



Madison County Parks and Recreation Authority

# Team Sports

Return to Play Guidelines

Approved MCPRA V1.0  
2-15-2021

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# Madison County Parks and Recreation

## Team Sports COVID-19 Reopening Protocols

### Conditions for Opening for Team Sports

Madison County Parks and Recreation's priority is to provide dynamic programming in a safe and effective manner. Our reopening procedures prioritizes the health and well-being of our players, coaches, volunteers, staff, and families we serve, following our guidelines.

#### External Factors

- Stay at Home orders lifted
- Commonwealth of Virginia permits recreational facilities to begin operations
- Local health department gives clearance and guidance to begin team play
- Mitigation efforts in local communities continue to result in declining cases, hospitalizations, and metrics as we continue in Phase 3 in Virginia Forward reopening plan.

#### Internal Factors

- Program areas and athletic fields are ready to support physical distancing, as required.
- Cleaning and sanitizing operating procedures are in place, and adequate supplies are available to properly execute.
- Adequate PPE supplies are available for staff use.
- Installation of new sanitizing stations.
- Staff/Commissioners/Coaches and volunteers are trained and prepared to operate under new operation guidelines and care for participants
- Staff/Commissioners/Coaches fully understand the social responsibility and commitment outside of team play to maintain a healthy community within our youth sports play.

#### MCPRA Family Commitment

- Monitoring family health
- Communicating with MCPRA staff openly regarding health concerns
- Daily screening of participants before arriving to practices/clinics/games
- Follow all policies and procedures presented by MCPRA to support a healthy Youth Sports community.



## Reimagining a Safe Return-to-Play

Youth Sports do not provide a risk-free environment, but increased safety procedures and policies have been created to minimize risk and provide participants with a great youth sports experience.

An increased element of the risk is present all around us, everywhere we travel and with every interpersonal interaction. We cannot expect that children will stay home all the time, whether they are involved in youth sports or not. They may play with friends, visit extended family members, and be taken to places that parents feel are safe. With our youth sports programs, you will have the reassurance that everyone has been health screened every day, within consistent groups, supervised by caring coaches and staff with meticulous cleaning procedures in place.

There are number of actions youth sports organizations can take to help lower the risk of COVID-19 exposure and reduce the spread during competition and practice. 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. Therefore, risk of COVID-19 spread can be different, depending on the activity. The risk of COVID-19 spread increases in youth sports settings as follows:

- ❖ **Lowest Risk:** Performing skill-building drills or conditioning drills at home, alone, or with family members
- ❖ **Increasing Risk:** Team-based practice/drills
- ❖ **More Risk:** Within-team competition
- ❖ **Even More Risk:** Full competition between teams from the same local geographic area
- ❖ **Highest Risk:** Full competition between teams from different geographic areas

If organizations are not able to keep in place safety measures during competition (for example, maintaining social distancing by keeping children six feet apart at all times), they may consider dropping down a level and limiting participation to within-team competition only (for example, scrimmages between members of the same team) or team-based practices only. Similarly, if organizations are unable to put in place safety measures during team-based activities, they may choose individual or at-home activities, especially if any members of the team are at risk.

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*WE ARE ALL IN THIS TOGETHER*

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## MCPRA Best Practices

- Encourage play outdoors all the time, or indoors with restrictions
- Teach and reinforce hand washing and hand sanitizing
- Stay home when sick
- Clean and disinfect regularly with set schedules
- Train staff
- Screen everyone, everyday
- Maintain contact tracing logs (health screening records)
- Restrict/Limit/Prohibit sharing of equipment and supplies
- Require face coverings and social distancing when necessary
- Provide back-up of supplies if needed to ensure safety, which include thermometers, disposable face masks, hand sanitizer, hand soap, disinfecting spray, etc.
- Respect social responsibility
- Make sure groups stay together everyday



## MCPRA SAFE STEPS FOR RETURN TO PLAY

We have outlined the most important aspects for reducing the spread of COVID-19 as we return to Youth Sports competitive play. More details will follow these basic six principles

# 1

### Participant Screening

- Monitoring of social interactions while out in public
- Daily at-home health screenings by caregivers
- Daily program arrival temperature check and symptom screening
- Health monitoring throughout play

# 2

### Staff/Commissioner/Coach Screening

- Monitoring of social interactions while out in public
- Daily at-home self-health screening
- Daily program arrival temperature check and symptom screening by Commissioner/Coach
- Health monitoring throughout play
- Personal Protective Equipment

