



BEST PRACTICES

Return to Play Spring Sports

2020-21 School Year

This document is subject to change by approval of the SCHSL Executive Committee as needed.

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Purpose

- To offer SCHSL member schools best practices in order to commence the 2020-21 school year athletic Spring sports seasons as scheduled and have complete seasons through championship play;
- To educate our coaches and student-athletes how to safely live with the COVID-19 virus by following the Centers for Disease Control (CDC), South Carolina Department of Health and Environmental Control (DHEC), and the South Carolina State Department of Education (SDE) guidelines while fostering an educational athletic environment;
- To develop our student-athletes as physically and safely as possible; and
- To provide best practices for students, coaches, officials, and fans while participating and attending athletic events.

The following best practices are suggested for all SCHSL athletic Spring sports for the 2020-21 school year.

Education

- Before beginning any athletic activities, the local school (system) should review the most recent guidelines provided by the CDC, DHEC, SDE, and local county/city health agencies and decide how best to implement those guidelines.
- Local school administration should communicate to coaches, student-athletes, and parents CDC, DHEC, and SCHSL guidelines and best practices regarding COVID-19 and discuss all safety and cleanliness expectations.

Effective Strategies to Mitigate COVID-19 Spread

- It is expected that students avoid close contact with others and maintain a physical distance of six feet or greater.
- Close contact is considered being within 6 feet for 15 minutes cumulatively. When physical distancing cannot be maintained, facial coverings should be worn.
- Practice individual hygiene such as hand washing, coughing/sneezing etiquette, avoid touching face, etc.
- Athletes and coaches are expected to be closely monitored for any symptoms. Those who have been exposed to COVID-19 (regardless of where the exposure occurred) are expected to follow protocols set forth by the CDC, DHEC, and the local health department.

Additional Mitigation Strategies

Any athlete with a prior confirmed COVID-19 diagnosis is expected to undergo an evaluation by their medical provider. Written medical clearance is recommended before participation. Once cleared and before returning to the sport, a gradual return to activity is advised, and any athlete showing abnormal health issues is expected to be evaluated and cleared by a physician before a return to sports activities. As much as possible, practices, training, workouts, meetings, etc. should be held in well-ventilated areas.

Spring Sports Calendar

Sport	First Practice	First Scrimmage	First Contest	Playoffs/Qualifiers	Finals	Weeks in Regular Season
Lacrosse	Feb. 1	Feb. 8	Feb. 22	April 19	May 1	8 weeks
Soccer	Feb. 1	Feb. 8	March 1	May 3	May 13-17	9 weeks
Boys Tennis	Feb. 1	Feb. 8	March 8	May 4	May 15	8 weeks
Boys Golf	Feb. 1	Feb. 8	March 8	May 10	May 17-18	9 weeks
Track and Field	Feb. 1	Feb. 8	March 8	Varies by Region	May 18-22	8 weeks
Baseball	Feb. 1	Feb. 22	March 15	May 15	June 1-5	8 weeks
Softball	Feb 1.	Feb. 22	March 15	May 15	June 1-5	8 weeks

SCHSL Spring Sports Notes

The Spring Sports season will use a phased-in approach for scrimmages and contests.

- All Spring Sports will start their first official practice on February 1st.
- Lacrosse and Golf will all stay on the same dates as previously planned.
- Soccer, Track, and Tennis state finals dates were adjusted.
- Baseball and Softball will be delayed two weeks before they can scrimmage or play in a contest. This extra time will allow coaches an opportunity to plan practices early in the season that will allow for their players to progress in a throwing program that will promote arm care and safety prior to playing in a contest.

Playoffs will consist of 16 teams in each classification in soccer, baseball, softball, and tennis.

Spring Sports will be allowed two scrimmages for varsity and one for sub-varsity teams. No Jamborees will be permitted. There shall be a minimum of 3 days between scrimmages.

It is recommended that there is a minimum of two days between regular-season contests excluding tournaments.

