



Sports Medicine Advisory Committee
Considerations for Returning to High School Athletics and Activities
During the COVID-19 Pandemic

There is a wealth of advisory documents currently available from governmental and private agencies to help guide schools for the return to athletics and activities during the COVID-19 pandemic. The FHSAA Sports Medicine Advisory Committee (SMAC) strongly recommends our member schools review these documents and meet with state and local health agencies as you begin your school-specific plans to resume athletics and activities in your schools. Because information about COVID-19 is constantly evolving, the FHSAA SMAC recommends member schools edit their plans as updates occur. The decision for any return to activity should be made with safety as the ultimate priority and understand as conditions change, it may require individual schools to make adjustments to their plan.

General Information:

- All summer workouts are voluntary.
- Official practices and return to sports dates will begin at the direction of the FHSAA Board of Directors.
- These guidelines represent a minimum standard. Member Schools/School Districts may be more restrictive as needed, taking into account the community spread of SARS-CoV-2 in their respective regions.
- Adherence to FHSAA policies **40** (Concussions), **41** (Exertional Heat Illness including: Zachary Martin Act), **42** (Sudden Cardiac Arrest), and **43** (Emergency Action Plans) is required throughout the entire calendar year.
- All students shall have required paperwork on file before any participation including, voluntary conditioning, weightlifting or tryouts, this includes: A current EL2 Pre-Participation Physical and EL3 Consent and Release of Liability.

Centers for Disease Control	https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html
National Federation of High School Sports	https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf
Korey Stringer Institute	https://ksi.uconn.edu/covid-19-return-to-activity/
Florida Department of Health	http://www.floridahealth.gov/index.html
The National Athletic Trainers Association	https://www.nata.org/sites/default/files/covid_19_return-to-sport_considerations_for_secondary_school_ats_1.pdf

Sports Medicine Providers:

Licensed athletic trainers (ATs) in Florida are highly qualified, multi-skilled, licensed health care professionals. As Florida faces an unprecedented healthcare crisis with COVID-19, ATs are a critical resource for our FHSAA member schools. As healthcare providers, ATs collaborate with physicians and have expertise with infection control processes, screening, the assessment of ill or injured patients and risk mitigation, which can effectively support school administrators working on safe return to sport protocols during the COVID-19 pandemic.

The Florida High School Athletic Association Sports Medicine Advisory Committee (SMAC) strongly recommends our FHSAA member schools to include ATs as critical staff members and to partner with volunteer community physicians to develop comprehensive sports safety programs. The AT/team physician together should develop infection control policies and facilitate the safe return to sports within our member schools during these extraordinary times. These policies should be constantly reviewed and updated given the rapid evolution of recommendations surrounding COVID-19.

Key components of FHSAA Member school plans shall include:

▪ **CONSENT AND RELEASE FROM LIABILITY CERTIFICATE FOR COVID-19**

The FHSAA will make available a formal document for parents/guardians and student-athletes as a best effort to educate those stakeholders interested in participating in FHSAA sanctioned sports programs during the COVID-19 Pandemic. This document will include important information regarding COVID-19 and the dangers, known and unknown, that may place the participant at risk of infection by their decision to participate in FHSAA sports. The FHSAA SMAC also strongly advises member schools to administer similar forms for their staff members and coaches associated with sports.

▪ **INFECTIOUS DISEASE PREVENTION AND DISINFECTING PROCEDURAL PLAN**

This section should include a detailed description of the roles and responsibilities of designated individuals involved in keeping your athletic facilities and equipment clean and sanitary. The plan should highlight cleaning and disinfecting with products recommended by the CDC to clean and prevent the transmission or spread of COVID-19. Hand sanitizers (minimum 60% alcohol based) should be readily available and suggested educational signage should be visible. According to the NFHS document, initial return to play should be done in smaller groups. This protocol allows for schools to include language to outline adequate transition periods between workout groups to allow for cleaning and disinfection as well as to identify drop off and pick up locations. The use of face coverings by students and staff is strongly advised by the CDC and the FHSAA SMAC whenever not participating in vigorous workout activities, including in the weight room and locker room. Each school has a responsibility to promote physical distancing, and the responsibility for students to supply personal towels and water bottles (large water coolers or COWS are advised against).

▪ **COVID-19 SCREENING, REPORTING AND DISMISSAL PROCEDURE**

If possible, start times and pick up times should be staggered to prevent congregation of student athletes and caregivers. The references listed in this document provide comprehensive guidance for screening measures each school should have in place. Examples of contactless temperature screening procedures and sample documents that schools can use to document student responses to screening questions are also available through these trusted resources. Schools shall have appropriate dismissal (recognition, isolation, and disposition) policies and procedures for students who enter campus when ill or exhibit concerning symptoms and respond affirmatively to any of the COVID-19 screening questions. No athlete or coach should be permitted on campus if symptomatic or answers “yes” to high risk of contact. This dismissal procedure should indicate the reporting responsibility of the coach or other staff member in these cases. US Senator Marco Rubio states “every student-athlete and all athletics personnel should be screened before participating in any aspect of in-person athletics activities. No one should be allowed to officiate, coach or play if they identify or exhibit any of the following symptoms or signs within 72 hours before competition.”

https://www.rubio.senate.gov/public/_cache/files/067bb0c8-78fd-4e0a-9674-dae6d186f512/5B5C774652D5E39F2DB7180750430EEF.20.08.05-smr-letter-to-governor--hs-sports-return-to-play.pdf

When the FHSAA official sports season begins/resumes, each school shall provide reasonable efforts to ensure all participants have been screened via COVID-19 questionnaire and contactless thermometer on all days of practice and competition. Appropriate physical distancing should be practiced whenever practical, especially in the locker room and on the sideline. The use of face coverings is strongly advised by the CDC as well as the FHSAA SMAC, whenever possible. Face coverings may be removed for conditioning and while competing but should be otherwise worn on the sidelines whenever practical. Schools are encouraged to assign administrative staff members to encourage compliance with these strategies.

Visiting teams should complete the COVID-19 screening process before arriving at the host school, preferably prior to leaving home school, and any symptomatic or febrile individual should not travel with the team. The FHSAA SMAC strongly recommends that each school document and keep on-file the COVID-19 screening data collected before each competition.

