GUIDANCE FOR OPENING UP HIGH SCHOOL ATHLETICS AND ACTIVITIES

Idaho High School Activities Association (IHSAA)
National Federation of State High School Associations (NFHS)
NFHS and IHSAA Sports Medicine Advisory Committees

GENERAL OVERVIEW

The following information is a guide for Idaho schools to begin activities for the start of the 2020-2021 school year. It is the goal of the Idaho High School Activities Association to start all activities on time this fall. This document includes information for school requirements, suggested school guidelines, NFHS and IHSAA Sports Medicine Committee guidelines, event hosting criteria, returning to participate and individual sport guidelines. The goals of the IHSAA Board of Directors, IHSAA Sports Medicine Committee and the IHSAA Sport Contingency Committees, in order, are as follows:

1. Health and Safety of student athletes, coaches, officials, game administration and fans.
2. Participation of student athletes.
3. Financial viability of events for school districts and the IHSAA.
4. Culminating events for activities.

These goals and requirements of this document are subject to change based on directives from the Governor's office, the Idaho State Board of Education or the Idaho High School Activities Association Board of Directors. School districts will have four requirements, listed directly below, from the IHSAA. Everything else contained in this document will be a suggestion for schools to implement in some way or come up with their own plan. Schools will receive updates throughout the year from the IHSAA pertaining to activities. Let's all hope that everyone does their part to allow our student athletes the opportunity to participate.

SCHOOL REQUIREMENTS

1. All schools who host events are required to have a plan in place for fans and team's attendance. This must include reference to the Governors reopening guidelines for Stages 1, 2, 3 and 4. Each district's school board, in conjunction with guidance from the local health department must approve the plan before games can be hosted.
   a. School districts may use the Governors reopening guidelines or come up with guidelines of their own, in conjunction with guidance from the local health department.
2. A transportation plan, when applicable, for practices and games.
3. Plan to deal with positive test of student athlete or coach involved directly with the program formulated in conjunction with the local school board and local health department.
4. Return to participate plan formulated in conjunction with the local school board and local health department.

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RECOMMENDATIONS AND GUIDANCE FOR OPENING UP

HIGH SCHOOL ATHLETICS AND ACTIVITIES

The COVID-19 pandemic presents state high school associations with a myriad of challenges. The IHSAA, in partnership with the NFHS and IHSAA Sports Medicine Advisory Committees (SMACs), offers this document as guidance on how IHSAA member schools can consider approaching the many components of "opening up" high school athletics and activities across the state of Idaho.

The NFHS and IHSAA SMACs believe it is essential to the physical and mental well-being of high school students across the nation to return to physical activity and athletic competition. It is not likely that ALL students will be able to return to and sustain – athletic activity at the same time in all schools and regions in Idaho. There will also likely be variation in what sports and activities are allowed to be played and held. While we would typically have reservations regarding such inequities, the NFHS SMAC endorses the idea of returning students to school-based athletics and activities in any and all situations where it can be done safely and in alignment with reopening policies set forth by the local school district and local Department of Health.

The recommendations presented in this document were originally developed by the NFHS SMAC as guidelines for state associations to design return-to-activity guidelines that are in accordance with state and local guidelines and restrictions. The IHSAA has engaged with the National Federation of High Schools, The NFHS and IHSAA Sports Medicine

Committees, the State Board of Education Back to School Framework Committee and the IHSAA Sports Contingency Planning Committees to develop guidelines regarding coordinated approaches for return-to-activity for high school and middle schools. This document provides guidelines for school athletics and activities in correlation with the 3 criteria in the Back to School Framework plan. Note: when a school, schools, or district are closed due to COVID-19, all training, practice, and contests for the school(s) or district should also be canceled.

Points of Emphasis:

1. Decreasing potential exposure to respiratory droplets is the guiding principle behind physical distancing and the use of face coverings. It is also the basis of the stratification of risk by sport presented later in this document. The use of cloth face coverings is meant to decrease the spread of respiratory droplets. Look to guidance from your state and local health departments.

The Centers for Disease Control and Prevention (CDC) is "advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others."

a. Recognizing the benefits and potential drawbacks of the use of cloth face coverings during conditioning and physical activity, the NFHS SMAC recommends the following:

   i. State, local or school district guidelines for cloth face coverings should be strictly followed.

   ii. Cloth face coverings should be considered acceptable. There is no need to require or recommend "medical grade" masks for athletic activity.

   iii. Any student who prefers to wear a cloth face covering during a contest should be allowed to do so.

   iv. In the absence of guidelines to the contrary, we recommend that cloth face coverings be worn by students during categories 1 and 2 as outlined below. Exceptions are swimming, distance running or other high intensity aerobic activity. Cloth face coverings may continue to be used during category 3 when not engaging in vigorous activity, such as sitting on the bench during contests, in the locker room and in the athletic training room.

   v. Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.

vi. Coaches, officials and other contest personnel must wear cloth face coverings at all times (artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle).

2. Testing regimens, specific guidelines regarding mass gatherings, and response to a student or team member testing positive for COVID-19 (including contact tracing) are all currently under review, and guidance will come from CDC and state and local health departments. Limited testing availability, lack of resources for contact tracing, and expanding knowledge of the characteristics of COVID-19 transmission could all result in significant changes to the recommendations below. The NFHS and IHSAA SMACs expect to disseminate this information as it becomes available.