Tournaments for spring sports shall not mix spectators from more than two communities/schools at one time at the same facility. Bleachers, dugouts, team benches, and other shared spaces should be cleared and cleaned thoroughly after each contest prior to any additional teams or communities/schools entering the facility.

Sub-Varsity and Middle School teams will follow the same dates as the high school calendar for Spring Sports.

SCHSL Spring Calendars may be modified again to accommodate moving a winter sport into the athletic calendar or in the event there are unforeseen issues due to COVID-19 conditions that require any additional adjustments.

Safety Guidelines for Athletes, Coaches, and Staff

Note: Any time physical distancing cannot be maintained by athletes, coaches, and staff, etc. wearing a facial covering is expected. This includes sidelines, benches, etc. for all contest participants.

Only school personnel, certified coaches, athletic trainers, and student-athletes should be present during practices. Attendance of non-essential personnel is not recommended.

Equipment is expected to be cleaned and sanitized daily after each use. Equipment is expected to not be shared without following cleaning protocols.

Individuals having or experiencing any COVID-19 symptoms should follow CDC and DHEC guidelines listed at www.cdc.gov or www.dhec.sc.gov before being allowed to participate or attend.

These guidelines are intended for application in non-healthcare related places of employment. The foundation guidelines for businesses and employers remain the Centers for Disease Control and Prevention (CDC)'s Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 (COVID-19).

All organizations must determine how best to minimize the spread of COVID-19 in the workplace as well as in their community. To successfully remain open for activities, everyone individually and collectively must actively participate in the core recommendations:

1. Self-isolation – if you are sick, stay home.
2. Practice social distancing of at least six feet distance to the greatest extent possible.
3. Wash hands frequently (20 seconds with soap and water or use of a sanitizer that contains at least 60% alcohol).
4. Clean and disinfect frequently touched objects (e.g., keyboards, phones) and surfaces (e.g., handrails, workstations, sinks) or remove unnecessary frequently touched surfaces (e.g., trash can lid).
5. Avoid touching of eyes, nose, and mouth with unwashed hands.
6. Strongly consider wearing a cloth face covering when in public (do not use on people with difficulty breathing or people who cannot remove the mask themselves).
7. Cover mouth and nose when you cough or sneeze and throw used tissues away immediately after use.
8. Avoid using other employees' phones, desks, offices or other work tools and equipment when possible, or disinfect them before and after use.
9. Minimize the use of soft surfaces like cloth-covered chairs or area rugs that are more difficult to clean or disinfect.

Guidelines Specifically for High School and Middle School Sports

In addition to the above referenced general guidelines, the requirements below are designed to further reduce the risk of transmitting COVID-19 during athletic workouts, training, or competition. ***Following these guidelines does not guarantee that transmission of the virus will not occur. Participating in organized sport comes with a risk of contracting COVID-19, other illnesses, or injuries.***

While not required, consider having athletes, coaches and staff tested before the season, and routinely, if exposed to multiple settings, communities, and/or counties throughout the season. The following links on the DHEC website provide information regarding test frequency and free testing sites:

<https://scdhec.gov/covid19/who-should-get-tested-covid-19>

<https://scdhec.gov/covid19/covid-19-testing-locations>

Athletes, coaches, or staff who either 1) have pre-existing medical conditions that place them at higher risk of infection, or 2) who do not want to risk contracting COVID-19 should refrain from participating in high school sports. The overarching goal is to minimize or eliminate the number of COVID-19 cases that can be attributed to time spent in organized sports activities. To be successful in moving forward, ***IT IS VERY IMPORTANT THAT ALL PARTICIPANTS, COACHES AND STAFF CONTINUE TO FOLLOW THE RECOMMENDED GUIDELINES WHILE AWAY FROM SPORTING ACTIVITIES AS WELL.***