▪ **PHASED-PLAN OF RETURN TO SPORTS INCLUDING ACCLIMATIZATION, CONDITIONING, WEIGHT LIFTING AND SKILL DEVELOPMENT**

In concordance with the re-opening guidelines from our Governor when opening the State, school athletics and activities should resume in clearly defined phases. These stages begin with small, isolated group workouts allowing for physical

distancing and acclimatization. Next, they progress strategically, approximately every two weeks, allowing the groups to expand and activities to increase. The FHSAA SMAC suggests the decision to advance into the next phase should be based on stable or decreasing numbers of positive COVID-19 infections in their respective areas, not just time frames.

A suggested model includes at least a three-phased approach:

Phase 1: Conditioning in small, isolated pods. Do not allow pods to interact for the initial phase.

Phase 2: Larger groups, strength and conditioning; introduction of heat acclimatization.

Phase 3: Full team practice with skill development and continued heat acclimatization.

The FHSAA SMAC strongly recommends reevaluating your school plan including the local testing results and related data before advancing onto the subsequent stage of the program.

▪ **FACILITY USE PLAN**

The FHSAA SMAC strongly recommends your school's return-to-athletics plan include a facility use plan that identifies specific school facilities available or restricted for use by student-athletes or coaches during the summer work-out schedule. It is anticipated this section of the comprehensive plan also allow for increased access to facilities in a progression similar to the phased activities. This section should detail access or restriction to restroom, locker room, weight room and other parts of your school and athletic field house that may have, in the past, routinely been accessible to your student-athletes and coaches, especially if restrictions are in place early in the plan. Published recommendations highlight facility restrictions early and allow limited access in later phases. Once allowed access to weight rooms, given their enclosed nature and forced exhalation of athletes during lifting, FHSAA SMAC advises face coverings while inside these facilities at all times.

PLEASE NOTE: For lightning, schools shall identify a safer structure to be used in the event of a thunderstorm for the safety of students and staff.

▪ **SPORTS EQUIPMENT AND HYDRATION**

The FHSAA SMAC endorses the above references regarding a graduated introduction of select sports equipment. No wearable equipment should be shared under any circumstance. Clear expectations shall be included in your school plans regarding the cleaning and disinfection of the gear. Schools should pay particular attention to the published guidelines regarding the use of hydration equipment and prepare students appropriately to bring an identified personal water bottle(s). Due to heightened awareness surrounding the dangers of heat stress and dehydration, coaches shall provide strict oversight to ensure students have access to water at all times and remain compliant with FHSAA policy 41 including environmental monitoring and the availability and use of cooling zones.

▪ **EDUCATION**

While the references listed in this document provide detailed and comprehensive strategies for our schools to plan for return to athletics and activities, the FHSAA SMAC strongly recommends our schools and coaches consider this an educational opportunity for student-athletes regarding infection prevention and the importance of compliance with physical distancing and face coverings when practical. The FHSAA SMAC further reinforces this opportunity for coaches to review personal hygiene strategies with their teams. This educational moment can allow coaches to establish expectations and lead by example to reduce the transmission of not only COVID-19, but also other contagions like MRSA and other bacterial or viral conditions that may affect your teams or individual athletes. Remember, our student athletes are students first and foremost.

COACHING STAFF AND SPORTS MEDICINE STAFF EDUCATION

- Member schools should provide education to staff and student-athletes on the new COVID-19 protocols in place for all school athletic facilities.
- The FHSAA strongly recommends the National Federation of State High School Associations (NFHS) Course for all coaches, paid and volunteer. The course is available free of charge and found at: <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>
- Member schools should display educational signage throughout athletic facilities. Signage should include but not be limited to:
 - Hand Washing Fact Sheet/Hygiene Education
 - COVID-19 Signs and Symptoms
 - COVID-19 Prevention

- There are many resources for educational posters available for free download, including:
<https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc>

▪ **SPORTS OFFICIALS**

COMPETITION OFFICIALS/REFEREES

- Officials/referees should be familiar with the CDC list of high-risk individuals in order to understand the inherent risk of participating in close contact with high school student athletes.
<https://www.cdc.gov/media/releases/2020/p0625-update-expands-covid-19.html#:~:text=CDC%20now%20warns%20that%20among,severe%20illness%20from%20COVID%2D19.>
- Accepted Temperature less than 100.4 F.
- Self-Screening should be performed and reported to the administrator/designee prior to travel to competition venue.
- Upon arrival to event venue, prior to entering school or competition facility, temperature should be assessed. If there is a potential or identified risk from screening, either based on symptoms or temperature level, the individual should wear a face covering and be sent immediately to a designated area for isolation and the school's action plan implemented.
- If game day official(s)/referee(s) report an abnormal screen, a site administrator and the FHSAA Senior Director of Officiating shall be notified.
- Officials/referees may utilize masks/face coverings as long as this will not directly impede the effective completion of their duties and responsibilities. Electronic whistles are recommended by the FHSAA SMAC.
- More guidelines are available in the FHSAA Considerations for Officials document.

COVID-19 Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. It is important to note, it may be possible for someone to be an asymptomatic carrier of COVID-19; whereby, they do not have any symptoms but still may be contagious to others. Common symptoms of COVID-19 include the following:

▪ Recent loss of taste or smell	▪ Fever or chills
▪ Cough	▪ Shortness of breath or difficulty breathing
▪ Fatigue	▪ Muscle or body aches
▪ Headache	▪ Sore throat
▪ Congestion or runny nose	▪ Nausea or vomiting
▪ Diarrhea	▪ Dizziness or unexplained rash

This list does not include all possible symptoms. CDC will continue to update this list as more is learned about COVID-19. A current list of COVID-19 symptoms and a “self-checker” application is available at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.