3. Due to the near certainty of recurrent outbreaks this coming school year in some locales, we must be prepared for periodic school closures and the possibility of some teams having to isolate or quarantine for two to three weeks while in-season, possibly multiple times. When a school or district closes due to COVID- 19, there should be no practice, training, or competition among athletes in that school or district. The IHSAA has developed recommendations regarding team forfeitures or team standing when teams are permitted to return to contest. The superintendent of each school district will be responsible making the decision on whether to play or not.

4. With the uncertainty of which phase will be attained at the beginning of a sports season or maintained during a season, scheduling contests that require less travel when possible should be considered. Such scheduling will reduce time spent in buses or vans. It will also potentially decrease the need for rescheduling contests as "opening up" may occur regionally. If opponents at the time of a contest are subject to different restrictions, re-scheduling that contest for a later date may be problematic.

5. The principles presented in this guidance document can be applied to practices, rehearsals, and events for the performing arts, with the exception of singing and the playing of wind instruments, which may contribute to the transmission of COVID-19. The extent of the spread of respiratory droplets during these activities is currently under investigation and further guidance will be issued as it becomes available.

6. "Vulnerable individuals" are defined by CDC as people age 65 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

7. Until a cure, vaccine or very effective treatment is readily available, or so-called "herd immunity" is confidently reached, physical distancing, staying home when sick, good hand hygiene, face coverings, and other preventive measures will be a "new normal" if workouts, practices and contests are to continue.

8. To the extent possible, hold as much practice, conditioning, and contests outside. Try to limit time spent indoors in a group to the extent practical.

Areas to Address:

1. Administrative

- *Pre-participation Physical Evaluation*
  There are concerns about students not having access to their doctor to complete a new physical during the COVID-19 closures. The IHSAA has a minimum requirement of physicals every 24 months. The IHSAA, with the recommendation of the IHSAA SMAC, does not intend to provide a waiver of its physical exam rules.

- *Mandatory IHSAA Coaches Education*
  The COVID-19 pandemic has caused the cancellation of many "in-person" educational programs. It is recommended that on-line education courses take the place of "hands-on" or in-person training, whenever possible. This includes accepting on-line training courses for AED/CPR and First Aid for the 2020-21 academic year.

- *Equipment Reconditioning*
  The National Athletic Equipment Reconditioners Association (NAERA) has advised the NFHS that significant equipment reconditioning capacity is currently operational. If schools have not sent out equipment for reconditioning, they should be directed to do so immediately. If schools currently have equipment being reconditioned, a school official should contact the reconditioning company to make specific delivery arrangements if their school is currently closed.

2. Conduct of Conditioning, Practice Sessions, and Contests

Please monitor the status of your county's phase of opening according to the Governors Reopen Idaho plan on an ongoing basis. Conduct of conditioning, practice sessions, and contests will depend on the phase of opening of your county with further guidance outlined in this document and from the local school district board of trustees and local health departments.

3. Health and Safety Measures for all Conditioning, Practice, and Contests regardless of category

A. *Screen for signs of COVID-19:*

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each person should be recorded and stored securely and in compliance with privacy laws so that there is a record of everyone present in case a student develops COVID-19 (see Appendix VIII for sample Monitoring Form).
- Any person with symptoms of COVID-19 should **not** be allowed to participate and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should consult with their medical provider regarding participation in athletic activities.

B. *Stay Home if sick or a Close Contact with someone who has confirmed COVID-19*

- Do not go to work, school, practice, or competition if you do not feel well or if you have been informed you are a close contact of someone with COVID-19.
- Contact and follow the advice of your medical provider.

C. *Practice good hygiene*

- Athletes, coaches, officials, and staff should wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces. Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts or contests.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.
- Wear face coverings while in public, and particularly when using mass transit.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- No pre-game and post-game handshakes/high-fives/fist bumps.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

D. *Hydration*

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized. No touch bottle filling stations acceptable.

DI. *Illness reporting*

- Create a district and conference plan for how you will notify event athletes, coaches, event staff, media, spectators and vendors if the organizers/medical personnel learn of suspected or confirmed cases of COVID-19 at the event in accordance with privacy laws.

DII. *Facilities—Cleaning and Ventilation*

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.). Sanitize surfaces that are touched with bare skin.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment, balls, etc should be wiped down thoroughly before and after use.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- If pods or groups of students are moving from one area to another in shifts, finish cleaning before the new group enters the area. Clean and disinfect high-touch surfaces each night after students leave.
- Ventilation is important for reducing transmission of respiratory droplets and aerosols. Practice outside as much as possible. Maximize the outside air brought in through mechanical ventilation and improve filtration. When safe, open windows and doors to increase outside air.

The Following Categories/Colors
Refer to the State Board of Education Back to School Framework

Athletic Guidelines Specific to Category 3 (Red)

Limitations on Gatherings:

- No gathering of more than 10 people or less at a time (inside or outside).
- Sporting venues are closed to the public.
- Locker rooms should not be utilized. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts should be conducted in "pods" of students with the same 5 students always working out together. Smaller pods can be utilized for weight training. Pods should remain separate with at least 6 feet of physical distance between each pod throughout each workout. The students in a pod should be consistent from day to day. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper physical distancing can occur.

Physical Activity and Athletic Equipment:

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Students should wear their own appropriate workout clothing (do not share clothing) and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted while honoring physical distancing. Safety measures in all forms must be strictly enforced in the weight room.

Examples (including but not limited to):

- A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
- A football player should 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 should be no sharing of tackling dummies/donuts/sleds.
- A volleyball player should not use a single ball that others touch or hit in any manner.

