

Robert F. Munroe Guidelines for Using Corry Field

Corry Field Max Occupancy - 2,000 - 20% capacity = 400

Admission into the game will be guided through two separate gates.

- Mask to be worn all times while admitted into the game.
- Each spectator will be screened and have temp. checked upon entry.
- Hand Sanitizer stations will be placed at the gate.
- 350 max occupancy spectators, plus school administration
- Each team is in charge of their own water.
- Seats for the home team will be marked and assigned, with social distancing in place.
- School administration and off duty security and police will work to assure all social distancing requirements are met.
- Restrooms limited to one person at a time for spectators

Home Team:

- Parents and Immediate family for players and cheerleaders and coaches - 180
- General admission - 70
- Student section - 50
- No locker room use at any time.
- Normal concessions on the home side.

HOME TEAM ON FIELD GUIDELINES - Players wearing face shields strapped to helmet face mask or a cloth covering over nose and mouth. Hand sanitizer stations on sidelines. Individual water bottles for personal use. Non-player personnel (Coaches, administrators, game day staff) will wear masks at all times except referees.

Away Team: Guest list sent in advance - 50 spectators, plus School Administration

- Small concessions stand on the away side.
- Home team will not use the locker room.
- Away team uses both with 5 at a time to change. Pre game - Post game
- No halftime locker room use.

AWAY TEAM ON FIELD - Players wearing face shields strapped to helmet face mask or a cloth face covering over nose and mouth. Have hand sanitizer stations on the sidelines. Individual water bottles for personal use. Non-player personnel (Coaches, administrators, game day staff) wear masks at all times.

Away team brings its own administration to police social distancing amongst their own fans. **Home team administration will not police away team's bleachers.**
Visitors will use bathrooms and concession stands on the visiting side.

Concessions Stand

The concession stand will create prepacked and bagged meals prepared in advance. Clear barrier will separate staff from spectators purchasing drinks and meals. All staff and spectators will have on masks.

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MINIMIZING RISK: MANAGING SCHEDULES & TEAM TRAINING SESSIONS:

- Students are required to let coaches know if they themselves, family members, or those they have had contact with are experiencing or have experienced any signs or symptoms of COVID-19. Stress that they will stay home if sick or if they have had contact with those who have Covid-19 or COVID-19 symptoms. Have thermometers available to check students for fever. **Communication is the key**
- Adhere to social gathering and distancing policies at your school according to local, state, and federal authorities during indoor and outdoor activities (6 feet apart)
- Group size counts must include both athletes, staff, and account for transition periods between sessions
- Suggest small group rotations under the supervision of different coaches. This includes drills and stations outside the weight room setting
- Schedule mid- and post-workout cleaning periods, allowing a 10-15 minute buffer between teams or groups
- Limit or stagger training groups throughout workout blocks and / or alternate training days
- Avoid person-to-person contact while spotting with use of bar catches and the 2-spotter technique
- Consider grouping athletes based on conditioning status
- Create exercise pairings to limit weight room traffic; Or one-way traffic flow based on entrances and exits
- Maximize fresh air flow in the weight room
- Use outdoor training spaces whenever possible
- Keep interior doors propped open and lights on throughout the day

FACILITY & EQUIPMENT: CLEANING & SANITATION PROCEDURES

- Coaches will clean all weight room surfaces with germicidal disinfectant or 70% water/30% bleach solutions
- Make masks and gloves available
- Educate on weight room COVID-19 upkeep expectations during meetings with athletes
- Promote hand washing before and after workouts and provide hand sanitizer. We suggest having a handwashing / sanitation station outside the building entrance
- Keep extra bottles of disinfectant for athletes to wipe down equipment for use
- Avoid the sharing of cloth towels or rags
- Carry a personal water bottle instead of drinking directly from the community water fountain (Do not share water bottles or water cows). Disposable cups may be used for one time use only. Please cover all water fountains
- Ensure that cleaning and sanitation procedures include restrooms, locker rooms, carpet and flooring, exercise mats, and water fountains

PRINCIPAL
Pamela Jones

ATHLETIC DIRECTOR
Charles Roberts Jr.

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- Ensure all pieces of equipment are cleaned with previous directed solutions: Medicine balls, dumbbells, kettle balls, weight belts, bars and plates
- Have separate laundry baskets for clean and dirty items

TRAINING SAFETY: RISK FACTORS FOLLOWING PERIODS OF INACTIVITY

- Plan for gradual return to pre-closure training levels
- Avoid high volume submaximal exercises to fatigue, or performed within a limited time frame
- Emphasize a 10 – 20 minutes daily warm-up for reestablishing sport-related movement patterns
- Consider that prolonged inactivity increases the likelihood of delayed onset muscle soreness (DOMS) and risk of injury

- Communicate regularly with the medical staff about at-risk athletes, including those with cardiac abnormalities, sickle cell trait, history of exertional or non-exertional collapse, asthma, and diabetes
- Plan and adjust workouts to match environmental factors, especially in cases of high heat and humidity
- **DO NOT** perform physically exhausting drills for the purpose of developing “mental toughness”
- Students **must** have up to date EL2(Pre-participation physical evaluation) and EL3(Consent and release from liability certificate) forms on file, have approved health insurance, and have viewed the three required NFHS learn safety courses (Concussion in Sports, Sudden Cardiac Arrest, and Heat Illness Prevention) **PRIOR** to any participation. Data will be maintained on hand and in the FHSAA data base. Keep sign in rosters on hand

Any violations of these procedures may cause suspension of all activities at the school. The Principal and Athletic Director are responsible for instituting these guidelines and for ensuring that coaches adhere to them.

Guidelines for Phases 1-3

Phase 1

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check. Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix 1 for Monitoring Form).
- Any person with positive symptoms reported will not be allowed to take part in workouts and will contact his or her primary care provider or other appropriate health-care professional. Person may not return to campus until cleared in writing by a Health Care Provider
- Vulnerable individuals will not oversee or participate in any workouts during Phase 1
- No gathering of more than 10 people at a time (inside or outside)
- Locker rooms will not be utilized during Phase 1. Students will report to workouts in proper gear and immediately return home to shower and wash their workout clothing

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- Workouts will be conducted in “pods” of students with the same 5-10 students always working out together
- There must be a minimum distance of 6 feet between each individual at all times.
- Individuals will wash/sanitize their hands before touching any surfaces or participating in workouts. Hand sanitizer will be plentiful and available to individuals as they transfer from place to place
- Weight equipment will be wiped down thoroughly before and after an individual’s use of equipment
- There will be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students
- All athletic equipment, including balls, will be cleaned after each use and prior to the next workout
- Individual drills requiring the use of athletic equipment are permissible, but the equipment will be cleaned prior to use by the next individual
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room
- **Examples of allowable sport specific activities (including but not limited to):**
 - A basketball player can shoot with a ball(s), but a team will not practice/pass a single ball among the team where multiple players touch the same ball
 - A football player will not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there will be no sharing of tackling dummies/donuts/sleds
 - A volleyball player will not use a single ball that others touch or hit in any manner
 - Softball and baseball players will not share gloves, bats, or throw a single ball that will be tossed among the team
 - A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they will be collected and cleaned individually
 - Cheerleaders may not practice/performance partner stunts or building. (Chants, jumps, dances without contact are permissible)

**All students shall bring their own water bottle. Water bottles must not be shared.
Hydration stations (water cows, water trough, water fountains, etc.) will not be utilized.**

Phase 2

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check. Responses to screening questions for each person will be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix 1 for Monitoring Form)
- Any person with positive symptoms reported will not be allowed to take part in workouts and will contact his or her primary care provider or other appropriate health-care professional
- Vulnerable individuals will not oversee or participate in any workouts during Phase 2
- No gathering of more than 10 people at a time inside. Up to 50 individuals may gather outdoors for workouts, there must be a minimum distance of 6 feet between each individual at all times

