

# USSA/UHSAA Safe Participation Protocols Spring 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 Spring Sports and Activities**

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

### ***\*THESE GUIDELINES APPLY TO ALL IN-SEASON UHSAA SPRING 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 at the competition venue 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 venues 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>.***
- 8. Spectator capacities at outdoor venues are determined by individual districts/schools in conjunction with local health departments, according to venue size.***

# ***UHSAA Best Practices and Guidelines***

## **Performing Arts (Music, Debate, Theatre)**

- Wear masks except when actively performing in a speaking/singing role
- Physically distance where possible when not performing
- Ensure hand sanitizing materials are available for students to use as needed.
- All participants in UHSAA competitions must follow the 'Test-to-Play' protocols.

### **Considerations for Parents**

(A family's role in maintaining safety guidelines for themselves and others):

- 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.
- Wear a mask properly and physically distance where possible when attending competitions.

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

## **Baseball**

### **General Considerations:**

- Any players, coaches, or spectators who are sick will not be allowed at games or practices. Coaches must check players for COVID-19 symptoms prior to games. Players who have household members with symptoms must stay home from games. All state COVID-19 guidelines apply.
- Do not congregate in groups before or after games without the proper wearing of masks.
- Physical distancing rules apply when in lines for the restroom, concessions, and all other times when possible. Proper mask wearing should also occur.
- Have hand sanitizer and wipes available at the field.
- Disinfect the bench/dugout prior to competition.
- Stagger seating options.
- Ensure spectators are physically distanced in household groups and are wearing masks properly.

### **Considerations for Coaches:**

- Wear masks properly on-and-off the field.
- Eliminate handshakes in the postgame.
- No seeds, gum, or spitting.

### **Considerations for Players:**

- Wear masks properly when not in competition (i.e. in the dugout).
- Players should clean and sanitize equipment after each game.
- Players should physically distance on the bench and in the dugout as much as possible.
- Players should have individual water containers.
- Eliminate handshakes in the postgame.
- Eliminate handshakes with coaches and umpires in the pregame.
- Sanitize hands as much as feasible.

### **Considerations for Parents/Fans:**

- Make sure child and immediate household members are free from illness before participating in practice and competition (when in doubt, stay home).
- Provide personal items for your child and clearly label them.
- Disinfect your students' personal equipment after each game or practice.
- Wear a mask properly and physically distance where possible when attending competitions.

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

## **Golf**

### **Practice Range and Greens:**

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

### **On-Course Play:**

- Only essential personnel are permitted on the course. These are defined as players, coaches, athletic trainers, and officials.

### **Spectators:**

- Spectators should practice physical distancing between different household units and accept personal responsibility for public health guidelines and have no contact with the players. The traditional spectator rule of maintaining 60 feet spacing between players and spectators should continued to be maintained.

### **Coach Conferences:**

- Encourage limiting the number of individuals in a conference and/or huddle to those who must be in close proximity for those discussions.

### **Team Handshakes:**

- Teams and individuals should NOT exchange handshakes before, during or following practice or meets.

### **Masks:**

- Players are not required to wear face coverings when playing but are required to do so when not actively exerting themselves. Coaches and others are required to wear face coverings.

### **Equipment:**

- Players must use their own equipment and golf balls. Do not touch other players' equipment or golf balls.

### **Course Equipment:**

- Players should follow course regulations with regards to the flagstick, bunker rakes, other devices, etc.

### **Hand Sanitizer and/or Sanitizing Wipes:**

- Players, coaches, and officials are encouraging to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes.

### **Congregating:**

- No gathering points for registration or awards ceremony. Functions may be held with physical distancing protocol and local health guidelines adhered to.

### **Considerations for Parents/Fans:**

- Make sure child and immediate household members are free from illness before participating in practice and competition (when in doubt, stay home).
- Provide personal items for your child and clearly label them.
- Disinfect your students' personal equipment after each game or practice.
- Wear a mask properly and physically distance where possible when attending competitions.