COVID-19 Pre-Participation Screening

The following items are **STRONGLY RECOMMENDED** by the FHSAA SMAC and referenced by the CDC <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>:

- Each school should develop and implement a daily pre-participation screening for all student- athletes, coaches, athletic trainers and other school personnel, in consultation with local health department authorities.
- Screening tools shall include:
 - Temperature screen (a fever (>100.4 is one possible COVID-19 symptom)
 - Symptoms assessment (see “COVID-19 Symptoms” section and recommended screening form)
 - Assessment of close contact of confirmed or suspected COVID-19 case within past 14 days (see CDC Close contact definition) (<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/contact-tracing.html>)
- When testing becomes more widely available and reliable, a routine PCR or antigen testing program might be considered. Please note antibody testing CANNOT rule in or rule out active infection and should not be relied upon for these purposes.
- It is extremely important for coaches to maintain a high level of communication with student-athletes, families and staff regarding exposure or positive test result of any stakeholder and to initiate the appropriate contact tracing upon notification to mitigate any further spread.

ACTION PLAN FOR POSITIVE SCREENING OR POSITIVE COVID-19 TEST

The following items are **STRONGLY RECOMMENDED**:

Action Plan – Pre-Screen Identified Patient Risk/Concern

- Includes both the home and visiting team and all members of their travel staff.
- Any individual who fails a screening, based on affirmative symptoms or temperature level, should wear a face covering and be sent immediately to a designated area for isolation and the school action plan should be implemented.
- Anyone who stays with, or cares for, the potentially infected person while in the isolation area should wear a face covering and eye protection (goggles or face shield).
- The potentially infected person should be encouraged to seek further medical evaluation and SARS-CoV-2 testing by contacting their personal health care provider, or pursue urgent/emergency care. If this individual is a student, efforts should be made to contact parent/guardian and the student should be released to their care as per school policy.
- Individuals with COVID-19 symptoms and are able to recover at home should isolate themselves to avoid infecting other people and follow CDC's guidance "Isolate If You Are Sick" (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>).
- Prior to returning to any participation including contests, it is strongly recommended that any individual, student athlete, coach, athletic trainer, support staff or official exhibiting signs of COVID-19 be tested immediately and consult with their healthcare provider. Before returning to normal team activities, the individual shall meet CDC's criteria for "When You Can be Around Others After You Had or Likely Had COVID-19" (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>).
- A member of the traveling staff that is away and has a positive screen should be removed from the venue immediately with adult supervision if applicable. It is recommended that they are evaluated by a health care provider to determine disposition and safety of travel. Ideally they would drive by themselves, but if not possible or determined by the medical staff to be unsafe to travel by themselves, they may travel with another member of the staff where both are using face coverings.

Action Plan – Positive Test

- There are different circumstances that will determine how long individuals will need to isolate themselves to minimize spread after receiving a positive test result. Student-athletes, coaches or other stakeholders should consult with their personal health care provider for treatment and follow their instructions. Currently, the CDC recommends a "time and symptom based strategy" for those with mild or moderate symptoms which recommends isolation for 10 days from the onset of symptoms or positive test. At this time, it is not recommended to be re-tested to remove from isolation. Please refer to updated CDC guidelines as this information is fluid and may change (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>).
- Prior to returning to sport after a positive test, the FHSAA SMAC strongly recommends an evaluation of the athlete by their personal health care provider, the team physician or other appropriate medical examiner. Cardiac evaluation or consultation with a cardiologist may be required. No exercise is recommended for at least 14 days from diagnosis and seven days after all symptoms have resolved. (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7314071/>) After that period, gradual acclimation back to sports over a 10-to-14 day period once the student-athlete is cleared to participate is required by FHSAA policy 41.
- The FHSAA SMAC strongly recommends that student-athletes, with a prior confirmed COVID-19 diagnosis, should undergo an evaluation by their medical provider. Written medical clearance is recommended prior to participation after meeting CDC's criteria for "When You Can be Around Others After You Had or Likely Had COVID-19" (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>).
- Student-athletes who had mild COVID-19 symptoms that were managed at home should be seen by their medical provider for any persisting symptoms and continue to follow CDC's guidance "Isolate If You Are Sick" (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>).

If You Had Symptoms and Think or Know You Had COVID-19

- You should follow CDC's guidance "Isolate If You Are Sick" (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>).

- You can be with others after:
 - At least 10 days since symptoms first appeared **AND**
 - At least 24 hours with no fever without fever-reducing medication **AND**
 - Symptoms have improved

If You Tested Positive for COVID-19 But Had No Symptoms

- You should follow CDC’s guidance “Isolate If You Are Sick” (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>).
- If you continue to have no symptoms, you can be with others after:
 - 10 days have passed since test
 - If you develop symptoms during this time, the 10 day “clock” for isolation begins on the day you develop symptoms, not the original date of the test.
- Even if the student athlete remained asymptomatic, you should consider seeking clearance from your medical provider prior to return to play.
 - *If you develop symptoms after testing positive, follow the guidance above for “If you had symptoms and think or know you had COVID-19.”*

If You Had Close Contact with an Infected Person

- Close contacts of an infected individual must self-quarantine for 14 days after their last contact with the person and should follow CDC’s guidance for staying home if you might have been exposed to COVID-19. A 14 day quarantine is still recommended due to the 2-14 day incubation period where an individual may become symptomatic or shed the virus. (<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>).
- A **close contact** is someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to specimen collection) until the time the patient is isolated. Some resources state contact time can be cumulative, meaning 3 exposures of 5 minutes each total 15 minutes. (<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html>)
- Seek medical care if you have COVID-19 symptoms, and consider getting tested.
- Individuals are permitted to return to play after the **14-day** self-quarantine period has ended if they have not had any COVID-19 symptoms. It is strongly recommended, return to participation after prolonged absence, follow appropriate acclimatization as outlined in FHSAA policy 41.
- Close contacts should cooperate with their local health department who will likely remain in touch with them during the self-quarantine period.
- The school of an infected athlete or team staff member should cooperate with the local health department to help identify people potentially exposed to the infected person for contact tracing purposes. Potential exposures include, but are not limited to; teammates, coaches, family members, classmates.

Contest-Day Operations

The following items are **STRONGLY RECOMMENDED**:

Contest-Day Screening Procedures

- Accepted Temperature less than 100.4 F.
- Taking into account the potential for environmental factors causing an elevated temperature, should the temperature be elevated, it is appropriate to isolate the individual and recheck the temperature after 5-to-10 minutes of sitting in a cool environment.
- Symptom check (see “COVID-19 Symptoms” section). To include report of close contact with COVID-19 individual within the past 14 days.