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- If locker rooms or meeting rooms are used, there must always be a minimum distance of 6 feet between each individual
- Workouts will be conducted in “pods” of students with the same 5-10 students always working out together
- Individuals will wash/sanitize their hands before touching any surfaces or participating in workouts. Hand sanitizer will be plentiful and available to individuals as they transfer from place to place
- There must always be a minimum distance of 6 feet between each individual . Appropriate social distancing will need to be maintained on sidelines and benches during practices
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.)
- Weight equipment will be wiped down thoroughly before and after an individual’s use of equipment
- Appropriate clothing/shoes will always be worn in the weight room to minimize sweat from transmitting onto equipment/surfaces
- Maximum lifts will be limited and power cages will be used for squats and bench presses. Spotters will stand at each end of the bar
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home
- Lower risk sports practices and competitions may resume (see Potential Infection Risk by Sport below)
- Modified practices may begin for Moderate risk sports
- There will be no shared athletic towels, clothing, or shoes between students
- All athletic equipment, including balls, will be cleaned intermittently during practices and contests
- Hand sanitizer will be plentiful at all contests and practices
- Athletic equipment such as bats, batting helmets and catchers gear will be cleaned between each use
- All students shall bring their own water bottle. Water bottles must not be shared
- Hydration stations (water cows, water trough, water fountains, etc.) will not be utilized

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Phase 3

- Any person who has had a fever or cold symptoms in the previous 24 hours will not be allowed to take part in workouts and will contact his or her primary care provider or other appropriate healthcare professional, will not be allowed back on campus without written clearance from a Health Care Provider
- A record will be kept of all individuals present
- Vulnerable individuals can resume public interactions, but will practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed
- Gathering sizes of up to 50 individuals, indoors or outdoors
- When not directly participating in practices or contests, care will be taken to maintain a minimum distance of 6 feet between everyone
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.)
- Individuals will wash/sanitize their hands before touching any surfaces or participating in workouts. Hand sanitizer will be plentiful and available to individuals as they transfer from place to place
- Weight equipment will be wiped down thoroughly before and after an individual's use of equipment
- Appropriate clothing/shoes will always be worn in the weight room to minimize sweat from transmitting onto equipment/surfaces
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home
- Moderate risk sports practices and competitions may begin
- There will be no shared athletic towels, clothing, or shoes between students
- Students will wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels will be washed and cleaned after every workout
- Hand sanitizer will be plentiful at all contests and practices
- Athletic equipment such as bats, batting helmets and catchers gear will be cleaned between each use. Other equipment such as wrestling ear guards, football helmets/other pads, baseball gloves will be worn by only one individual and not shared
- Maximum lifts will be limited, and power cages will be used for squats and bench presses. Spotters will stand at each end of the bar
- Modified practices may begin for higher risk sports: Continue pre-practice screening as in Phases 1 and 2. Shower immediately after practices/contests
- All students shall bring their own water bottle. Water bottles must not be shared. • Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest

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Risk Categories by Sport:

Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors.

Examples:

- Individual running events
- Throwing events (javelin, shot put, discus)
- Golf
- Weightlifting
- Sideline cheer
- Cross country running (with staggered starts).

Moderate Risk: Sports 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. **Sports designated with *could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants.**

Examples:

- Basketball
- Volleyball*
- Baseball*
- Softball*
- Soccer
- Relays
- Pole vault*
- High jump*
- Long jump*
- 7 on 7 football

Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

Examples:

- Football
- Cheerleading-stunting, and any close proximity related activities associated with cheer

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Appendix 1: Covid-19 Athlete / Coach Monitoring Form School: Sport: _____

Date: _____

NAME	TIME	FEVER	COUGH	SORE THROAT	SHORTNESS OF BREATH	CLOSE CONTACT WITH SOMEONE WITH COVID-19	TEMP(if higher than 100.3)
		YES/NO	YES/NO	YES/NO	YES/NO	YES/NO	
		YES/NO	YES/NO	YES/NO	YES/NO	YES/NO	
		YES/NO	YES/NO	YES/NO	YES/NO	YES/NO	
		YES/NO	YES/NO	YES/NO	YES/NO	YES/NO	
		YES/NO	YES/NO	YES/NO	YES/NO	YES/NO	
		YES/NO	YES/NO	YES/NO	YES/NO	YES/NO	
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		YES/NO	YES/NO	YES/NO	YES/NO	YES/NO	
		YES/NO	YES/NO	YES/NO	YES/NO	YES/NO	
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**Sports Medicine Advisory Committee
 Considerations for Returning to High School Athletics and Activities
 During the COVID-19 Pandemic**

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

General Information:

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

Centers for Disease Control	https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html
National Federation of High School Sports	https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf
Korey Stringer Institute	https://ksi.uconn.edu/covid-19-return-to-activity/
Florida Department of Health	http://www.floridahealth.gov/index.html
The National Athletic Trainers Association	https://www.nata.org/sites/default/files/covid_19_return-to-sport_considerations_for_secondary_school_at_1.pdf

Sports Medicine Providers:

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

The Florida High School Athletic Association Sports Medicine Advisory Committee (SMAC) strongly recommends our FHSAA member schools to include ATs as critical staff members and to partner with volunteer community physicians to develop comprehensive sports safety programs. The AT / team physician together should develop infection control policies

This document serves to aid FHSAA member schools in preparing for the return to athletics during the COVID-19 pandemic. It allows adaptation and respects individual member schools/districts and the decisions they are facing regarding the COVID-19 pandemic situation and response, the overall safety of students and staff, and the comprehensive guidelines published by trusted national resources.

and facilitate the safe return to sports within our member schools during these extraordinary times. These policies should be constantly reviewed and updated given the rapid evolution of recommendations surrounding COVID-19.

Key components of FHSAA Member school plans shall include:

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

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

- **COVID-19 SCREENING, REPORTING AND DISMISSAL PROCEDURE**
If possible, start times and pick up times should be staggered to prevent congregation of student athletes and caregivers. The references listed in this document provide comprehensive guidance for screening measures each school should have in place. Examples of contactless temperature screening procedures and sample documents that schools can use to document student responses to screening questions are also available through these trusted resources. Schools shall have appropriate dismissal (recognition, isolation, and disposition) policies and procedures for students who enter campus when ill or exhibit concerning symptoms and respond affirmatively to any of the COVID-19 screening questions. No athlete or coach should be permitted on campus if symptomatic or answers “yes” to high risk of contact. This dismissal procedure should indicate the reporting responsibility of the coach or other staff member in these cases. US Senator Marco Rubio states “every student-athlete and all athletics personnel should be screened before participating in any aspect of in-person athletics activities. No one should be allowed to officiate, coach or play if they identify or exhibit any of the following symptoms or signs within 72 hours before competition.” https://www.rubio.senate.gov/public/_cache/files/067bb0c8-78fd-4e0a-9674-dae6d186f512/5B5C774652D5E39F2DB7180750430EEF.20.08.05-smr-letter-to-governor--hs-sports-return-to-play.pdf
When the FHSAA official sports season begins/resumes, each school shall provide reasonable efforts to ensure all participants have been screened via COVID-19 questionnaire and contactless thermometer on all days of practice and competition. Appropriate physical distancing should be practiced whenever practical, especially in the locker room and on the sideline. The use of face coverings is strongly advised by the CDC as well as the FHSAA SMAC, whenever possible. Face coverings may be removed for conditioning and while competing but should be otherwise worn on the sidelines whenever practical. Schools are encouraged to assign administrative staff members to encourage compliance with these strategies.

