

**HARRISON COUNTY SCHOOLS  
HEALTHY AT SPORTS  
RETURN TO COMPETITION  
FALL SPORTS 2020**

**PROTOCOL FOR SUSPECTED CASES OF COVID-19**

- All schools shall have an emergency action plan in place for each site per KRS 160.445. If a student, coach, or official is, or becomes, sick on-site with symptoms of COVID-19, they shall be placed in an identified and designated quarantine area with a mask in place until they can be picked up. (REQUIRED)
- Staff who are identified to care for students must wear a mask. (REQUIRED)
- If an ambulance is called, or someone is being brought to the hospital, there shall be an attempt to call the hospital first to alert them that the person may have COVID-19. (REQUIRED)
- If a student, coach, or official becomes sick, they must not use group transportation to return home. (REQUIRED)

**PROTOCOL FOR POSITIVE CASES OF COVID-19**

- The local health department shall be contacted by the school for further direction and they will likely initiate contact tracing, following regular public health practices. (REQUIRED)
- All schools, public and private, must cooperate with the local public health department if a confirmed case of COVID-19 is identified, and collect the contact information for any close contacts (i.e., individuals less than six feet apart for more than 15 minutes) of the infected individual from 14 days after a positive test. (REQUIRED)
- Administrators of the schools involved shall participate in all notification orders if they are notified of the presence of any laboratory positive or clinically diagnosed cases of COVID-19. (REQUIRED)
- The individual with COVID-19 shall not be identified by name to non-family or non-health department officials. (REQUIRED)
- Even if a family/student acknowledges and publicly discloses a positive test, school staff and officials must not participate in discussion or acknowledgment of a positive test by identifying a specific student. (REQUIRED)

**SCREENING OF ALL ENTERING THE FACILITY FOR PRACTICE OR COMPETITION**

- All should be mindful that participation in sports is a privilege and not a right, as is attendance at such an event.
- Local school/school systems shall develop a protocol, approved by local health officials, for checking the temperature and health of all individuals. (REQUIRED)
- Anyone attending or participating in a KHSAA regular season or postseason event shall review his/her symptoms before arriving in anticipation of being screened. (REQUIRED)
- Gate attendees shall be prepared to check the temperature of any individual who was not checked that day by the school. (REQUIRED)
- The current protocol permits accepting a temperature of 100 or less. (REQUIRED)
- In the event a person does not meet the temperature threshold, that individual shall not be admitted to the facility and standard procedures for a symptomatic individual shall be implemented. (REQUIRED)
- A standard COVID-19 symptom checklist shall be reviewed with all who enter, and name and contact information recorded. (REQUIRED)

- Currently, the known symptoms which shall be addressed are as follows, but may be subject to future revision and notification (see updates at <https://bit.ly/3gqqMgn>): (REQUIRED)
  - o Fever or chills
  - o Cough
  - o Shortness of breath or difficulty breathing
  - o Fatigue
  - o Muscle or body aches
  - o Headache
  - o New loss of taste or smell
  - o Sore throat
  - o Congestion or runny nose
  - o Nausea or vomiting
  - o Diarrhea
- For students failing the health check, a standard protocol shall be implemented as with all school procedures. (REQUIRED)
- Any individual who fails a screening, either based on symptoms or temperature level, shall also wear a mask/face covering and be sent immediately to a designated area for isolation, and the school emergency action plan shall be implemented. (REQUIRED)
- Anyone who stays with, or cares for, the potentially infected person while in the isolation area shall wear a mask/face covering. (REQUIRED)
- Any individual, student-athlete, coach, athletic trainer, support staff, or official exhibiting signs of COVID-19 shall be tested before returning to participate in contests and consult with their healthcare provider. (REQUIRED)

#### **PRE-WORKOUT SCREENING (ALL REQUIRED IN CONTEXT OF EXISTING SCHOOL GUIDANCE AND PLANS)**

- All those involved in managing practice or competition shall be familiar with the signs and symptoms of COVID-19 as listed by the CDC at <https://bit.ly/3gqqMgn>.
- All coaches and students shall be screened daily for signs/symptoms of COVID-19 before participating, including a temperature check. Anyone with a temperature of 100.4 degrees or higher shall not participate and should be sent home.
- Responses to screening questions for each person shall be recorded and stored.
- Any person with COVID-19 symptoms reported shall not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.
- Vulnerable individuals shall not supervise or participate in any workouts.

#### **SPECIAL EMPHASIS FOR STUDENT-ATHLETICS (ALL STRONGLY RECOMMENDED WHERE PRACTICAL AND FEASIBLE FOR BOTH PRACTICES AND CONTESTS, SIMILAR TO SEGMENT 3 GUIDANCE)**

- Teams should make each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing and not share clothing.
- Players should not touch other player's equipment.
- No workout or practice should be done without players wearing shirts/tops.
- Individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices. ➤ Athletes should tell coaches immediately when they are not feeling well.
- Mouth Guards
  - o Student-Athletes should keep their mouth guards in their mouths throughout the competition.
  - o If the mouth guard is taken out proper disinfection of the mouth guard should be performed before reinsertion.
  - o Hands should also be washed or disinfected before putting back in the mouth.
- Student-athletes are encouraged to develop healthy habits including, but not limited to, a balanced diet, adequate sleep, and proper hydration.
- Healthy eating and attention to hydration are especially important for student-athletes to enhance training capacity and reduce the risk of illness and injury.