- Softball and baseball players should 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 should be collected and cleaned individually.
- Wrestlers may skill and drill without touching a teammate.
- Cheerleaders may not practice/perform partner stunts or building (chants, jumps, dances without contact are permissible).
- Tennis players may do individual drills, wall volleys and serves.
- Runners should maintain the recommended 6 feet of distancing between individuals

Athletic Guidelines Specific to Category 2 (Yellow)

Limitations on Gatherings:

- Groups of up to 50 people at a time inside or outside. Indoors, there must be enough space for operating with limited physical distancing.
- If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.
- Workouts should be conducted in "pods" of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. Pods should remain separate with a buffer zone. The students in a pod should be consistent from day to day. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper physical distancing can occur. Appropriate physical distancing will need to be maintained on sidelines and benches during practices. Use tape, cones, or paint as a guide for students and coaches.

Physical Activity and Athletic Equipment:

- Lower risk sports practices and competitions may resume (see Potential Infection Risk by Sport below).
- Competitions should be limited to local geography.
- Modified practices may begin for Moderate risk sports.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.

- All athletic equipment, including balls, should be cleaned intermittently during practices and contests.
- Hand sanitizer should be plentiful available at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Athletic Guidelines Specific to Category 1 (Green)

Limitations on Gatherings:

- Gathering sizes over 50 individuals, indoors or outdoors, where appropriate physical distancing and precautionary measures are observed can occur.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of at least 6 feet between each individual. Consider using tape, cones, or paint as a guide for students and coaches.

Physical Activity and Athletic Equipment:

- Moderate risk sports practices and competitions may begin. If spectators are allowed, physical distancing measures must be followed.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as wrestling ear guards and football helmets/other pads should be worn by only one individual and not shared.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Contests

1. Potential Infection Risk by Sport (modified from United States Olympic and Paralympic Committee – Sports Medicine recommendations)

   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: Wrestling, football, performance and competitive cheer and dance/drill that involves stunting

   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.

   Examples: Basketball, volleyball, baseball*, softball*, soccer, gymnastics* (if equipment can't be sufficiently cleaned between competitors), tennis*, swimming relays, pole vault*, high jump*, long jump*, bowling*, and 7 on 7 football*

   *Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants

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

   Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, performance and non-competitive dance/drill with no stunting, and cross country running (with staggered starts)

2. Transportation to Events

   Schools must consider physical distancing requirements when scheduling contests and events for the 2020-2021 school year. Physical distancing (as required by state or local health department) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed. Staff and students on buses/vans must wear cloth face coverings. Keep windows on buses and vans open for maximum ventilation.

3. Physical Distancing During Contests/Events/Activities

    a. Sidelines/benches

    Appropriate physical distancing will need to be maintained on sidelines/bench during contests and events through all phases. Consider using tape, cones, or paint as a guide for students and coaches.

    b. Who should be allowed at events?

    Group people into tiers from essential to non-essential and decide which tiers will be allowed at an event:

        1. Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security
        2. Tier 2 (Preferred): Media
        3. Tier 3 (Non-essential): Spectators, vendors

    Only Tier 1 and 2 personnel will be allowed at events until restrictions on mass gatherings are lifted according to the different categories.

Athletic Training Services

Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they can take lead roles in developing and implementing infection control policy throughout the school.

Return to PhysicalActivity

Current pre-season conditioning and acclimatization models assume that athletes have deconditioned over the summer months. The current pandemic may result in students being deconditioned for four to five months. The NFHS is currently involved with a number of other organizations in developing consensus guidelines for 2020-2021 sports practices. These guidelines will be sent to state associations immediately after they are finalized and approved by all involved organizations.

Other Considerations

Sport specific guidelines are being created and will be shared with membership upon completion in mid to late June.

REFERENCES

"Protection Concept for Exit from the Corona-Lockwood and Resumption of Sports Activities." *Swiss Rugby Union.* http://www.suisserugby.com/fileadmin/content/Medical/Coronavirus/Suisserugby_Protection_Concept_EN_20200508.pdf, Version 1.0. Accessed: 4/29/2020.

"Recommendation Regarding the Use of Cloth Face Coverings, Especially in Areas of Significant Community-Based Transmission." *Center for Disease Control and Prevention.* https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html. Accessed: 5/6/2020.

"Return to Training Considerations Post-COVID-19." *United States Olympic & Paralympic Committee - Sports Medicine*, Version 0.12. https://www.teamusa.org/coronavirus. Accessed: 4/28/20.

DISCLAIMER – NFHS Position Statements and Guidelines

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time.

APPENDIX I

IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION

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CROSS COUNTRY CONTINGENCY PLANNING COMMITTEE RECOMMENDATIONS

The NFHS has determined that Cross Country is lower risk. Sports that can be done physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

Considering all recommendations by the General IHSAA guidelines and the NFHS and IHSAA SMAC guidelines, the following are the specific guidelines for Cross Country:

- The season will start on August 10th. Any changes to the calendar will be made on a week to week basis
- The decision to cancel an event must be related to and backed by the COVID-19 guidelines. The decision to cancel must be made by the district superintendent.
- Fans will be limited as needed based on school district plans.
- Plan for smaller meets and have participation limits.
- Stagger the start time of the races and runners.
- Limit out of state teams.
- Slot practice schedule times to limit larger groups.
- Face coverings as an option at meets

Points of Emphasis: Physical distancing must be followed and hygiene basics adhered to in all situations.