Visiting teams should complete the COVID-19 screening process before arriving at the host school, preferably prior to leaving home school, and any symptomatic or febrile individual should not travel with the team. The

FHSAA SMAC strongly recommends that each school document and keep on-file the COVID-19 screening data collected before each competition.

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

In concordance with the re-opening guidelines from our Governor when opening the State, school athletics and activities should resume in clearly defined phases. These stages begin with small, isolated group workouts allowing for physical distancing and acclimatization. Next, they progress strategically, approximately every two weeks, allowing the groups to expand and activities to increase. The FHSAA SMAC suggests the decision to advance into the next phase should be based on stable or decreasing numbers of positive COVID-19 infections in their respective areas, not just time frames.

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

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

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

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

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

- **FACILITY USE PLAN**

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

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

- **SPORTS EQUIPMENT AND HYDRATION**

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

▪ EDUCATION

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

COACHING STAFF AND SPORTS MEDICINE STAFF EDUCATION

- Member schools should provide education to staff and student-athletes on the new COVID-19 protocols in place for all school athletic facilities.
- The FHSAA strongly recommends the National Federation of State High School Associations (NFHS) Course for all coaches, paid and volunteer. The course is available free of charge and found at: <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>
- Member schools should display educational signage throughout athletic facilities. Signage should include but not be limited to:
 - Hand Washing Fact Sheet/Hygiene Education
 - COVID-19 Signs and Symptoms
 - COVID-19 Prevention
- There are many resources for educational posters available for free download, including: <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc>

▪ SPORTS OFFICIALS

Competition Officials/Referees

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

■ **COVID-19 Symptoms**

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

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

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

■ **COVID-19 Pre-Participation Screening**

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

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

ACTION PLAN FOR POSITIVE SCREENING OR POSITIVE COVID-19 TEST

The following items are **STRONGLY RECOMMENDED**:

Action Plan – Pre-Screen

Identified Patient Risk/Concern

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

Action Plan – Positive Test

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

recommended prior to participation after meeting CDC’s criteria for “When You Can be Around Others After You Had or Likely Had COVID-19” (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>).

- Student-athletes who had mild COVID-19 symptoms that were managed at home should be seen by their medical provider for any persisting symptoms and continue to follow CDC’s guidance “Isolate If You Are Sick” (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>).

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

- You should follow CDC’s guidance “Isolate If You Are Sick” (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>).
- You can be with others after:
 - At least 10 days since symptoms first appeared **AND**
 - At least 24 hours with no fever without fever-reducing medication **AND**
 - Symptoms have improved

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

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

If You Had Close Contact with an Infected Person

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

Contest-Day Operations

The following items are **STRONGLY RECOMMENDED**:

Contest-Day Screening Procedures

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

Athletic Teams and School Personnel

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

Game Day Face coverings/Coverings

- Masks/face coverings should be worn when traveling to and from transportation vehicles and designated team facilities.
- Masks/face coverings should be worn while in transit.
- Masks/face coverings should be worn when entering host facilities, including host team Athletic Training Room or locker room and on the field of play during any pre-warm up walkthrough which does not require increased demand on the student-athletes’ cardiorespiratory system (i.e. pre-game walking of the field in football).
- Masks/face coverings should be worn by student-athletes while on the sidelines/benches and not actively engaged in competition “field of play” whenever possible.

- Face coverings should not be shared.
- Member schools should consider implementing an effective plan to allow student-athletes to wear masks/face coverings while in bench areas but quickly remove mask/face covering to enter “competition” and keeping individualized masks/face coverings separate and isolated in a container or plastic bag when not in use.
- Coaches and game day personnel (Sports Medicine staff, SID’s, media, film crews, ball crews, etc.) should utilize masks/face coverings at all times.
- The following are acceptable reasons not to wear a mask as outlined by the Florida Department of Health:
 - Facial coverings in the setting are prohibited by law or regulation.
 - Facial coverings are in violation of documented industry standards.
 - Facial coverings are not advisable for health reasons.
 - Athletic trainers and team physician should be familiar with any such reason
 - Facial coverings are in violation of documented safety policies.
 - There is a functional (practical) reason to not wear a facial covering.

Sidelines and Benches

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

Athletic Training Room

- Student-athletes should wear a face mask/covering at all times while in athletic training facility.
- Athletic trainers should wear face mask and eye protection at all times when treating athletes.
- Host site athletic training room should not be available for visiting team pregame and postgame treatments.
- If team is not traveling with an Athletic Trainer:

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

Locker Rooms

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

Locker Room Etiquette

- Participants and staff should wear facial coverings in the locker room.
- Discourage changing of clothes and showering at the facility.
- Visiting team(s) may change and shower prior to departure if desired and appropriate local guidelines can be established. Visiting team should communicate their request to use the shower facility in advance as practical with the host school, but this request is not guaranteed per the discretion of the host school.
- Designate total number of occupants allowed in the locker room at any given time and the length of time that they may be present in the locker room. This should be posted at the entrance and inside the locker room.
- Assure safe distances in the locker room at a minimum of six feet between occupants.
 - Consider a rotating schedule for players in and out of the locker room (and training areas) to avoid potential congestion.

- Encourage student-athletes to transport their individual equipment including uniforms, towels and shoes in a designated bag so they can take it home and disinfect appropriately daily or more often if needed.
- For away games, designate a bin for transportation of uniforms/washable items.
- All athletic training rooms, locker rooms, weight rooms, meeting rooms and any other gathering places should be cleaned according to the most up-to-date CDC guidelines. Schools and/or host facilities should be vigilant about not only cleaning throughout the day but also conducting a thorough cleaning at the end of the day of all the aforementioned areas.

Travel Considerations

The following items are **STRONGLY RECOMMENDED**:

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

Game Day Event Staff

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

Game Day Venue Restrictions

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

Spectators

- FHSAA member schools should follow the guidance of local, state and federal recommendations as it pertains to spectator events and stadium capacity restrictions if and when such information becomes available.
- All spectators should have their temperature assessed prior to entering the competition venue and should be denied entry if higher than 100.4 degrees. Spectators should verbally attest to each of the COVID-19 verbal

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screening questions. (consider posting signage with questions)

- Spectators should wear a facemask/covering at all times.
- Spectators should be restricted from direct competition areas and from visiting with student-athletes and personnel before, during and after events.
- Spectators should not congregate in walkways, hallways, common traffic areas or gymnasiums.
- Spectators should always practice physical distancing with those outside of their direct family parties.
- Schools are highly encouraged to have appropriate signage promoting these physical distancing guidelines.
- Local school administrators should consider placing an 'X' on stadium and arena seating to represent 360-degree physical distancing requirements.

COVID-19 Coach/Athlete Monitoring Form

Name	Time	Circle Yes/No below												Temperature (Must be < 100.4)
		Fever		Cough		Sore Throat		Shortness of Breath		Recent Loss of Taste or Smell		Close contact, or cared for someone with COVID-19		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	

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EXAMPLE COVID19 Consent Form

School: _____

School District (if applicable): _____

Coronavirus Information

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

Signs and Symptoms of COVID-19:

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

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

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

How to prevent and prepare for COVID-19:

Practice social (physical) distancing:

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

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

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

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

Practice strict hand hygiene.

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

Avoid touching eyes, nose and mouth.

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

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

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

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

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

What do I do if I’m sick?:

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

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

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

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

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Document updated 8.10.2020

Statement of Student Athlete Responsibility

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

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

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

Sport Specific Recommendations

Bowling

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

Cross Country

- Social distancing of at least 6 feet should always be maintained. No hugging, shaking hands, or fist bumps for support/encouragement.
- Cross country meets should consider using staggered, wave or interval starts.
- 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.
- Finish: Consider using finish corrals and Fully Automatic Timing (FAT) system for larger meets as they are easier to distance at finish.
- If no FAT system is available, consider an alternative means of finish place and time to address congestion at finish line.
- Consider using image-based equipment at finish to assist with picking place to avoid congestion.
- Clean and disinfect frequently touched surfaces and exercise equipment.
- Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Consider making each student responsible for their own supplies
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Cloth face coverings are permitted.
- Bring your own water bottle.