Guidelines include all of those listed above, PLUS

1. Maintain minimum physical distancing of six feet between participants when possible.
2. Daily health screening of athletes, coaches, and staff by a health care professional or designated full-time district/school employee. If an individual answer YES to any of these questions, then they cannot participate on that day.
 - a. Fever at 100.4 or higher in the past 72 hours?
 - b. Cough, difficulty breathing, sore throat or new loss of taste or smell, vomiting or diarrhea?
 - c. Contact with a person known to be infected with COVID-19 with the previous 14 days?
 - d. Compromised immune system or chronic diseases that could be affected by the virus?
3. Temperature screening will be done on each athlete, coach, and staff daily by a health care professional or designated full-time district/school employee. If temperature is 100.4 degrees Fahrenheit or higher, then that individual should not be allowed to stay on site.
4. Face coverings that completely cover the nose and mouth are required for everyone.
 - a. Athletes
 - i. Should wear a face covering when not actively participating in the sports activity.
 - ii. Face covering or masks should be worn in sports where the covering is not inhibitory.

- iii. Face coverings should not be shared. Non-disposable face coverings should be cleaned and disinfected daily.
 - b. Coaches and Staff
 - i. Should always wear a face covering while on site.
- 5. Use of locker rooms should be coordinated to allow for physical distancing when using the lockers.
- 6. Bathroom access should be limited to every other stall, with no more people allowed inside than the number of stalls in use.
- 7. Alcohol-based hand sanitizers with at least 60% alcohol or adequate handwashing facilities are expected to be provided for all participants.
- 8. Weight rooms, restrooms, meeting rooms and other multi-use facilities that include high touch surfaces are expected to be sanitized frequently during each event. Shared equipment should be cleaned and disinfected in between each user.
- 9. Individuals are expected to bring a personal water bottle and not share this bottle with anyone. Disposable cups are expected to be used for those that do not have access to their own water bottle. Use of communal water fountains is not recommended.
- 10. When possible, personal contact should always be avoided. This includes, but is not limited to high-fives, handshaking, fist-bumping, and chest-bumping.
- 11. Signs must be posted at all building entrances advising the public that they may wish to refrain from entering if they are 65 years of age or older or have underlying health conditions including high blood pressure, chronic lung disease, diabetes, severe obesity, asthma or weakened immunity.

Heat Stress & Acclimatization

It is imperative that coaches ease into conditioning, workouts, and practice activities to prevent incidents of exertional heat illness, sickle cell, heat syncope, and minimize acute musculoskeletal injuries. In addition to:

- Having Emergency Action Plans in place for all activities.

Other Considerations:

- Consider the use of a digital thermometer to check temperature of athletes, coaches, and staff. If a touch thermometer is used, it must be disinfected between individuals.
- Consider COVID-19 testing for any athlete, coach, and/or staff that fails the screening process not to return until tested negative or a note from a health care provider other than an athletic trainer.
- Athletic Training Rooms should be arranged to accommodate social distancing and an appropriate PPE should be worn while in these facilities.
- When applicable, athletes, coaches and staff should remain with their assigned groups during daily workouts to limit the number of people they come in contact with.
- Appropriate time is expected to be given between use of facilities to allow for thorough sanitation of the facility and equipment.
- Use of communal water devices is not recommended and any non-disposable water bottles or cups are expected to be sanitized thoroughly before re-use. Best practice is for athletes to bring their own water.

- Consideration should be given to the number of athletes, coaches and staff allowed on campus each day to ensure that the facility can be cleaned thoroughly, and risk of transmission is reduced.

All coaches and administrators are required to complete the free NFHS online course “COVID-19 for Coaches and Administrators,” before the first contest (preferably as soon as possible). Additionally, administrators with athletic responsibilities are also encouraged to complete the course. The link to access the course is here: <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>.

General Guidelines for Spring Sports

Contracts:

Schools should amend or create contracts to include verbiage regarding outbreak situations including, but not limited to, state-mandated closures, local school closures, vacated contests, etc. that prohibit a school from participation. Suggestions, whether two or one-year contracts include but are not limited to, adding forfeiture fees, reversing the home and home sites, playing on an alternate date, playing at a neutral site, splitting the gate 50/50, etc. Contractual amendments should be resolved between the two schools involved.