Athletic Teams and School Personnel

- Prior to boarding the team travel bus(es), van(s), any form of school transportation, each individual student-athlete and staff member should be verbally screened by a staff member (usually a coach) and contactless temperature recorded with appropriate action taken as necessary. Each temperature should be taken prior to departure.
- If there is a potential or identified risk from screening, either based on symptoms or temperature level, the individual should wear a face covering and be sent immediately to a designated area for isolation and the school’s action plan implemented.
- Opposing teams on competition day will be notified of potential risk observed through screening to determine team competition status.
- Each case will be handled individually based on the adopted action plan by that school and preferably in consultation with the team physician or appropriate health care provider.
- The FHSAA will assess as more information becomes available on testing availability, requirements and recommendations through local, state and national government, and the National Federation of State High School Associations (NFHS).
- If there is a confirmed case, confirmed exposure, potential exposure or illness associated to COVID-19 – school administrators shall be notified to determine the best course of action.
- The screening process will continue or be revised as new processes are recommended or when the FHSAA and its member schools return to normal operations.

Game Day Face coverings/Coverings

- Masks/face coverings should be worn when traveling to and from transportation vehicles and designated team facilities.
- Masks/face coverings should be worn while in transit.
- Masks/face coverings should be worn when entering host facilities, including host team Athletic Training Room or locker room and on the field of play during any pre-warm up walkthrough which does not require increased demand on the student-athletes’ cardiorespiratory system (i.e. pre-game walking of the field in football).
- Masks/face coverings should be worn by student-athletes while on the sidelines/benches and not actively engaged in competition “field of play” whenever possible.
- Face coverings should not be shared.
- Member schools should consider implementing an effective plan to allow student-athletes to wear masks/face coverings while in bench areas but quickly remove mask/face covering to enter “competition” and keeping individualized masks/face coverings separate and isolated in a container or plastic bag when not in use.
- Coaches and game day personnel (Sports Medicine staff, SID’s, media, film crews, ball crews, etc.) should utilize masks/face coverings at all times.
- The following are acceptable reasons not to wear a mask as outlined by the Florida Department of Health:
 - Facial coverings in the setting are prohibited by law or regulation.
 - Facial coverings are in violation of documented industry standards.
 - Facial coverings are not advisable for health reasons.
 - Athletic trainers and team physician should be familiar with any such reason
 - Facial coverings are in violation of documented safety policies.
 - There is a functional (practical) reason to not wear a facial covering.

Sidelines and Benches

- Each sideline/bench should have enough hand sanitizing stations to satisfy the needs of sideline/bench capacity.
- All staff and sports medicine personnel should be capable of providing personal sanitation requests from student-athletes throughout competition.
- Teams should not share water bottles throughout the course of competition – each member school is responsible for providing a plan for individualized hydration supplies for their student-athletes on competition days. Bench water should be provided by host site, but the traveling team should supply its own coolers and ice unless agreed upon by the host school.
- Only Sports Medicine staff or designated game day managers should be allowed to access and utilize water coolers. Water coolers should be sanitized prior to being provided to visiting teams and are encouraged to be sanitized frequently during use.
- All benches should be wiped down using proper CDC-approved cleaning agents before and after competition. Wipe down bench spaces as frequently as possible throughout competition.
- Towels will not be provided by the host site. If student-athletes prefer the utilization of a towel during competition, they should provide their own towel and should not share their towel with other members of their team.
- Used towels should be placed immediately in an open bin container to avoid cross-contamination. This container should be clearly identified as soiled laundry.
- Sideline personnel should be limited to participating athletes, coaches, medical staff and gameday staff; however, anyone on the sidelines or involved with the contest should adhere to these guidelines.
- When possible, benches and sidelines should provide adequate seating to allot for individualized seating for all student-athletes and members of the coaching staff for each team to allow for appropriate physical distancing (minimum 6 feet apart) when not on the field.
- Member schools should consider their safe and necessary sideline and bench capacity and determine enough home active roster numbers accordingly.

Athletic Training Room

- Student-athletes should wear a face mask/covering at all times while in athletic training facility.
- Athletic trainers should wear face mask and eye protection at all times when treating athletes.
- Host site athletic training room should not be available for visiting team pregame and postgame treatments.
- If team is not traveling with an Athletic Trainer:
 - Be considerate of additional contact that will be required and provided by host site.
 - Complete all taping/bracing at home if possible.
 - Host site AT should be contacted prior to trip, and a plan should be formulated on space and procedures for completing any taping and abiding by appropriate hand washing/sanitation activities upon entry and exit and any time they have come in contact with something possibly contaminated.
- Limit number of occupants in the athletic training room at any given time to those on the same team and maintain appropriate physical distancing and facial covering. This will be dependent upon size of the athletic training room and determined by appropriate staff. Room capacity should be posted outside the room, monitored and limits enforced. A designated waiting area outside of the athletic training room should be marked with appropriate physical distancing.
- If treatment or rehabilitation of a student-athlete requires use of a taping table or an exam table, the table should be protected and be disinfected after each time it is used, regardless of physical barrier used.
- Treatment/taping tables should be appropriately distanced a minimum of six feet apart whenever possible.
- Consider, weather permitting, taping be performed in an outside environment.
- Clean and disinfect frequently touched surfaces at least daily (more frequently is recommended) and shared objects between each use. Efforts should be made to utilize premade ice bags that can be picked up individualized by the student-athletes that need them to avoid multiple contacts with the ice machine and ice scooper. Bags should be left in an open cooler, if possible, to avoid lid/handle contamination.
- The use of cold or hot tubs should be limited to one individual at a time.
- Cold and hot tubs should be drained, cleansed and disinfected between individual use and at the beginning and end of every day.
- Possible COVID-19 cases may be evaluated in the athletic training room. In such cases, access should be limited to the athletic trainer and the symptomatic person with both wearing face coverings and eye protection. If used for this purpose, the athletic training room should not be used afterward until the space is sanitized with an EPA-approved disinfectant.

