alternating possession for the throw in.
- To start an overtime period, use a coin toss to determine which team is awarded the ball.

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 game.
- **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** – Coaches and officials should maintain social distance when interacting with an official or any other event worker. Wearing a face mask is strongly encouraged.
- 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 court area.

Hydration

- All team personnel shall bring their own water bottle. Water bottles must not be shared.

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.
- **Seating** – Establish a procedure for all indoor venues that allows for social distancing guidelines. The number of spectators allowed must be in accordance with state/local regulations for gathering sizes.

Concessions

- Post signage at stand for patrons to maintain social distancing of 6' between parties near food stand.
- Maintain a sanitize solution for wiping cloths during operations and increase cleaning/sanitizing frequency – especially high-contact surfaces such as equipment, utensils and countertops.
- Discontinue self-service operations for the public such as drink stations, condiment trays, cup/napkin/utensil dispensers and other amenities to help maintain infection control.
- Consider the use of fans or open (screened) windows to improve air circulation in smaller indoor stands.
- Use single-use condiment packets and avoid using shared condiment containers if possible.
- Consider barriers such as Plexiglass between employees and customers if practical.

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 shirts are permissible (5-1-3).
- Officials should not be required to wear jackets during pre-game court/player observation.
- Electronic whistles are strongly encouraged (supplies are limited). Choose a whistle whose tone will carry inside. Check the market for choices.
- Cloth face coverings are permissible and 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 (clipboard, pencil, etc.).
- Officials should use their own water bottles.
- 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.
 - Reinforce the need for athletes and team personnel to maintain social distance, wear masks, and not attend if exposed to someone with COVID or if ill themselves.
 - Remind players to use hand sanitizer prior to going on the competition court and after returning to the sideline.
- Follow the CDC guidelines for cleaning and disinfecting the practice/competition venue.
- Learn more by taking the free online course: "[COVID-19 for Coaches and Administrators.](#)"

GYMNASTICS

EQUIPMENT CONSIDERATIONS

Apparatus

- Coaches must sanitize shared equipment before and after each event. Please check with your equipment manufacturers on proper cleaning protocols for their equipment. The WIAA SMAC recommends referencing and utilizing disinfectants listed by the United States Environmental Protection Agency. Continued use of disinfectant chemicals may reduce the life of the product. The application of disinfectant chemicals may have unintended results and place the gymnast at risk of injury.
- Equipment must be wiped with listed disinfectants and a damp cloth.
- USA Gymnastics recommends disinfecting all equipment after each rotation.

Chalk Bowls

- Remove common chalk bowls. Chalk bowls frequently become talking places for athletes. Issue each athlete their own piece(s) of chalk for personal use.

Disinfectant Wipes

- Gymnasts are encouraged to provide their own disinfectant wipes (at least 60% alcohol) to disinfect your feet. These will be used when entering and exiting each event. Athletes MUST disinfect before and after each rotation.

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 should wear masks at all times, and should be encouraged to follow social distancing guidelines.
 - 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

- **Grips/Wristbands/Braces** – Gymnasts should use their own grips/wristbands/braces.
- **Spray Bottle** – Include a travel size spray bottle filled with water to spray your grips.
- **Towels** – Gymnasts should use their own towel and should be washed after each meet.
- **Athletic Tape** – Gymnasts should have their own roll of athletic tape for hands and for marking.
- **Equipment Sanitization** – Coaches must sanitize shared equipment before and after each event. (USA Gymnastics recommends disinfecting all equipment after each rotation. Team A uses bars for all athletes, then disinfect prior to team B.) 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 gymnast puts their hands/fingers in their mouth or spits on their hands, the event must be stopped and the gymnast must sanitize their hands and/or any equipment touched. Coaches should work to discourage these habits.
- Athletes, coaches and staff should avoid touching doors, 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 event or rotation and when entering into or leaving the competition area.
- **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

WIAA Event Accountability

- A [tracing sheet](#) and [verification form](#) shall be kept of all individuals traveling with the team to the contest verifying that the traveling party has been prescreened that day before departure.
- When departing for the contest, coaches take their tracing sheet and verification form signed by the coach and athletic director acknowledging the tracing sheet's accuracy. If a coach cannot, or does not produce the tracing sheet when verification is requested, it shall be reported to the WIAA office by the opposing coach.