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

## **Lacrosse**

- Limit the number of players to 30 on the sideline. Event size can exceed 50 participants if organizational oversight can be provided that ensures guidelines are followed.
- Fans must wear a mask and physically distance where possible.
- Coaches, athletes, and officials should physically distance as much as possible. Pre-game coin-toss would include one coach and one captain from each team, with a wave of sportsmanship after the game is concluded. No handshakes should occur during the game.
- Hand sanitizer on each sideline at the substitution line so players can sanitize before they go into the game, and as soon as they are substituted.
- No team water bottles, athletes would need to bring their own, clearly marked, and set in their designated spot on the sideline in their 6' area.
- All medical equipment, water bottles, water coolers, and team balls will be sterilized before coming into the facility.
- Host sites would need to sterilize all stadium press boxes, official's locker room, sideline benches, goals, fences and railings that athletes and equipment might touch.
- Host sites would need to provide signage to promote physical distancing and proper wearing of masks.

\* Extend team boxes 10 yards

### **Considerations for Parents**

(A family's role in maintaining safety guidelines for themselves and others):

- 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 Soccer***

- Limit the number of players to 25 on the sideline. Event size can exceed 50 participants if organizational oversight can be provided that ensures guidelines are followed. Complete the “Event Management Template” found in the State Phased Guidelines. Every school would be required to have AT LEAST ONE ADMINISTRATOR AT THE VENUE BEFORE TEAMS ARRIVE FROM THEIR SCHOOL. TYPICALLY, ONE HOUR BEFORE GAME TIME.
- Try to limit travel as much as possible, but schools may need to bring multiple buses, allowing for appropriate social distancing, and temperature check all participants before arriving at the venue. Masks must be worn on buses at all time.
- Traveling for certain schools 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 social distancing in determining how many athletes will be in the same room.
- Every soccer athlete, manager, coach, administrator, athletic director, media rep, soccer official, bus driver, UHSAA staff member needs to have symptom form completed, and temperature checked before traveling teams would be allowed to leave the school to travel to the competition site, and home teams would check athlete temperatures as the athletes arrive at the school and before they are allowed into the locker room. For those individuals who we consider support staff, temperature checks would occur at the venue (officials, administrators, media, game administration, and UHSAA staff).
- Fans: Size of crowd would be determined by current State and County Health Departments, and the Governor’s Plan.
- It is strongly recommended that fans follow the current social distancing guidelines and wear a mask.
- Coaches, athletes, and officials will stand 6’ apart while standing on the sidelines, pre-game coin-toss would include one coach and one captain from each team, with a wave of sportsmanship after the game is concluded. Designate soccer as a handshake free zone with teammates, coaches, opposing team, and game officials.
- Hand sanitizer on each sideline at the 50-yard line so players can sanitize before they go into the game, and as soon as they are substituted.
- No team water bottles, athletes would need to bring their own, clearly marked, and set in their designated spot on the sideline in their 6’ area.
- All medical equipment, water bottles, water coolers, pinnies, and team balls will be sterilized before coming into the facility.
- Host sites would need to sterilize all stadium press boxes, official’s locker room, sideline benches, goals, fences and railings that athletes and equipment might touch.
- Host sites would need to provide signage to remind and help individuals stand 6’ apart, and family groups to spread out.

## **Considerations for Parents**

(A family’s role in maintaining safety guidelines for themselves and others):

- 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.
- Wear a mask properly and physically distance where possible when attending competitions.



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

## **Softball**

### **General Considerations:**

- Any players, coaches, or spectators who are sick will not be allowed at games or practices. Coaches must check players for COVID-19 symptoms prior to games. Players who have household members with symptoms must stay home from games. All state COVID-19 guidelines apply.
- Do not congregate in groups before or after games without the proper wearing of masks.
- Physical distancing rules apply when in lines for the restroom, concessions, and all other times when possible. Proper mask wearing should also occur.
- Have hand sanitizer and wipes available at the field.
- Disinfect the bench/dugout prior to competition.
- Stagger seating options.
- Ensure spectators are physically distanced in household groups and are wearing masks properly.