- High school athletes are at increased risk for dehydration, therefore coaches must emphasize the importance of drinking enough fluid before, during, and after practice and competition.
- Student-athletes should follow established guidelines for hydration and can refer to the National Athletic Trainer Association (NATA) Resource at <https://bit.ly/3hxhzUI>
- Student-athletes are encouraged to shower as quickly as possible after practice and games if such is practical at the practice or game site, and to do so at home otherwise.

**SPECIAL EMPHASIS FOR COACHES (ALL REQUIRED WHERE PRACTICAL AND FEASIBLE FOR BOTH PRACTICES AND CONTESTS, SIMILAR TO SEGMENT 3 GUIDANCE)**

- Communicate your guidelines to students and parents.
- Conduct workouts in “pods” of the same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Limit non-game day workouts to no more than one hour, and be intentional in rotating athletes to be cognizant of the 6-15-48 rule (see <https://bit.ly/2FU4eba>).
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Coaches shall limit game-day squad sizes for social distancing purposes without exceeding state allowances.
- Coaches are reminded to wear proper coaching attire per weather conditions.
- Coaches shall bring their own water bottle(s) and follow established guidelines for hydration.
- Coaches must model requirements for masks/face coverings at all times.

**SPECIAL EMPHASIS FOR PARENTS / GUARDIANS (ALL REQUIRED WHERE PRACTICAL AND FEASIBLE FOR BOTH PRACTICES AND CONTESTS, SIMILAR TO SEGMENT 3 GUIDANCE)**

- Communicate your guidelines to children in congruence with guidelines established by your school and this document.
- A family’s role in maintaining safety guidelines for themselves and others cannot be overstated.
- Do not attend practices as it is their playing days not yours and your attendance could result in the spread of the virus.
- Parents/guardians shall monitor their children or any symptoms before any athletic activities.
- Children who are sick or showing symptoms must stay home. (If there is doubt stay home).
- Parents/guardians and coaches shall assess levels of risk based on individual athletes on the team who may be at a higher risk for severe illness.
- Provide personal items for your child and clearly label them.
- Disinfect your student’s personal equipment after each game or practice.
- Be prepared with masks/face coverings for members of your family if permitted to attend events.
- Inform coaches if your student-athlete has been exposed to someone who is known to have COVID-19.
- Until this public health emergency has passed, strongly consider whether or not out of state or optional travel is necessary, particularly to and from those states identified at that time with having a current spread of the virus.

**SPECIAL EMPHASIS FOR GAME DAY WORKERS (ALL REQUIRED WHERE PRACTICAL AND FEASIBLE FOR BOTH PRACTICES AND CONTESTS, SIMILAR TO SEGMENT 3 GUIDANCE)**

- Thoroughly review and make determinations as to which workers are essential.

- Ensure that all workers comply with mask/face covering requirements at all times.
- All game day workers are subject to entry screening procedures.
- The press box/media area/finish area will be limited to essential personnel only, with all individuals respecting social distancing (consider additional accommodations outside if necessary).
- A non-working individual may not be in the press box/media area/finish area, including spouses, family members, and others.
- Game day workers are restricted to areas outside the team areas.

#### **GAME/CONTEST MANAGER (ALL REQUIRED)**

- The Principal of the home team shall designate a home game/contest manager on site before the start of each contest at a time designated by the KHSAA.
- The game/contest manager shall have complete authority to order a contest delayed or stopped, and such shall be expected, if COVID-19 health and safety standards are not properly adhered to by all participants including coaches, players, team support members, fans and all in attendance.
- The home game manager will meet with the officials during the pre-game period, making the officials aware of his/her primary location for the entire contest.
- The home game manager assumes responsibility for all aspects of crowd control such as ensuring that only authorized personnel are allowed in the team bench area.
- The home game manager will make sure that all fans remain at least ten yards from the playing area. In the event a natural barrier, such as a fence, is in place, this will be sufficient so long as it is not prohibited by the playing rules of that sport.
- Unruly or disruptive fans will be escorted from the facility by the home game manager when necessary.
- The home game manager is responsible for providing proper security at each event.
- The home game manager shall identify a safe and secure area for officials to change before and after each contest whenever possible and shall ensure that officials are safely escorted from the venue after each contest.
- The home game manager shall have a venue-specific emergency action plan in place per KRS 160.445.

#### **HYDRATION/FOOD (ALL REQUIRED IN ADHERENCE CONTEXT OF EXISTING SCHOOL GUIDANCE AND PLANS)**

- All students must bring their own personal water bottle or use disposable single wax-lined cups.
- Water bottles must not be shared.
- Food shall not be shared and should be pre-packaged (i.e. no open containers with fruit slices, etc.)
- Hydration stations (water cows, water trough, water fountains, etc.) shall not be utilized.

#### **LOCKER ROOMS**

- To the greatest extent possible, indoor locker rooms should not be used as their use will cause additional cleaning after normal business hours. (RECOMMENDED)
- Outdoor canopies and areas that allow for spacing outdoors are an acceptable alternative to a locker room. (RECOMMENDED)

#### **SOCIAL DISTANCING (ALL REQUIRED WHERE PRACTICAL AND FEASIBLE)**

- Social distancing of at least 6 feet shall be maintained at all times, where feasible.
- No hugging, high fives, shaking hands, or fist bumps for support/encouragement.

