



Greetings,

As we continue to navigate the challenges of return to school and return to play, I trust that this day finds you healthy and safe. Please find attached “Guidelines for Return to Play/Practice Team Sports.

Phase 1.5 has been updated as it pertains to football and competitive cheer. Beginning Monday, August 31<sup>st</sup>, football and competitive cheer will be able to increase their numbers during Phase 1.5. Both high-risk sports will be able to use what numbers they deem necessary to hold their Phase 1.5 workouts. During this time, all other Phase 1.5 requirements will apply with the only exception being how many can participate. Coaches should structure their workouts, so they continue to practice in groups and allow for as much social distancing as possible during workouts and between the groups. While the number of participants can increase, schools are strongly encouraged to practice your varsity and sub-varsity teams separately to help decrease the risk of spreading COVID-19 among the entire group. While not always ideal to do this, it is important to understand the benefit of what this offers in terms of keeping your athletes as safe as possible.

On Thursday, September 3<sup>rd</sup> and Friday, September 4<sup>th</sup>, both football and competitive cheer will be able to move into Phase 2.0 as it pertains to what they are allowed to do during their sports-specific workouts. You will find an updated chart that outlines what both sports can do on these two dates. All other Phase 1.5 guidelines will still apply for both sports during these two days of open season. Please be reminded that these workouts should be open to all, and student-athletes should be allowed to return to team activities without repercussions when they feel it is appropriate to do so. In these unprecedented times, please allow for participation without mandatory attendance requirements during open season.

The purpose for allowing football and competitive cheer to increase their numbers next week and move into Phase 2.0 for workouts for two days is to allow athletes, coaches, and school staff an opportunity to increase their numbers while still maintaining best practices. It is imperative that schools realize the effort that has gone into getting everyone to this point as safely as possible. Allowing you to increase your numbers will only give schools an opportunity to continue to see how the best practices can continue to be used to help prevent the spread of COVID-19.

Additionally, we have attached the guidelines for best practices for Phase 2.0 and Phase 3.0 as they pertain to all fall sports. You are encouraged to apply the best practices during both phases to continue to mitigate the risk of spreading the virus. Again, this information has carefully been compiled and surmised by a task force of representatives from the League staff, SC Superintendents, member school athletics directors and coaches, and the SCHSL Sports Medicine Advisory Committee (SMAC). Additionally, the information has been reviewed and vetted by DHEC, and discussed with a representative from the SC Governor’s office.

# SCHSL Return of High School Sponsored Team Sports Guidelines

<b>Objective</b>	This document is intended to provide guidance for schools to consider with their stakeholders in designing return-to-activity protocols in accordance with state and county restrictions. It allows for a coordinated reopening following the initial stay at home orders and may also be used if conditions dictate the need for increased restrictions in the future.
<b>Foundational Statements</b>	<p>The SCHSL believes it is essential to the physical and mental well-being of students to return to physical activity and athletic competition.</p> <p>The SCHSL recognizes that all South Carolina students may be unable to return to – and sustain – athletic activity at the same time across the state. There will also likely be variation in what sports activities are allowed over the next 9 to 12 months.</p> <p>While recognizing that county-by-county reopening may lead to inequities, the SCHSL advocates for returning students to school-based athletics to operate in any and all situations where it can be done safely.</p> <p>Prior to allowing use of facilities, schools should review facility use agreements, especially in the areas of sanitation requirements and liability.</p>
<b>Points of Emphasis</b>	<p>Limited testing availability, lack of resources for contact tracing, and expanding knowledge of COVID-19 transmission could all result in significant changes to this guidance. The SCHSL will disseminate more information as it becomes available.</p> <p>Administrators and coaches must emphasize the need for all coaches and participants who have signs or symptoms of illness to stay home when ill to decrease risk of viral transmission. “Vulnerable individuals” are defined as people age 60 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy.</p> <p>Current pre-season conditioning and acclimatization models assume that athletes have deconditioned during the stay at home orders. The current pandemic may result in students being deconditioned for several months. The intensity and duration of training should be moderated upon return.</p> <p>Due to the possibility of recurrent outbreaks in the coming months, schools be prepared for the possibility of some teams having to quarantine for two or more weeks while in-season. Development of policies is recommended regarding practice and/or competition during temporary school closures, the cancellation of contests during the regular season, and parameters for the cancellation or premature ending to post-season events/competitions.</p>