Region Planning:

- Regions should meet prior to the start of the spring sports season to plan for how each region will handle situations that arise during the season. Potential situations include but are not limited to, if there is an interruption in play that prohibits all region members from finishing a full region schedule, single-gender games only if one gender cannot play, region tiebreakers for order of finish, etc.

Contingency Plans for Spring Sports:

- Schools should create schedules that allow for flexibility at the end of their season for making up region contests and determining playoff and/or individual qualifiers. All required dates for the regular season and playoffs are listed in the 2020-21 Updated Sports Calendar (available at www.schsl.org).

Transportation:

- The local school system and school administration may determine the safest way to travel to and from contests in accordance with the CDC, DHEC, and SDE guidelines.
- When physical distancing cannot be maintained, facial coverings should be worn.
- To avoid quarantining the whole team, assigned seating is suggested.

Spectator Attendance at Contests

The South Carolina High School League applied to the South Carolina Department of Commerce for an exception to the current Executive Order issued by Governor McMaster limiting spectator capacity at an athletic contest to 50% of the overall capacity or 250 persons, whichever is lower. The purpose of this application was to establish a minimum set of requirements that a member school will need to follow in order to exceed the current limit established by the Governor's Executive Order.

On August 27, 2020, the League received notice from the Department of Commerce that the exception had been **GRANTED**. A copy of this communication can be found here: [SCHSL Spectator/Facility Requirements for Venue Use](#)

Please note that the SCHSL Spectator / Facility Requirements for Venue Use only sets forth the minimum requirements for a member school to host an SCHSL-sanctioned athletic contest in excess of the current standard (50% of overall capacity or 250 persons, whichever is lower). A member school may impose stricter requirements should your school or district believe it to be necessary. However, a member school may not host an event that does not comply with the SCHSL Spectator / Facility Requirements, unless it remains within the limit established by Governor McMaster's Executive Order.

Additionally, although the League submitted these requirements for approval, the responsibility for enforcing these requirements at each event lies with the member schools and local school districts. If your school does not believe it can comply with SCHSL Spectator / Facility Requirements for Venue Use, you will either need to (a) submit your own application to the Department of Commerce for an exception to the current capacity limits established by Executive Order; or (b) limit attendance at your events to 50% of the overall capacity or 250 persons, whichever is lower.

Sports Administrative Rules Modifications/Considerations

In addition to these regulations, SCHSL has developed the accompanying rules modifications and guidelines for returning to competition generally and for the specific winter sports. Those rules modifications and guidelines, like these regulations, do not guarantee the safety of participants and fans but are designed to encourage the member schools to engage in safe practices. The knowledge base related to COVID-19 is evolving. SCHSL may modify the regulations, rules modifications, and guidelines as more about COVID-19 is learned. All coaches and administrators are encouraged to check the SCHSL website regularly for any modifications to these regulations, rules modifications, or guidelines.

2020-21 Golf Modifications/Considerations

TOURNAMENT/LOCAL COURSE RULES

Send all rules sheets electronically and remove paper handouts. Starters or volunteers should stress social distancing and remind players of these recommendations.

PRACTICE FACILITIES

Set up hitting stations at least 6 feet apart.

DURING THE ROUND

Players may wear cloth mask or face coverings.

Bunkers – If tournaments are played without bunker rakes: Relief from an abnormal ground condition (i.e. a footprint) **for the lie of the ball only**, the player may lift the ball, smooth the area and place it within one club length, no closer to the hole. Players are also encouraged to smooth out all bunkers with their feet when exiting after play.

Flagstick – Players must not remove the flagstick at this time.

Holed – The definition of Holed is modified in this way: If any part of the ball is in the hole below the surface of the putting green, the ball is treated as holed even if the entire ball is not below the surface.

POST-ROUND

Players are asked to refrain from the traditional handshake or hug prior to and after all rounds. A friendly nod, a tip of the cap, or wave is a recommended form of greeting or sportsmanship.

SCORING

Scorecards are not official and should not be exchanged amongst players.