Competition Schedule

- Consider only local, single opponent, single day competitions (duals).
- 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 apparatus and judge tables to ensure proper social distancing of all participants and event workers.

Competition Floor

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

Sidelines

- Gymnasts' items should be lined up against the wall or in the hallway at least six feet apart.

Judges' Tables

- Space judges 3-6 feet apart at judging tables.

Coach Conferences/Team Huddles

- Encourage limiting the number of individuals in a conference to those who must be in close proximity for these discussions.
- Team huddles should be conducted using mask mandate/guidelines and social distancing.

Social Distancing

- **Warm-ups/Stretching** – Maintain social distance between athletes.
- **Congregating of Gymnasts and/or Coaches** – Discourage congregating upon arrival to the event, prior to warm-ups, and immediately following the meet.
 - No congregating of gymnasts while waiting in line to use the apparatus.
- **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/March-In/March Out** – Align team members in a manner that allows them to maintain social distance from others.
- **Interaction with Judges** – Coaches should maintain social distance when interacting with judges or any other event worker.
- **Seating Capacity/Configuration** – Teams, spectators, media, medical, event personnel. Consider tape or paint as a guide, communicate in advance and create signage.

Pre- and Post-Match Procedure

- Establish gymnastics-specific social distancing competition protocols, including the elimination of handshakes before and after the rotations, 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/meet.

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.

Concessions

- Post signage at stand for patrons to maintain social distancing of 6' between parties near food stand.
- Maintain a sanitize solution for wiping cloths during operations and increase cleaning/sanitizing frequency – especially high-contact surfaces such as equipment, utensils and countertops.
- Discontinue self-service operations for the public such as drink stations, condiment trays, cup/napkin/utensil dispensers and other amenities to help maintain infection control.
- Consider the use of fans or open (screened) windows to improve air circulation in smaller indoor stands.
- Use single-use condiment packets and avoid using shared condiment containers if possible.
- Consider barriers such as Plexiglass between employees and customers if practical.

JUDGES CONSIDERATIONS

Judges are not responsible for monitoring activities outside the competitive area, such as social distancing, hand washing, symptoms of illnesses and other such issues. This monitoring remains with the coaching staff and school personnel.

- Cloth face coverings are strongly encouraged.
- Eliminate any handshakes.
- Bring personal hand sanitizer and/or wash hands frequently. Gloves are permissible.
- Do not share equipment. Bring your own supplies (clipboard, pencil, bell, etc.).
- Judges should use their own water bottles.
- Work with assignors and have backup judges. 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.
- Judging crews should not be changed during the course of an event. Keep the same partner(s) through the event.
- Flags, whether provided by the judges or the school, shall be properly sanitized before and after each event. It is acceptable to eliminate the use of flags and allow hand signals instead.
- Judges should not hand out ranking cards. Rely on the 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.
 - Reinforce the need for athletes and team personnel to maintain social distance, wear masks, and not attend if exposed to someone with COVID or if ill themselves.
 - Remind players to use hand sanitizer prior to going on the competition court and after returning to the sideline.
- Follow the CDC guidelines for cleaning and disinfecting the practice/competition venue.
- Coaches should socially distance (3-6 feet) when interacting with a judge or any other event worker. Conversations can occur at a distance.
- Learn more by taking the free online course: "[COVID-19 for Coaches and Administrators.](#)"

HOCKEY

RULE CONSIDERATIONS

Players' Benches (NFHS 1-9-1)

- Maintain social distancing as much as possible when on the bench.
- Limit bench personal to observe social distancing of 6 feet or greater.

Penalty Benches (NFHS 1-10-1)

- Limit to essential personnel and maintain social distancing from personnel and participating players.

Team Captains (NFHS 2-2-1, 2-2-4, and 2-2-5)

- Captains need to maintain social distancing when talking or conferring with a referee.
- Maintain social distance during the pre-game meeting with captains and head coaches.