Special Considerations for the use of the following equipment

- Individual Student Equipment/Personal Items
- Stretching Equipment
- Timing Devices
- Tents/Shelters
- Flagging/Marking Equipment (Cones, Paint Cans)
- Bibs/Tags/Chips
- Water Bottles

- Any item that is held in the hands or makes contact with the body

Special Considerations for the use of the following components of the facility

- Team Areas
- Bleachers
- Bathrooms
- Locker Rooms
- Weight Training Facilities
- Athletic Training Facilities
- Drinking/fountains/jugs

Special Considerations for game support staff components

- Officials
- Meet Help/Finish Line Monitors - Make Available Gloves and Face Masks
- Media
- Administration
- Custodial Workers
- Concession Workers

2020-21 Cross Country Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Track and Field Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and state to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your state.

Return to Competition

General Considerations:

- Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
- Cross country meets should consider using staggered, wave or interval starts.
- Possible Rule Modifications:
    - 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.
- Finish:
    - Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
    - With no FAT timing system consider 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.

- ***Pre and Post Game Ceremony:*** Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match.

Considerations for Coaches:

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

Considerations for Students:

- Consider making each student responsible for their own supplies
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Cloth face coverings are permitted.
- Bring your own water bottle.

Considerations for Officials:

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

Considerations for Parents:

(A family's role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home),
- Provide personal items for your child and clearly label them.

APPENDIX II

IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION

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FOOTBALL CONTINGENCY PLANNING COMMITTEE RECOMMENDATIONS

The NFHS has determined that Football is high 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.

Considering all recommendations by the General IHSAA guidelines and the NFHS and IHSAA SMAC guidelines, the following are the specific guidelines for Football:

- The season will start on August 10th. Any changes to the calendar will be made on a week to week basis. If games are cancelled, those games will be eliminated with no make ups and the schedule will continue as needed.
- The decision to cancel a game must be related to and backed by the COVID-19 guidelines. The decision to cancel must be made by the district superintendent.
- If the cancellation of a game is due to COVID-19 concerns, it would not be considered a forfeit and there would be no fines issued.
- Fans will be limited as needed based on school district plans.
- Conferences and schools should develop representation protocols in case the tournament bracket changes. If no protocols are made, the IHSAA will develop it using MaxPreps.
- If the regular season is suspended, MaxPreps will be used to determine #1 vs. #2, semi-final and quarter-final matchups.
- Bowl games may be played only if the season is suspended.
- Have contingency plans for the playoffs in place prior to the beginning of the season.

Points of Emphasis: Physical distancing must be followed and hygiene basics adhered to in all situations.

Special Considerations for the use of the following equipment

- Footballs
- Mouthguards
- Kicking Tees
- Ball Bags
- Gloves
- Towels
- Pennies/Helmet Covers
- Water Bottles
- Shields
- Any item that is held or that makes contact with the body (i.e. Blocking pads/dummies)

Special Considerations for the use of the following components of the facility

- Goal Post Pads
- End Zone Pylons
- Down and Distance Markers
- Bleachers
- Sidelines/Team Areas
- Bathrooms
- Warm-Up Areas
- Locker Rooms
- Weight Training Facilities
- Ticket Booths
- Entry Gates
- Concessions

Special Considerations for game support staff components

- Officials
- Chain Crew
- Media
- Security
- Administration
- Ticket and Gate Workers
- Press Box Workers
- Custodial Workers
- Concession Workers
- Cheerleaders
- Band

2020 Football RulesConsiderations

In support of the NFHS Guidance for Opening Up High School Athletics and Activities, the NFHS Football Editorial Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020 football season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Return to Competition

1. **FOOTBALL RULES CONSIDERATIONS**
   - **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) in order for more social-distancing space for the teams.
     - Maintain social distancing of 6 feet at all times while in the team box.
     - Do not share uniforms, towels and other apparel and equipment.
   - **BALL (Rule 1-3-2)**
     - The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
     - The ball holders should maintain social distancing of 6 feet at all times during the contest.
   - **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. The NFHS SMAC will update the membership as soon as guidance is developed for all sports that require a tooth and mouth protector.*
   - **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.
   - **STATE ASSOCIATION ADOPTIONS (Rule 1-7)**
     - Each state association may adopt other playing/administrative rules for football for the 2020 season that would decrease exposure to respiratory droplets and COVID-19.
   - **CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES (Rules 2-6-2, 3-5-3, 3-5-8)**
     - A single charged time-out may be extended to a maximum of two minutes in length.
     - The authorized conference for the charged time-out should take place between the 9- yard marks and not at the sideline for social-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 3-5-7l)**
     - 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.

2. **FOOTBALL GAME OFFICIALS MANUAL CONSIDERATIONS**
   - **GAME OFFICIALS UNIFORM AND EQUIPMENT**
     - Electronic whistles are permissible (supplies are limited).

        - Choose a whistle whose tone will carry outside.
        - Fox 40 Mini -
        - Fox 40 Unisex Electronic – (3 tone) -
        - Ergo-Guard - (3 tone) - orange
        - Windsor - (3 tone)
        - Check the market for other choices
    - Cloth face coverings are permissible.
    - Gloves are permissible.
    - Do not share uniforms, towels and other apparel and equipment.

- **PREGAME CONFERENCE, COIN TOSS AND OVERTIME PROCEDURES**
    - For the 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 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.

3. PRE AND POST GAME CONSIDERATIONS

- Suspend pregame protocol of shaking hands during introductions.
- Suspend postgame protocol of shaking hands.

4. 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.
- Maintain social distancing of 6 feet at all times while on the sidelines and on the field of play when possible.
- Everyone should have their 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.
- Try and 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.

APPENDIX III

2020-21 Officials Considerations for Returning to Officiating

In support of the Guidance for State Associations to Consider in Re-opening High School Athletics and Other Activities document released last month by the NFHS, the NFHS Officials Advisory Committee offers these considerations for state associations for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment. These considerations are meant to cover officials in all sports while keeping in mind that protocols are different in each sport and adjustments may need to be made.