### **Considerations for Coaches:**

- Wear masks properly on-and-off the field.
- Eliminate handshakes in the postgame.
- No seeds, gum, or spitting.
- Coaches who wish to discuss a rule or a ruling on the field must maintain at least 6 feet of physical distance from the umpire.

### **Considerations for Players:**

- Wear masks properly when not in competition (i.e. in the dugout). Facial coverings must be of one color, not distracting, and no designs. Pitchers cannot wear optic yellow cloth facial coverings.
- Players should clean and sanitize equipment after each game.
- Players should physically distance on the bench and in the dugout as much as possible.
- Players should have individual water containers.
- Eliminate handshakes in the postgame.
- Eliminate handshakes with coaches and umpires in the pregame.
- Sanitize hands as much as feasible.

### **Considerations for Parents/Fans:**

- Make sure child and immediate household members are free from illness before participating in practice and competition (when in doubt, stay home).
- Provide personal items for your child and clearly label them.
- Disinfect your students' personal equipment after each game or practice.
- Wear a mask properly and physically distance where possible when attending competitions.

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

## **Tennis**

- Fans and spectators must wear masks or social distance.
- Student-athletes are permitted to wear gloves to reduce COVID-19 spread through the ball.
- Teams are discouraged from bringing players who are not likely to compete to the match site.
- Student-athletes should use a new canister of balls in each match.

### **Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Encourage mask wearing in practice to reduce needs for quarantines.

### **Considerations for Students:**

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Cloth face coverings are permitted.
- Bring your own water bottle.

### **Considerations for Parents**

(A family's role in maintaining safety guidelines for themselves and others):

- 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.
- Wear a mask properly and physically distance where possible when attending competitions.

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

## **Track**

### **Team Considerations:**

- All team personnel should be wearing face coverings at all times when they are not actively participating.
- Team personnel shall be wearing face coverings when under tents or inside the team camps.
- Teams shouldn't bring any student-athletes to events who aren't scheduled to compete, or who aren't likely alternates.
- Teams shall encourage mask wearing and physical distancing at practices as much as possible, to limit quarantines.

### **Considerations for Events:**

- SP, DT, JT should enforce physical distancing for all participants. To limit contact: athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws. If athletes can't provide their own implements, then it is recommended that implements be sanitized between each use.
- LJ, TJ should enforce social distancing for all athletes and officials.
- HJ, PV should enforce social distancing for all athletes and officials. To lower the risk of these events, meets can cover pits by a tarp that is removed and disinfected after each athlete (therefore multiple tarps needed to keep the event moving). To limit contact: athletes should not share vaulting poles. If poles are shared, they should be disinfected where possible.
- Sprint, Hurdle, relay events run entirely in lanes, may use every other lane to assist with distancing. Recommend not using baskets at the start line for apparel. All participants not actively participating shall wear a mask properly and physical distance where possible.
- Middle Distance and distance races on the track of 800m and longer (any event not run entirely in lanes) are considered moderate risk activities if conducted under normal circumstances.

### **Possible NFHS Rule Change Considerations:**

**Rule 5-10-5 Current rule:** The baton is the implement which is used in a relay race and is handed by each competitor to a succeeding teammate. Gloves are not permitted in relay events.

- States may permit the use of gloves for this year.
- Schools can bring their own batons, or they should be disinfected after each heat/race.

### **Considerations for Officials:**

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines:
- Do not shake hands and follow pre- and post-game ceremony guidelines established by state associations.
- Officials personnel may always wear cloth face coverings.

### **Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in "pods" of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

### **Considerations for Students:**

- Consider making each student responsible for their own supplies
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.