	<b>Phase 1.5</b>	<b>Phase 2</b>	<b>Phase 3</b>
<b>Facilities Cleaning</b>	<p>Adequate cleaning schedules should be created and implemented for all athletic facilities.</p> <p>Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).</p> <p>Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts.</p> <p>Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.</p> <p>Appropriate clothing/shoes should always be worn to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.</p> <p>Athletes must be encouraged to shower and wash their workout clothing immediately upon returning to home.</p>	<p>Adequate cleaning schedules should be created and implemented for all athletic facilities.</p> <p>Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).</p> <p>Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts.</p> <p>Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.</p> <p>Appropriate clothing/shoes should always be worn to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.</p> <p>Athletes must be encouraged to shower and wash their workout clothing immediately upon returning to</p>	<p>Adequate cleaning schedules should be created and implemented for all athletic facilities.</p> <p>Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).</p> <p>Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts.</p> <p>Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.</p> <p>Appropriate clothing/shoes should always be worn to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.</p> <p>Athletes must be encouraged to shower and wash their workout clothing immediately upon returning to home.</p>

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<b>Entrance/Exit Strategies</b>	Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times.	Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times	Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times
<b>Limitations on Gatherings</b>	<p>Beginning August 31, 2020 Football and Competitive Cheer will have no limitations on the number of coaches and athletes that can gather for practices and workouts. Spectators will not be allowed, and groups should be limited to only those who are actively participating, coaching and staff who are essential to the practice.</p> <p>Workouts should be conducted in a manner that allows for separation of athletes as often as possible. (Ex: Sub Varsity teams should workout and practice separately from the varsity team to limit exposure among the group.)</p> <p>Consider smaller groups for weight training and any indoor activity that requires physical activity.</p> <p>There must always be a minimum distance of 6 feet between each individual unless face coverings are worn. If this is not possible in enclosed areas, then the maximum number of individuals in the room must be decreased to obtain a minimum distance of 6 feet between each individual.</p>	No Limitation	No Limitation
<b>Pre-Workout Screening</b>	<p>All athletes, coaches, and staff should be screened daily for signs/symptoms of COVID-19 prior to participating, including a temperature check. Anyone with a temperature of 100.4 degrees or greater should not participate and be sent home.</p> <p>Responses to screening questions for each person should be recorded and stored.</p> <p>Any person with positive symptoms reported should not be allowed to participate, should self-isolate, contact their primary care provider or other health-care professional and not be allowed to return until tested for the COVID-19 virus and receive a result of NEGATIVE or have been cleared by a healthcare provider other than an athletics trainer.</p>	<p>All athletes, coaches, and staff should be screened daily for signs/symptoms of COVID-19 prior to participating, including a temperature check. Anyone with a temperature of 100.4 degrees or greater should not participate and be sent home.</p> <p>Responses to screening questions for each person should be recorded and stored.</p> <p>Any person with positive symptoms reported should not be allowed to participate, should self-isolate, contact their primary care provider or other health-care professional and not be allowed to return until tested for the COVID-19 virus and receive a result of NEGATIVE or have been cleared by a healthcare provider other than an athletics trainer.</p>	<p>All athletes, coaches, and staff should be screened daily for signs/symptoms of COVID-19 prior to participating, including a temperature check. Anyone with a temperature of 100.4 degrees or greater should not participate and be sent home.</p> <p>Responses to screening questions for each person should be recorded and stored.</p> <p>Any person with positive symptoms reported should not be allowed to participate, should self-isolate, contact their primary care provider or other health-care professional and not be allowed to return until tested for the COVID-19 virus and receive a result of NEGATIVE or have been cleared by a healthcare provider other than an athletics trainer.</p>