After the round, players will verify scores with the tournament director by verbally calling their scores. Scores are deemed returned and attested once players and markers verbally verify scores. Digital scorecards may be used.

SPECTATORS

Social distancing guidelines should be enforced and encourage walking vs. carts.

All coaches and administrators are required to complete the free NFHS online course “COVID-19 for Coaches and Administrators,” before the first contest (preferably as soon as possible). The link to access the course is here:

<https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>.

2020-21 Tennis Modifications/Considerations

1. Each match will use at least 4 tennis balls. Two will be marked (with a sharpie) with H for home team and the other two marked with V, for visitor. This way, each player only touches their own tennis balls. If preferred, can go with six tennis balls, 3 for each Player. Or you could choose for the home team to use even number tennis balls and visiting team to have odd numbers. All tennis balls will be returned to home team coach, or designated person at conclusion of match.
2. Scoring- score sticks, flip cards, or whatever form of keeping score each school has will only be touched by the home team player. This includes scoring during a set, as well as during a tiebreak.
3. During a match, each player will change sides at the opposite sides of each other.
4. Each player will provide their own water, towel, equipment, etc. All tennis balls will be returned to home team coach, or designated person.
5. Hand sanitizer will be provided by the home team and will be available at each court.
6. Athletes not playing will be wearing a mask and sitting at least six feet apart.
7. Players leaving the court for a bathroom break will wear a mask.
8. One gate will be used to enter and exit for all matches and the home team will oversee who opens and closes gate.
9. After each match, NO handshaking, fist-pumping, high fives, etc.

All spectators will also be wearing masks and will be practicing social distancing.

All coaches and administrators are required to complete the free NFHS online course “COVID-19 for Coaches and Administrators,” before the first contest (preferably as soon as possible). The link to access the course is here:

<https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>.

2020-21 Boys Lacrosse Considerations

Pre-Game Considerations:

- Pregame equipment checks should be conducted after the players have placed their equipment on the field and left the field. Officials then may inspect the equipment and blow the whistle to alert the teams to get their equipment and find the results of the equipment check.
- Coaches and officials should wear a face-covering during coach meeting/certification.
- No lineup. Coaches to relay information to their teams.
- No meeting with faceoff players (if performed).
- Meeting with Captains: One captain for each team, official wears a mask, captains stay apart, official shows coin result to each captain.
- Officials should wear a mask when instructing table personnel. Table personnel should wear mask at all times.
- Team bench areas should be more clearly marked to remind players of proper location.

Playing Modifications:

- Officials should maintain 6ft social distance at all times from players, coaches and scorers table during any conference.
- If there is a violation, officials shall blow the whistle quickly and award ball.
- Clear, molded, and non-rigid face shields approved by the helmet manufacturer are allowed. Masks may be worn, but not required.

Officials Table:

- The host should sanitize the table before the game and at the half.
- Hand sanitizer should be available at the table before during and after a contest.
- Limit seats at the table to the following: home scorer, timer, (Visiting scorer can sit on visiting bench or in a designated area behind the scorer's table that allows for 6ft social distancing) Minimize table personnel –Extend the table if needed
- Coaches should maintain 6ft separation from the officials' table. When this is not possible, coaches should wear a face covering when coming to the officials' table for any reason.
- Minimum of 6ft separation between spectator seating and the officials' table.
- Face coverings are required at all times for table personnel.

Team Benches:

- Limit the number of bench personnel.
- Only coaches, players in uniform, and medical personnel are allowed on the bench.
- Minimum of 6ft separation between the team bench and spectators seating behind the bench.

Post Game:

- Suspend post-game protocol of shaking hands with the opposing teams.
- Players and coaches should leave the floor when the contest is over.
- The area for teams and officials to exit the field should have a minimum of 6ft of separation from spectators.
- If teams are both exiting the same area, consider staggering the exit times to allow for 6ft separation.