Football

Pregame Considerations:

This document serves to aid FHSAA member schools in preparing for the return to athletics during the COVID-19 pandemic. It allows adaptation and respects individual member schools/districts and the decisions they are facing regarding the COVID-19 pandemic situation and response, the overall safety of students and staff, and the comprehensive guidelines published by trusted national resources.

Document updated 8.10.2020

- Recommended participants must not exhibit signs or symptoms of COVID-19 within the past 72 hours prior to competition.
- Athletes and staff are recommended to have a game day temperature checks administered by staff and complete a game day COVID-19 symptom questionnaire. Game Day documents must be kept on File in the Athletic Director's Office till completion of season.
- Pregame Locker rooms recommendations:
 - Open 1 hour 45 min. before kickoff for player requiring medical attention (taping)
 - Open 1 hour 30 min for player that do not require taping
 - Use of locker rooms before the game should be kept to a minimum. Utilize outdoor areas around the field when possible and always maintain social distancing.
 - Hand Sanitizer and wipes should be placed in locker rooms.
- Each Player must have his own water bottle, the bottle can be filled from a central location. Trainer or designee will be responsible for water bottle refills.
- Pregame, during, and after the game, all team personnel shall refrain from sharing towels, water, apparel, or equipment and play call wrist coaches.
- Coin toss:
 - Limit attendees to the referee, umpire and one designated representative from each team.
 - Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6 feet. **NO MEDIA**
 - No handshakes prior to and following the coin toss.
 - Maintain social distancing of 6 feet while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, individuals handling the balls during the game and team personnel.
 - For the overtime procedure, please use the same procedure as used at the start of the contest for the coin toss.
- It is recommended players should have 4 t-shirts – Plastic bags should be provided for the player to put shirts in when changed. One for pre-game, first half, second half, and post-game.

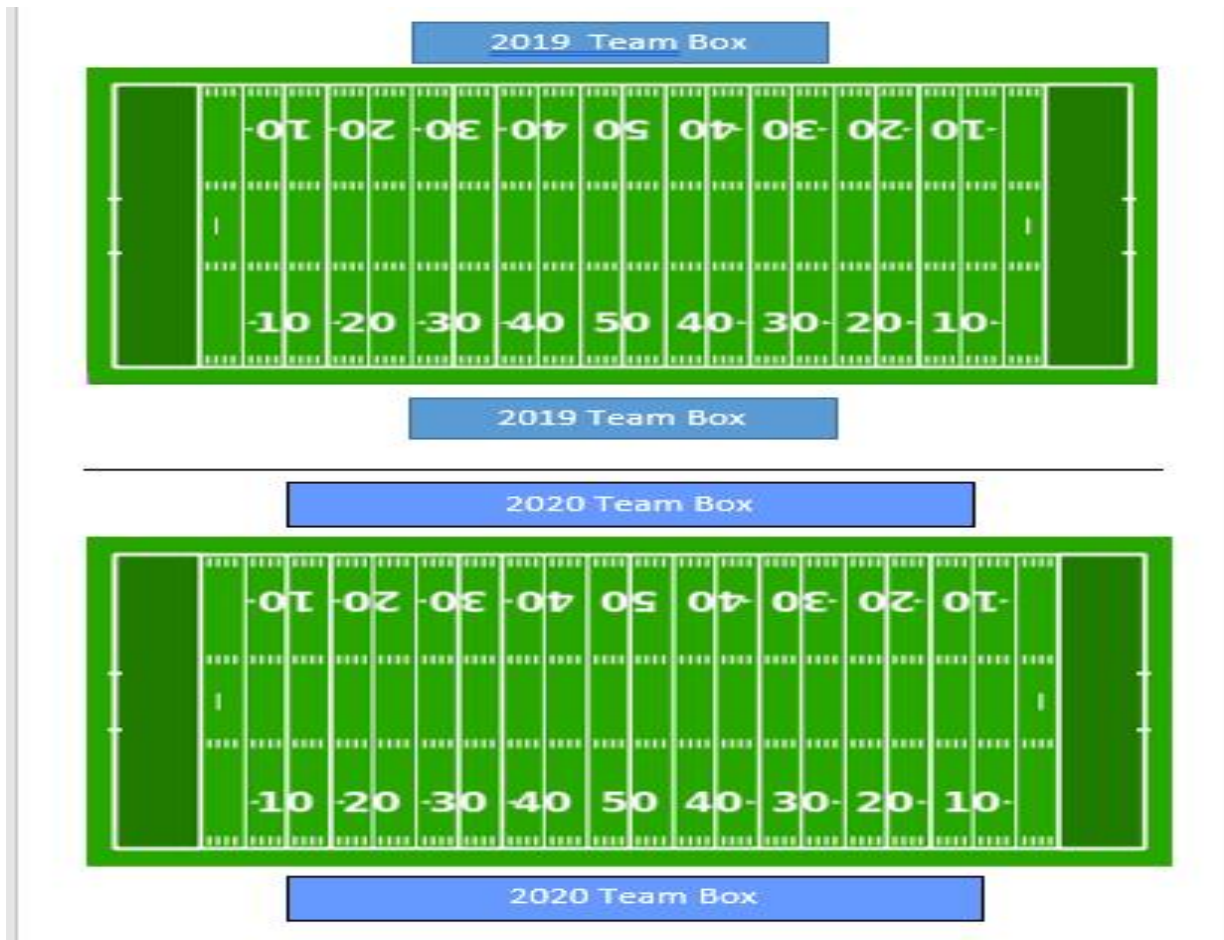
During Game:

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

Visiting Team

- The above protocols will apply to visiting teams with the following additions.
 - When possible, travel dressed and ready to play.

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



Post-Game Considerations:

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

Golf

- Avoid handshakes.
- Do not congregate on tee boxes and greens.
- Expedite play on the green...hole out and move on to the next tee box.
- Do not share or exchange paper scorecards.
- Use player-only digital scorecards.
- Clean and disinfect golf clubs, balls, and other tools routinely.
- Clean and disinfect your digital scoring device routinely.
- USE THE FHSAA GOLF APP FOR ALL PRACTICES AND CONTESTS
- Use the FHSAA Golf App to score all practices (if applicable) and contests.
- FHSAA requires score reporting all season via iWanamaker (AP 4.8.1.1.4(b)).
- All players must have downloaded and registered for the FHSAA Golf App.
- Scoring rounds using the FHSAA Golf App eliminates any need to share or exchange paper scorecards between players.
- Hole-by-hole scoring strongly recommended.
- Each player should use their own device to score to minimize contact.
- Use the marker format for each match on the FHSAA Golf App.
- Each player serves as a marker for another player in the group.
- Scores confirmed per usual after each hole.
- Players will attest to scores at the end of each round on their own device reducing contact with their group.
- The marker format substantially reduces the need to congregate in the clubhouse after a round.
- Rules questions/issues should be addressed on the course.
- Extraneous rules issues may be handled with the rules official(s) after the round if necessary.
- Players should carry their own clubs or use their own push carts.
- Players should not share clubs.
- Players should carry their own water or snacks throughout play.
- Players should carry and use their own hand-sanitizer throughout play.
- Coaching and advice should be provided individually by the designated coach.
- Observe a 6-foot distance between the coach and the player.
- Advice may be provided anywhere but on the greens.
- Coaches may NOT caddy.
- Consider course policies regarding spectators.
- Spectators should remain at least 50 ft from any player or group.
- Spectators should NOT interact with players in any way. Players should carry their own water and snacks throughout the round.
- Encourage spectators and family to purchase a spectator's 'season ticket' to view all contests from home, school, or other place of reduced risk on the FHSAA Golf App or via iWanamaker (individual programs receive 20% back on such purchases at the end of the season).