- Behavior shall be modeled by adults, who must insist on compliance by students.
- Social distancing shall be maintained during the National Anthem and on sidelines.
- Outdoor sports may need to extend bench areas to permit social distancing.
- Indoor sports may need to use lower-level bleachers or multiple levels of seating to ensure social distancing among team members before addressing attendees.
- Be mindful as we teach the students, it won't be like this forever!

#### PRE-EVENT COMMUNICATION

- Host schools should communicate before an event these best practices and/or local restrictions regarding mitigation of COVID-19 to the visiting team, officials, media, fans, etc.
- Communication between member schools should also include, but is not limited to, information regarding parking, concessions, locker rooms, ticketing, payment methods, entrance/exit gates, bands, cheerleaders, etc.

#### DETERMINING GAME DAY ESSENTIAL PERSONNEL

- In contest planning, host sites must determine who is essential. (REQUIRED)
- Per the NFHS Guidance for Opening up High School Athletics, individuals should be grouped into tiers from essential to non-essential to decide which tiers will be allowed at an event with the recommended tiering of individuals: (RECOMMENDED)
  - o Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security
  - o Tier 2 (Preferred): Media, Limited Squad of Cheerleaders, Limited Squad of Band Members
  - o Tier 3 (Non-essential): Spectators, vendors
- Each school will need to communicate with the local health department as to the wisdom of attendance by those individuals. (REQUIRED)

#### TRANSPORTATION

- Provisions, including any limitations related to transportation, shall be managed through the Kentucky Department of Education Document - COVID-19 Considerations for Reopening Schools: Pupil Transportation at <https://bit.ly/3l84FPj> (REQUIRED)

#### ATTENDANCE AT EVENTS ATTENDANCE DETERMINATION

- Attendance at any event is at the collaborative discretion of the host school and the local health officials but shall be guided by a thorough review including the identification of those who are Essential, Preferred, and Non-Essential. (REQUIRED)
- The following represents starting points for discussion with school/school system and local health officials for spectators but are not intended to create a statewide mandatory standard:
  - o The local health department (or collaboration of multiple health departments) in conjunction with the opponent has the ultimate authority on attendance allowances, restrictions, or capacities. (REQUIRED)

#### HARRISON COUNTY FACILITY MAXIMUM SEATING NUMBER

ATHLETIC COMPLEX – 3364 (HS FOOTBALL, MS FOOTBALL, SOCCER) 15% 504/20% 672/25% 841/30% 1009

HS GYMNASIUM – 2002 (VOLLEYBALL) 15% 300/20% 400/25% 500/30% 600

MS GYMNASIUM – 1103 (GIRLS BASKETBALL) 15% 165/20% 220/25% 275/30% 330

#### MASKS/FACE COVERINGS

- All individuals entering a venue before, during, and after a contest shall wear a mask/face covering. (REQUIRED)
- All coaches, non-competitors (substitutions) and cheerleaders shall wear a mask/face covering. (REQUIRED)
- A “gaiter” complies with this requirement provided it is properly worn covering the nose and mouth when the player is not participating and can easily slip down around the neck during participation. (RECOMMENDED)
- A splash shield attached inside a football helmet covering both the upper and lower parts of the inside of the helmet to cover the nose and mouth complies with the requirement provided the helmet is being worn. (CONSIDER)
- Anyone who is not engaged in strenuous physical activity is to be wearing a mask/face covering. (REQUIRED)

### FINAL CONTEST PLANNING

- Communicate in advance with incoming schools as well as officials regarding procedures and guidelines, including equipment to be provided and equipment opponent is expected to supply. (REQUIRED)
- The location for teams to evacuate to in the event of inclement weather shall be re-considered to determine whether social distancing is feasible or if alternate locations need to be secured. (REQUIRED)
- Ensure the home team has an on-site administrator. (REQUIRED)
- Collect contact information (cell number and email addresses) for each team. (REQUIRED)
- Devise protocols for facility entry including parking for teams, officials and fans (RECOMMENDED)
- Devise entry and exit plan that allows for social distancing. (RECOMMENDED)
- It is strongly recommended to bring your own personal hand sanitizer and to wash hands frequently. (RECOMMENDED)
- Clean and disinfect high-touch surfaces and equipment including balls using recommendations by the ball manufacturer. (REQUIRED)
- Incorporate public address announcements and signage regarding health guidelines and best practices. (RECOMMENDED)

### PRE-CONTEST GUIDANCE AND EVENT SETUP FOR ALL SPORTS AND SPORT ACTIVITIES

- Limit the Officials/Scorer's Table to essential personnel including the home team scorer and timer while allowing for social distancing (also using mask/face coverings) and those not deemed essential personnel be provided an alternate seating location. (REQUIRED)
- Social distancing of at least 6 feet shall be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement. (REQUIRED)
- Limit the team benches including the field/court area to only those essential individuals participating. (REQUIRED)
- Maintain social distancing of 6 feet between substitutes, officials, game workers, and/or team bench areas. (REQUIRED)
- Make sure facilities have been properly sanitized and have hand sanitizer and disposable mask/face covering available. Clean and disinfect frequently touched surfaces and equipment. (REQUIRED)
- Game-day workers are required to wear masks/face coverings and comply with current social distancing guidelines. (REQUIRED)
- No community water stations/coolers will be permitted. (REQUIRED)