Protective Equipment

- **Face masks (NFHS 3-4-2)** – Plastic shields covering the entire face (unless integrated into the face mask, attached on the inside of the face mask, and clear without the presence of any tint) shall not be allowed during the contest.
- **Tooth and mouth protectors (NFHS 3-4-4)** – If mouthguards are removed on the sidelines or bench area, the athlete should use hand sanitizer each time after touching the mouthguard.
- **Hockey helmet** – Players should use their own helmet. The helmet facemask is a personal choice, but a full, clear polycarbonate shield or clear shield cage combination may provide a higher level of protection.
- **Hockey equipment** – Players should use their own equipment.
- **Pucks need to be sanitized** – Coaches must sanitize shared equipment before and after each practice.

EQUIPMENT CONSIDERATIONS

Masks

- Masks must be worn according to the current [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.
 - Wear a face covering/mask when entering/exiting the facility and within the facility when not on the ice.

Facility

- Designate a person or group to monitor state and local government websites for updates or changes to COVID-19 guidelines.
- Develop a plan for reporting a positive COVID case and for exposure to an infected individual. Click here to find your local health department for guidance: <https://www.cdc.gov/publichealthgateway/healthdirectories/index.html>
- Know your facility's safety measures and encourage all members to follow them. Some of these procedures will include:
 - Cleaning/disinfecting practices and schedules
 - Online payment options
 - Building entrance and exit routes
 - Arrival and exit timing
 - Locker room availability
 - Social distancing measures
 - Spectator policy
 - Use of face coverings/masks in facility
 - Screening required before entry
- Consider keeping an attendance log for contact tracing.
- Consider screening questions and temperature checks for members attending on-ice sessions if your facility is not already doing so (see screening below).
- **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 enter the ice. Workouts should be conducted in 'pods' of students, with the same 5-10 students always working out together. The use of equipment is allowed but it must be cleaned at an adequate schedule.
- **Benches** – No benches should be used during practice. Benches should be permitted only during games. Players' items should be kept in a personal bag (except for their hockey stick) outside the ice rink and stadium area, maintaining at least six feet spacing between each player's bag. Players should maintain social distancing unless they are actively participating in the game.

- Determine the number of players and coaches that can be on the ice at one time and keep groups together for subsequent sessions.

Other Equipment

- Gloves are permissible for all coaches and team staff and for all game administration officials.
- Electronic whistles are strongly encouraged (supplies are limited). Choose a whistle whose tone will carry inside. Check the market for choices.

Other Hygiene Considerations

- There should be no shared athletic equipment. Any equipment or uniform 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

WIAA Event Accountability

- A [tracing sheet](#) and [verification form](#) shall be kept of all individuals traveling with the team to the contest verifying that the traveling party has been prescreened that day before departure.
- When departing for the contest, coaches take their tracing sheet and verification form signed by the coach and athletic director acknowledging the tracing sheet's accuracy. If a coach cannot, or does not produce the tracing sheet when verification is requested, it shall be reported to the WIAA office by the opposing coach.

Competition Structure

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

Rink Area

- The rink area is defined as the ice, bench area, penalty box, minor official box, locker room, and the hallway between the bench and locker room. The remainder of the facility including the stands, concession stands, etc., will be considered the spectator area.
- Only essential personnel are permitted in the rink area. These are defined as players, coaches, athletic trainers and officials.
- All others, i.e. managers, statisticians, media personnel, etc., are considered non-essential personnel and are not to be in the rink or bench area. They may be in the stands utilizing social distancing.
- Locker rooms, if used, shall be disinfected between use by teams. School administration should develop a plan to utilize the locker rooms efficiently using social distancing (i.e.: rotate players in pods of three to change. The same pods should be used through the season).

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/meet.

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 encouraged that coaches wear a mask.
- Team huddles should be conducted using social distancing guidelines when the coach is communicating with the entire team, or in smaller groups.

Social Distancing

- Before, during and after the contest, players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands as often as possible.
- Try and limit the number of non-essential personnel who are at ice level and near participants throughout the contest.