Other Considerations:

- The ball should be sanitized frequently throughout the contest.
- Schools should consider scheduling the same opponent inside the same week prior to playing against another school. (Ex. School A plays School B on Tuesday and Friday and plays no one in between.)
- Coaches, players, officials and table personnel should wash and sanitize their hands as frequently as possible before, during and after a game.
- Players, coaches, and game officials should wear face coverings at all times when they are not actively on the field.
- Players, coaches, and game officials are not required to wear face coverings while actively on the field.
- Cloth face coverings are permissible during active play. (Solid Color or contains school or manufacturer's logo.)
- Officials may wear protective gloves during the contest.
- Each game official and player should have their own beverage container for use during the contest.
- Coaches should maintain social distancing of 6 feet when seeking clarification from an official.
- Before, during and after the contest, players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands as often as possible

2020-21 Girls Lacrosse Rules Considerations

Pre-Game Meeting

- Limit attendees to one coach from each team and officials.
- Ensure the pre-game meeting is away from sideline and all individuals maintain a social distance of 6 feet. Mask use by coach and officials is recommended during the meeting.
- Suspend the use of the coin toss. The visiting team will start with possession and the home team will choose goal to defend.
- Eliminate handshakes following pre-game meeting and at the conclusion of the game.

Equipment and protective clothing

- Players and officials may wear cloth face masks, gloves, and long undergarments.
- Pre-game stick and equipment checks will be completed by one official per team. Each team will place their sticks on their restraining line during pre-game meeting. One official will check sticks per team. Recommend glove use by the officials for stick checks. Players return to collect their own stick after pre-game check is completed.

Table Personnel

- Limit to essential personnel only at the table. Statisticians or visiting scorer personnel are not essential. Home team scorer and timer are essential.

The Draw

- Alternate start at the center with draw positioning to start each half and after goals. This is not alternate possession (AP) and does not impact AP for penalty administration during the game. The start of play is on the whistle for the these starts. No other changes to player positioning rules.
- The goalie should roll or throw the ball to the official after a goal.

8 Meter Positioning

- Only one player per hash on 8-meter setup, the existing rule that allows the defense to adjacent hashes remains in force.

Substitution and Sideline Protocol

- Ensure that players substituting, coaches, and the table personnel are maintaining social distancing.
- Split sub box so that each team subs in from their own half of the sub box.
- If available, recommend that a penalty area be marked off that allows social distancing between penalized players, substitutes, and the table personnel.

2020-21 Softball Considerations

Pre-Game Considerations:

- During the pre-game meeting at home plate, all participants should wear a face covering.
- During the pre-game meeting at home plate, all participants should remain 6ft apart. Limit attendees to one coach from each team plus the umpires. Umpires should stand either in the front or back of home plate and coaches should stay outside the width of the batter's box at home plate, maintaining 6 feet of distance between each person.
- Pre-game handshakes should be eliminated.

Playing Modifications for Officials Mechanics:

- If an officials conference is needed, Coaches and Officials should wear a mask and remain 6ft apart during the conference.
- Officials can deny a request for a conference if a coach refuses to wear a mask.
- Should a coach come out to a conference with an official without a mask:
 - First request to wear a mask is a courtesy request.
 - If a coach still refuses to wear a mask, Second request is an official warning.
 - If a coach still refuses to wear a mask, they will be restricted to dugout.
 - If a coach still refuses to wear a mask, they will be ejected.
- Offensive Coaches should remain in the designated coaches boxes at all times
- Players, coaches, officials should refrain from chewing gum, using sunflower seeds and spitting during the contest.
- Players may wear a face-covering during play. Face coverings should be a single solid color. Should a pitcher wear a face covering, it may not be optic yellow.

Dugouts:

- Limit the number players and personnel in the dugout.
- Each player, coach and bench personnel should wear a face covering while in the dugout.
- Each player, coach and bench personnel should use their own personal water bottle.
- Players are not allowed to exit dugout to congratulate teammates after a home run.
- Minimum of 6ft separation between the team bench and spectators seating if there is no wall between the dugout and the spectator area.