# 3

### Handwashing

- Mandatory hand washing and sanitization protocol between each activity period
- Hand sanitizing stations located at all food service areas and every activity area
- No water fountain or water cooler use. All participants must bring their own labeled water bottles.
- Use of EPA-approved soaps and sanitizers



## Frequent Cleaning and Disinfection

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- Increased cleaning and disinfection protocols by dedicated cleaning team
- Hourly cleaning and disinfection of each bathroom
- Cleaning and disinfection of all activity areas, equipment and supplies as much as reasonable between each group period
- Designated activity supplies for each group when possible.
- Use of EPA-approved soaps, disinfectants, and sanitizers.

## Reasonable Contact Reduction

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- Group sizes of no more than max on-field/court/rink +3
- Safe social distancing practices will be maintained between groups
- Face coverings worn by non-group members who require close interaction
- Coaches limited to 1 +1 Designated Safety Coach.
- Health Screening Forms maintained until 2 weeks after season ends.

## Symptom Management Plan

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- All persons with COVID-related symptoms must be isolated with Designated Safety Coach and must be picked up by caregiver as soon as possible.
- Separate quarantine facility for persons with above symptoms who will go home.
- Strict symptom management, including isolation communication, tracing, and post-illness protocol will be enforced.



## Personnel Responsibilities

Madison County Parks and Recreation is dedicated to providing a safe return-to-play for our youth sports and programs. While we understand that most of the responsibility falls on our participants and their families, we will do whatever we can to minimize the risk with youth sports and programs.

### **Facility Supervisor**

MCPRA will provide staff during the week and on weekends at all of our facilities to set up sanitizing stations, provide coaches with sanitizing sprays for equipment, sanitize restroom facilities and frequently-touched surfaces, monitor compliance, and make sure facilities have adequate supplies. Any concerns or violations will be reported to MCPRA administration. Facility Supervisor will also be required to take the COVID-19 for Coaches and Administrators Course through the National Federation of State High School Associations (NFHS).

MCPRA will supply the following:

- Hand sanitizing stations (at least 1 per location)
- Hand sanitizer for coaches – stays at field and will be picked up by Facility Supervisor
- Sanitizing spray for coaches – stays at field and will be picked up by Facility Supervisor
- Extra masks (Facility Supervisor)
- Temporal thermometers (12 total purchased, will be given to Commissioners)
- Gloves (Facility Supervisor)
- Large sanitizing sprayer for bathrooms/portable toilets

### **Commissioners**

Commissioners will be required to follow local, state, national, MCPRA, and league guidelines regarding return-to-play protocols. Where the protocols do not match, the stricter protocols shall be followed.

Commissioners will be required to review policies with coaches. Only coaches who sign the 2021 Coach Agreement and agree to follow the terms will be permitted to coach. Commissioners will be expected to enforce all protocols and require their coaches to do the same. Any commissioners who refuse to follow the COVID-19 Return to Play protocols will be subject to MCPRA Board review.

Commissioners should monitor COVID-19 rates in surrounding counties when preparing schedules for out-of-county matches and games. During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase COVID-10 transmission and is not advisable. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.



Commissioners will be required to take the COVID-19 for Coaches and Administrators Course through the NFHS and present certificate to MCPRA. This will only need to be done once.

Commissioner shall report any participant awaiting COVID-19 test results to MCPRA staff, so that plans can be made in the event of a positive result.

**Face coverings.** Administrative staff and officials should not be required to wear face coverings while actively engaged in competition, however, athletes, coaches, and officials should wear masks to the greatest extent possible.

- Must wear face coverings when on the field and in the dugout any time 6 feet physical distancing cannot be maintained.
- Must wear facial coverings when at or interacting with the table (clock operators, scorers, announcers).
- Must wear face coverings when working as or interacting with field personnel.
- Must wear face coverings when assisting an injured/sick player on or off the field.
- Must wear face coverings indoors.

## Coaches

The burden of responsibility of the safety of our participants falls on both the participants and the coaches. As adults, the coaches have the authority to ensure compliance among participants. Any participants unwilling or unable to follow rules should not be permitted to practice, for their safety and the safety of those around them. This also means that coaches must adhere to the guidelines and demonstrate compliance at all times.