- If available, dressing facilities for game officials and teams should be large enough for them to use social-distancing protocols and should be properly cleaned and sanitized prior to arrival.
- **Warm-ups/Stretching** – Maintain social distancing between players.
- **Congregating of Athletes and/or Coaches** – Discourage congregating upon arrival to the facility, prior to game warm-ups, and immediately following the game.
- **National Anthem** – Align team members in a manner that allows them to maintain social distancing from others.
- **Media** – All local social distancing and hygiene guidelines for spectators should be followed by media members planning to attend games. Media members should contact host school administrators prior to arriving at games to plan appropriate entry and available workspace.
- **Official's Interaction** – Coaches should consider social distancing guidelines (6 feet) when interacting with an official or any other individual on the rink. Substitutions and a general rules interpretation conversation can occur at social distance. Pre-game – One coach from each team, the officials and one captain can meet around center ice.
- **Coach conferences** – Encourage limiting the number of individuals in a conference to those who must be in close proximity for these discussions. It is encouraged that coaches wear a mask.
- **Huddles** – Social distancing to be maintained, as much as possible, when the coach is communicating with the entire team, or in smaller groups.
- **Team handshakes** – Teams shall NOT exchange handshakes during introductions/pregame meeting or following the contest. Teams can acknowledge opponent with a tip of hat or a wave, or other appropriate non-contact measures.
- **Award** presentations should be discontinued.
- **Departing the Ice** (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** – Coaches, parents and spectators should all wear a face covering/mask while indoors. Event Personnel should 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 to guide traffic flow.
- **Seating** – Establish a procedure that allows for social distancing guidelines. The number of spectators allowed must be in accordance with state/local regulations for gathering sizes. Consider tape or paint as a guide, communicate in advance and create signage. Schools must limit the use of bleachers for fans. Fans should practice social distancing between different household units and accept personal responsibility for public health guidelines.

Concessions

- Post signage at stand for patrons to maintain social distancing of 6' between parties near food stand.
- Maintain a sanitize solution for wiping cloths during operations and increase cleaning/sanitizing frequency – especially high-contact surfaces such as equipment, utensils and countertops.
- Discontinue self-service operations for the public such as drink stations, condiment trays, cup/napkin/utensil dispensers and other amenities to help maintain infection control.
- Consider the use of fans or open (screened) windows to improve air circulation in smaller indoor stands.
- Use single-use condiment packets and avoid using shared condiment containers if possible.
- Consider barriers such as Plexiglass between employees and customers if practical.

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.

- Do not share uniforms, towels, apparel and equipment.
- Encourage face covering/mask use for all officials during games.
- Electronic whistles are permissible (supplies are limited). Bring an extra battery. Choose a whistle whose tone will carry inside.
 - 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 personal hand sanitizer. Wash hands frequently. Gloves are permissible.
- Eliminate hand shake and follow social distancing guidelines for meetings with captains and coaches.

- Essential off-ice officials should maintain social distancing and wipe down workspace before and after the contest.

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.
 - Reinforce the need for athletes and team personnel to maintain social distance, wear masks, and not attend if exposed to someone with COVID or if ill themselves.
 - Remind players to use hand sanitizer prior to going on the competition court and after returning to the sideline.
- Follow the CDC guidelines for cleaning and disinfecting the practice/competition venue.
- Coaches should socially distance (3-6 feet) when interacting with a judge or any other event worker. Conversations can occur at a distance.
- Learn more by taking the free online course: "[COVID-19 for Coaches and Administrators.](#)"

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

WIAA Event Accountability

- A [tracing sheet](#) and [verification form](#) shall be kept of all individuals traveling with the team to the contest verifying that the traveling party has been prescreened that day before departure.
- When departing for the contest, coaches take their tracing sheet and verification form signed by the coach and athletic director acknowledging the tracing sheet's accuracy. If a coach cannot, or does not produce the tracing sheet when verification is requested, it shall be reported to the WIAA office by the opposing coach.

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.

Concessions

- Post signage at stand for patrons to maintain social distancing of 6' between parties near food stand.
- Maintain a sanitize solution for wiping cloths during operations and increase cleaning/sanitizing frequency – especially high-contact surfaces such as equipment, utensils and countertops.
- Discontinue self-service operations for the public such as drink stations, condiment trays, cup/napkin/utensil dispensers and other amenities to help maintain infection control.
- Consider the use of fans or open (screened) windows to improve air circulation in smaller indoor stands.
- Use single-use condiment packets and avoid using shared condiment containers if possible.
- Consider barriers such as Plexiglass between employees and customers if practical.