Locker Rooms

- Locker Room should be cleaned and sanitized at least daily.
- If Host site will provide visitors a locker room, the host schools should have a process to identify the visiting team locker has been cleaned and not re-entered after cleaning (Example: taped off).
- Clean and disinfect frequently touched surfaces at least daily (more frequently is recommended) and shared objects between each use.
- Cleaning schedule should be displayed outside of locker room, including dated and time stamped.

Locker Room Etiquette

- Participants and staff should wear facial coverings in the locker room.
- Discourage changing of clothes and showering at the facility.
- Visiting team(s) may change and shower prior to departure if desired and appropriate local guidelines can be established. Visiting team should communicate their request to use the shower facility in advance as practical with the host school, but this request is not guaranteed per the discretion of the host school.
- Designate total number of occupants allowed in the locker room at any given time and the length of time that they may be present in the locker room. This should be posted at the entrance and inside the locker room.
- Assure safe distances in the locker room at a minimum of six feet between occupants.
- Consider a rotating schedule for players in and out of the locker room (and training areas) to avoid potential congestion.
- Encourage student-athletes to transport their individual equipment including uniforms, towels and shoes in a designated bag so they can take it home and disinfect appropriately daily or more often if needed.
- For away games, designate a bin for transportation of uniforms/washable items.
- All athletic training rooms, locker rooms, weight rooms, meeting rooms and any other gathering places should be cleaned according to the most up-to-date CDC guidelines. Schools and/or host facilities should be vigilant about not only cleaning throughout the day but also conducting a thorough cleaning at the end of the day of all the aforementioned areas.

Travel Considerations

The following items are **STRONGLY RECOMMENDED**:

- Consider LIMITING travel roster sizes to the FHSAA tournament standards for required roster sizes. This will provide visiting teams with a better opportunity to practice physical distancing and minimize contact and exposure risk in more confined spaces such as travel vehicles, visitor locker room facilities and competition benches/sidelines.
- Include on the travel roster only those student-athletes on the active roster.

Game Day Event Staff

- Accepted Temperature less than 100.4 F in accordance with the Centers for Disease Control and Prevention (CDC).
- Self-Screening should be performed and reported to host site institutional site administrator prior to travel to competition venue.
- Upon arrival to event venue, prior to entering competition facility, temperature should be assessed and subjective screening questionnaire completed.
- If game day event staff member reports an abnormal screen, either based on symptoms (temperature level, the individual should wear a face covering and be sent immediately to a designated area for isolation and the school's action plan implemented.

Game Day Venue Restrictions

- Local school administrators, in consultation with local health departments, should determine whether cheerleaders, mascots and dance team should participate in events. It is strongly encouraged to take into consideration the venue's ability to safely allow for and enforce proper physical distancing amongst cheerleaders, mascots and dance teams. Direct physical interaction with and sharing of equipment and "apparel" with fellow cheerleaders, mascots and dance team members, including those from the opposing team(s), and fans should be prohibited.
 - Cheerleaders, mascots and dance teams and all auxiliary personnel should always practice physical distancing when possible and should also wear a facemask/covering as much as possible and when appropriate.
- Local school administrators, in consultation with local health departments, should determine whether marching bands may march at football games where physical distancing can be observed, but consideration should be given to seating arrangements consistent with all previously mentioned recommendations during the contest both indoors and outdoors. Band members and all auxiliary band personnel should always practice physical distancing when possible and should also wear a facemask/covering as much as possible and when appropriate.

Spectators

- FHSAA member schools should follow the guidance of local, state and federal recommendations as it pertains to spectator events and stadium capacity restrictions if and when such information becomes available.
- All spectators should have their temperature assessed prior to entering the competition venue and should be denied entry if higher than 100.4 degrees. Spectators should verbally attest to each of the COVID-19 verbal screening questions. (consider posting signage with questions)
- Spectators should wear a facemask/covering at all times.
- Spectators should be restricted from direct competition areas and from visiting with student-athletes and personnel before, during and after events.
- Spectators should not congregate in walkways, hallways, common traffic areas or gymnasiums.
- Spectators should always practice physical distancing with those outside of their direct family parties.
- Schools are highly encouraged to have appropriate signage promoting these physical distancing guidelines.
- Local school administrators should consider placing an 'X' on stadium and arena seating to represent 360-degree physical distancing requirements.

EXAMPLE COVID19 Consent Form

School: _____

School District (if applicable): _____

Coronavirus Information

Coronaviruses are a large group of viruses that can cause illness in animals and humans. Some coronaviruses commonly circulate in the United States and usually cause upper respiratory symptoms such as cough or runny nose, although some can cause more severe illness. The 2019 novel (new) coronavirus (SARS-CoV-2) causes the illness coronavirus disease 2019 (COVID-19). COVID-19 was originally identified in Wuhan, China, and is now considered a pandemic as it is present throughout the world, including here in Florida. Coronaviruses like COVID-19 are most often spread through the air by coughing or sneezing, close personal contact (including touching and shaking hands), or touching your nose, mouth, or eyes before washing your hands. At this time, the risks of becoming infected from organized sports activities are unknown. There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid exposure to the virus (and avoid exposing other people). According to the CDC, the more people a child or coach interacts with, the closer the physical interaction, the more sharing of equipment there is by multiple players, and the longer that interaction, the higher the risk of COVID-19 spread.

Signs and Symptoms of COVID-19:

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. It is important to note, it may be possible for someone to be a carrier of COVID-19; whereby, they do not have any symptoms but still may be contagious to others. Common symptoms of COVID-19 include the following:

Recent loss of taste or smell	Fever or chills
Cough	Shortness of breath or difficulty breathing
Fatigue	Muscle or body aches
Headache	Sore throat
Congestion or runny nose	Nausea or vomiting
Diarrhea	Dizziness or unexplained rash

This list does not include all possible symptoms. The CDC is a useful reference and will continue to update this list of symptoms as more is learned about COVID-19.

How to prevent and prepare for COVID-19:

Practice social (physical) distancing:

If you are around other people, keep at least 6 feet between you when possible. Avoid hugs, handshakes, large gatherings and close quarters. These recommendations can be extremely challenging in an organized athletic environment and should be thoroughly considered when deciding to participate in school sports.