At every meeting (conditioning session, practice, scrimmage, game, etc.), coaches should complete a quick health screening on themselves. If a coach is feeling unwell, always err on the side of caution and either find a substitute coach or cancel/postpone practice.

Designate someone – a parent volunteer or assistant coach – to be your Designated Safety Coach. This person will help spray equipment during breaks, keep kids separated on the sidelines, remind participants to sanitize at water breaks and assist the coach with practices, particularly in complying with COVID-19 Protocols. They must follow all the same rules as the Coach and receive the same training.

Coaches/Safety Coach should do all health screenings in the areas near the parking lot. They should ask all questions to parents – if any of the questions are “Yes”, with the exception of the out-of-state travel question, **THE PARTICIPANT MUST BE SENT HOME**. If the response to the out-of-state travel question is yes, please indicate the state traveled. We will use this information only if there is a positive COVID-19 test with this participant within the 2-week period.

At the start of each meeting, coach should discuss COVID Protocols with team including social distancing and personal sanitization procedures. The following should be considered:

- All drills should be designed to maintain distance as much as feasible.
- Players should work with same partner throughout practice/games.
- Small groups should stay the same as much as possible.



- Only one team should be on the field at a time. There should be no scrimmages between teams during practices. Teams should only share fields during games.
- Equipment should be sprayed down at each break, or at least once during practice. Please follow sport-specific guidelines attached regarding equipment sanitization frequency. If league requires stricter guidelines, those shall apply.
- Coach should report any coach, staff, and participant potential COVID-19 exposure/illness to Commissioner for monitoring.

Coaches and volunteers will be required to take the COVID-19 for Coaches and Administrators Course through the NFHS and present certificate to MCPRA. This will only need to be done once.

**Face coverings.** Coaches should wear masks to the greatest extent possible.

- Must wear face coverings when on the field and in the dugout any time 6 feet physical distancing cannot be maintained.
- Must wear facial coverings when at or interacting with the table (clock operators, scorers, announcers).
- Must wear face coverings when working as or interacting with field personnel.
- Must wear face coverings when assisting an injured/sick player on or off the field.
- Must wear face coverings indoors.



## Registration

We have moved to a new registration system since we last hosted team sports. To keep our registrations safe, we have a few new policies in place.

- **We will no longer accept paper registration forms on-site.** Parents/guardians may call the Parks and Recreation number to register over the phone. Payments may still be dropped off at the office, paid online, paid over the phone, or mailed in to the office.
- **Waivers.** There is a COVID-19 Participation Waiver that everyone – participants, coaches, staff, volunteers, and commissioners must sign and turn in. These must be completed for each registration. For participants, this is done when you register. All others must complete paper form.
- **Payments.** Each sport has the ability to set how they will receive payments for the season. Payments can be required in full (particularly if space is limited), with a deposit, by a certain date with automatic withdrawal, or collected by sport (not recommended).
- **Scholarship.** Any participant needing funds for participation may complete an application. At the present time, anyone requesting funds may receive, as long as funds are available. Applications can be found on our website and are frequently e-mailed with registration information.
- **Refunds.** We have set up the following refund policies regarding COVID-19 as they pertain to Youth Team Sports. These do not apply to camps, clinics, or other programs.
  - **There will be no refunds for participant cancellations involving COVID-19.** Any other policies sports have already in place will be followed as they pertain to refunds (injuries, moving, prior to season start date, etc.)
  - **There will be no refunds if the team/sport play is cancelled due to COVID-19 outbreak.** It will be up to the commissioners to extend the season or cancel remaining play.
  - **If play is suspended due to MCPRA, County, State, or Federal order, a refund may be given based on the duration of the season completed. If more than 75% of the season is complete, no refund shall be given. This will be left up to each sport to decide how much refund is appropriate in the event of a shut down.**



## Preparing to Play

In order to reduce the transmission of COVID-19, all participants are required to have their own equipment. In some cases, there may be gear participants can borrow for a season or for a game. Any equipment that is to be shared between participants must be sanitized between use.

Prior to a participant's first practice, please be sure to have all necessary gear for play, including but not limited to gloves, helmets, cleats, shin guards, bats, hockey sticks, mouth guards, etc. If you have a question regarding equipment, or would like to see if we have donated items available, please contact the sport's Commissioner or the Parks and Recreation office.