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 inside. 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.
 - Reinforce the need for athletes and team personnel to maintain social distance, wear masks, and not attend if exposed to someone with COVID or if ill themselves.
 - Remind players to use hand sanitizer prior to going on the competition court and after returning to the sideline.
- Follow the CDC guidelines for cleaning and disinfecting the practice/competition venue.
- Coaches should socially distance (3-6 feet) when interacting with a judge or any other event worker. Conversations can occur at a distance.
- Learn more by taking the free online course: “[COVID-19 for Coaches and Administrators.](#)”

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

WRESTLING

EQUIPMENT CONSIDERATIONS

Wrestling Mat

- Coaches must sanitize shared equipment before and after each practice or match. Daily cleaning and disinfection are recommended. The WIAA SMAC recommends referencing and utilizing [EPA-registered disinfectants](#). Equipment may be wiped with listed disinfectants and a damp cloth.

Disinfectant Wipes

- Wrestlers are encouraged to provide their own disinfectant wipes (at least 60% alcohol) to disinfect your hands/arms/legs as needed.
- Consider showering after each round and putting on a fresh uniform.

Tooth and Mouth Protectors

- Athletes should refrain from the removal of mouthguards while in the mat area. If mouthguards are removed on the mat or bench area, the wrestler should use hand sanitizer each time after touching the mouthguard.

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 should wear masks at all times, and should be encouraged to follow social distancing guidelines.
- Spectators should be strongly encouraged to wear masks and are expected to follow social distancing guidelines.
- Athletes may **NOT** use a "buff" or neck gaiter as it is considered a choking risk if grabbed during wrestling action.

Live Wrestling and Conditioning Drills

- Utilize small pod practice partners (1-2-3 other wrestlers go live against each other only).

Other Equipment

- Wrestlers should use their own equipment such as headgear and knee pads. Knee pads should be washed after each use.
- **Towels** – Wrestlers should use their own towel and should be washed after each meet.
- **Athletic Tape** – Wrestlers should have their own roll of athletic tape. If using tape, it should be removed after a match and the athlete should be re-taped.
- **Ankle Bands** – If ankle bands are used, sanitize after each wrestler.
- **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 [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 wrestler puts their hands/fingers in their mouth or spits on their hands, the event must be stopped and the wrestler must sanitize their hands and/or any equipment touched. Coaches should work to discourage these habits.
- Athletes, coaches and staff should avoid touching doors, 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/singlets/shoes.
- Athletes are encouraged to provide their own hand sanitizer (at least 60% alcohol) and use frequently – before and after each event and when entering into or leaving the mat area.
- **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

WIAA Event Accountability

- A [tracing sheet](#) and [verification form](#) shall be kept of all individuals traveling with the team to the contest verifying that the traveling party has been prescreened that day before departure.
- When departing for the contest, coaches take their tracing sheet and verification form signed by the coach and athletic director acknowledging the tracing sheet's accuracy. If a coach cannot, or does not produce the tracing sheet when verification is requested, it shall be reported to the WIAA office by the opposing coach.

Competition Schedule

- **Schedule 6-7 calendar days between competitions** – only local, single opponent, single day competitions (duals).
- Consider scheduling adjustments to reduce the number of events, duration and/or participants present.
- All personnel and spectators should follow social distancing guidelines.

Weigh-ins

- Take the temperature of each wrestler prior to each event – do not allow wrestlers with symptoms of illness or fever to participate.
- Conduct weigh-ins in a larger area and out of tight spaces such as the locker room.
- Wrestlers remain 6 feet apart at weigh-ins. Use tape to indicate appropriate spacing.
- Have wrestlers called into weigh-ins by weight class (similar to state tournament procedure) to help reduce the size of the line at weigh-ins. Wrestlers waiting would be social distanced and in the back of/near the weigh-in area.
- All individuals in the area including officials, trainers, athletes and coaches must wear face coverings and remain 6 feet apart – those unable to wear a facemask may weigh-in separately from the group.
- Encourage weigh-ins to be in the largest space available.

Bench Area

- Only essential personnel are permitted in the bench area. These are defined as wrestlers, 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 bench area.
- Coaches are strongly encouraged to wear masks when not instructing; all other team personnel should wear a mask.
- Limit bench personnel to observe social distancing and place chairs 6 feet apart when possible.
- Utilize staggered benches for teams to achieve proper social distancing. If that is not a possibility, the team bench may be extended. If multiple schools and benches are rotated, the area and chairs should be disinfected between rotations.