Return to Competition

1. **<u>Uniform</u>**
    - ***a. LEGAL UNIFORM***
        - i. Long sleeves are permissible.
        - ii. Long pants are permissible.
        - iii. Undergarments are permissible but must be of a similar length for the individual and a solid like color for team.
    - ***b. OFFICIALS UNIFORM AND EQUIPMENT***
        - i. Air horns are permissible.
        - ii. Electronic whistles are permissible (supplies are limited).
            1. Choose a whistle whose tone will carry outside.
                - a. Fox 40 Mini
                - b. Fox 40 Unisex Electronic - 3 tone
                - c. Ergo-Guard - (3 tone) - orange
                - d. Windsor - (3 tone) grey
            2. Check the market for other choices.
        - iii. Cloth face coverings are permissible.
        - iv. Gloves are permissible.

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

2. Rules Considerations

- ***a. PREGAME CONFERENCE***
  - i. Limit attendees to one official, the head coach from each team, and a single captain from each team; or speak with the team representatives in a separate meeting.
    1. Use of headsets with other crew members (if applicable).
    2. Script the conference to ensure consistency with both teams.
  - ii. Coin Toss – Head Referee and 2 captains.
  - iii. Move the location of the pregame conference to the center of the court/field. All individuals maintain a social distance of 3 to 6 feet.
  - iv. Suspend handshakes prior to and following the pregame conference.
  - v. Maintain social distancing while performing all pregame responsibilities.
  - vi. Encourage bench personnel to observe social distancing of 3 to 6 feet.
  - vii. Maintain social distancing of 3 to 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the area designated for substituting.
- ***b. OFFICIALS TABLE***
  - i. Limit to essential personnel which includes home team scorer and timer with a recommended distance of 3 to 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential and may need to find an alternative location. Space available at the table is a variable in determining the number allowed at the officials table.

3. Pregame and Postgame Ceremony

- **a.** Suspend pregame protocol of shaking during introductions.
- **b.** Suspend postgame protocol of shaking hands.

4. Personal Responsibilities

- ***a. TRAINING***
  - i. Attend online meetings to review the rules for the coming year.
  - ii. Start physical training using online video or complete skills alone. If you have been diagnosed with COVID-19, you should be cleared by your medical provider prior to initiating an exercise program.

b. COMPETITION

i. If you do not feel well and COVID-19 symptoms are present, notify the contracted school, your crew members, your assigner and stay at home.
    1. Take temperature in the morning and then again prior to leaving home/work for a contest.
        a. Notify site administrator immediately if temperature is elevated above 100.3 or a level recommended by your local or state health department.

ii. "Vulnerable individuals" are defined by CDC as people 65 years and older and others with serious underlying health conditions. Officials fitting this description may wish to seek medical advice prior to returning to officiating.

iii. Communicate with school athletic administrator about school/corporation contest expectations.

iv. Upon arrival at site and throughout the contest, wash and sanitize your hands frequently.

v. Travel – considerations should be given to travel policies.

vi. Do not share uniforms, towels, apparel and equipment.

vii. Maintain social distancing of 3 to 6 feet while in the locker room and/or on the court/field.

viii. Bring your own beverages.

APPENDIX IV

IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION

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SOCCER CONTINGENCY PLANNING COMMITTEE RECOMMENDATIONS

The NFHS has determined that Soccer is a moderate risk. Sports that involve close, sustained contact, but with protective equipment in place 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. Soccer could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants.

Considering all recommendations by the General IHSAA guidelines and the NFHS and IHSAA SMAC guidelines, the following are the specific guidelines for Soccer:

- The season will start on August 10th. Any changes to the calendar will be made on a week to week basis.
- The decision to cancel a game must be related to and backed by the COVID-19 guidelines. The decision to cancel must be made by the district superintendent.
- If the cancellation of a game is due to COVID-19 concerns, it would not be considered a forfeit and there would be no fines issued.
- Fans will be limited as needed based on school district plans.
- Conferences and schools should develop representation protocols in case the tournament bracket changes. If no protocols are made, the IHSAA will develop it using MaxPreps.
- Modify district tournaments if needed.
- Have contingency plans for the playoffs in place prior to the beginning of the season.

Points of Emphasis: Physical distancing must be followed and hygiene basics adhered to in all situations.

Special Considerations for the use of the following equipment

- Soccer Balls
- Nets/Goals
- Goalie Gloves
- Cones
- Pennies

Special Considerations for the use of the following components of the facility

- Goals
- Corner Flags
- Bleachers
- Sidelines/Team Bench
- Bathrooms

- Warm up areas
- Ticket Booths
- Entry Gates
- Concessions
- Locker Rooms

Special Considerations for game support staff components

- Officials
- Media
- Administration
- Ticket and Gate Workers
- Scorers
- Announcers
- Custodial Workers
- Concession Workers

2020-21 Soccer Rules Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Soccer Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Return to Competition

1. **Soccer Rules Considerations**
    - ***Pregame Conference (5-2-2d)***
        - Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team.
        - Move the location of the pregame conference to center of the field. All individuals maintain a social distance of 6 feet.
        - Suspend handshakes prior to and following the Pregame Conference.
    - **Ball Holders (6-1)**
        - Encourage social distancing of 6 feet
    - ***Team Benches (1-5-1)***
        - Encourage bench personnel to observe social distancing of 6 feet.