*Each participant must have the following:*

- Personal playing equipment (above)
- Cloth face covering WITH lanyard for easy access (disposable paper ones will not suffice – they do not work well once wet, and run the risk of breaking)
- Personal water bottle with name (please avoid plastic ones, as they can get mixed up between participants)
- Hand sanitizer

*Participant Responsibilities:*

- STAY HOME IF YOU ARE FEELING UNWELL. Individuals should complete a personal health screening daily and should stay home if they are experiencing any symptoms consistent with COVID-19 or are in close contact with someone with COVID-19.
- Regularly wash hands or sanitize at each break.
- Maintain physical distance of 6 feet when not active, 10 feet when active, or wear a mask when distancing cannot be achieved.
- Participants wearing mouth guards should keep them in throughout the competition. If mouth guard is taken out, proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should be washed/disinfected before doing so.
- Participants should regularly clean and disinfect all gear, including but not limited to jerseys, cleats, shin guards, shoulder pads, gear bags, etc.



# Practice Procedures

## Arrivals and Pick-up

Our Arrival and Pick-up protocols are designed with safety of our participants and coaches/staff in mind. Coaches should set up close to the parking area to be visible to Parents/Caregivers upon arrival for participant health screening. Coaches should not be set up near or on the fields/courts/rink.

- **PARENTS REMAIN IN CARS.** Parents/Caregivers should always remain in their vehicles. For younger participants needing an escort, parents/caregivers should wear a facemask to introduce participant to coach and answer health screening questions, then promptly return to vehicle. Participants should put on their facemasks upon exiting the vehicle.
- **ON-SITE HEALTH SCREENINGS.** Temperature checks will not be required for practice, but series of health-related questions will be asked upon arrival. Coaches/Staff/Commissioners may deny access to any participant based on responses to the health screening questions. Facemasks required.
- **HAND SANITIZING STATIONS.** Participants will sanitize their hands prior to joining their group. Facemasks required.
- **DEDICATED MEETING.** Participants will meet with Coach to discuss practice plans. Facemasks required. Participants should be reminded to maintain 10 feet social distancing whenever possible.
- **TEAM BENCHES.** There will be no team bench or dugout use during COVID-Protocols. Participants must stagger seating on bleachers, spread along sideline, or other such measure to separate participants 6ft. from one another.
- **ACTIVE PLAY.** Facemasks are not required when participants are actively playing.
- **WATER BREAKS.** Participants must sanitize hands prior to getting water. Facemasks are required when not actively drinking. Equipment should also be sanitized.
- **INSTRUCTION/CHANGE OF ACTIVITY.** Facemasks must be worn. Participants should be socially distanced when possible. Equipment should be sanitized.
- **INTERPLAY/SCRIMMAGES.** Interplay between teams and scrimmages are not permitted. Scrimmage play within the same team is permitted, but should be limited to less than half of the practice time.
- **CONCLUSION OF PLAY/PRACTICE.** Facemasks must be worn. Participants should sanitize, then gather personal belongings. All participants should immediately go to their vehicles. Participants/coaches/parents should avoid gathering.



# Game Procedures

## Arrivals and Pick-up

Our Arrival and Pick-up protocols are designed with safety of our participants and coaches/staff in mind. Coaches should set up close to the parking area to be visible to Parents/Caregivers upon arrival for participant health screening. Coaches should not be set up near or on the fields/courts/rink.

- **PARENTS REMAIN IN CARS UNTIL START.** Parents/Caregivers should always remain in their vehicles until game start time. For the safety of all participants, Parents/Caregivers/Family member guests should be limited to two per player.
- **ON-SITE HEALTH SCREENINGS.** Temperature checks will be required for games, in addition to a series of health-related questions upon arrival. Coaches/Staff/Commissioners may deny access to any participant with a temperature above 100.4°F or based on responses to the health screening questions. Facemasks are required.
- **HAND SANITIZING STATIONS.** Participants will sanitize their hands prior to joining their group. Facemasks required.
- **DEDICATED MEETING.** Participants will meet with Coach to discuss game plans, positions, and line-up. Facemasks required. Participants should be reminded to maintain 10 feet social distancing whenever possible.
- **TEAM BENCHES.** There will be no team bench or dugout use during COVID-Protocols. Participants must stagger seating on bleachers, spread along sideline, or other such measure to separate participants 6ft. from one another. Parents/Caregivers may not be seated within 10ft. of any participant and must stay within designated guest seating area, at least 6ft. from other guests.
- **ACTIVE PLAY.** Facemasks are not required when participants are actively warming up or playing.
- **WATER BREAKS.** Participants must sanitize hands prior to getting water. Facemasks are required when not actively drinking. Equipment should also be sanitized.
- **CAPTAIN'S MEETING.** Facemasks must be worn. Only Coach should attend Captain's Meeting with the umpire/referee/official. Pre-game handshakes shall be avoided.
- **INTERMISSIONS/HALFTIME.** All participants and coaches must be masked during Intermissions and maintain 6ft. social distancing when possible.
- **END OF GAME.** There shall be no hand-shakes or award ceremonies at the end of the game.
- **CONCLUSION OF PLAY/PRACTICE.** Facemasks must be worn. Participants should sanitize, then gather personal belongings. All participants should immediately go to their vehicles. Participants/coaches/parents should avoid gathering.