STATE SERIES REQUIREMENTS

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

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

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

Post Contest or Practice

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

Swimming and Diving

- Conduct (1-3-2) - Require athletes to arrive at venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for 6 feet of social distancing.
- Lap Counting (2-7-6, 3-4) - Only one person per lane should be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices.
- Pre-Meet Conference (3-3-6, 4-2-1d) - Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use P.A. system or starting system microphone to allow participants to hear but keep them properly separated.
- Referee and Starter (4-2, 4-3) - Various rules require interactions between officials, coaches and athletes. Alternative methods for of communications include utilization of the P.A. system, hand signals or written communication.
- Notification of Disqualification (4-2-2d, e) - Notification shall occur from a distance via use of hand signals or the P.A. system.
- Meet Officials (4-8, 4-10, 4-11, 4-12, 4-13) - Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location. Develop alternative methods for submitting entries (3-2) and movement of non-electronic information. Require a distance 6 feet between individuals seated at the desk/table.
- Timers (4-9) - Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing. Timers should wear cloth facial coverings.
- Submission of Entries to Referee (5-2) - Alternative forms of entry submission can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries.
- Relay Takeoff Judges and Relays (8-3) - Require all takeoff judging from the sides of the should wear cloth facial coverings.
- Diving Officials (9-6) - Alternative methods for submitting entries (3-2) and movement of non-electronic information will be required. Recommendations include a distance of 6 feet between individuals seated at the desk/table. Create a 6 foot space between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform. Dive judges should wear cloth facial coverings.
- Swimming Warm-up Areas - Establish multiple sessions for warm-up periods to limit number of swimmers per lane. Restrict the number of swimmers in competition area. Limit number of swimmers per lane during warm-up and warm-down periods. May refer to USA Swimming Social Distancing Practice Layout.
- Diving Warm-up Areas - Limit number of divers during warm-up by creating multiple sessions. During competition, divers may not approach the board until their turn to compete. Hot tubs should not be permitted. Dive order sheets should be posted in multiple areas to reduce number of divers viewing at the same time.

- Preparing to swim – Do not share equipment, bring your own water bottle, arrive as close as possible to when activity begins, do not attend practice if you or a member of your household does not feel well.
- When swimming – Follow directions for spacing, do not make physical contact with others (no high fives, shaking hands, fist bumps, etc.), avoid sharing food, drinks or towels, maintain proper social distancing during breaks, wear your suit to and from practice.
- After swimming – Leave the facility as soon as reasonably possible, do not use locker room or shower areas, no congregation after swimming.
- Teams Seating and Lane Placement - Keep the teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.
- Preparing Athletes for Competition - Athlete clerking areas should be eliminated.
- COVID 19 Liaison – Consider designating a coach or parent to stay up to date with local recommendations and any associated changes.
- Ventilated Spaces – Eliminate the use of low ventilated spaces that prevent social distancing. Move dryland outside where possible.
- Visible Markers – Create visible markers on the floor to indicate appropriate spacing in the pool deck, entrances, etc.
- Coaches should use downtime to ensure safety skills are up to date, this includes but is not limited to, the required NFHS courses.
- Social distancing will need to be accounted for in practice planning,
- Limit group size in accordance with CDC and local health department guidelines.
- Do not rush deconditioned athletes back to full practice.
- Focus should be on a healthy environment, continue to practice good hand hygiene, quality experience, progressive training, and safety.
- Be flexible in your planning should another shutdown occur, or your facility is closed due to a rise in the number of cases in your area.

Volleyball

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

- *Officials Table (3-4)*
 - Limit to essential personnel which includes home team scorer, libero tracker and timer with a recommend distance of 3 to 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
- *Rule 4-1 EQUIPMENT AND ACCESSORIES*
 - Cloth face coverings are permissible. (4-1-4)
 - Gloves are permissible. (4-1-1)
- *Rule 4-2 LEGAL UNIFORM*
 - Long sleeves are permissible. (4-2-1)
 - Long pants are permissible. [4-2-1i (1)]
 - Under garments are permissible, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom. [4-2-1h (3), 4-2-1i (2)]
- *Rule 5-3 OFFICIALS UNIFORM AND EQUIPMENT*
 - By state association adoption, long-sleeved, all-white collared polo shirt/sweater are permissible. (5-3-1 NOTES 2)
 - Electronic whistles are permissible. (5-3-2a, b)
 - Cloth face coverings are permissible.
 - Gloves are permissible.

Post-match or practice

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

2020 COVID-19 CONSIDERATIONS

FLORIDA ATHLETIC COACHES ASSOCIATION



FLORIDA HIGH SCHOOL ATHLETIC ASSOCIATION



FALL 2020 CONSIDERATIONS

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2020 considerations to ensure each attendee has the safest experience possible.

	<u>2019</u>	<u>2020</u>
Yards of sideline space	50 yards	80 yards
Minutes of full contact recommended per day	30 minutes	18 minutes
Social distancing for spectators	No	Yes
Social Distancing on sidelines by all players	No	Yes
Mask worn by attendees	No	Yes
Seating design for social distancing	No	Yes
Individual water containers	No	Yes
Symptom checklist for participants	No	Yes
Hand sanitizer available on site	No	Yes
Recommended temperature taken of all attendees	No	Yes
Coaches wear masks on sideline	No	Yes
Players report to practice at staggered times	No	Yes
Half time length	20 minutes	12 minutes (Not Mandated)
Social distancing in locker rooms	No	Yes
Sanitization of equipment each day	No	Yes
Social distancing guidelines for all bus trips	No	Yes
Periods of not more than 9 minutes in pods for practice	No	Yes
CDC guidelines for all meetings and film sessions	No	Yes
Limit the number of non-essential personnel on the sideline	No	Yes
Recommended helmet clear face shield	No	Yes

LESS THAN 15 MINUTES OF CLOSE CONTACT AT A TIME IS THE GOAL

- A **close contact** is someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to specimen collection) until the time the patient is isolated. Some resources state contact time can be cumulative, meaning 3 exposures of 5 minutes each total 15 minutes. (<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html>)

FALL 2020 CONSIDERATIONS

PRACTICE PLAN CONSIDERATIONS FALL 2020

Pre practice Recommendations

- Players report at specific times / report times will be staggered.
- Coach is responsible for a select group of players upon arrival.
- Emphasize health assessment of student athletes by parents at home.
- Players will have a health check performed at arrival.
- Small groups - 9 or less.
- Hand sanitizing administered at report time.
- Players will report with their own water bottle / container.
- Players will report with equipment on or retrieve equipment from the locker room (pending local health board and school district protocol).
- Players will enter designated areas maintaining social distance prior to the start of practice.

2020 Player Check-In

Four step procedure for checking players into practice each day.

Step One - Coaches will place players in pods and stagger the report time of pods.

Step Two – Daily Temperature checks of players.

Step Three and Four – Complete Covid19 questions and sanitize hands.

