

The following guidance related to UIL activities, based on the public health situation as we understand it today, applies to the 2020-2021 school year. This guidance is effective August 1, 2020. Please note that this is a working document and may be revised according to updated local, state and federal guidelines.

McAllen ISD COVID-19 RISK MITIGATION GUIDELINES 2020-2021

Department of Athletics – Revised December 11, 2020



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2020-2021 MISD COVID-19 RISK MITIGATION GUIDELINES

These guidelines are in addition to guidance issued by *McAllen Independent School District (MISD)*, the *University Interscholastic League (UIL)*, and the Texas Education Agency (TEA). The information below includes the requirement for schools to develop a plan for mitigating risk of COVID-19 spread during UIL activities.

The McAllen Independent School District has identified staff members to serve as compliance officer(s) to oversee effective use of these protocols. Schools must follow all requirements of state authorities in addition to the requirements below.

Compliance officers for the High School will be the Athletic Trainers and the High School Athletic Coordinators.

Compliance officers for the Middle Schools will be the Middle School Campus Athletic Coordinators.

FACE COVERINGS – EXECUTIVE ORDER GA-29

EXECUTIVE ORDER GA-29, regarding face coverings, applies to all UIL activities effective July 3, 2020. This includes the 2020-2021 school year. As the public health situation changes, and/or if subsequent Executive Orders are issued by Governor Greg Abbott, these guidelines may be further modified.

1. For the purposes of this document, face coverings include non-medical grade disposable face masks, cloth face coverings (over the nose and mouth), or full-face shields to protect eyes, nose, and mouth.
2. All employees, parents, visitors and students ten years of age or older **must** wear face coverings or face shields upon entry to an area where UIL activities are being conducted and when not actively practicing or playing in the contest, unless an exception listed below applies.

EXCEPTIONS TO THE WEARING OF FACE COVERINGS OR FACE SHIELDS:

- *As per MISD and 31-5A DEC District Plan, some sports are not exempt from the wearing of face masks during active participation.*
- Any person with a medical condition or disability that prevents wearing a face covering *with appropriate written medical documentation*;
- While a person is consuming food or drink;
- While the person is in a swimming pool;
- Any other reason or circumstance indicated under [Executive Order GA-29](#).

GENERAL OPERATIONAL GUIDELINES

REQUIRED OF ALL SCHOOLS:

TEA requires all school systems to develop a plan for mitigating COVID-19 spread in schools. UIL guidelines require schools to include UIL activities for the 2020-2021 school year as part of this plan and carefully plan for mitigating risk of spread as students and staff participate in them. MISD will be posting these plans on the MISD Athletic Department Website. These plans do not require UIL or TEA approval.

COVID-19 SYMPTOMS

In evaluating whether an individual has symptoms consistent with COVID-19, consider the following question:

Have they recently begun experiencing any of the following in a way that is not normal for them?

- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Loss of taste or smell
- Cough
- Difficulty breathing
- Shortness of breath
- Fatigue
- Headache
- Chills
- Sore throat
- Congestion or runny nose
- Shaking or exaggerated shivering
- Significant muscle pain or ache
- Diarrhea
- Nausea or vomiting

REQUIRED SCREENING BEFORE ATTENDING OR PARTICIPATING IN ACTIVITIES:

If staff have not been screened by the school for purposes of participating in instructional activities, schools must implement these screening protocols before allowing staff to participate in UIL activities.

1. Schools will require staff to self-screen for COVID-19 symptoms before participating in UIL activities or entering areas where UIL activities are being conducted. The self-screening will include staff taking their own temperature. Staff must report to the school if they themselves have COVID-19 symptoms or are lab-confirmed with COVID-19, and, if so, they must remain off campus and away from areas where UIL activities are being conducted until they meet the criteria for re-entry as noted below. Additionally, they must report to the school if they have had close contact with an

individual who is lab-confirmed with COVID-19, as defined at the end of this document, and, if so, must remain off campus and away from areas where UIL activities are being conducted **until the established quarantine protocol has been completed**. Close contact is defined in this document below.