Post Game:

- Suspend post-game protocol of shaking hands with the opposing teams.
- Players and coaches should leave the field when the contest is over.
- The area for teams and officials to exit the field should have a minimum of 6ft of separation from spectators.
- Spectators should not come onto the field for any reason at the conclusion of a contest.

Other Considerations

- The ball should be sanitized frequently throughout the contest.
- Consider not sharing helmets.
- Schools should consider scheduling the same opponent inside the same week prior to playing against another school. (Ex. School A plays School B on Tuesday and Friday and plays no one in between.
- Coaches, players, and officials should wash and sanitize their hands as frequently as possible before, during and after a game.
- Players, coaches and game officials are encouraged to wear a mask while on the field or in the dugouts.
- Players, coaches, and game officials are not required to wear face coverings.

- Cloth face coverings are permissible during active play. (Solid Color or contains school or manufacturer's logo.) Pitchers may not wear an optic yellow face covering.
- Officials may wear protective gloves during the contest.
- Each game official and player should have their own beverage container for use during the contest.
- Coaches should maintain social distancing of 6 feet when seeking clarification from an official.
- Before, during and after the contest, players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands as often as possible

2020-21 Baseball Considerations

Pre-Game Considerations:

- During the pre-game meeting at home plate, all participants should wear a face covering.
- During the pre-game meeting at home plate, all participants should remain 6ft apart. Officials should stand either in the front or back of home plate and coaches should remain on the circle that surrounds the plate area or where the grass edge meets the dirt.
- Pre-game handshakes should be eliminated.

Playing Modifications for Officials Mechanics:

- If an officials conference is needed, Coaches and Officials should wear a mask and remain 6ft apart during the conference.
- Officials can deny a request for a conference if a coach refuses to wear a mask.
- Should a coach come out to a conference with an official without a mask:
- First request to wear a mask is a courtesy request.
- If a coach still refuses to wear a mask, Second request is an official warning.
- If a coach still refuses to wear a mask, they will be restricted to dugout.
- If a coach still refuses to wear a mask, they will be ejected.
- Offensive Coaches should remain in the designated coaches boxes at all times
- Players, coaches, officials should refrain from chewing gum, using sunflower seeds and spitting during the contest.
- Players may wear a face-covering during play. Face coverings should be a single solid color. Should a pitcher wear a face covering, it may not be white.

Dugouts:

- Limit the number players and personnel in the dugout.
- Each player, coach and bench personnel should wear a face covering while in the dugout.
- Each player, coach and bench personnel should use their own personal water bottle.

- Minimum of 6ft separation between the team bench and spectators seating if there is no wall between the dugout and the spectator area.

Post Game:

- Suspend post-game protocol of shaking hands with the opposing teams.
- Players and coaches should leave the field when the contest is over.
- The area for teams and officials to exit the field should have a minimum of 6ft of separation from spectators.
- Spectators should not come onto the field for any reason at the conclusion of a contest.

Other Considerations

- The ball should be sanitized frequently throughout the contest.
- Consider not sharing helmets.
- Schools should consider scheduling the same opponent inside the same week prior to playing against another school. (Ex. School A plays School B on Tuesday and Friday and plays no one in between.)
- Coaches, players, and officials should wash and sanitize their hands as frequently as possible before, during and after a game.
- Players, coaches and game officials are encouraged to wear a mask while on the field or in the dugouts.
- Players, coaches, and game officials are not required to wear face coverings.
- Cloth face coverings are permissible during active play. (Solid Color or contains school or manufacturer's logo.) Pitchers may not wear a white face covering.
- Officials may wear protective gloves during the contest.
- Each game official and player should have their own beverage container for use during the contest.
- Coaches should maintain social distancing of 6 feet when seeking clarification from an official.
- Before, during and after the contest, players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands as often as possible

Track and Field Considerations

General Considerations:

- SP, DT, JT should enforce social distancing for all athletes and officials.
 - To limit contact: athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws.
 - If athletes can't provide their own implements, then it is recommended that implements be sanitized between each use.
- LJ, TJ should enforce social distancing for all athletes and officials.
- HJ, PV should enforce social distancing for all athletes and officials.