FALL 2020 CONSIDERATIONS

Practice Considerations

- Work in small group pods - 9 or less
- No more than 9-minute periods in pods.
- All practice periods will be no longer than 9 minutes in pods including team periods.
- 11 on 11 full contact / live tackling practice limited to a single 9-minute offense session and a single 9-minute defense session per day during the preseason (this is a reduction of 12 minutes per day based on current FHSAA guidelines).
 - Due to coaching instruction, substitution, and rotations, a player will not participate the entire allotted time.
- No Huddles, players and coaches maintain 6 feet of distance and call out plays verbally during 11 on 11 drills.
- During the season, full contact / live tackling is limited to two 9-minute sessions two days a week (one 9-minute offense session and one 9-minute defense session for two days per week).
 - Due to coaching instruction, substitution, and rotations, a player will not participate the entire allotted time.
- Single practice sessions will not exceed 3 hours during the preseason.
- No practice to exceed 2 hours and 30 minutes during the season.
- For two-a-day sessions will follow the 2-1-2-1 FHSAA guidelines.
- For all meetings, film sessions, and weight room sessions, all CDC guidelines are to be followed.

Agility Chute 2019



Agility Chute 2020



Running Ropes 2019



Running Ropes 2020



FALL 2020 CONSIDERATIONS

2019 Sled Drill (above) vs 2020 Sled Drill (below)



FALL 2020 CONSIDERATIONS

2020 Practice Sideline



FALL 2020 CONSIDERATIONS

2020 Practice Sideline



FALL 2020 CONSIDERATIONS
2019 Blocking Chutes (above) vs 2020 Blocking Chutes (below)



FALL 2020 CONSIDERATIONS

2019 Half Line Drill (above) vs 2020 Half Line Drill (below)



FALL 2020 CONSIDERATIONS

Post practice

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

Team meals

- Follow the local health board / school district protocols.

FALL 2020 CONSIDERATIONS

COVID-19 Response Considerations:

- Immediately isolate and seek medical care for any individual who develops symptoms.
- Contact your school administrator and the local health department about suspected cases or exposure.
- Following testing, contact your school administration and the local health department to initiate appropriate care and exposure notification.
- Individual testing positive, whether symptomatic or asymptomatic, may not return to activities until meeting school, local health department and CDC requirements for ending self-isolation using either a symptom-based or test-based strategy.
- Coaches and administrators work with your school or school district along with the local health department to identify those individuals who were potentially exposed to help facilitate effective contact tracing/ notifications. This includes, but is not limited to, athletes, coaches, officials, volunteers, parents, and other support personnel.
- Athletes, coaches, officials, or other individuals potentially exposed –should follow school, school district and local health department guidelines before they may return to practice and competition.

TRAVEL PLAN FALL 2020 CONSIDERATIONS

Pre-travel Protocol:

- Visiting school should contact opponents concerning game day protocols. It is recommended communication between head coaches and athletic directors and trainers when available. Travel itineraries will be shared at this time. It is encouraged to share maps, diagrams to be shared that will layout the school's facilities. Specific ingress and egress information should be provided for every attendee of the contest.

Travel Protocol:

- It is recommended athletes travel as pods (remaining together for trips to and from game).
- Bus passengers will wear masks and follow transportation policies.
- Wear game pants to games on the bus/pod whenever possible.
- Each athlete carries other equipment in travel bag.
- Athletes are responsible their own equipment/water bottle.
- Set travel itinerary so there is minimal time before the game whenever possible.
- Buses/pods disembark to assigned pod areas with coaches' supervision with social distancing protocols in effect.
- Coaches supervise restroom use for each bus/pod.

Post-Game Protocol:

- Bus/pod with coach's supervision return to pod arrival location.

FALL 2020 CONSIDERATIONS

- Coaches supervise restroom break by pod.
- Load buses/pods with coaching attendance (athletes ride on same bus to and from game)
- Based on previous discussions between home and visiting teams, showers/locker room facilities may be used following CDC guidelines.

Return to Home School Protocol:

- Players exit the bus/pod keeping responsibility for their own equipment.
- Athletes turn in their dirty laundry when required.
- Athletes should depart the facility upon return to their school.

Bus and Locker Room Comparison – 2019 / 2020



Bus in 2019 – Two athletes in a seat – Seating begins in 1st row behind driver - No face coverings worn



Bus in 2020 – Recommended one athlete in a seat – Seating begins in the second row behind the driver – Everyone on the bus with a face covering.



Locker Room in 2019 – Athletes always at Lockers in groups – No distancing or face coverings.



Locker Room in 2020 – Lockers assigned by Grade – Sr/Jr/So/Fr – Athletes in Locker Room by grade to use – Picture would be seniors – Social Distancing & face coverings.

FALL 2020 CONSIDERATIONS

Sample Locker Room Organizational Chart and Assignments:

NAME	#	LOCKER	NAME	#	LOCKER
JALEAN ADDERLY	18	37	TYRECE PRYOR	11	34
JOHNATHON AKINS	17	17	TASHAWN REDDING	57	14
ZICORI AKINS	50	29	ZARRION ROBINSON	1	1
MELVIN ALEXANDER	14	25	MITCH RUTHERFORD	4	5
CEASAR BARRON	55	4	RHETT RUTHERFORD	7	2
DELVIN BOATMAN	9	13	NICK SIMMONS	12	23
KEONDREZ COOKS	26	39	ASHARI STRAUGHTER	36	18
DONTRELLE DAVIS	74	27	DEVANDRE WASHINGTON	58	10
BRANDON DERRICO THOMAS	42	16	RJ WILLIAMS	10	3
CORRION GALLON	28	43	AMARI WILSON	33	20
OMARRION GALLON	29	38	JACOLEMAN YOUNG	22	15
RODRIGUEZ HALL	32	41	JAY WEST	21	36
TERRION HAMPTON	44	24			
JESSICA HASTY	41				
WILLIAM HAYNES	56	8			
ROBERT HIERS	24	7	VESTER - RED		
PJ HODGE	16	45	BERGER- GREEN		
TREZ HOPKINS	53	12	FAT- BLUE		
TY JARVIS	25	11	GADDY- ORANGE		
ZI JONES	3	19	COE- PURPLE		
JAYHREN LEE	8	9			
STEPHON MCCREARY	19	31			
DONTVIOUS MCGILL	90	26	FOR ANY WEATHER DELAY GROUPS RED, GREEN, AND BLUE WILL REPORT TO THEIR LOCKER TO INSURE SOCAIL DISTANC		
JEREMY MCKNIGHT	13	28			
ELIJAH MCNAIR	52	22	FOR ANY WEATHER DELAY GROUPS ORANGE AND PURPLE WILL REPORT TO THE WEIGHTROOM TO INSURE SOCAIL DISTA		
JESUS MCQUAY	51	6	*THIS ALSO INCLUDES RHETT RUTHERFORD AND JESSICA HASTY		
GREG MITCHELL	6	35	*GROUP ORANGE GOES LEFT AND GROUP PURPLE GO RIGHT WHEN ENTERING THE WEIGHTROOM.		
KEYSHAWN MITCHELL	27	32			
WILLIE MOBLEY	23	49	JV SKILL PLAYERS WILL REPORT TO JV LOCKER ROOM		
TAYLIN PARRISH FAGAN	20	47	JV LINEMAN WILL REPORT TO SCHOOL WEIGHTROOM		
BLAYDON PLAIN	15	21			
DANJAY POWELL	34	30			

FALL 2020 CONSIDERATIONS

GAME DAY CONSIDERATIONS FALL 2020

Home Team

Pregame Considerations:

- Recommended participants must not exhibit signs or symptoms of COVID-19 within the past 72 hours prior to competition.
- Athletes and staff are recommended to have a game day temperature checks administered by staff and complete a game day COVID-19 symptom questionnaire. Game Day documents must be kept on File in the Athletic Director's Office till completion of season.
- Pregame Locker rooms recommendations:
 - Open 1 hour 45 min. before kickoff for player requiring medical attention (taping)
 - Open 1 hour 30 min for player that do not require taping
 - Use of locker rooms before the game should be kept to a minimum. Utilize outdoor areas around the field when possible and always maintain social distancing.
 - Hand Sanitizer and wipes should be placed in locker rooms.
- Each Player must have his own water bottle, the bottle can be filled from a central location. Trainer or designee will be responsible for water bottle refills.
- Pregame, during, and after the game, all team personnel shall refrain from sharing towels, water, apparel, or equipment and play call wrist coaches.
- Coin toss:
 - Limit attendees to the referee, umpire and one designated representative from each team.
 - Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6 feet. **NO MEDIA**
 - No handshakes prior to and following the coin toss.
 - Maintain social distancing of 6 feet while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, individuals handling the balls during the game and team personnel.
 - For the overtime procedure, please use the same procedure as used at the start of the contest for the coin toss.
- It is recommended players should have 4 t-shirts – Plastic bags should be provided for the player to put shirts in when changed. One for pre-game, first half, second half, and post-game.