2. Parents must ensure they do not send a student to participate in UIL activities if the student has COVID-19 symptoms (as listed in this document) or is lab-confirmed with COVID-19 until the below conditions for re-entry are met. MISD will screen students for COVID-19 as well. Screening is accomplished by asking questions by phone or other electronic methods and/or in person. Parents are not allowed to drop off students until they have been cleared with a screening and a temperature check. Athletes who report to practice on their own will have to report to a designated area for screening. Athletes who are not cleared will not be allowed to report to practices or competitions. There will be a designated holding area for athletes who do not pass the screening process until a parent is notified and can pick them up or are released by coach or athletic trainer.
3. Before visitors are allowed access to areas where UIL activities are being conducted, school systems must screen all visitors to determine if they themselves have COVID-19 symptoms (as listed in this document) or are lab-confirmed with COVID-19, and if so, they must remain off campus and away from areas where UIL activities are being conducted until they meet the criteria for re-entry as noted below. Additionally, school systems must screen to determine if visitors have had close contact with an individual who is lab-confirmed with COVID-19, and if so they must remain off campus and away from areas where UIL activities are being conducted, **until the established quarantine protocol has been completed**. When practical, screening questions may be supplemented with temperature checks of adults.
 - *School officials and media will be allowed to attend practices with prior notification and clearance of COVID-19 screening.*
 - *In an abundance of caution however, non-essential personnel (persons not actively involved with practice) will not be allowed at any practices.*
4. Schools are permitted to prevent any individual who fails the screening criteria from being admitted into school facilities or sites where UIL activities are being conducted until they meet the criteria for re-entry as described below. Any individual for whom screening cannot be confirmed will be presumed symptomatic until confirmed otherwise.

STUDENT-ATHLETE SCREENING AND POST SCREENING PROTOCOL

1. Student-athlete screening when arriving at school:
 - a. Student athletes will have their temperature checked upon arriving to school at designated campus sites.
 - b. Any student athlete with a temperature of 100.0° F or higher will not be allowed to exit the vehicle or attend practices or competitions.
2. Protocol when students report directly to athletics and have not been screened:
 - a. **Athletic Trainers** and Coaches will be actively involved in screening before athletes are allowed out of their vehicles when possible.
 - b. Each campus will develop their drop off points and times in accordance with temperature checks and screening.
3. When asking student athletes if they have symptoms for COVID-19, school systems may only require the individual to provide a “Yes” or “No” to the overall statements:
 - a. Do you have any COVID-19 symptoms?
 - b. Have you been in contact with anyone with COVID -19 symptoms or who has tested positive in the last 14 days?
4. School systems are not entitled to collect information during screening on the specific health information of an individual beyond that they are symptomatic. MISD will not retain specific health information.
5. Suspected COVID-19 Infection: The campus Nurse or Athletic Trainer will address any suspected illness by removing the student to a secure space on campus and screening the student for symptoms.

The campus Nurse or Athletic Trainer will:

- Call the parent
- Students who show COVID-19 symptoms while at school will be immediately separated until the student can be picked up by a parent or guardian.
- Monitor fever and/or other symptoms
- Provide the parent with a medical referral

Any individuals who themselves either:

- a) are test-confirmed to have COVID-19; or
- b) experience the symptoms of COVID-19 (listed below) must stay at home throughout the infection period, and cannot return to campus until the school system screens the individual to determine any of the below conditions for campus re-entry have been met:

In the case of an individual who is **symptomatic** and is diagnosed with COVID-19, the individual may return to school when **all three of the following criteria are met:**

- at least one day (24 hours) has passed since recovery (resolution of fever

- without the use of fever-reducing medications);
- the individual has improvement in symptoms (e.g., cough, shortness of breath); and
- at least ten days have passed since symptoms first appeared.

In the case of an individual that is **asymptomatic** but has received a positive COVID-19 test result, the individual may not return to the campus until the individual has completed the same three-step set of criteria listed above.

In the case of an individual who has symptoms that could be COVID-19 and who is not evaluated by a medical professional or tested for COVID-19, such individual is assumed to have COVID-19, and the individual may not return to the campus or competition until the individual has completed the same three-step set of criteria listed above.

If the individual has symptoms that could be COVID-19 and wants to return to school before completing the above stay at home period, the individual must either:

- a) obtain a medical professional's note clearing the individual for return based on an **alternative diagnosis**, or,
 - b) obtain an acute infection test (at a physician's office, approved testing location, or other site) that comes back negative for COVID-19
6. In addition to the criteria and processes described above a student who has been diagnosed with COVID-19 **must receive written medical clearance** from a licensed medical professional that is practicing in the United States prior to returning to participation in UIL activities.