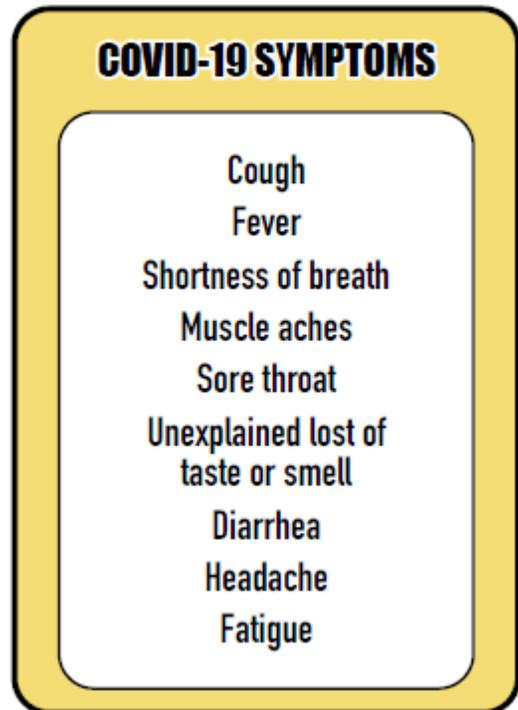
# Symptom Management Plan

The guidelines and requirements for managing a member of our Youth Sports community with symptoms are provided by the Virginia Department of Health and the Centers for Disease Control. We will immediately notify the state and local health department about any positive test result by our staff, coach, or participant.

## COVID-19 Screening Questions

1. Do you have a sore throat, fever, body aches, cough or difficulty breathing that is new?
2. Have you knowingly been in close or proximate contact in the past 14 days with anyone who has tested positive for COVID-19, had symptoms of COVID-19, or is currently awaiting test results for COVID-19?
3. Have you tested positive for COVID-19 in the past 14 days?
4. Have you experienced COVID-19 symptoms in the past 48 hours?
5. Have you traveled out of state in the past 14 days? If yes, list state.

If any of the answers to questions 1-4 is "YES", **PARTICIPANT MUST BE SENT HOME.** If the answer to question 5 is "YES", please document the state traveled.



## Symptom Management Information

- **DAILY SCREENING.** Protocols developed in partnership with local, state and national health authorities, Madison County Public Schools, Virginia High School League, and with information from other local sports organizations. All coaches, commissioners and staff will be trained in recognizing signs and symptoms of communicable diseases.
- **COMMUNICATION.** Follow all reporting guidelines to the Department of Health. Alert families, coaches, and staff members immediately, keeping confidence of individuals as much as possible.
- **SYMPTOMS & TRACING.** Collaboration in partnership with the Centers for Disease Control Quarantine Protocols.



## What Happens When...?

### **What happens when a participant, coach, or staff member develops COVID-19-like symptoms while playing?**

- Participants, coaches, or staff members exhibiting a fever or multiple COVID-19 symptoms will be directed to a designated area with Designated Safety Coach, while they await transport home.
- Staff that can self-transport, who are physically able to drive, may be escorted to their car with proper PPE work by both ill staff member and escort.