- ***Substitution Procedures (3-4)***
  - Maintain social distancing of 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line.
- ***Officials Table (6-2; 6-3)***
  - Limit to essential personnel which includes home team scorer and timer with a recommend distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.

2. ***<u>Pre and Post Match Ceremony</u>***
   a. Suspend the pregame world cup introduction line and send players to their field positions with bench personnel lined up on the touch line (3-6 feet apart) for introductions.
   b. Suspend post game protocol of shaking hands.

3. **<u>Soccer Rules Interpretations</u>**
   - ***Rule 4-1 EQUIPMENT AND ACCESSORIES***
     - Cloth face coverings are permissible.
     - Gloves are permissible.
   - ***Rule 4-2 LEGAL UNIFORM***
     - Long sleeves are permissible. (4-1-1)
     - Long pants are permissible. (4-1-1)
     - Under garments are permissible but must be of a similar length for the individual and a solid like color for team. (4-1-1d)
   - ***Rule 5-3 OFFICIALS UNIFORM AND EQUIPMENT***
     - By state association adoption, long-sleeved shirt/jackets are permissible. (5-1-3)
     - Electronic whistles are permissible (supplies are limited).
       - Choose a whistle whose tone will carry outside.
       - Fox 40 Mini -
       - Fox 40 Unisex Electronic - 3 tone
       - Ergo-Guard - (3 tone) - orange
       - Windsor - (3 tone) grey
       - Check the market for other choices
     - Cloth face coverings are permissible.
     - Gloves are permissible.

APPENDIX V

IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION

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CHEER CONTINGENCY PLANNING COMMITTEE RECOMMENDATIONS

The NFHS has determined that Competitive Cheer is a high risk activity. Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

The NFHS has determined that Sideline Cheer is a low risk activity. Sports that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors and stunting is not allowed.

Considering all recommendations by the General IHSAA guidelines and the NFHS and IHSAA SMAC guidelines, the following are the specific guidelines for Cheer:

- The season will start on August 10th. Any changes to the calendar will be made on a week to week basis. If games are cancelled, those games will be eliminated with no make ups and the schedule will continue as needed.
- The decision to cancel a game must be related to and backed by the COVID-19 guidelines. The decision to cancel must be made by the district superintendent.
- If the cancellation of a game is due to COVID-19 concerns, it would not be considered a forfeit and there would be no fines issued.
- Fans will be limited as needed based on school district plans.
- Conferences and schools should develop representation protocols in case the tournament bracket changes. If no protocols are made, the IHSAA will develop it using MaxPreps.
- If the regular season is suspended, MaxPreps will be used to determine #1 vs. #2, semi-final and quarter-final matchups.
- Bowl games may be played only if the season is suspended.
- Have contingency plans for the playoffs in place prior to the beginning of the season.

Points of Emphasis: Physical distancing must be followed and hygiene basics adhered to in all situations.

Special Considerations for the use of the following equipment

- Any item that is held in the hands or makes contact with the body (props, poms, etc.)
- Sound Systems

Special Considerations for the use of the following components of the facility

- Mats
- Mirrors, whether on wheels or mounted on the wall
- Barres, whether on wheels or mounted on the wall
- Bleachers

- Sidelines/Team Bench
- Bathrooms
- Locker Rooms
- Warm up areas
- On deck areas
- Ticket Booths
- Entry Gates
- Concessions
- Weight training facilities

Special Considerations for game support staff components

- Judges
- Administration
- Sound System Workers
- Event Logistics Workers
- Ticket and Gate Workers
- Custodial Workers
- Concession Workers

2020-21 NFHS Spirit Rules Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Spirit Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Return to Competition

1. **Spirit Rules Considerations**

   - **Cheerleading and Dance General Risk Management (2-1-14, 2-1-16):** Sideline and playing surface placement during game.
     Participants should be appropriately spaced on the court, field or sideline to ensure proper social distancing.

   - **Cheerleading Apparel / Accessories (3-1-1):** Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.
     Masks may be worn but are not required. No masks may be worn in routines that involve stunting. Any mask worn during a routine that does not involve stunting but involves tumbling must be taped and secure.

- **Dance Apparel / Accessories (4-1-1):** Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.
  Masks may be worn but are not required. No masks may be worn in routines that involve stunting. Any mask worn during a routine that does not involve stunting but involves tumbling must be taped and secure.

2. **Other Spirit Considerations**
   Cheerleading and Dance General Risk Management: Judge placement during adjudicated performance and competition.
   Judges, officials, adjudicators, etc. should be appropriately spaced to ensure proper social distancing.

APPENDIX VI

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SWIMMING CONTINGENCY PLANNING COMMITTEE RECOMMENDATIONS

The NFHS has determined that Swimming individual events are lower risk. Sports that can be done physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

The NFHS has determined that Swimming relay events are 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. *Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants while not in the water.

Considering all recommendations by the General IHSAA guidelines and the NFHS and IHSAA SMAC guidelines, the following are the specific guidelines for Swimming:

- The season will start on August 10th. Any changes to the calendar will be made on a week to week basis
- The decision to cancel an event must be related to and backed by the COVID-19 guidelines. The decision to cancel must be made by the district superintendent.
- Use facility driven decisions.
- Modify schedule as needed.
- Fans will be limited as needed based on school district plans.
- Plan for smaller meets and have participation limits.
- Use virtual meets when possible.

Points of Emphasis: Physical distancing must be followed and hygiene basics adhered to in all situations.