IDENTIFYING CONFIRMED AND POSSIBLE COVID-19 CASES ON CAMPUS

- An athlete must immediately report a lab confirmed positive test to their Coach or Athletic Trainer.
- A coach or staff member must immediately report a lab confirmed positive test to their Campus Athletic Coordinator, Campus Principal and Campus Nurse.
- Schools must immediately separate any student who shows COVID-19 symptoms while at school until the student can be picked up by a parent or guardian.
- Schools will clean the areas used by the individual (student, coach, or staff) who shows COVID-19 symptoms while at school as soon as possible.
- Students who report feeling feverish will be given an immediate temperature check to determine if they are symptomatic for COVID-19.

DEFINITION OF CLOSE CONTACT

This document refers to "close contact" with an individual who is lab-confirmed to have COVID-19. The definition of close contact is evolving with our understanding of COVID-19, and individual scenarios will be determined by an appropriate public health agency. In general, close contact is defined as:

- being directly exposed to infectious secretions (e.g., being coughed on)
- being within 6 feet for a largely uninterrupted or sustained extended contact period,

throughout the course of a day, of approximately 15 minutes; however, additional factors like case/contact masking (i.e., both the infectious individual and the potential close contact have been consistently and properly masked), ventilation, presence of dividers, and case symptomology may affect this determination

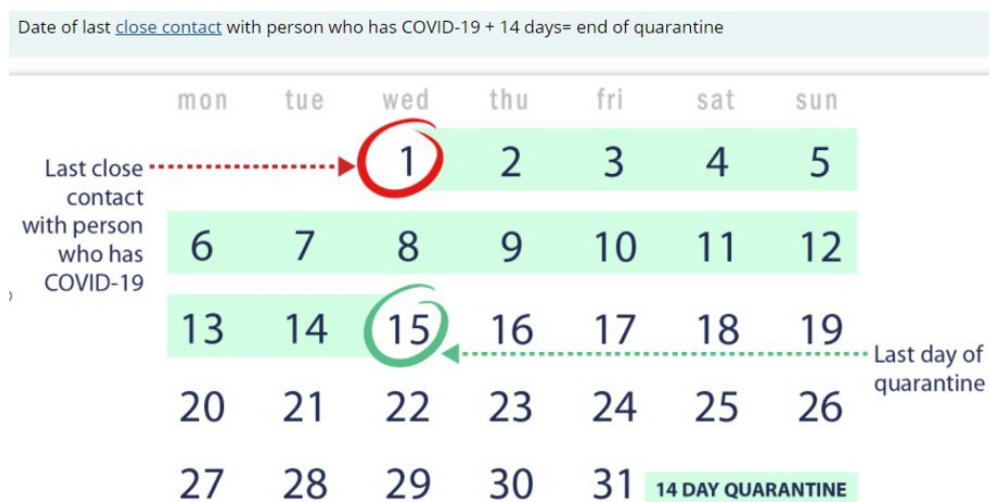
- Either (a) or (b) defines close contact if it occurred during the infectious period of the case, defined as two days prior to symptom onset to 10 days after symptom onset. In the case of asymptomatic individuals who are lab-confirmed with COVID-19, the infectious period is defined as two days prior to the confirming lab test and continuing for 10 days following the confirming lab test.

All individuals within close contact of a person with symptoms or a positive case **will be required to:**

- Quarantine for 14 days beginning day after last date of exposure or
- 10 days (*) after the last date of close contact, and only with a negative PCR/PCR Rapid test taken no earlier than day 11. The individual must continue to monitor themselves daily for symptoms and take appropriate precautions through day 14. The individual is responsible for providing documented test results to their respective coach and Campus Athletic Trainer who also provides a copy to the Campus Nurse. NOTE: The COVID Rapid BinaxNOW test is not a PCR/PCR Rapid test.

A collaborative team composed of the individuals listed below will collaborate on a case by case basis with the campus nurse. The campus nurse will make the determination of close contact.

- ***HS Campus Administrator, Athletic Trainers, Athletic Coordinator, Asst. Athletic Coordinator and Head Coach of sport(s) involved.***
- ***The MS Campus collaborative team will be composed of Campus Administrator, Athletic Coordinator and Coach of sport(s) involved.***



Required Actions if Individuals with Lab-Confirmed Cases Have Been in a School or in an Area Where UIL Activities Are Being Conducted