#### **Participants, coaches or staff may return to play if/when:**

- An improvement in respiratory symptoms, such as coughing or shortness of breath
- Must be 72 hours fever-free, without fever-reducing medication
- **-OR-** two negative COVID-19 tests, more than 24 hours apart

### **What happens when there is a COVID-19 Positive Diagnosis?**

- If a participant, coach, or staff member reports that they are COVID-19 positive, MCPRA will maintain confidentiality of the individual at all times while mitigating the situation.
- The case will be reported to the Madison Health Department and all families and staff of the individual's team will be notified immediately.
- All facilities that the individual came in contact with will be deep cleaned and disinfected as per CDC guidelines.
- All participants, coaches, and staff who came in close contact (less than six feet for more than 15 minutes) will be required to remain home and in quarantine for 14 days.

#### **Participants, coaches or staff may return to play if/when:**

- They have been at least 10 days since first symptoms
- AND fever-free for 72 hours without fever-reducing medication
- AND 72 hours since all symptoms have improved

#### **-OR-**

- TWO negative COVID-19 tests, more than 24 hours apart
- AND resolution of fever without fever-reducing medications
- AND improvement of respiratory symptoms (cough, shortness of breath)

### **Could Youth Sports be shut down?**

- Youth Sports could be delayed, postponed, or canceled if the Governor returns our location to Phase 2.



- Youth Sports could be delayed, postponed, or canceled if our County Health Department determined that there were multiple cases of COVID-19 in multiple Youth Sports groups, not linked by any Youth Sports Groups or family households.

### **IN SUMMARY**

If/when there is a COVID-19 case, MCPRA will be following the guidance of the Madison County Health Department, which is following CDC Guidelines. **All we can do here at Madison County Parks and Recreation is to take great care in whom we and our family members come in contact with during our Youth Sports seasons.**

**IF/WHEN these guidelines are updated, we will be immediately updating our families and staff.** Thank you for your patience, confidence, and understanding of this delicate and ever-changing situation.



# Appendix A: Sport Specific Guidelines

## Baseball

- ❖ Each team provides sanitized balls (1 dozen minimum) while on defense
    - Sanitize used balls after the game
    - Sanitize bases after each contest
    - Players are not permitted to leave the dugout area to congratulate players when scoring or after home runs. The number of individuals in the dugout is dependent on the size of the dugout. Players and coaches must maintain 6 feet of social distance. This may extend outside the dugout area down the fence line.
  - ❖ Recommendations for Coaches
    - Lineups should be handed to the umpire by a coach.
    - Maintain 6' distance between coaches and umpires
    - No seeds, gum, or spitting
  - ❖ Recommendations for Players
    - No seeds, gum, or spitting
    - Players should clean and sanitize equipment after each game
      - Sanitize used baseballs after game
      - Maintain 6' distance between players, coach, and umpires
      - No sharing of water bottles
      - Appropriately clean batting helmets between each player's use
      - Appropriately clean catcher's equipment between each player's use
      - Appropriately clean bats between each player's use
      - No physical contact (high fives, chest bumps, hand slaps, etc.)
      - Prohibit licking of fingers and wiping them off. Follow league recommendations on rules regarding pitchers putting their hands into their mouths or blowing onto their hands prior to the pitch. The ball should go to the dugout for sanitizing, and pitcher should sanitize hands before play continues.
    - Pitchers cannot wear white or gray cloth facial coverings.
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## Basketball

- ❖ Pregame protocol: Limit attendees to the referee and the head coach from each team. All individuals maintain a distance of 6 feet or greater at the center circle.
- ❖ Team Benches: Social distancing should be practiced when possible
  - Limit the number of bench personnel to observe social distancing of 6 feet or greater



- If possible, place team benches opposite spectator seating
  - Create separation between the team bench and spectator seating behind the bench if possible
  - Use the first level of bleachers as overflow for team personnel
  - Limit contact between players when substituting
  - ❖ Official's Table
    - Limit the number of bench personnel to observe social distancing of 6 feet or greater
    - The host should sanitize the table before the game and at half time
    - Place officials table sufficiently away from the sideline to allow for additional space for substitutes
    - Limit seats at the table to essential personnel which includes scorers and timer with a recommended distance of 6 feet or greater between individuals
    - No food or drink is permitted at the official's table
  - ❖ Equipment and accessories
    - Basketball should be sanitized and not used for warm-ups
    - Basketball should be sanitized during timeouts and between quarters
    - Sanitizer should be provided by the host team at the table
  - ❖ Expectations for all games
    - Jump Ball
      - The jump ball will be eliminated with the visiting team receiving the first possession of the game
      - To start an overtime period, a coin toss will determine which team is awarded the ball
    - No spectators will occupy the first row of bleachers so as to maintain 6 feet from the bench area and court
    - Cheerleaders will maintain, at all times, 6 feet social distancing from other squad members as well as members of the team and officiating crew
    - When team personnel occupy the rows in the bleachers, maintain at least one row between them and any spectators
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## Cheerleading