Why? The virus is spread mainly from person-to-person. When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth, which may contain the virus. If you are too close, you can breathe in the droplets containing the coronavirus if the person coughing has the disease. Participation in sports programs can cause an increase in forceful respirations that may travel greater than 6 feet and therefore, can increase the risk of spreading COVID-19 to a participant or team.

Wear a face covering in public: Cover your mouth and nose with a face covering when around others and out in public, and whenever practical during sports activity.

Why? You could spread COVID-19 to others even if you do not feel sick. The cloth face cover is meant to protect other people in case you are infected. Various styles of face coverings are available from cloth to surgical-style masks. The mask should fit comfortably and be worn properly over the nose and mouth..

Practice strict hand hygiene.

Why? The virus can survive on certain surfaces for several hours. Wash your hands often. You can use regular soap and water as long as you scrub for at least 20 seconds. You can also use hand sanitizer containing at least 60% alcohol.

Avoid touching eyes, nose and mouth.

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. Cover your mouth and nose with a tissue or the inside of your elbow when you cough or sneeze.

Clean and disinfect “high-touch” surfaces. Clean AND disinfect frequently touched surfaces at least daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, first clean with detergent or soap and water, and then disinfect. Most common EPA-registered household disinfectants, diluted household bleach solutions, and alcohol solutions with at least 60% alcohol will work.

What do I do if I think I was exposed to an individual with COVID-19?

Watch for symptoms: *People with COVID-19 have reported a wide range of symptoms — ranging from mild to severe. Symptoms may appear 2-14 days after exposure to the virus.*

- Contact your personal health care provider or use the CDC’s self-checker (CDC.gov) to help make decisions and seek appropriate medical care regarding COVID-19.
- Talk to your healthcare provider about any other symptoms that are severe or concerning to you.
- If you are concerned about your status, get tested for COVID-19 right away. Even if you don’t have symptoms, you may be able to be tested after an exposure..
- Furthermore, follow your school procedures for notification.

What do I do if I’m sick?:

Do not go to school or sports practice if you are sick. After speaking with your personal healthcare provider, notify your school and your coaches. **Treatment is typically over the counter medications to help your symptoms.** **Currently,** there are no specific antiviral treatments recommended for COVID-19.

If you are sick with a fever (100.4°F/38°C or higher) or cough, have trouble breathing, or suspect you have COVID-19, here’s how to help prevent the disease from spreading to people in your home and community:

- **SELF-ISOLATE AT HOME**
- **STAY AWAY FROM OTHERS**
- **GET A COVID-19 PCR TEST**

Participation in organized sports during the COVID-19 Pandemic: Participation in organized sports during the COVID-19 Pandemic can lead to an increased risk of exposure for all stakeholders. Schools are creating comprehensive plans to reduce these risks, however, none of these mitigation efforts can guarantee complete safety. Schools will ask all stakeholders for their support and compliance to keep athletic competition as safe as possible. The NFHS and other organizations have created stratifications to help classify sports by risk category. Some sports are classified as high risk because they have a higher rate of potential exposure versus low risk which has a lower exposure rate. To become more aware of what risk category specific sports are classified, visit: https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf

Statement of Student Athlete Responsibility

Parents and students should be aware of preliminary evidence that suggests student-athletes are at an increased risk of contracting COVID-19 when participating in sports, especially those sports where physical distancing is not always possible. Please review all risks before allowing your child/ward to participate in the school sports program. There are reports of kids who have become sick and have died due to this new contagious disease. There have been reports that long-term health concerns can affect individuals, including kids who have become infected with COVID-19. These long-term health issues may include, but not limited to; injury to the heart muscle, lung damage, blood clotting disorders, or death. A specific illness has impacted children with COVID-19 called Multisystem Inflammatory Syndrome of Children (MIS-C). Further research on this topic is needed before any conclusions can be drawn.

I accept responsibility for participating in school-based screenings for COVID19 and for reporting all symptoms of illnesses to my parents, team doctor, athletic trainer, or coaches associated with my sport including any signs and symptoms of COVID-19 and also any close contact or exposure to COVID-19 to the best of my ability. I have read and understand the above information on COVID-19. I will inform the supervising coach, athletic trainer or team physician immediately if I experience any of these symptoms or witness a teammate with these symptoms. Furthermore, I have been advised of the dangers of participation for myself and that of my child/ward.

_____/_____/_____
Name of Student-Athlete (printed) Signature of Student-Athlete Date

_____/_____/_____
Name of Parent/Guardian (printed) Signature of Parent/Guardian Date

_____/_____/_____
Name of Parent/Guardian (printed) Signature of Parent/Guardian Date

Sport Specific Recommendations

Bowling

- Please do everything possible to ensure all parties (i.e. coaches, athletes, spectators) always adhere to a minimum of six feet of social distancing, both in the circle and outside the competition area.
- Face coverings are encouraged for all spectators. Teams are encouraged to wear face coverings until they receive their lane assignments and then remove once there. Face coverings are permissible during competition (not required) for all coaches, team staff and athletes.
- Arrive to the bowling center already dressed.
- Teams in bowling typically bowl on pairs of lanes. There should always be at least one dark and vacant pair of lanes separating schools on both sides.
- Only the five participating bowlers and the head coach should be in the circle, rather than the entire team and scorekeeper. This will assist with social distancing.
- Social distancing decals may always be used to remind and guide spectators and/or competitors to remain at least six feet apart.
- Isopropyl (rubbing) alcohol will be allowed during competition in accordance with the USBC exception. No other cleaning agents will be allowed once competition begins.
- All coaches and athletes are encouraged to avoid handshakes, high fives, yelling cheers in a coordinated fashion or touching of any sort before, during and after competition.
- When a timeout is called, please continue to social distance at least six feet apart and not use tight huddles.
- Do NOT share uniforms, towels or other apparel and equipment.
- Do NOT share or exchange paper scoresheets.
- Coaches and athletes should not participate if exhibiting any symptoms of COVID-19.

Cross Country

- Social distancing of at least 6 feet should always be maintained. No hugging, shaking hands, or fist bumps for support/encouragement.
- Cross country meets should consider using staggered, wave or interval starts.
- 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.
- Finish: Consider using finish corrals and Fully Automatic Timing (FAT) system for larger meets as they are easier to distance at finish.
- If no FAT system is available, consider an alternative means of finish place and time to address congestion at finish line.
- Consider using image-based equipment at finish to assist with picking place to avoid congestion.
- Clean and disinfect frequently touched surfaces and exercise equipment.
- 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.
- 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.