- To lower the risk of these events meets can cover pits with a tarp that is removed and disinfected after each athlete (therefore multiple tarps needed to keep event moving).
 - To limit contact: athletes should not share vaulting poles.
- Sprint, Hurdle, relay events run entirely in lanes, may use every other lane to assist with distancing.
 - Blocks should be disinfected after each heat/race.
 - Recommend not using baskets at start line for apparel.
- Recommendations for students to wear a cloth facial covering when not actively competing.
- Middle Distance and distance races on the track of 800m and longer (any event not run entirely in lanes) are considered moderate risk activities if conducted under normal circumstances.

Possible Rule Change Considerations:

- Rule 5-10-5 Current rule: The baton is the implement that is used in a relay race and is handed by each competitor to a succeeding teammate. Gloves are not permitted in relay events.
States may permit the use of gloves for this year.
Schools can bring their own batons, or they should be disinfected after each heat/race.

Considerations for Officials:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines:
Pre and Post Meet conferences,
Clerking at the start line,
Tabulations and posting of results.
- Consider using electronic whistle.
- Do not shake hands and follow pre-and post-game ceremony guidelines established by state associations. Officials personnel may always wear cloth face coverings.

Considerations for Coaches:

Communicate your guidelines in a clear manner to students and parents.

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

Considerations for Students:

- Consider making each student responsible for their own supplies
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.

- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Cloth face coverings are permitted.
- Bring your own labeled water bottle.

2020-21 Soccer Considerations

Pre-Game Considerations:

- Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team.
- Move the location of the pregame conference to center of the field. All individuals maintain a social distance of 6 feet.
- Suspend the pregame world cup introduction line and send players to their field positions with bench personnel lined up on the touchline (6 feet apart) for introductions.
- Suspend handshakes prior to and following the Pregame Conference.

Playing Modifications for Officials:

- Maintain social distancing of 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the centerline.
- Should a Captain need a rule clarification from an official, they should maintain 6ft social distancing when seeking or receiving clarification.
- Should a Coach need a rule clarification from an official, both coach and official should wear a face covering and maintain 6ft social distancing when having any discussion.

Officials Table/ Press Box:

- The host should sanitize the table before the game and at the half.
- Hand sanitizer should be available at the table before during and after a contest.
- Limit seats at the table to the following: home scorer, timer and announcer. (Visiting scorer can sit on visiting bench or in a designated area behind the scorer's table that allows for 6ft social distancing)
- Coaches should maintain 6ft separation from the official's table. When this is not possible, coaches should wear a face covering when coming to the official's table for any reason.
- Minimum of 6ft separation between spectator seating and the official's table.
- Face coverings are required at all times for table personnel.

Team Benches:

- Limit the number of bench personnel.
- Only coaches, players in uniform, and medical personnel are allowed on the bench.
- Minimum of 6ft separation between the team bench and spectators seating behind the bench.

Post Game:

- Suspend post-game protocol of shaking hands with the opposing teams.
- Players and coaches should leave the field when the contest is over.
- The area for teams and officials to exit field should have a minimum of 6ft of separation from spectators.

Other Considerations

- The ball should be sanitized frequently throughout the contest.
- Coaches, players, officials and table personnel should wash and sanitize their hands as frequently as possible before, during and after a game.
- Players, coaches, and game officials should wear face coverings at all times when they are not actively on the field of play.
- Players, coaches, and game officials are not required to wear face coverings while actively on the field.
- Cloth face coverings are permissible during active play. (Solid Color or contains school or manufacturer's logo.)
- Officials may wear protective gloves during the contest.
- Schools should designate an area where officials can leave their personal bag and/or water bottle during the contest that is away from the team benches, spectators and table personnel.
- Each game official and player should have their own beverage container for use during the contest.
- Coaches should maintain social distancing of 6 feet when seeking clarification from an official.
- Before, during and after the contest, players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands as often as possible