FALL 2020 CONSIDERATIONS

During Game:

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

Visiting Team

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

FALL 2020 CONSIDERATIONS

2019 Team Box



2019 Team Box

2020 Team Box



2020 Team Box

FALL 2020 CONSIDERATIONS

Sideline Huddle During Game

When teams transition on and off the field from Offense to Defense the group leaving will huddle with a coach or two to discuss what just happened on the field.

The sideline huddle will change drastically in 2020.

2020 Sideline



FALL 2020 CONSIDERATIONS

2019 Sideline (top) vs 2020 Sideline (bottom)



FALL 2020 CONSIDERATIONS

Post-Game Considerations:

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

Volunteers

- Press Box, Chain Gang, Ticket Sellers, and Takers, etc. will be the responsibility of the Home Team administration.

Crowd Management

- Patterns for fan movement will be determined by the home team administration following CDC guidelines.

Concession Stands

- All food must be prepared and served using restaurant guidelines.
- Prepackaged food should be used when possible.

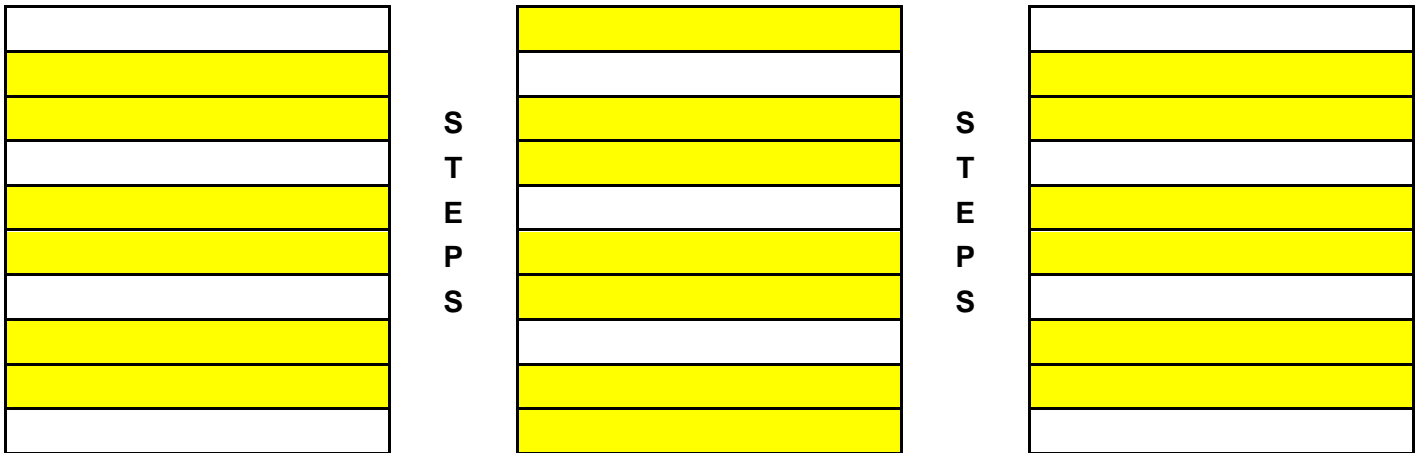
FALL 2020 CONSIDERATIONS

FANS CONSIDERATIONS

- It is recommended spectators conduct symptom assessment on game day. Anyone experiencing symptoms must stay home. It is recommended the temperature of each fan will be taken as fans enter the game.
- Six-feet social distancing should be maintained between individuals.
- Fans must exit following the game. No congregating before or after games is permitted.
- Spectators should always wear face coverings except for one of the following reasons:
 - Facial coverings in the setting are prohibited by law or regulation.
 - Facial coverings are in violation of documented industry standards.
 - Facial coverings are not advisable for health reasons.
 - Facial coverings are in violation of documented safety policies.
 - There is a functional (practical) reason to not to wear a facial covering

This is an example of what stadium seating could look like maintaining all CDC guidelines.

Yellow Rows Closed to Spectators.



Non-Bleacher Setting:

- Any areas not designated as bleachers; spectators must maintain social distancing guidelines.
- Standing along fence lines will be prohibited.

FALL 2020 CONSIDERATIONS

FINAL CONSIDERATIONS FOR FOOTBALL

- 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.
- Always maintain social distancing of 6 feet while on the sidelines and on the field of play when possible.
- No touch rule – players should refrain from high fives and other physical contact with teammates, opposing players, coaches, officials, and fans.
- Everyone should have his or her own beverage container that is not shared.
- Cloth face coverings are permissible for all coaches and team staff and for all game administration officials.
- Gloves are permissible for all coaches and team staff and for all game administration officials.
- Limit the number of non-essential personnel who are on the field level throughout the contest.
- If available, dressing facilities for game officials and teams should be large enough for them to use social-distancing protocols and should be properly cleaned and sanitized prior to their arrival.
- Public address announcements may be made periodically before, during, and after the contest to follow the guidelines set forth by the CDC.
- Continuous clock will be an option at the discretion of both Head Coaches in the first half if all FHSAA guidelines for a continuous clock are met.

FALL 2020 CONSIDERATIONS

{INSERT YOUR SCHOOL LOGO HERE}

COVID-19 Coach/Athlete Monitoring Form

Table with columns: Name, Time, Fever, Cough, Sore Throat, Shortness of Breath, Recent Loss of Taste or Smell, Close contact, or cared for someone with COVID-19, Temperature (Must be < 100.4). The table contains 20 rows of data with 'Yes' and 'No' entries.



Football Officials Considerations for COVID-19 Football Guidelines

August 19, 2020

Included below are considerations for contest officials within the guidelines for returning to school sports. They include general expectations for schools in relation to officials, provisions specific to officials in the sport, rules and mechanics modifications and protocols for when a suspected or confirmed case of COVID-19 is identified.

Officials are not responsible for monitoring activities on the sidelines, such as physical distancing, hand washing, symptoms of illnesses and other such issues. This monitoring remains the responsibility of the coaching staff and school personnel.

General Expectations for Schools

- School athletic directors and officials should communicate with one another well in advance of the contest so that there is a clear understanding as to what is expected from each. Failure to discuss the details may create greater conflicts at the date/time of the contest.
- Officials should be provided a designated parking area apart from the public.
- An adult host should meet the officials at a single, designated location and time for arrival. They should be escorted all together to an open and ventilated meeting area before the start of the contest, to and from the contest during any intermissions and to the parking areas following the conclusion of the contest.
- Officials should bring their own beverages and snacks to limit contact and interaction.
- It is recommended that officials' fees are paid using an electronic payment method.

Protocols for Suspected Cases of COVID-19

Suspected Cases at Contest

- If an official becomes symptomatic at a contest, he or she should be moved to a designated quarantine area with a mask in place until they are transported from the facility. If the symptoms are severe, the official should be picked up by an emergency contact or by ambulance (if clinically unstable) for off-site testing. If an ambulance is called, or someone is being transported to the hospital, there should be an attempt to call the hospital first to alert them that the person may have COVID-19.