Football

Pregame Considerations:

- Recommended participants must not exhibit signs or symptoms of COVID-19 within the past 72 hours prior to competition.
- Athletes and staff are recommended to have a game day temperature checks administered by staff and complete a game day COVID-19 symptom questionnaire. Game Day documents must be kept on File in the Athletic Director's Office till completion of season.
- Pregame Locker rooms recommendations:
 - Open 1 hour 45 min. before kickoff for player requiring medical attention (taping)
 - Open 1 hour 30 min for player that do not require taping

- Use of locker rooms before the game should be kept to a minimum. Utilize outdoor areas around the field when possible and always maintain social distancing.
- Hand Sanitizer and wipes should be placed in locker rooms.
- Each Player must have his own water bottle, the bottle can be filled from a central location. Trainer or designee will be responsible for water bottle refills.
- Pregame, during, and after the game, all team personnel shall refrain from sharing towels, water, apparel, or equipment and play call wrist coaches.
- Coin toss:
 - Limit attendees to the referee, umpire and one designated representative from each team.
 - Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6 feet. **NO MEDIA**
 - No handshakes prior to and following the coin toss.
 - Maintain social distancing of 6 feet while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, individuals handling the balls during the game and team personnel.
 - For the overtime procedure, please use the same procedure as used at the start of the contest for the coin toss.
- It is recommended players should have 4 t-shirts – Plastic bags should be provided for the player to put shirts in when changed. One for pre-game, first half, second half, and post-game.

During Game:

- Assign a coach to remind players to maintain social distance. (Could be your “GET BACK COACH”)
- Team box will be extended from ten-yard line to ten-yard line so social distancing can be maintained on sideline.
- Benches or chairs may be used on the sidelines that maintain the social distance guidelines.
- Only Team members can be in the team box. Everyone that is a team member and not in a uniform must have a team box pass. (Injured player with jersey only will count as uniform)
- Team personnel will be responsible for sanitizing footballs per sideline.
- Warm-ups should be reduced to minimum time needed and done in pods of 9 or less.
- Footballs will be rotated and sanitized as often as possible during the game.
- Timeouts
 - Coaches will meet players at the bottom of numbers on the field, players will socially distance during timeouts.
 - Players will sanitize their hands during timeouts.
- Halftime
 - Halftime will be a period of 12 minutes. Officials will contact teams at the 9-minute mark.
 - Teams must be on the field at the 12-minute mark. A 3-minute warm up period will follow.
 - Avoid the use of the locker room during halftime if possible.

Visiting Team

- The above protocols will apply to visiting teams with the following additions.
 - When possible, travel dressed and ready to play.
 - Carry Shoulder Pads, Helmets, and cleats.
 - Avoid use of the locker room when possible. Locker rooms should be used for things like:
 - Restroom breaks
 - Hazardous weather
 - When locker rooms are used for games, teams will dress in groups. The number of each group will be determined by the size of the locker room and number of players that can dress and maintain social distance.



Post-Game Considerations:

- No Handshakes after the game.
- Post-game meeting on field with social distance protocols for instructions.
- Players are to exit the field immediately after post game meeting and prepare to ride home. DO NOT go to the sidelines and talk with family or friends.
- No family and friends allowed on the field.
- Dirty cloth will be placed in a bag for the ride home.
- All clothes will go home with players when they return to school unless school is laundering cloth.
- Locker room will be sanitized following the departure of team members.
- Schools that launder uniforms or pay to have them laundered must place uniforms in closed containers.

Golf

- Avoid handshakes.
- Do not congregate on tee boxes and greens.
- Expedite play on the green...hole out and move on to the next tee box.
- Do not share or exchange paper scorecards.
- Use player-only digital scorecards.
- Clean and disinfect golf clubs, balls, and other tools routinely.
- Clean and disinfect your digital scoring device routinely.
- USE THE FHSAA GOLF APP FOR ALL PRACTICES AND CONTESTS
- Use the FHSAA Golf App to score all practices (if applicable) and contests.
- FHSAA requires score reporting all season via iWanamaker (AP 4.8.1.1.4(b)).
- All players must have downloaded and registered for the FHSAA Golf App.
- Scoring rounds using the FHSAA Golf App eliminates any need to share or exchange paper scorecards between players.
- Hole-by-hole scoring strongly recommended.
- Each player should use their own device to score to minimize contact.
- Use the marker format for each match on the FHSAA Golf App.

- Each player serves as a marker for another player in the group.
- Scores confirmed per usual after each hole.
- Players will attest to scores at the end of each round on their own device reducing contact with their group.
- The marker format substantially reduces the need to congregate in the clubhouse after a round.
- Rules questions/issues should be addressed on the course.
- Extraneous rules issues may be handled with the rules official(s) after the round if necessary.
- Players should carry their own clubs or use their own push carts.
- Players should not share clubs.
- Players should carry their own water or snacks throughout play.
- Players should carry and use their own hand-sanitizer throughout play.
- Coaching and advice should be provided individually by the designated coach.
- Observe a 6-foot distance between the coach and the player.
- Advice may be provided anywhere but on the greens.
- Coaches may NOT caddy.
- Consider course policies regarding spectators.
- Spectators should remain at least 50 ft from any player or group.
- Spectators should NOT interact with players in any way. Players should carry their own water and snacks throughout the round.
- Encourage spectators and family to purchase a spectator's 'season ticket' to view all contests from home, school, or other place of reduced risk on the FHSAA Golf App or via iWanamaker (individual programs receive 20% back on such purchases at the end of the season).

STATE SERIES REQUIREMENTS:

The FHSAA golf app is required for state series competition and the following conditions will be in effect:

- Hole-by-hole scoring required.
- Marker format in effect.
- Players-only scoring.

Applying the following recommendations will prepare players and coaches during the regular season for state series competition.