1. If an individual who has been in areas where UIL activities have been conducted is lab-confirmed to have COVID-19, the school must notify its [local health department](#), in accordance with applicable federal, state and local laws and regulations, including confidentiality requirements of the [Americans with Disabilities Act](#) (ADA) and Family Educational Rights and Privacy Act (FERPA).
2. The following individuals must be notified: Coach, Head Coach, Athletic Trainer, Campus Athletic Coordinator, Asst. Athletic Coordinator, Campus Nurse, Campus and Athletic Department Administration
3. Schools must close off areas that have been used by the individual with the lab-confirmed case (student, coach, or staff) until the non-porous surfaces in those areas can be disinfected, unless more than 7 days have already passed since that person was on campus. FMO/custodians will disinfect all areas involved before anyone is allowed to return to those areas.
4. Consistent with school notification requirements for other communicable diseases and consistent with legal confidentiality requirements, schools must notify all teachers, staff, and families of all students in a school if a lab-confirmed COVID-19 case is identified among students, teachers or staff who participate in any UIL activities. If the person who is lab-confirmed to have COVID-19 participated in a contest against another school(s), the school must notify other school(s) and sports/contest officials involved in the contest.
 - *The campus principal will oversee the notification process to the public. No other parties may be involved in media communication.*
 - *The MISD Athletic Director will inform the Athletic Director, of involved district(s), of confirmed positive case(s) during competition events.*

COVID – 19 RETURN TO PLAY PROTOCOL (RTPP)

Students must complete the following phases and be cleared by Athletic Trainers before they are allowed to return to competition.

Phase	High School COVID-19 RTPP
	ECG Performed (if prescribed by the doctor or preferred by parent at expense to parent) and cleared by physician
Phase 1	Athlete is symptom free 15 minutes of aerobic exercise (walking, light jogging, stationary cycle, no resistance training) at <70% of MHR Athlete completes above criteria without excessive fatigue or breathlessness
Phase 2	Athlete is symptom free 30-45 minutes of moderate activity (e.g. simple movement activities such as running drills) at <80% of MHR Athlete completes above criteria without excessive fatigue or breathlessness
Phase 3	Athlete is symptom free 45-60 minutes of sports specific aerobic activity (including warm up) at <80% of MHR Athlete completes above criteria without excessive fatigue or breathlessness
Phase 4	Athlete is symptom free Return to play with no restrictions Athlete completes above criteria without excessive fatigue or breathlessness

PRACTICE AND COMPETITION VENUES

1. MISD will make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available in these areas.
2. All congregate areas will be regularly and frequently cleaned and disinfected including all frequently touched surfaces such as doorknobs, tables, chairs, lockers, and restrooms.
3. Any equipment that will be kept in student lockers and/or in these areas will be thoroughly cleaned and disinfected each day prior to students accessing these areas. Schools will develop a plan for managing the storage, cleaning and disinfecting, and redistribution of student equipment. (A detailed campus plan will be developed by each campus.)
4. Schools will identify staff to monitor locker rooms, showers and other areas where students may congregate to ensure effective use of school protocols. When possible, schools will open windows and/or doors or otherwise work to improve air flow by allowing outside air to circulate in these areas. (A detailed campus plan will be developed by each campus.)

Athletes are not required to shower during athletic periods, however, if athletes opt to shower they must abide by the following guidelines and protocols due to COVID-19 safety:

- Athletes must wear a face mask in locker rooms and restroom areas except when showering.
 - Athletes must wear flip flops when showering.
 - Athletes will not use the showers or shower stalls that have been closed off in order to maintain social distancing guidelines (6 feet).
 - Athletes must shower swiftly.
 - Athletes will not share toiletries, personal items, clothing, or towels.
 - The number of athletes in shower areas, locker rooms, and restrooms will be monitored using maximum capacities in order to maintain social distancing guidelines (6 feet).
 - All shower areas, locker rooms, and restrooms will be cleaned and disinfected daily.
5. Schools must require students to wear face coverings while inside locker rooms, meeting rooms, athletic training rooms, and other areas where students may congregate other than when using shower facilities.
 6. As part of their overall plan, schools will develop a plan for mitigating risk of spreading COVID-19 when disinfecting, cleaning, and laundering items such as towels, practice clothes, and uniforms. This plan will include protocols for redistributing these items to students. (A detailed campus plan will be developed by each campus.)