- The pre-game protocol should be developed in advance (i.e. anthem, introductions, etc.) and that will send players to their respective positions for introductions. (REQUIRED)
- Everyone (including officials) must have their own drink container that is not shared. (REQUIRED)
- Safe handling practices shall be adhered to during hydration, including refill retrieval and identification of water sources. (REQUIRED)
- Pre-game, quarter, halftime and postgame meetings shall utilize social distance principles. (REQUIRED)
- Individuals (student-athletes, coaches, officials, other athletic personnel) should complete a daily personal health assessment. (RECOMMENDED)

### **MEDIA RESTRICTIONS AND CONSIDERATIONS**

- Media access may be limited especially if there are limits to capacity. (RECOMMENDED)
- Establish a limit on the number of credentialed media members at each event (number of passes per outlet, priority to those who regularly cover, home/visitor split, etc.). (CONSIDER)
- Encourage media members to RSVP in advance of the game, so that you can allocate space accordingly and grant access to any media on a "waiting list". (CONSIDER)
- Inform visiting Athletic Director on the number of spaces available for the visiting team media. (RECOMMENDED)
- The press box will be limited to essential personnel only, with all individuals respecting social distancing (consider additional accommodations outside if necessary). (REQUIRED)
- No non-working individual may be in the working press area, including spouses, family members, and others. (REQUIRED)
- The media is restricted to areas outside the team areas. (REQUIRED)
- The media should notify the host school in advance of arrival before practice and games for approval. (RECOMMENDED)
- Media areas should be clearly marked to promote social distancing. (RECOMMENDED)
- Interview opportunities may be limited during the week. (RECOMMENDED)
- Incorporate virtual media availability sessions for weeks with high demand. (CONSIDER)
- Media members will wear masks/face coverings at all times. (REQUIRED)
- Game management should conduct a basic wellness check before entry (temperature, symptoms, exposure, etc.) (RECOMMENDED)
- Staff shall disinfect press box and working media areas before and after each game. (REQUIRED)
- Assign a staff member(s) to monitor compliance by media members. (RECOMMENDED)
- Meals and concessions offered to the media shall follow established guidelines including prepackaging with no buffets or open lines. (REQUIRED)
- Press box windows and doors should remain open so as not to restrict air flow. (RECOMMENDED)
- Disseminate as much information online as possible (limit handouts). (RECOMMENDED)
- Avoid bringing coaches and student-athletes into the press box for pregame and postgame interviews. Conduct all interviews in an open-air environment with proper social distancing. (RECOMMENDED)
- Do not share microphones and headsets as each individual is to have his/her dedicated equipment. (RECOMMENDED)
- Consult with Head Coach and/or Athletic Director before conducting any student-athlete interview to ensure the subject is comfortable with doing so. (CONSIDER)

- Establish operational hours for press box and media work areas, and display with proper signage. (REQUIRED)
- Limit field access to working media members only (those who are actively performing work assignments). (CONSIDER)
- Incorporate easily identifiable credentials to ensure only authorized personnel are in restricted areas. (CONSIDER)
- If radio space is limited to the home team, try to facilitate a shared feed of the home team's broadcast if possible. (CONSIDER)
- Interviews shall only be conducted if social distancing protocols can be followed. (REQUIRED)

## CROSS COUNTRY

### ADMINISTRATIVE AND FIELD/COURT/COURSE SETUP PRE-MEET

- Team Packets: Meet managers are encouraged to transmit as much information as possible electronically before the meet. (RECOMMENDED)
- For any information that cannot be submitted electronically, organize a method for the packet pick up that keeps coaches socially distanced (i.e. time slots for small numbers of coaches to pick up packets, marks on the ground that are 6 feet apart for coaches' lines formed at packet pick-up, etc.). (RECOMMENDED)
- Temporary restroom facilities may be used following the guidelines provided by the venue's local health department or other applicable guidelines. Restrooms should be cleaned and disinfected frequently. (CONSIDER)
- The use of team tents on site is strongly discouraged, instead utilize an option for open-air tarps and space markers. (RECOMMENDED)
- Team entry is not to exceed 10 runners, the current postseason roster limitation. Additional runners may be allowed depending upon the decisions of meet management and within overall meet limits during the current segment. (REQUIRED)
- Meet managers are reminded that in any meet with four (4) or less schools, a licensed official is not required to officiate the meet.