- ❖ Participants should be appropriately spaced on the mat to ensure proper social distancing when practicable
- ❖ Cheerleading Apparel/Accessories
  - Cheerleaders must wear face coverings while cheering at indoor events
  - Examples of face coverings to consider:
    - Coverings that are held in place with over-the-head straps using Velcro or other breakaway type connections
    - Full head coverings



- Coverings that minimize the chance of having fingers caught in them
  - ❖ Skill Restrictions
    - It is up to the Commissioner whether stunting occurs
    - Stunting with face coverings is NOT permitted, as it increases risk to injury
    - In addition to wearing masks, teams must abide by the following restrictions:
      - No cradles, twist-ups or twist-downs, basket tosses, inversions, transitional stunts, pyramids, or tumbling into a stunt
    - Stunting that is permitted includes:
      - Preps and prep level stunts
      - Extensions and awesomes/Cupies
      - Single-leg stunts
      - Dismounts must be Bump Down or Pop Down only
    - NO STUNTING AT BASKETBALL GAMES
      - Cheerleaders will maintain at all times 6 foot social distancing from other squad members as well as members of the participating teams and officiating crews
  - ❖ Additional Recommendations
    - Coaches should be sure to follow stunt progressions with all cheerleaders
    - Stunt groups should remain consistent, in the same “pods” for practices, games and performances
    - Stunt groups should work together for no more than 10 minutes at a time to minimize time spent in close contact and allow proper hand sanitizing, etc.
    - If a “pod” member is absent, the individuals “pod” is ground bound for that day, to reduce potential cross-contamination between stunt groups. Do not substitute group members between groups.
    - Build in breaks during practices, games and performances to sanitize.
    - Consult your mat manufacturer regarding appropriately sanitizing your mats appropriately (i.e., what cleaners, frequency, etc.)
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## Football

- ❖ Team Box
  - The team box will be extended on both sides of the field to the 20-yard lines to allow more room for social distancing
  - Maintain social distancing of 6 feet at all times while in the team box
  - Do not share uniforms, towels, other apparel, or equipment
  - Only team personnel (no parents, spectators, etc.) should be in the team box
- ❖ Ball
  - The ball should be cleaned and sanitized throughout the contest, as recommended by manufacturer
  - Ball holders should maintain social distancing of at least 6 feet at all times during the contest



- ❖ Face Masks
    - Plastic shields covering the entire face (unless integrated into the facemask and attached to the helmet and clear without the presence of any tint) shall not be allowed during the contest
  - ❖ Water
    - Each game official and player should have their own beverage container brought. There will be no team coolers.
  - ❖ Intermission between Periods and After Scoring
    - Ball should be sanitized
  - ❖ Additional Recommendations
    - Gloves are permissible for all coaches and team staff, and for all game administration officials
    - Pregame meeting and coin toss should only include a coach from each team and an official
- 

## Soccer

- ❖ Pregame Conference
    - Limit attendees to head referee and head coach from each team
    - Pregame conference should move to the center of the field, with individuals maintaining a social distance of 6 feet
  - ❖ Team benches
    - There shall be no team benches. Players are encouraged to bring their own chair to be set on the team sideline, 6 feet from the other team members' chairs. Their facemask, water bottle, and other gear should be kept here.
  - ❖ Substitutions
    - Maintain social distancing of 6 feet between the substitute, officials, and teammates
  - ❖ Additional Considerations
    - Drop-ball restart – consider suspending and referee will instead award indirect free kick to whichever team is deemed to be in possession
    - Indirect and direct free kicks – players from opposing teams must remain at least 3 feet apart from each other, which will remove the traditional “wall”. By rule, they still need to provide 10 yards from the ball prior to the kick.
    - Gloves are permissible
    - Long sleeves and long pants are permissible
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## Softball