<p><b>Face Coverings</b></p>	<p>State, local or school district guidelines for face coverings should be strictly followed.</p> <p>In the absence of guidelines to the contrary, we recommend that:</p> <p>Face coverings be worn by athletes <b>when participating in a sports drill that requires less than the minimum 6 ft. social distancing</b> or when not participating in the sports activity.</p> <p>Coaches and staff should always wear face coverings during the workout sessions. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.)</p> <p>Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.</p>	<p>State, local or school district guidelines for face coverings should be strictly followed.</p> <p>In the absence of guidelines to the contrary, we recommend that:</p> <p>Face coverings be worn by athletes when participating in a sports drill that requires less than the minimum 6ft social distancing or when not participating in the sports activity.</p> <p>Coaches and staff should always wear face coverings during the workout sessions. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.)</p> <p>Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.</p>	<p>State, local or school district guidelines for face coverings should be strictly followed.</p> <p>In the absence of guidelines to the contrary, we recommend that:</p> <p>Face coverings be worn by athletes when participating in a sports drill that requires less than the minimum 6ft social distancing or when not participating in the sports activity.</p> <p>Coaches and staff should always wear face coverings during the workout sessions. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.)</p> <p>Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.</p>
<p><b>Hygiene Practices</b></p>	<p>Wash your hands with soap and water or use hand sanitizer, especially after touching after use by each group used items or surfaces.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.</p> <p>Disinfect after use by each group used items and surfaces as much as possible.</p> <p>Strongly consider using face coverings while in public, and particularly when using mass transit</p>	<p>Wash your hands with soap and water or use hand sanitizer, especially after touching after use by each group used items or surfaces.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.</p> <p>Disinfect after use by each group used items and surfaces as much as possible.</p> <p>Strongly consider using face coverings while in public, and particularly when using mass transit</p>	<p>Wash your hands with soap and water or use hand sanitizer, especially after touching after use by each group used items or surfaces.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.</p> <p>Disinfect after use by each group used items and surfaces as much as possible.</p> <p>Strongly consider using face coverings while in public, and particularly when using mass transit</p>
<p><b>Hydration/Food</b></p>	<p>All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.</p>	<p>All students should bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.</p>	<p>All students should bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.</p>
<p><b>Travel</b></p>	<p>Keep it local and avoid cross county travel when possible, especially if counties are in different phases. Consider limiting the number of riders on a bus or van to address social distancing and/or encourage athletes to ride with family members to venues.</p>	<p>Keep it local and avoid cross county travel when possible, especially if counties are in different phases. Consider limiting the number of riders on a bus or van to address social distancing and/or encourage athletes to ride with family members to venues.</p>	<p>Keep it local and avoid cross county travel when possible, especially if counties are in different phases. Consider limiting the number of riders on a bus or van to address social distancing and/or encourage athletes to ride with family members to venues.</p>
<p><b>Locker Rooms and Athletic Training Areas</b></p>	<p>Locker rooms should not be utilized during <b>Phase 1.5</b>, other than to store a helmet or for individuals to change. Using a locker room to store a helmet or for an individual to change is acceptable under phase 1.5 provided student athletes are practicing social distancing and wearing face coverings upon entering the locker room area. Congregating and storing personal items and clothing is not allowed.</p>	<p>Locker Rooms may be utilized in Phase 2. It is best if schools continue to utilize best practices for social distancing and wearing a face covering while using a locker room. Congregating of students, athletes and coaches should not be allowed, and schools should organize lockers so that athletes are not using lockers that are located side by side at the same time.</p>	<p>Locker Rooms may be utilized in Phase 2. It is best if schools continue to utilize best practices for social distancing and wearing a face covering while using a locker room. Congregating of students, athletes and coaches should not be allowed, and schools should organize lockers so that athletes are not using lockers that are located side by side at the same time.</p>

<b>Weight Rooms</b>	<p>Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.</p> <p>Resistance training should be emphasized as body weight, weight machines, and free weights that do not require a spotter.</p> <p><b>Free weight exercises that require a spotter(s) can be conducted as long as the spotter(s) stand at the end of the bar while wearing a face covering or mask.</b> Safety measures in all forms must be strictly enforced in the weight room.</p> <p>Weight rooms should follow physical distancing guidelines. Athletes should be separated by 12ft.</p>	<p>Weight rooms can be used, however schools should give consideration to the number of participants who are using the weight room at one time. Athletes and Coaches should maintain social distancing as much as possible while using the weight room.</p> <p>Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.</p> <p>Resistance training should be emphasized as body weight, weight machines, and free weights that do not require a spotter.</p> <p>Spotters should stand at the end of the bar and wear a face covering or mask at all times.</p>	<p>Weight rooms can be used, however schools should give consideration to the number of participants who are using the weight room at one time. Athletes and Coaches should maintain social distancing as much as possible while using the weight room.</p> <p>Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.</p> <p>Resistance training should be emphasized as body weight, weight machines, and free weights that do not require a spotter.</p> <p>Spotters should stand at the end of the bar and wear a face covering or mask at all times.</p>
<b>Physical Activity and Athletic Equipment</b>	<p>There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.</p> <p>Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned at home after every workout.</p> <p>Properly cleaned and sanitized balls and sports equipment may be used.</p> <p>When permissible to use, all athletic equipment, including balls, should be cleaned after each individual use and prior to the next workout.</p> <p>Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.</p>	<p>There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.</p> <p>Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned at home after every workout.</p> <p>Properly cleaned and sanitized balls and sports equipment may be used.</p> <p>When permissible to use, all athletic equipment, including balls, should be cleaned after each individual use and prior to the next workout.</p> <p>Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.</p>	<p>There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.</p> <p>Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned at home after every workout.</p> <p>Properly cleaned and sanitized balls and sports equipment may be used.</p> <p>When permissible to use, all athletic equipment, including balls, should be cleaned after each individual use and prior to the next workout.</p> <p>Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.</p>
<b>General Activity Description</b>	<p><b>Skill Development and Workouts</b>  <b>Maintain Physical Distancing; No Contact with Others; Limited Sharing of Equipment; No Grouping</b></p>	<p>Skill Development and Workouts will have no restrictions on contact with others, sharing of equipment and number of participants. Schools should be mindful of utilizing best practices to minimize the risk of spreading the virus.</p>	<p>Same as Phase 2, plus schools will be able to participate against another school in a scrimmage or contest.</p>
<b>Lower Infection Risk Activities</b>	<p>Activities that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.</p> <p>SCHSL Activities: cross country (with staggered starts), track and field*, swimming*, golf, and tennis</p> <p>Notes: In swimming and track, relays need to maintain social distance. In track and field, any field event with an implement needs to be cleaned after each use by participants.</p>		
<b>Cross Country</b>	Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).	No restrictions	Begins August 31 <sup>st</sup> with First Scrimmage
<b>Track &amp; Field</b>	<b>Currently in Closed Season</b>	To Be Determined	To Be Determined
<b>Swimming</b>	Swimmers should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).	No restrictions	Begins August 24 <sup>th</sup> with First Scrimmage
<b>Golf</b>	Maintain appropriate physical distancing 6 feet apart. <b>Boys Golf is Currently in Closed Season</b>	No restrictions	Girls Golf begins August 24 <sup>th</sup> with First Scrimmage