MCALLEN ISD ATHLETIC TRAINING ROOM PROCEDURES

1. The Athletic Training Room will be treated as a medical facility. Self-screen will be required to be completed prior to and temperature taken upon entering building. Athletic Trainers may option to re-screen and check temperatures for student/athletes who are receiving therapy or rehabilitative services.
2. If facilities allow, there will be one entrance and one exit. The Athletic Training facility will hold no more than 50% capacity of the main space. This does not include offices, storage, or “wet room” areas.
3. Athletic Trainers will provide therapy and rehabilitative services on an appointment basis before school, lunch and after school. During school hours, athletic trainers will work with the athletes during the athletic period as necessary, prioritizing in-season athletes over those not in season. Athletic Trainers will also “triage” student/athletes.
4. KN95 or cloth masks will be worn by Athletic Trainers and student/athletes are required to wear face coverings at all times. Face shields and gloves may be worn by Athletic Trainers when appropriate.
5. 6 feet social distancing will be enforced.
6. Frequent hand washing and use of hand sanitizer will be advocated.
7. Athletic Trainers will disinfect treatment area and equipment after each use.
8. Additional guidelines may be established by each campus.

PRACTICE ACTIVITIES

In addition to the above general guidelines and rules in the UIL Constitution and Contest Rules and UIL manuals and handbooks, the following apply to practice activities during the 2020-2021 school year.

- All surfaces in practice areas will be thoroughly disinfected throughout and at the end of each day.
- Any equipment will be regularly disinfected before, during, and after practice sessions. (A detailed campus plan will be developed by each campus.)
- Schools may provide food, water or other drinks. If they provide these items, schools will do so in a manner that ensures students are not sharing these items. Students are encouraged to eat at home before and after practices and competitions when possible. If eating at home is not possible students will eat in designated areas while practicing social distancing.

HYDRATION PLAN

General Information:

Every athlete will bring their own water bottle daily. Each athlete is responsible for moving their water bottle during practice. No sharing of water bottles will be allowed. Athletes who forget their labeled water bottle will be provided bottled water. Water donations may come from boosters, activity funds, student donations and the Athletic Department. Coaches must be vigilant at all times and reiterate the importance of NO SHARING!

1. Football Games
 - a. Athlete responsible for bringing a labeled water bottle and moving their own bottle.
 - b. Use commercially available water bottles and dispose after use
 - c. No sharing of water bottles
 - d. Use cups and racks for athletes on benches
 - e. Cups filled by student trainers (if available)
 - f. Disinfect nozzle after use with rubbing alcohol (60% or higher)
2. Football Practice
 - a. Athlete responsible for bringing a labeled water bottle and moving their own bottle.
 - b. Filling station available at practice.
 - c. No sharing of water bottles
 - d. Student trainer will assist (if available)
 - e. Use water fountain station with foot pedal
 - f. Disinfect nozzle with rubbing alcohol (60% or higher) between refills
3. All other sports practices and games
 - a. Athlete responsible for bringing a labeled water bottle and moving their own bottle.
 - b. No sharing of water bottles
 - c. May refill at hydration station (if available) or disposable water bottles.
 - d. Boosters or campus may provide cases of commercially available water bottles for teams when they play home or away.

TEAMS AND PARTICIPANTS

1. If the school is planning to offer transportation for students, schools will follow [TEA guidance](#) related to such transportation. MISD will transport 21 maximum passengers (team members and coaching staff) per bus.
2. Teams and participants are required to wear face coverings as described in Executive Order GA- 29.
3. The host site will designate a cleaned and disinfected area for teams to unload and load buses separate from fans, spectators, and other individuals not essential to the

team or group. (A detailed campus plan will be developed by each campus.)

4. Visiting team /group locker rooms will be cleaned and sanitized by the host site before the visiting team arrives. Visiting teams/groups are responsible for cleaning and disinfecting their own equipment once it is unloaded. Schools will limit access to these facilities to only students and staff essential for the game, contest, or event.
5. Before each game, contest, or event, schools will follow the screening protocols described above to screen all staff members, volunteers, sports officials, contest judges, and any individuals otherwise involved in working the event. These individuals will also self-screen as described in these screening protocols.
6. Fan and spectator areas including bleachers, stands, walkways, and other spectator areas will be at least six feet from team /group areas such as team benches or performance areas. Where social distancing is not possible, other methods will be utilized to slow the spread of COVID-19, such as face coverings, physical barriers, or other risk mitigation efforts the school deems appropriate. (Individual campuses or venues will develop their site plans).
7. As previously indicated, water or other drinks and/or food may be provided. Schools or host sites will consider doing so in a manner that ensures students are not sharing these items. Students are encouraged to eat at home before and after practices and competitions when possible. If eating at home is not possible, students will eat in designated areas while practicing social distancing. Each campus will develop a plan for after school pre-game meals and eating with social distancing.
8. Other areas used by participants, such as press box areas, will be cleaned and disinfected prior to and after use. Sites will develop plans for providing access to these areas that limit or remove potential contact between participants and non-participants. (A detailed plan will be developed for each venue/campus.)
9. Officials will be provided a dressing and meeting area, if applicable, that has been cleaned and disinfected prior to their arrival. (Individual campuses or venues will develop their site plans.)
10. Pre-game or pre-event meetings between teams and/or sports and contest officials will be planned to allow appropriate distancing between individuals. (UIL and DEC plan guidelines will be followed.)
11. Pre-game and post-game gestures of sportsmanship will be conducted between teams