## COURSE SETUP

- Schools shall widen the starting line and each starting box. (REQUIRED)
- Each starting box shall be a minimum of 6 feet apart. (REQUIRED)
- Each starting box shall have no more than one (1) school per box (also following the segment limitations). (REQUIRED)
- Additional flagging, paint, etc. shall be used in areas on the course where spectators could get within 6 feet of runners as they spectate/cheer to keep those spectators at least 6 feet back from runners. (REQUIRED)
- Use finish corrals and FAT timing for larger meets as easier to distance at finish. (REQUIRED)
- Strongly consider a corral director to supervise the finish corral and assist in distancing finishers (CONSIDER)
- If no FAT timing system is available for smaller meets, use alternative means of finish place and time to reduce congestion at the finish line. (RECOMMENDED)
- If sticks are used for determining place, disposable sticks are recommended by race. (RECOMMENDED)

- Rule 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point. (RECOMMENDED WHERE FEASIBLE) MEET ENTRY AND COMPETITOR LIMITATIONS (ADOPTED FOR 2020-21)
- Segment 1: \*September 7 - 26:
  - o Limit overall race to 100 runners with no more than 40 per wave/staggered start.
  - o Recommend races to not exceed 2500m.
  - o No more than two (2) races per division (recommend one of each gender).
- Segment 2: \*September 28 - October 9.
  - o Limit overall race limitations to 180 runners with no more than 45 per wave/staggered start.
  - o Recommend races to not exceed 3500m.
  - o No more than two (2) races per division (recommend one of each gender).
- Segment 3: \*October 10 - October 30:
  - o Limit overall race limitations to 250 runners with no more than 50 per wave/staggered start.
  - o Recommend races to not exceed 5000m.

## CONDUCT OF RACES

- Numbers written on athletes are not permitted. (Other forms of timing/results should be considered i.e. coaches hand timing, bib chips, shoe chips, camera finish, etc.) (REQUIRED)
- No items (water bottles, clothing, etc.) are to be left at the starting line. (REQUIRED)
- Schools are strongly encouraged to not allow coaches on the course. (RECOMMENDED)
- If separate sessions/divisions are being held, there is to be an hour between sessions to allow for crowd egress (if permitted) and allow for sanitization of equipment and restrooms. (RECOMMENDED)
- If spectators are allowed, there must be a restricted area at the finish that keeps spectators away so they do not interfere with the "quick exit" of each athlete. (REQUIRED)
- Creative finish line options are strongly encouraged to maintain physical distancing. Some examples include:
  - o a) an open finish corral which allows runners to immediately exit the finish area;
  - o b) multiple or separate finish lines for teams could be considered as an alternative to the traditional finish line for all, and
  - o c) if shoe chips are used, then the coach of each school shall collect and return their chips. There shall be no chip removal/retrieval near the finish line. (CONSIDER)
- Consider using image-based equipment at the finish line to assist with picking the place and reducing congestion. (RECOMMENDED) PRE AND POST RACE
- Athletes shall wear masks/face coverings in the team staging area, corral, and until the start of the race. (REQUIRED)
- Runners may remove their mask/face covering when called to the starting line by the starter, but the mask/face covering should not be discarded. (REQUIRED)
- Establish social distancing protocols for pre and post-contest activities. (REQUIRED)
- The pre-contest meeting is limited to one coach from each team. (REQUIRED)
- Distribute awards in envelopes and have the coaches pick them up, one at a time, after the contest. (REQUIRED)
- Mass awards ceremonies shall be eliminated. (REQUIRED)
- Meet results shall not be posted at a venue. All results to be posted online, sent by email, and/or mail. (REQUIRED)

## SOCCER

### SOCCER BALLS AND SOCCER BALL CLEANING

- All soccer balls should be regularly and routinely cleaned.
- Balls should be managed by competent individuals who are capable of the rigors of keeping them sanitized without game delay.

- The ball may be switched as often as can efficiently allow for sanitization and return, up to and including changing balls each dead ball.
- There should be an attempt to keep at least three good game balls available, one in play, one being cleaned, and one ready for the next play.
- Ball manufacturers suggest cleaning recommendations follow CDC, state, and local guidelines for health and safety and should not include bleach.
- The following link provides common definitions for Sterilization, Disinfection, and Cleaning in Healthcare Facilities, but may be useful for one attempting to clean a ball (including; basketball, softball, football, soccer, volleyball, and baseball) with cover material made of leather, composite, or PU leather - <https://bit.ly/31qomK9>
- To ensure applicable health and safety protocols, the user is responsible for determining the best method based on ball covering material, playing environment, and cleaning intervals.
- Soap and Water Method
  - o Dirt and debris can be removed by using a damp cloth with soap and water, using moderate pressure.
  - o Be careful not to oversaturate the ball.
  - o Allow to air dry.
- Disinfecting Wipe Method
  - o Limited disinfecting may be achieved by using a disinfecting wipe and moderate pressure to wipe the entire surface of the ball.
  - o Be careful not to oversaturate the ball.
  - o Allow to air dry.
- Select does not recommend using bleach and alcohol-based cleaning products, or excessively frequent cleanings, as those may degrade ball covering material and ball markings, and impact overall ball performance.

#### GAME-DAY SETUP

- The home team should consider having ample sanitization supplies positioned around the field and ensure the balls are sanitized before the game, between each half (or quarter if applicable) and as needed. (RECOMMENDED)
- Rosters are restricted to a limit of 24 players in uniform, participating in warm-ups and being in the team box during competition. (REQUIRED)
- All non-uniformed team members who are not essential to game management shall be seated in the bleachers or general seating and able to socially distance from other groups. (REQUIRED)
- Ball Holders shall exercise social distance at all times. (REQUIRED)
- If cones are used for warm-ups, the coach/administer should be the only person to touch these items. (RECOMMENDED)
- Consider not using pinnies during warmups/practice. (RECOMMENDED)
- Should medical attention be required during the contest, people within 6 feet of an injured person should be limited to only medical personnel and/or a coach. (RECOMMENDED)

#### DAILY PRACTICE CONSIDERATIONS

1. All players will remain in their car. Coach will call players to come to them one at a time. The coach will ask them the COVID19 questions and take temperature. Coaches will be masked the entire time. Players will be masked when they leave their car, get checked in, and walk to their designated socially distanced resting spot. All players will remain masked until the final person is at their spot. Once all players are ready to begin warm ups, they will remove their mask and begin the practice phase of the session.