Special Considerations for the use of the following equipment

- Suits
- Caps
- Towels/Chamois
- Water Bottles
- Goggles
- Tubing/Stretch Cords/Mats/Weights
- Hand Paddles
- Fins
- Pull Buoys
- Kickboards
- Snorkels

Special Considerations for the use of the following components of the facility

- Starting Blocks
- Diving Boards
- Kickboards
- Bleachers
- Bathrooms
- Locker Rooms
- Outdoor Facilities (Air Supported Structure)
- PA Systems
- Recording Equipment
- Timing Equipment
- Drinking Fountains

Special Considerations for game support staff components

- Officials
- Timers
- Table Workers
- Media
- Administration
- Custodial Workers
- Concession Workers

2020-21 Swimming and Diving Rule Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Swimming and Diving Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

1. **Swimming and Diving Rule Considerations**

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 of 3-6 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 pool. Space relay swimmers apart from one another. Timers and relay takeoff judges 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 3-6 feet between individuals seated at the desk/table. Create a 3-6 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.

2. General Considerations

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.

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.

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.

APPENDIX VII

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VOLLEYBALL CONTINGENCY PLANNING COMMITTEE RECOMMENDATIONS

The NFHS has determined that Volleyball is a moderate risk. Sports that involve close, sustained contact, but with protective equipment in place 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. Volleyball could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants.

Considering all recommendations by the General IHSAA guidelines and the NFHS and IHSAA SMAC guidelines, the following are the specific guidelines for Volleyball:

- The season will start on August 10th. Any changes to the calendar will be made on a week to week basis.
- The decision to cancel a game must be related to and backed by the COVID-19 guidelines. The decision to cancel must be made by the district superintendent.
- If the cancellation of a game is due to COVID-19 concerns, it would not be considered a forfeit and there would be no fines issued.
- Restricting the number of teams in a gym.
- Fans will be limited as needed based on school district plans.
- Conferences and schools should develop representation protocols in case the tournament bracket changes. If no protocols are made, the IHSAA will develop it using MaxPreps.
- Regional tournaments if needed.
- Have contingency plans for the playoffs in place prior to the beginning of the season.

Points of Emphasis: Physical distancing must be followed and hygiene basics adhered to in all situations.

Special Considerations for the use of the following equipment

- Volleyballs
- Nets/standards
- Referee Stand
- Scorer's table
- Ball Cart

Special Considerations for the use of the following components of the facility

- Bleachers
- Sidelines/Team Bench
- Bathrooms

- Locker Rooms
- Warm up areas
- Ticket Booths
- Entry Gates
- Concessions
- Weight training facilities

Special Considerations for game support staff components

- Officials
- Media
- Administration
- Ticket and Gate Workers
- Score Table Workers
- Announcers
- Custodial Workers
- Concession Workers

2020-21 Volleyball Rules Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Volleyball Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Return to Competition

1. **Volleyball Rules Considerations**
    - ***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.

2. **<u>Volleyball Officials Manual Considerations</u>**
    - ***Pre and Post Match Ceremony***
        - Establish volleyball specific social distancing match protocols including the elimination of handshakes before and after the match.

3. **<u>Volleyball Rules Interpretations</u>**
    - ***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.

APPENDIX VIII

COVID-19 Athlete/Coach Monitoring Form

Name	Time	Circle Yes/Nobelow										
		Fever		Cough		Sore Throat		Shortness of Breath		Close contact, or cared for someone with COVID-19		Temp (if higher than 100.3°F)
		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	

APPENDIX IX

Assumption of the Risk and Waiver of Liability

Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

The _____ School District (__SD) has put in place protective measures to reduce the spread of COVID-19; however, the __SD cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending activities on the campuses of __SD could increase your risk and your child(ren)'s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending activities on __SD campuses and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 while on __SD campuses may result from the actions, omissions, or negligence of myself and others, including, but not limited to, __SD employees, classified staff, coaches, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance in activities or participation in __SD programming ("Claims"). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the __SD, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the __SD, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any __SD activity.

The safety of our employees, students, families and visitors remains the __SD's priority. To prevent the spread of COVID-19 and reduce the potential risk of exposure to all parties, we are conducting a simple screening questionnaire with this waiver. Your participation is important to help us take precautionary measures to protect you, your Child(ren) and everyone on campus. Please circle your answers.

*1. Has your child had close contact with or been diagnosed with COVID-19 within the 30 days?*** **YES** **NO**

*2. Has your child experienced any of the symptoms below in the last 14 days?*** **YES** **NO**
(fever, chills, cough, sore throat, respiratory illness, difficulty breathing, or loss of taste or smell)

3. If my Child(ren) develop(s) any of the above symptoms I will keep them home, notify the Coach and seek medical care to obtain a physicians note stating it is safe to return to participation. **YES** **NO**

** If the answer is "yes" to questions 1 or 2, access to campus activity will be denied until a physician's note is delivered to the Athletic Director or Athletic Trainer.