and sports and contest officials in ways planned to help reduce the risk of spread of COVID-19. (UIL and DEC plan guidelines will be followed.)

12. All participants will be provided with entry and exit plans for contest areas that maintain separation from non-participants and fans. Individuals not essential to the team or group will not be given access to contest areas, competition areas, courts, or fields at all before, during, or after contests and events. Each venue determines who is not essential. A Pass List will be provided to the Athletic Department of who will be allowed on sideline during a varsity football game.

STUDENT GROUPS NOT DIRECTLY INVOLVED IN THE GAME OR CONTEST

Student groups such as marching bands, cheerleaders, drill teams, and other groups approved by the school district may attend and perform at games or contests in which they are not competing. Schools will consider limiting the number of participants to those essential to the performance.

1. These student groups will always remain separate from the game or contest participants. These student groups will avoid mixing with fans or non-group members throughout the game or contest.
2. Student groups are required to wear face coverings as described in Executive Order GA-29.
3. Schools will limit the number of students and staff given access to the playing areas and ensure protocols for entering and exiting the playing areas are in place.
4. Fans and spectators will be located to provide at least 10 feet of distance from bands playing wind instruments from the stands.
5. These students will always maintain appropriate distancing from game or contest participants, including when on the sideline.

SPECTATORS, AUDIENCES, FANS AND MEDIA

Schools may allow spectators to attend games, contests, or events within a maximum 50% capacity limitation provided that appropriate spacing between spectators is maintained according to the protocol, and according to the following:

1. Before visitors are allowed access to areas where UIL activities are being conducted, school systems must screen all visitors to determine if they themselves have COVID-19 symptoms (as listed in this document) or are lab-confirmed with COVID-19, and if so, they must remain off campus and away from areas where UIL activities are being conducted until they meet the criteria for re-entry as noted below. Additionally, school systems must screen to determine if visitors have had close contact with an individual who is lab-confirmed with COVID-19, and if so they must remain off campus and away

from areas where UIL activities are being conducted until the 14- day incubation period has passed. When practical, screening questions could be supplemented with temperature checks of adults.

2. Schools and/or host sites will post visible signs and/or messaging stating any individuals who are confirmed to have, suspected of having, are experiencing symptoms of, or have been in close contact with an individual who has been confirmed to have COVID-19 will not enter the facility.
3. Spectators, audiences, fans and media are required to wear face coverings as described in **Executive Order GA-29**.
4. All MISD varsity football ticket sales will be online; there will be no ticket sales onsite. Other sports and playoff games' ticket sales may vary.
5. Groups will maintain at least six feet of distance from other groups at all times, including the process of admission and seating.
6. Schools will not allow seating in consecutive rows and will block off seating to maintain a minimum six feet of distance between groups.
7. MISD will provide hand sanitizing stations at facilities.
8. Handrails and other common surfaces will be cleaned and disinfected prior to each game or contest.
9. Press Box seating will include social distancing of at least six feet between individuals when possible.
10. Schools have the right to limit access to working media providing coverage of the event to ensure protocols are followed.
11. Post-game interviews will be conducted with a McAllen employee present, while wearing face coverings and maintaining at least six feet of distance between the interviewer and individual being interviewed. Microphone must be wiped and disinfected when shared during the interview.

CONCESSION STANDS AND FOOD SERVICE

For games, contests, and events that will include concession stands or other food service, the following guidelines apply:

1. Staff, contractors and volunteers involved in food service are required to wear face coverings as described in **Executive Order GA-29**.
2. Sites will only provide single use, individually wrapped condiments or flatware upon request.
3. The food service counters and areas will be regularly cleaned and disinfected.
4. The individuals involved in concessions sales and food service will be limited in number. Employees, contractors, and volunteers will follow proper food-handling protocols.
5. Before each game, volunteers will follow the screening protocols described above.