2. I have advised all players to carry their own personal bottle of hand sanitizer that they will be allowed to use at their discretion. There will be a bottle of hand sanitizer for players to use one at a time with others maintaining six feet or more for those who do not have their own.
3. Warm ups will have each player more than 6 feet apart and all facing the same direction which will not be facing anyone else.
4. When contact practice begins, players will engage in 1v1, 2v2, 3v3, 4v4. Each grid will be set up as a minimum of approximately (it is stepped off by coach) 5 yards wide by 7 yards long for each player. Example 1v1 is 5x7, 2v2 would be 10x14, 3v3 would be 15x21 yds and so on. When a line is required for a drill, the coach will have cones that will be set 6 feet apart and will be the designation spot for the players to stand. As player 1 steps on the field, player 2,3, 4, etc. all move up a cone the other players who just participated will go to the end of the line. If 2v2 or 3v3, the players will all start 6 feet or more apart.
5. Once instruction is given, each game/session or practice, the game/drill will last no longer than 14 minutes. At the end of the 14 minutes, players will go back to their socially distance spot where they will drink from their own water bottle and use their personal hand sanitizer. For those not bringing their own sanitizer, they will be allowed to leave their spot with their mask on, go get supplied hand sanitizer and return to their spot. During this time coaches will be setting up next session and wiping down the ball that was used in the previous game.
6. A maximum number of players that would play in any given practice will be 9v9. That session will last no longer than 14 minutes and players would be allowed to return to their spot to hydrate and sanitize.
7. At the end of practice they will run, stretch, cool down a minimum of 6 feet apart. They will then put on their mask and return to their cars one at a time.
8. Players will not be permitted to lay out cones, set up grids or sanitize balls. Coaches will do all of that this season.

## **VOLLEYBALL**

### **VOLLEYBALLS AND VOLLEYBALL CLEANING**

- All volleyballs should be regularly and routinely cleaned.
- Balls should be managed by competent individuals who are capable of the rigors of keeping them sanitized without game delay.
- The ball may be switched as often as can efficiently allow for sanitization and return, up to and including changing balls each play.
- There should be an attempt to keep at least three good game balls always available, one in play, one being cleaned, and one ready for the next play.
- Ball manufacturers suggest cleaning recommendations follow CDC, state, and local guidelines for health and safety and should not include bleach.
- The following link provides common definitions for Sterilization, Disinfection, and Cleaning in Healthcare Facilities, but may be useful for one attempting to clean a ball (including; basketball, softball,

football, soccer, volleyball, and baseball) with cover material made of leather, composite, or PU leather - <https://bit.ly/31qomK9>

- To ensure applicable health and safety protocols, the user is responsible for determining the best method based on ball covering material, playing environment, and cleaning intervals.
- Soap and Water Method
  - o Dirt and debris can be removed by using a damp cloth with soap and water, using moderate pressure.
  - o Be careful not to oversaturate the ball.
  - o Allow to air dry.
- Disinfecting Wipe Method
  - o Limited disinfecting may be achieved by using a disinfecting wipe and moderate pressure to wipe the entire surface of the ball.
  - o Be careful not to oversaturate the ball.
  - o Allow to air dry.
- Baden does not recommend using bleach and alcohol-based cleaning products, or excessively frequent cleanings, as those may degrade ball covering material and ball markings, and impact overall ball performance.

#### ADMINISTRATIVE AND FIELD/COURT SETUP

- Rule 3-4 - Coordinate with contest officials to limit to essential personnel which includes the home team scorer, libero tracker, and timer with a recommended distance of 6 feet between individuals.
- Visiting team personnel (scorer, statistician, etc.) are not deemed essential personnel and will need to find an alternative location. (REQUIRED)
- Rosters are restricted to a limit of 15 players in uniform and participating in warm-ups and competition. (REQUIRED)
- All non-uniformed team members who are not essential to game management shall be seated in the bleachers or general seating and able to socially distance from other groups. (REQUIRED)
- Only team members playing in the current match can shag balls. (REQUIRED)
- Separate baskets of balls for warm-ups (one basket used by the home team and one basket used by the visiting team). (CONSIDER)
- Consider seating fans opposite teams benches and separated from one another to promote social distancing. (RECOMMENDED)

#### DAILY PRACTICE CONSIDERATIONS

HCHS Volleyball Workouts August 25th Until the End of Season Pre-Workout Screening \*Players will enter and be screened at the new gym entrance one at a time. Players will exit the gym doors by the cafeteria. Players will remain in their car until asked to come in. \*upon entering the building all players and coaches will use hand sanitizer and be screened. Each player and coach will fill out the form at <https://forms.gle/t994dB1Rwcexwav6> when they enter. \*All coaches and students will be screened daily for signs/symptoms of COVID-19 prior to participating, including a temperature check. Anyone with a temperature of 100.4 degrees will be sent home. \*Any person with positive symptoms reported will not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional. \*Vulnerable individuals will not supervise or participate in any workouts.