Tennis	<p>Players may use own can of balls to serve and uses racket to pass other balls (singles play only), Wipe down rackets and balls after use.</p> <p><b>Boys Tennis is Currently in Closed Season</b></p>	No restrictions	Girls Tennis begins August 24 <sup>th</sup> with First Scrimmage
<b>Moderate Infection Risk Activities</b>	<p>Activities that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.</p> <p>SCHSL Activities: volleyball, soccer, baseball, softball, and basketball</p>		
Volleyball	<p>Players within a group may use a shared volleyball. The volleyball may be passed, set, and attacked within the group. No active defensive play at the net may take place within the group. All equipment must be cleaned after use by each group and not shared with other groups.</p>	No restrictions	Begins August 31 <sup>st</sup> with First Scrimmage
Soccer	Currently in Closed Season	To Be Determined	To Be Determined
Baseball	Currently in Closed Season.	To Be Determined	To Be Determined
Softball	Currently in Closed Season	To Be Determined	To Be Determined
Basketball	Currently in Closed Season.	To Be Determined	To Be Determined
<b>Higher Infection Risk Activities</b>	<p>Activities that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.</p> <p>SCHSL Activities: football, wrestling, competitive cheerleading, and lacrosse.</p>		
Football	<p>Players within the group may use a shared football(s). The football(s) may be kicked, fielded, passed, caught, and/or handed-off within the group. No active defensive play may take place within the group when working on offense drills and no active offensive play may take place within the group when working on defensive drills. Handheld dummies and shields may be used when teaching a skill provided those participating wear a face covering or mask. <b>Use of helmets is allowed.</b> All equipment must be cleaned after use by each group and not shared with other groups.</p>	<p><b>Thursday September 3<sup>rd</sup> and Friday September 4<sup>th</sup>: Players may share equipment and football(s). The footballs may be kicked, fielded, passed, caught, and/or handed-off. Active defensive play may take place within the group when working on offense drills and active offensive play may take place within the group when working on defensive drills. Handheld dummies and shields may be used when teaching a skill provided those participating wear a face covering or mask. Use of helmets is allowed. All equipment must be cleaned after use by each group and not shared with other groups. September 8<sup>th</sup> – Shoulder pads may be added, and schools begin pad progression.</b></p>	Begins September 12 <sup>th</sup> with Frist Scrimmage
Wrestling	Currently in Closed Season	To Be Determined	To Be Determined

<p><b>Competitive Cheer</b></p>	<p>Competitive Cheer shall remain under phase 1 guidelines. Partner stunts require prolonged player-to-player contact which has not been phased in at this point. Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible as long as physical distancing is adhered to.</p>	<p><b>Thursday September 3<sup>rd</sup> and Friday September 4<sup>th</sup>: Competitive Cheer can begin stunting. When counting or cheering is necessary during cheer practice, no team member will be allowed to count or cheer out loud while inside of 6ft. of one another.</b></p> <p><b>Individual technique/choreography work is allowed. Chants, jumps, dance, tumbling are permissible as long as physical distancing is adhered to.</b></p> <p><b>September 8<sup>th</sup> – No restrictions</b></p>	<p>Begins September 14<sup>th</sup> with First Scrimmage</p>
<p><b>Lacrosse</b></p>	<p><b>Currently in Closed Season.</b></p>	<p>To Be Determined</p>	<p>To Be Determined</p>