Post-Contest or Practice:

- Sanitize any equipment.
- Hand sanitizer administered to each athlete.
- Maintain social distance.
- No loitering in the clubhouse, locker rooms, greens, or other practice areas. Players should depart venue immediately following the conclusion of the practice, match, or tournament.
- Locker room use will be determined by the golf course management, local health department, and school district protocols.

Swimming and Diving

- Conduct (1-3-2) – Require athletes to arrive at venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for 6 feet of social distancing.
- Lap Counting (2-7-6, 3-4) – Only one person per lane should be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices.
- Pre-Meet Conference (3-3-6, 4-2-1d) – Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use P.A. system or starting system microphone to allow participants to hear but keep them properly separated.
- Referee and Starter (4-2, 4-3) – Various rules require interactions between officials, coaches and athletes. Alternative methods for of communications include utilization of the P.A. system, hand signals or written communication.
- Notification of Disqualification (4-2-2d, e) – Notification shall occur from a distance via use of hand signals or the P.A. system.
- Meet Officials (4-8, 4-10, 4-11, 4-12, 4-13) – Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location. Develop alternative methods for submitting entries (3-2) and movement of non-electronic information. Require a distance 6 feet between individuals seated at the desk/table.

- Timers (4-9) – Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing. Timers should wear cloth facial coverings.
- Submission of Entries to Referee (5-2) – Alternative forms of entry submission can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries.
- Relay Takeoff Judges and Relays (8-3) – Require all takeoff judging from the sides of the should wear cloth facial coverings.
- Diving Officials (9-6) – Alternative methods for submitting entries (3-2) and movement of non-electronic information will be required. Recommendations include a distance of 6 feet between individuals seated at the desk/table. Create a 6 foot space between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform. Dive judges should wear cloth facial coverings.
- Swimming Warm-up Areas – Establish multiple sessions for warm-up periods to limit number of swimmers per lane. Restrict the number of swimmers in competition area. Limit number of swimmers per lane during warm-up and warm-down periods. May refer to USA Swimming Social Distancing Practice Layout.
- Diving Warm-up Areas – Limit number of divers during warm-up by creating multiple sessions. During competition, divers may not approach the board until their turn to compete. Hot tubs should not be permitted. Dive order sheets should be posted in multiple areas to reduce number of divers viewing at the same time.
- Preparing to swim – Do not share equipment, bring your own water bottle, arrive as close as possible to when activity begins, do not attend practice if you or a member of you household does not feel well.
- When swimming – Follow directions for spacing, do not make physical contact with others (no high fives, shaking hands, fist bumps, etc.), avoid sharing food, drinks or towels, maintain proper social distancing during breaks, wear your suit to and from practice.
- After swimming – Leave the facility as soon as reasonably possible, do not use locker room or shower areas, no congregation after swimming.
- Teams Seating and Lane Placement – Keep the teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.
- Preparing Athletes for Competition – Athlete clerking areas should be eliminated.
- COVID 19 Liaison – Consider designating a coach or parent to stay up to date with local recommendations and any associated changes.
- Ventilated Spaces – Eliminate the use of low ventilated spaces that prevent social distancing. Move dryland outside where possible.
- Visible Markers – Create visible markers on the floor to indicate appropriate spacing in the pool deck, entrances, etc.
- Coaches should use downtime to ensure safety skills are up to date, this includes but is not limited to, the required NFHS courses.
- Social distancing will need to be accounted for in practice planning.
- Limit group size in accordance with CDC and local health department guidelines.
- Do not rush deconditioned athletes back to full practice.
- Focus should be on a healthy environment, continue to practice good hand hygiene, quality experience, progressive training, and safety.
- Be flexible in your planning should another shutdown occur, or your facility is closed due to a rise in the number of cases in your area.

Volleyball

- *Prematch Conference (1-2-4a; 1-6-2; 1-6-3; 2-1-10; 5-4-1h, k; 5-6-1; 7-1-1; 7-1-1 PENALTIES 1; 9-1a; 12-2-3)*
 - Limit attendees to one coach from each team, first referee and second referee.
 - Move the location of the prematch conference to center court with one coach and one referee positioned on each side of the net. All four individuals maintain a social distance of 3 to 6 feet.
 - Suspend the use of the coin toss to determine serve/receive. The visiting team will serve first in set 1 and alternate first serve for the remaining non-deciding sets.
 - Suspend roster submission at the prematch conference. Rosters are submitted directly to the officials' table before the 10-minute mark.
- *Team Benches (5-4-4b, 9-1-2, 9-1-2 NOTE, 9-3-3b)*
 - Suspend the protocol of teams switching benches between sets. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present.
 - Limit bench personnel to observe social distancing of 3 to 6 feet.
- *Deciding Set Procedures [1-2-4b, 5-4-4c, 5-5-3b(26), 9-2-3c]*

- Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distance of 3 to 6 feet. A coin toss, called by the home team, will decide serve/receive.
- Suspend the protocol of teams switching benches before a deciding set. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present.
- *Substitution Procedures (2-1-7, 10-2-1, 10-2-3, 10-2-4)*
 - Maintain social distancing of 3 to 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.
- *Officials Table (3-4)*
 - Limit to essential personnel which includes home team scorer, libero tracker and timer with a recommend distance of 3 to 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
- *Rule 4-1 EQUIPMENT AND ACCESSORIES*
 - Cloth face coverings are permissible. (4-1-4)
 - Gloves are permissible. (4-1-1)
- *Rule 4-2 LEGAL UNIFORM*
 - Long sleeves are permissible. (4-2-1)
 - Long pants are permissible. [4-2-1i (1)]
 - Under garments are permissible, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom. [4-2-1h (3), 4-2-1i (2)]
- *Rule 5-3 OFFICIALS UNIFORM AND EQUIPMENT*
 - By state association adoption, long-sleeved, all-white collared polo shirt/sweater are permissible. (5-3-1 NOTES 2)
 - Electronic whistles are permissible. (5-3-2a, b)
 - Cloth face coverings are permissible.
 - Gloves are permissible.

Post-Match or Practice:

- Sanitize any equipment.
- Hand sanitizer administered to each athlete.
- Maintain social distance.
- No loitering on after practice or races.
- Locker room use will be determined by the local health department and school district protocols.
- Locker room to be sanitized according to the local health board / school district protocols.