Workouts \*We will work out in the gym on Monday, Tuesday, and Thursday. Wednesdays and some Fridays will be added when allowed. \*coach Bill Faulkner, Lonnie Tolson, Jp Switzer, Ashley Laha, and Sarah Tanner will be running workouts and be wearing a mask. \*Practice will start at 5:15 and finish at 6:00. \*Players will be broken into 3 groups each with a cart of balls of different color. Group 1 red/white/blue balls, Group 2 white balls, and Group 3 cardinal and white balls. \*Players will remain in those groups throughout the session and all sessions in this time frame. \*Balls will be shared within the

group but frequently sanitized. \*Players will observe social distancing when engaging in drills. A completely different set of balls will be used when allowed to scrimmage. Players will scrimmage for 10-12 minutes and leave floor. Balls will be sanitized and players will return at a safe interval. \*coaches will put up and take down nets. \*Each player will be asked to bring their own water bottle and workout gear. \*No locker rooms will be used, only the gym and bathroom will be accessible. Groups 1) Jessalyn Kuntz, Brooke Phelps, Abby Berry, Lauryn Miracle, Jolie Hill, Emma Renaker, Marissa Taylor, Marlee Harris, i Hannah DeLong 2) Sarah Dunaway, Mackenzie Hersha, Hannah Mullins, Jena Pope, Sarah Arnold, Ryleigh Mattox, Kaylee Fields, Audrey Dawson, Skylar Hatfield 3)Adyson Lakes, Cindy Barker, Devin Covert, Jessica Florence, Hannah Stefanic, Dani Martin, Anneka Blankenship, Madison Renaker, Destinei Hogg

## FOOTBALL

### FOOTBALLS AND FOOTBALL CLEANING

- All footballs should be regularly and routinely cleaned.
- Balls should be managed by competent individuals (ball managers) who are capable of the rigors of keeping them sanitized without game delay.
- The ball may be switched as often as the ball managers can efficiently allow for sanitization and return, up to and including changing balls each play.
- The ball managers should attempt to keep at least three good game balls always available, one in play, one being cleaned, and one ready for the next play.
- Spalding Sport Ball cleaning recommendations follow CDC, state, and local guidelines for health and safety.
- The following link provides common definitions for Sterilization, Disinfection, and Cleaning in Healthcare Facilities, but may be useful for one attempting to clean a ball (including; basketball, softball, football, soccer, volleyball, and baseball) with cover material made of leather, composite, or PU leather - <https://bit.ly/31qomK9>
- To ensure applicable health and safety protocols, the user is responsible for determining the best method based on ball covering material, playing environment, and cleaning intervals.
- Soap and Water Method o Dirt and debris can be removed by using a damp cloth with soap and water, using moderate pressure. o Be careful not to oversaturate the ball. o Allow to air dry.
- Disinfecting Wipe Method o Limited disinfecting may be achieved by using a disinfecting wipe and moderate pressure to wipe the entire surface of the ball. o Be careful not to oversaturate the ball. o Allow to air dry
- Spalding does not recommend using bleach and alcohol-based cleaning products, or excessively frequent cleanings, as those may degrade ball covering material and ball markings, and impact overall ball performance.
- Spalding will continue to review all available information and will update recommendations as new developments occur.

## ADMINISTRATIVE AND FIELD/COURT/COURSE SETUP

- Rules revisions regarding the team box shall be marked for each contest with either temporary or permanent markings. (REQUIRED)
- Rosters are restricted to a limit of 60 players in uniform and participating in warm-ups and competition. (REQUIRED)

- All non-uniformed team members who are not essential to game management shall be seated in the bleachers or general seating area and able to socially distance from other groups. (REQUIRED)
- Suspend pregame protocol of shaking hands during introductions. (REQUIRED)
- Suspend postgame protocol of shaking hands. (REQUIRED)
- 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. (RECOMMENDED)
- Maintain social distancing of 6 feet at all times while on the sidelines and on the field of play when possible. (REQUIRED)
- Everyone should have their own drink container that is not shared. (REQUIRED)
- Cloth face coverings are permissible for all coaches and team staff and all game administration officials. (REQUIRED)
- Gloves are permissible for all coaches and team staff and all game administration officials. (REQUIRED)
- Try and limit the number of non-essential personnel who are on the field level throughout the contest. (REQUIRED)
- If available, dressing facilities for game officials and teams should be large enough for them to use social-distancing protocols and shall be properly cleaned and sanitized before their arrival. (REQUIRED) It is a recommendation to eliminate the normal “circle” huddle for those teams that use a huddle and to utilize a choir huddle (example listed at <https://bit.ly/3aWRnNw>). (RECOMMENDED)

**SPLASH SHIELDS, FACE SHIELDS AND HELMETS WITH FACE MASKS (SECTIONS ADAPTED FROM THE NFHS SPORTS MEDICINE ADVISORY COMMITTEE, POSITION STATEMENT, AUGUST 2020)**