_____

Signature of Parent/Guardian Date

_____

Print Name of Parent/Guardian Name of Club Participant(s)

APPENDIX X

NFHS Sports Medicine Guidelines/Links

Idaho State Board of Education Back to School Framework

https://boardofed.idaho.gov/resources/idaho-back-to-school-framework-2020/

Governor Little's Guidelines for Opening Up Idaho – Idaho Rebounds

https://rebound.idaho.gov/wp-content/uploads/opening-up-guidlines_rev061120.pdf

NFHS-AMSSM Guidance for Assessing Cardiac Issues in High School Student-Athletes with COVID-19 Infection

https://nfhs.org/articles/nfhs-amssm-guidance-for-assessing-cardiac-issues-in-high-school-student-athletes-with-covid-19-infection/

Cardiopulmonary Considerations for High School Student-Athletes During the COVID-19 Pandemic: NFHS-AMSSM Guidance Statement

https://journals.sagepub.com/doi/full/10.1177/1941738120941490

Centers for Disease Control and Prevention

https://www.cdc.gov/coronavirus/2019-ncov/index.html

CDC Recommendation Regarding the Use of Cloth Face Coverings

https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html

APPENDIX XI

Return to Sports and Exercise during the COVID-19 Pandemic:
An Overview of the Consensus Statement

COVID-19 has presented us with unprecedented challenges that may continue until better treatments or a vaccine are developed. Returning to sport and exercise following a period of prolonged physical distancing (*which can lead to a decrease in conditioning*) will present coaches and athletes with challenges as they resume training and practices. These recommendations are to describe best practice procedures based on a detailed consensus statement that addresses return to activity considerations. It is recommended that schools and coaches review these recommendations and refer to other documents for more detailed information.

1. **Follow Policies and Guidelines** as put forth by:
   a. Federal, State, and Local Authorities (to include public health departments)
   b. Your School District
   c. Sport Governing Agencies (NFHS, IHSAA, etc)
2. While most young individuals experience no or only mild symptoms related to COVID-19, due to the potential impact of the novel coronavirus on the lungs, heart, and kidneys, **athletes with a history of COVID-19 (*or who currently have symptoms suggestive of COVID-19*) must be CLEARED by their health care provider before resuming training.**
   a. Documentation **MUST** be provided prior to continuing participation.
3. Timed fitness tests and maximal lifts **SHOULD NOT** be conducted during the first 2 weeks of return to activity.
4. **Develop training protocols that take into consideration any loss of conditioning that has occurred.** All workouts/practice plans should be written and provided to administrators in advance.
   a. It is recommended to use the ***50/30/20/10 rule for conditioning activities as guidelines***

Week	Reduction in Volume/Workout	Work to Rest Ratio
1	50%	1 : 4
2	30%	1 : 3
3	20%	Normal
4	10%	Normal
5	None – Normal with no restrictions	Normal

   b. It is recommended to use the ***FIT rule for resistance training as guidelines***.

Element	Definition	Example	Recommendation
Frequency	# of sessions/week for a specific muscle group or movement type	5 training sessions, but only 3 lower body sessions	Week 1: ≤ 3 Sessions Week 2: ≤ 4 Sessions
Intensity Relative Volume (IRV)	IRV = Sets x Reps x % 1RM (% of 1 Rep Max)	3 sets x 10 reps x 0.50 IRM = 15 IRV	Week 1: IRV = 11-30 Week 2: IRV = 11-30
Time of Rest Interval	Work to Rest Ratio (W:R) between sets	30 secs to complete set & 90 secs of rest = 1:3 W:R	Week 1: W:R = 1:4 Week 1: W:R = 1:3

5. **Multi-sport athletes SHOULD NOT participate in multiple training sessions in one day** for the first 2 weeks.
6. **Heat Acclimatization** – Exercising in the heat presents additional challenges for the body (especially when athletes have undergone a loss of conditioning). **Coaches MUST following the IHSAA Fall sports practice model.**
7. If training is paused for more than 5-7 days due to reinstatement of "stay at home orders" or an individual or team must quarantine, consideration should be given to:
   a. Athletes restarting or extending the heat acclimatization process prior to the resumption of activity.
   b. Athletes restarting or extending timelines for resuming training activities (ie. 50/30/20/10 & FIT guidelines).
8. Hydration – Access to fluids should be no different than pre-COVID-19 training (free access to fluids at all times), with the exception that individuals should not share water bottles.
   a. Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but must be cleaned appropriately before and after every practice/contest.

Documents of Reference:

- Return to Sports and Exercise during the COVID-19 Pandemic
- GUIDANCE FOR OPENING UP HIGH SCHOOL ATHLETICS AND ACTIVITIES
- Korey Stringer Institute – COVID-19 Return to Activity

Document created from the Korey Stringer Institute Template (2020) with references from the BOC document - Guiding Principles for AT policy and Procedure Development & the Return to Sports and Exercise during the COVID-19 Pandemic: Guidance for High School and Collegiate Athletic Programs

APPENDIX XII

IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION

Serving Idaho's Youth Since 1926
Ty Jones, Executive Director
Julie Hammons, Assistant Director Mike Federico, Assistant Director
8011 Ustick Road Boise, ID 83704
Phone #: (208) 375-7027 Fax #: (208) 322-5505
website: idhsaa.org e-mail: admin@idhsaa.org

After each contest, where there is an announcer available:

Ladies & Gentleman – as each team lines up on _____

Football	Respective 40-yard lines
Volleyball	End line
Soccer	Front of their bench
Swim	Pool deck
Basketball	Free throw line
Baseball/Softball	Baseline
Tennis	Doubles line
Golf	18th Green

The ideals of sportsmanship permeate virtually every aspect of our culture, and the ethics of fair play are witnessed in all facets of life. The origins of sportsmanship have been firmly established in sports as a training ground for good citizenship and high behavioral standards.

As you have witnessed, both teams have competed under the guidelines of the Idaho High School Activities Association and will now

Football	Raise their Helmet
Volleyball	Wave their Hand
Soccer	Wave their Hand
Swim	Wave their Hand
Basketball	Wave their Hand
Baseball/Softball	Tip their Cap
Tennis	Lift their Racquet
Golf	Tip their Cap

As a sign of respect, integrity, fairness and sense of fellowship with their competitors and game officials. GOOD GAME - Thank You