

# USSA/UHSAA Safe Participation Protocols Winter Version



## General Guidelines and Recommendations

## USSA/UHSAA PLAN PURPOSE STATEMENT

**“To maximize mask wearing and physical distancing to promote safety, minimize the need for quarantining, and to avoid missing classroom time and extracurricular opportunities.”**

## **USSA/UHSAA Policy Statements for Winter Sports and Activities**

***\*Games may be delayed, suspended, or cancelled for non-compliance\****

### ***\*THESE GUIDELINES APPLY TO ALL IN-SEASON UHSAA WINTER ACTIVITIES AND OFF-SEASON PARTICIPATION IN TEAM ACTIVITIES IN UHSAA SANCTIONED ACTIVITIES***

- 1. Masks are to be worn properly and at all times for all individuals in the facility who are not currently engaged in strenuous physical exertion (sports) or not actively performing (activities). Participants who are actively exerting themselves and officials actively exerting themselves in physical activity shall be exempt.***
- 2. All individuals shall wear a mask properly. Properly wearing a mask includes wearing the mask over both the nose and mouth continuously, as outlined in the COVID-19 School Manual.***
- 3. Participants shall be required to store their masks in a pre-assigned place where they can be easily accessed when exiting the game/activity, near their personalized water bottle and/or gear.***
- 4. Schools shall set up playing/competition facilities to maximize physical distancing, including spacing non-active participants.***
- 5. Symptom checking shall be required for all participants before games, practices, activities and travel. Symptom records will be maintained and documentation kept by the school to help with contact tracing efforts and risk mitigation monitoring.***
- 6. Districts/member schools shall provide ongoing training for all coaches, advisors and game personnel on COVID-19 risk mitigation strategies and protocols, including a reminder of protocols before competitions. Failure to adhere to these protocols will result in discipline of employee by hiring organization.***
- 7. It is recommended that all student-athletes who test positive for COVID-19 follow the 'Cardiac Return-to-Play' recommendations. Those can be found at: <https://www.uhsaa.org/sportsmedicine/CardiacReturntoPlayRecommendations.pdf>.***

# USSA/UHSAA Transmission Risk Index Fundamentals

## *High/Moderate Risk Fundamentals*

- 4 Tickets Available Per Participant (***Not to Exceed 25% of Venue Capacity***). Participants include Players, Support Group Members and Coaches.
- Support Groups Allowed with Masks Required and Physical Distancing.
- No Defined Student Sections.

## *Low Risk Fundamentals*

- Capacity determined by host school and/or district, with accordance to physical distancing and other state guidelines.
- Support Groups Allowed With Masks Required and Physical Distancing.
- Defined Student Sections Allowed With Masks Required and Physical Distancing.

# ***UHSAA Sport-by-Sport Specific Best Practices and Guidelines***

## **Basketball**

### **General Considerations:**

- \*All score table personnel shall be wearing masks. No unnecessary personnel should be sitting on the score table and media members are recommended to physical distance.
- \*The host school shall sanitize the score table before the game.

### **Considerations for Coaches:**

- \*Coaches are encouraged to have players work out in consistent groups of five or fewer to help with physical distancing. Additionally, coaches are encouraged to not have varsity/junior varsity programs practice together, to mitigate the risk of spread throughout all levels of the program.
- \*Coaches are required to wear masks properly on the bench while coaching and during practice.

### **Considerations for Players:**

- \*Players are encouraged to sanitize hands when returning to the bench.
- \*Players shall wear masks properly in all 1-on-1, 2-on-2, 3-on-3 and 4-on-4 drills. Masks shall also be worn in any practice activities not involving strenuous physical exertion, including stretching, team activities and off-court activities. Masks shall be worn during walkthroughs.

### **Considerations for Officials:**

- \*Officials are encouraged to sanitize hands during breaks. Officials have the ability to wear gloves.
- \*Electronic whistles are permissible.
- \*Officials are encouraged to limit attendees to the referee and the head coach from each team in the pregame meeting at center court.
- \*Officials are encouraged to be wearing a mask properly when speaking in close quarters with a head coach.

### **Distancing:**

- \*Players shall physically distance when on the bench.
- \*Players shall have a pre-assigned seat on the bench. When entering a game, players will leave their mask and personalized water container on their assigned bench location. This will minimize cross-contamination of masks.

### **Considerations for Parents:**

- \* Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home).

# ***UHSAA Sport-by-Sport Specific Best Practices and Guidelines Drill***

## **General Guidelines:**

- Masks may be worn properly but are not required during competition. No masks may be worn in routines that involve stunting. Any mask worn during a routine that does not involve stunting, but involves tumbling, must be taped and secure.
- Individuals shall sanitize their hands before and after stunting and handling of props.
- When stunting, the shoes of the top person shall be sanitized before and after practice and performance.
- Props may be shared provided the items have been sanitized and the drill team members sanitize their hands before and after each practice and performance.
- There shall be only 1 person to operate sound equipment unless sanitizing takes place prior to use by another individual.
- Clean frequently touched areas, props and equipment. Provide ample hand sanitizer at all contests and practices.