- ❖ Each team provides sanitized balls (6 balls minimum) while on defense
  - Sanitize used balls after the game
  - Sanitize bases after each contest
- ❖ Face shields, unless integrated into the helmet, shall not be permitted
- ❖ Additional equipment
  - Facial coverings must be of one color, not distracting, and no designs
  - Pitchers cannot wear optic yellow cloth facial coverings
  - Umpire may wear disposable gloves and masks.
- ❖ Pre-game conference
  - Limit attendees to one coach from each team plus the umpires. All individuals must maintain 6 feet social distancing
- ❖ Substitutions
  - The verbal exchange should occur at least 5 feet from the coach to scorer and opposing team when making lineup changes
- ❖ Umpires do not handle equipment during play. Contact with game balls should be as limited as possible
- ❖ Base coaches must stay 6 feet from a runner at all times after suspension of play
- ❖ Dugout
  - Bench players are not permitted to leave the dugout area to congratulate players when scoring or after home runs.
  - The number of individuals in the dugout is dependent on the size of the dugout. Players and coaches must maintain 6 feet social distance. Players may extend outside the dugout area along the fence line.
- ❖ Charged conferences
  - Coaches holding defensive conferences must stay on the home plate side of the pitcher's circle and the player or players must be on the opposite of the pitcher's circle maintaining 6 feet distance.
  - No more than 2 players plus the pitcher are allowed. Only one coach is permitted during the conference.
  - If a coach visits the pitcher, all other players should stay out of the pitcher's circle.
- ❖ Infractions by the pitcher
  - Prohibit licking of fingers and wiping them off. Pitchers are not allowed to put their hands to their mouths or blow into their hands prior to pitching the ball. Ball should go to the dugout for sanitizing, and the pitcher must sanitize hands before play continues.
- ❖ Additional Recommendations
  - No seeds, gum, or spitting
  - Players should clean and sanitize equipment after use
  - No sharing of water bottles
  - Appropriately clean batting helmets between each player's use
  - Appropriately clean catcher's equipment between each player's use



- Appropriately clean bats between each player's use
  - No physical contact (high fives, chest bumps, hand slaps, etc.)
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## Adult Volleyball

- ❖ Prematch conference attendees should only include Team Captain and official
  - ❖ Suspend the coin toss to determine serve/receive. The visiting team will serve first in set 1 and alternate for the remaining non-deciding sets.
  - ❖ Since an advantage exists (overhead basketball goals for indoor and sun in outdoor), teams will continue to switch sides between sets.
  - ❖ Volleyball should be sanitized between each match
  - ❖ Gloves and face masks are permissible during play
  - ❖ All players not actively on the court and all spectators must wear face masks when indoors.
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## Wrestling

- ❖ General recommendations:
  - Have hand sanitizer and wipes available at all times
  - Wash stations or sanitizer at mat side
  - Participate/host smaller events (duals and tri's only, avoid quads and greater. Larger meets could be attended depending on venue)
  - Wrestling mat(s) should be cleaned before, during, and after event
  - Organize weigh-ins and skin checks to follow social distancing requirements and in a designated area
  - If spectators are not allowed, wrestlers should sit in bleachers for physical distancing guidelines. If not, chairs should be placed 6 feet from the mat and be spaced in a safe physical distancing manner.
  - Referee shall not declare winner by raising the winning wrestler's hand.
- ❖ Recommendations for Coaches
  - One coach will be allowed to sit in the wrestler's corner throughout the match
  - Eliminate handshakes post-match
  - Conduct workouts in "pods" of the same athletes always training and rotating together in practice to ensure more limited exposure of someone develops an infection
- ❖ Recommendations for Wrestlers



- Equipment used such as wrestling headgear, shoes, braces, and kneepads should only be worn by one individual and not shared. Equipment should be cleaned before, during, and after practice or competition.
  - Stagger weight classes so that not everyone is in chairs mat-side.
  - ❖ Guidelines for Practice
    - There should be no spectators in the facility for practices. Only players and coaches permitted.
    - Coaches should conduct daily temperature checks prior to the start of practice.
    - Wrestlers should be paired in groups of no more than 4 participants to create a training pod. Coaches should track pods to ensure athletes are remaining in assigned pod.
    - Wrestlers should only be exposed to one teammate in their pod during practice. These training pods should remain the same for a minimum of two weeks and are used for training and skill development.
    - Wrestlers should take breaks every 10 minutes to sanitize and wash hands.
    - Consideration should be taken to conduct multiple practices to separate athletes.
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## Hockey

(To be added at a later date)