Officials' Sport-Specific Provisions

It is incumbent of FHSAA officials to take necessary precautions to ensure a safe working/playing environment. This is especially important for those considered “vulnerable individuals” – people 65 years and older and others with serious underlying health conditions. Individual circumstances, proximity to others while officiating and overall risk level will determine for many the extent of precautions taken.

Provisions are listed in categories described below. As independent contractors, FHSAA officials can choose or decline assignments as they see fit. Likewise, because officials are hired by the schools, districts and their administrators may require additional precautions be taken by officials that work their contests beyond those mandated in this document. Officials should check with the schools as to any additional precautions or requirements before accepting an assignment and/or arriving to contest.

Provision Categories

Permitted – Precautions and safety measures which officials can take during FHSAA contests. This list is not exhaustive and officials should contact the host school for guidance if they wish to take further precautions not listed in this document.

Highly Suggested – Best practices for FHSAA officials based on the recommendations of health professionals. Not required, but should be followed if possible.

NOTE: “Physical distancing” refers to a separation of individuals of at least six feet, except for momentary interactions.

Permitted Provisions:

- Officials may use electronic whistles.
- Long sleeves are permissible.
- Long pants are permissible.
- Other accommodations will be considered. Associations are asked to reach out to the FHSAA staff to present accommodations.
- Officials may wear gloves – including medical latex gloves, work gloves or gloves designed specifically for officiating.
- Officials may wear plastic face shields which connect to a hat, wrap around the forehead or that hang around the neck.
- The umpire may carry a spray disinfectant to use on the football between downs.
- The umpire may take a position deeper or wider than normal to avoid a position in close proximity to defensive players. It is permissible for umpires to take a position behind the offensive team. (Mechanics will be shared soon)
- Sideline officials (i.e., head linesman, line judge, side judge and field judge) may take their starting positions a yard into the field of play as long as this position does not interfere with play.



- Crews have the option to utilize the following mechanics deviation regarding the spotting of the football. If utilized, the Referee **must** discuss with the head coach of each team what will be required of their players to ensure play continues in as normal of a manner as possible:
 - **Officials will not be responsible for handling footballs during the course of the game.**
 - The responsibility to bring balls onto the field for a free kick or new series, retrieve footballs following an incomplete pass or after a kick and to spot the ball during an offensive possession belongs to the offensive team.
 - The kicker will bring the ball out with him/her for a free kick to start a half or following a score.
 - Receivers will retrieve the ball following an incomplete pass and return it to their snapper.
 - Team K players will retrieve the ball (or have another available) following a successful field goal or try attempt.
 - Receivers or runners will return the ball to their snapper following the completion of the previous play.
 - Forward progress will be marked in the same manner as normal, except that the umpire will mirror the position of the covering official and mark the spot of the next snap with his foot.
 - If the ball is downed at a yard line which may result in a measurement, the covering official will request the ball from a player so that it can be accurately placed on the ground.
 - The ball may be handled by ONLY the covering official when a measurement occurs. This includes during the measurement process and if/when the ball is re-spotted inside the hash marks.
 - The snapper is responsible to hold the ball between downs and carry it to the spot of the snap.
 - When the snapper approaches the line of scrimmage, the umpire will instruct him/her to spot the ball at the toe of the umpire's foot. The Ready-for-Play will still be indicated by the umpire stepping away from the ball back to his position, so the ball cannot be snapped any earlier than normal.



- The mechanics for both the play clock and game play will remain the same as normal. The play clock may be reset to: 25 if there is an unusual circumstance that wouldn't allow normal play to occur. This DOES NOT include when the offensive team is simply delayed in getting to the line of scrimmage by their own actions.
- There is no change in the mechanics for "hurry-up" or no huddle offenses since it still requires the umpire to step away in order for the ball to be legally snapped.

Highly Suggested Provisions:

- Each official should check his/her temperature on game days. Officials displaying COVID-19 symptoms (e.g., fever, cough, or shortness of breath), or with temperatures of 100.3F or greater, should stay home and consider coronavirus testing if symptoms persist.
- Officials should bring their own marked beverage(s) and snacks.
- Upon arrival at the site/facility and throughout the contest, officials should wash and sanitize their hands frequently.
- Officials should not share uniforms, towels apparel or equipment.
- Cloth or surgical face coverings, which cover the mouth and nose are recommended for individuals that can wear them without significant impact upon breathing.
- Officials should sanitize their hands after inspecting footballs, casts, or braces.
- The officials handling the yard sticks during a measurement should sanitize their hands following the completion of the measurement.
- It is recommended that officials retrieve their own bean bags and penalty flags after they have been dropped.
- Officials will arrive to the site or facility dressed in their uniforms (uniform tops may be put on at the facility).
- Officials will arrange to arrive to the site/facility at a single location and time. Unless unavoidable, officials will enter the facility as a group, maintaining proper physical distancing.
- Officials' pregame meetings shall be conducted while practicing proper physical distancing.
- Officials shall not engage in pregame/postgame handshakes or fist bumps with players, coaches, or administrators.



- The coin toss (including overtime) will be conducted with only the referee, the umpire and a single captain from each team, maintaining physical distancing and without handshakes prior to and following the coin toss. NO MEDIA
- Officials shall not physically contact players during the contest, including players that appear to be injured or ill.
- Officials will maintain physical distancing with each other unless conferencing about a call or ruling. In those cases, the officials should avoid speaking face-to-face.
- Only one official will meet with the timer before the start of the game, while maintaining proper physical distancing.
- When providing an explanation of a ruling to a head coach, the referee will meet the coach between the sideline and the 9-yard marks, away from others located on the sideline. One other official may be present, but physical distancing should be practiced by all involved.

Rules Modifications (Football)

- **TEAM BOX (Rule 1-2-3g)**
 - The team box may be extended on both sides of the field to the 10-yard lines (for players only) for more physical distancing space for the teams.
 - Increase the sideline belt from 2 yards to 4 yards when feasible to give officials more space.
- **PRESS BOX**
 - Limit to essential personnel which includes timer with a recommended distance that is based on local health department and CDC guidelines between individuals and are expected to follow local health department and CDC guidelines, i.e. make requirements, etc. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential and may need to find an alternative location. Space available is a variable in determining the number allowed in the press box.
- **BALL (Rule 1-3-2)**
 - The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
- **FACE MASKS (Rules 1-5-1a, 1-5-3c(4))**
 - Cloth face coverings are permissible.
 - Plastic shields covering the entire face (unless integrated into the face mask and attached to the helmet and clear without the presence of any tint) shall not be allowed during the contest.



- **TOOTH AND MOUTH PROTECTORS (Rule 1-5-1d(5))**
 - ****Still being determined at this time on how to best handle the tooth and mouth protector during the contest.****

- **GLOVES (Rule 1-5-2b)**
 - Gloves are permissible but still must comply with Rule 1-5-2b by meeting either the NOCSAE standard or the SFIA Specification

- **CHARGED TIMEOUTS AND AUTHORIZED CONFERENCES (Rules 2-6-2, 3-5-3, 3-5-8)**
 - A single charged timeout may be extended to a maximum of two minutes in length.
 - The authorized conference for the charged timeout should take place between the 9-yard marks and not at the sideline for physical distancing purposes. (It would be permissible for more than one coach to be involved in this conference and for technology to be used.)
 - Each game official and player should have their own beverage container brought out to them on the field.

- **INTERMISSION BETWEEN PERIODS AND AFTER SCORING (Rule 3-5-7I)**
 - The intermission may be extended to a maximum of two minutes between the first and second and the third and fourth periods and following a try, successful field goal or safety, and prior to the succeeding free kick.