Score Tables

- Arrange score tables to ensure proper social distancing – Space scorers and timers 3-6 feet apart at score tables. All personnel are strongly encouraged to wear masks.

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.

Injury Considerations

- **Handling blood** – Have a defined medical table/area mat-side with all supplies. Coaches provide one-on-one care. If athletic trainer is needed, the coach must move away.
- **Head/Neck Injury** – Only medical personnel attending to the athlete should be allowed on the mat. Coaches and officials remain socially distant and officials communicate time.
- Athletes, coaches and staff should avoid congregating close to injured wrestlers, unless requested for assistance in treatment.

Pre- and Post-Match Procedure

- Face-offs/introductions should be limited to team members stepping forward when their name is called to avoid handshakes.
- Pre-match meeting items should be addressed at weigh-ins rather than having a pre-match meeting between official and team.
- Only the scorer should touch the scoresheet. If writing implements are used, they should be sanitized and not shared.
- Develop awards presentation procedures that maintain proper social distancing.

Social Distancing

- **Warm-ups/Stretching** – Maintain social distance between athletes.
- **Congregating of Wrestlers and/or Coaches** – Discourage congregating upon arrival to the event, prior to warm-ups, and immediately following the meet. No congregating of wrestlers while waiting for their match.
- **Huddles** – Social distancing to be maintained, as much as possible, when the coach is communicating with the entire team, or in smaller groups.
- **During Match** – Wrestlers should wear a mask and can remove the mask once checked in. Use hand sanitizer before entering the mat and wipe feet on a footbath mat before stepping on the mat.

- **Elimination of Handshakes** – Wrestlers may find other respectful ways to acknowledge each other before or after a competition, while maintaining social distancing.
- **Elimination of Hand Raises** – Referee raises color hand of winning participant.
- **National Anthem/March-In/March Out** – Align team members in a manner that allows them to maintain social distance from others.
- **Interaction with officials** – Coaches should maintain social distance when interacting with officials or any other event worker.
- **Seating Capacity/Configuration** – Teams, spectators, media, medical, event personnel. Consider tape or paint as a guide, communicate in advance and create signage.

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/meet.

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 venues that allows for social distancing guidelines. The number of spectators allowed must be in accordance with state/local regulations for gathering sizes.

Concessions

- Post signage at stand for patrons to maintain social distancing of 6' between parties near food stand.
- Maintain a sanitize solution for wiping cloths during operations and increase cleaning/sanitizing frequency – especially high-contact surfaces such as equipment, utensils and countertops.
- Discontinue self-service operations for the public such as drink stations, condiment trays, cup/napkin/utensil dispensers and other amenities to help maintain infection control.
- Consider the use of fans or open (screened) windows to improve air circulation in smaller indoor stands.
- Use single-use condiment packets and avoid using shared condiment containers if possible.
- Consider barriers such as Plexiglass between employees and customers if practical.

OFFICIALS CONSIDERATIONS

Officials are not responsible for monitoring activities outside the competitive area, 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 strongly encouraged (supplies are limited). Choose a whistle whose tone will carry inside – Check the market for choices. Bring an extra battery. If using a regular whistle, change whistle several times during the event.
- Cloth face coverings are strongly encouraged.
- Bring personal hand sanitizer and/or wash hands frequently. Gloves are permissible if changed after each match.
- Cloth face coverings are strongly encouraged.
- Eliminate any handshakes. Eliminate hand raises – Referee raises color hand of winning participant.
- Do not share equipment. Bring your own supplies (wristbands, pencil, whistle, etc.).
- 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.
- Officials should not hand out ranking cards. Rely on the 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.
 - Reinforce the need for athletes and team personnel to maintain social distance, wear masks, and not attend if exposed to someone with COVID or if ill themselves.
 - Remind players to use hand sanitizer prior to going on the competition court and after returning to the sideline.
- Follow the CDC guidelines for cleaning and disinfecting the practice/competition venue.
- Coaches should socially distance (3-6 feet) when interacting with an official, scorer or any other event worker. Conversations can occur at a distance.
- Learn more by taking the free online course: "[COVID-19 for Coaches and Administrators.](#)"