- Splash Shields may be attached to the inside of the helmet and inside of the face mask to prevent respiratory droplets from spreading.
- Face shields may be of a commercial brand or third-party created but must be absent of tint as concussion recognition remains critical.
- Cloth masks/face coverings (that tie to the head or loop around the ears under the helmet) are permissible to be worn under the face mask. (REQUIRED)
- These types of masks/face coverings have no restrictions on color. (REQUIRED)
- The NFHS SMAC does not recommend anything – mask/face covering or shield on the outside of any face mask for any sport but it should be worn on the inside of the face mask for risk minimization issues as they want the face mask in front of it. (REQUIRED)
- Plastic shields covering the entire face (unless integrated into the face mask and attached to the outside of the mask of the helmet and clear without the presence of any tint) are not allowed during the contest per NFHS rules.
- The NFHS SMAC is always concerned that any product or device that attaches to the helmet and/or face mask will void the National Operating Committee on Standards for Athletic Equipment (NOCSAE) certification and will automatically void the manufacturer’s warranty and/or lead to the potential of an unintended injury. NOCSAE stated the following with regards to facial coverings attached to the face mask: “A face covering attached to a faceguard would not automatically void the NOCSAE certification of compliance with our NOCSAE standard, assuming it does not attach permanently to the faceguard and has no rigid components that might protrude in to the facial area.” “The helmet/faceguard manufacturer has the ultimate final say as to what can and cannot be attached to their face mask.” (CONSIDER)

➤ Please be aware of this information from the NOCSAE as it does apply to products that were not made by the manufacturer of the helmet and/or face mask: <https://bit.ly/3jbtHet> (CONSIDER)

### **MS GIRLS BASKETBALL**

- All basketballs should be regularly and routinely cleaned.
- Balls should be managed by competent individuals (ball managers) who are capable of the rigors of keeping them sanitized without game delay.
- The ball may be switched as often as the ball managers can efficiently allow for sanitization and return, up to and including changing balls each play.
- The ball managers should attempt to keep at least three good game balls always available, one in play, one being cleaned, and one ready for the next play.
- Spalding Sport Ball cleaning recommendations follow CDC, state, and local guidelines for health and safety.
- The following link provides common definitions for Sterilization, Disinfection, and Cleaning in Healthcare Facilities, but may be useful for one attempting to clean a ball (including; basketball, softball, football, soccer, volleyball, and baseball) with cover material made of leather, composite, or PU leather - <https://bit.ly/31qomK9>
- To ensure applicable health and safety protocols, the user is responsible for determining the best method based on ball covering material, playing environment, and cleaning intervals.
- Soap and Water Method
  - o Dirt and debris can be removed by using a damp cloth with soap and water, using moderate pressure.
  - o Be careful not to oversaturate the ball.
  - o Allow to air dry.
- Disinfecting Wipe Method
  - o Limited disinfecting may be achieved by using a disinfecting wipe and moderate pressure to wipe the entire surface of the ball.
  - o Be careful not to oversaturate the ball.
  - o Allow to air dry
- Spalding does not recommend using bleach and alcohol-based cleaning products, or excessively frequent cleanings, as those may degrade ball covering material and ball markings, and impact overall ball performance.
- Spalding will continue to review all available information and will update recommendations as new developments occur.

### **Contact Practices**

- Offensive/Defensive drills and play formations in which the ball is shared by more than 2 players will be conducted for no more than 15 consecutive minutes. After this time limit has been reached, players will be given a short water break and will be advised to use hand sanitizer before returning to practice. The ball being used for the drill will be removed from play to be sanitized and a new ball will be substituted in its place.
- We will conduct workouts in the HCMS gym Mon.-Fri. from 3:30-5:30.
- Coach Glenn Lonaker and Coach Jeff Kinney will be conducting workouts. Coaches will wear a face mask at all times.
- Players must wear a face mask to each workout. Face masks should be worn whenever feasible during non-aerobic exercise times, however, players will not be required to wear one while exercising.
- Players will need to bring their own water bottle for workouts. Absolutely no sharing of water bottles during workouts.
- Players should arrive dressed for practice - locker rooms/restrooms can not be used at this time.

### **SIDELINE CHEERLEADERS (ALL RECOMMENDED)**

- Schools should consider the placement of cheerleaders (with equal consideration for the opponent if the decision is made to allow) as they will need to be able to be in a separate and distinct area from the teams and with the ability to be socially distanced from other groups of individuals, including fans.
- In consideration of an overall spectator limitation, schools should limit the number of sideline cheerleaders to not exceed: o Twenty (20) per school during Segment 1; o Twenty-five (25) in Segment 2; and o Thirty (30) in Segment 3.
- All sideline cheerleaders are required to wear a mask at all times. (REQUIRED)
- Sideline cheer is technically a support group for various teams under local jurisdiction and different than competitive cheer, a KHSAA winter sport-activity.

### **BAND MEMBERS (ALL RECOMMENDED)**

- Schools should consider the placement of band members (with equal consideration for the opponent), if the decision is made to allow, as they will need to be able to be in a separate and distinct area from the teams and with the ability to be socially distanced from other groups of individuals, including fans.
- Schools should consider reducing the full amount of the band permitted to attend due to attendance counting restrictions.
- Schools shall make the determination as to performances by bands, but all performances must be held within the restrictions of the “Guidance for a Return to High School Marching Band” document in terms of spacing and alignment to ensure social distancing. (REQUIRED)
- Unless specifically approved by the local health department(s) to omit them, bands shall be included in the counts of any bleacher limitations. (REQUIRED)