## **Competition Guidelines:**

- Athletes (when not competing), coaches and officials shall wear masks properly.
- Teams are encouraged to compete in pods of 1 classification at a time and leave the facility when pod is completed.
- Live awards ceremonies shall be limited to athletes and/or coaches to maintain physical distancing. Virtual awards ceremonies shall be encouraged where possible.
- Drill down competition only if physical distancing can be maintained and masks are required.
- Separate dressing areas shall be assigned per team.
- Hold an online coaches meeting the day prior to competition or have limit of 1 coach per program at in-person coaches meetings.

## **Considerations for Parents:**

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home).
- Provide personal items for your child and clearly label them.
- Disinfect your students' personal equipment after each game or practice.

# ***UHSAA Sport-by-Sport Specific Best Practices and Guidelines Swimming***

The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging physical distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

## **Swimming Rule Considerations:**

**Conduct** - Require athletes to arrive at venue already in competitive attire or provide alternative accommodations for swimmers to change that allows for 6 feet of physical distancing. Swimmers shall be wearing masks properly when not swimming.

**Lap Counting** - Only one person per lane shall be permitted at turning end. Provide hand sanitizer and require lap counters to sanitize hands and wipe down devices. Lap counters shall be wearing masks.

**Pre-Meet Conference** - Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use the P.A. system or starting system microphone to allow participants to hear, but keep them physically distanced.

**Referee and Starter** - Various rules require interactions between officials, coaches and athletes. Alternative methods for communications include utilization of the P.A. system, hand signals or written communication.

**Notification of Disqualification** - Notification shall occur from a distance via use of hand signals or the P.A. system.

**Meet Officials** - Officials responsible for information processing are often located together at a desk or table adjacent to the competition course, or in an office or remote location. Develop alternative methods for submitting entries and movement of non-electronic information. Maintain a distance of 6 feet of physical distancing between individuals seated at the desk or table. Meet officials shall be wearing masks.

**Timers** - Timers must assemble at the finish of each race at the edge of the pool within the 6-8 feet confines of the lane that they are timing. Timers shall be wearing masks.

**Submission of Entries to Referee** - Alternative forms of entry submission can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries.

**Relay Takeoff Judges and Relays** - Require all takeoff judging from the sides of the pool. Space relay swimmers apart from one another. Timers and relay takeoff judges shall be wearing masks. .

## **General Considerations:**

- Establish multiple sessions for warm-up periods to limit number of swimmers per lane.
- Restrict the number of swimmers in competition area.
- Limit number of swimmers per lane during warm-up and cool-down periods.
- For lane placement, consider keeping the teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 6 feet of physical distancing between the individuals.
- Consider using tape or paint as a guide for students and coaches.
- No pre-swim/meet and post-swim/meet handshakes, etc.
- All equipment should be cleaned and sanitized before and after the contest.



# ***UHSAA Sport-by-Sport Specific Best Practices and Guidelines***

## **Wrestling**

- The UHSAA will only sanction (1) day tournaments and will require schools to limit the number of participants to 112 or a maximum of 224 if the 'Event Management Template' is completed and approved. This applies to all pre-season, regular season, and state tournaments. Divisional lengths and participants may be increased on a case-by-case situation to account for more than 16 wrestlers in multiple weight classes. (Divisionals Only!!!)
- Travel shall be limited as much as possible. Schools may need to bring multiple buses to allow for appropriate physical distancing. Masks shall be properly worn on buses and at venues.
- Traveling may result in athletes having to spend the night in a hotel; it would be the district, school, and coach's responsibility to get appropriate lodging to allow for the required physical distancing.
- Every wrestling athlete, manager, coach, administrator, athletic director, media representative, wrestling official, bus driver, and UHSAA staff member needs to have symptom form completed before entering the venue. Traveling teams would need to do the symptom check and temperature check before they get on the bus. Home teams will check symptoms as athletes arrive at the school and before they are allowed into the locker room. For those individuals who are considered support staff, symptom checks shall occur at the venue (officials, administrators, media, game administration, and UHSAA staff).
- Practice in pods within specific weight classifications for contact tracing and physical distancing. Example: (106-113) practice together etc.
- Coaches, athletes, and officials shall physically distance while sitting at the venue. Venues shall stagger chairs for duals. Handshakes are permissible before and after the match between wrestlers, but not recommended with the opposing coach. Masks shall be worn at all times by coaches, wrestlers, officials, and staff, with the exception of participating wrestlers and officials prior to their match.
- Wrestlers should leave their mask and personalized water container in the coaches' corner. This will minimize cross-contamination of masks.
- There shall be no team water bottles. Athletes should bring their own clearly marked water bottle.
- Hand sanitizer shall be placed on each side of the mat, or coaches' corner, so wrestlers can sanitize prior to entering the mat and as soon as they exit the mat.
- All medical equipment, water bottles and water coolers shall be sterilized before coming into the facility. Teams shall sanitize head gear before and after each match.
- Host sites shall sterilize all gymnasium seats, official's locker room and high-touch areas that athletes and equipment might touch.

### **Considerations for Parents**

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt, stay home). Wrestling, because of its intense nature, could have transmission, resulting in suspending, modifying, or cancelling the entirety of the season. Please do your part. It is extremely "IMPERATIVE," if your child is not feeling well, they should be removed from attending any school activity until appropriate testing has been completed and athlete is given the all clear to return.
- Provide personal items for your child and clearly label them.
- Disinfect your students' personal equipment after each game or practice.