



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 five 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 districts school board, in conjunction with guidance from the local health department must approve the plan before games can be hosted.
 2. 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.
 3. A transportation plan, when applicable, for practices and games.
 4. 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.
 5. Return to participate plan formulated in conjunction with the local school board and local health department.
-

TABLE OF CONTENTS

1. Guidance for Opening Up High School Athletics and Activities
2. Appendix I Cross Country
3. Appendix II Football
4. Appendix III Game Officials
5. Appendix IV Soccer
6. Appendix V Spirit
7. Appendix VI Swimming
8. Appendix VII Volleyball
9. Appendix VIII Basketball
10. Appendix IX Wrestling
11. Appendix X Baseball
12. Appendix XI Softball
13. Appendix XII Track
14. Appendix XIII Tennis
15. Appendix XIV COVID Monitoring Form
16. Appendix XV COVID Waiver Form
17. Appendix XVI NFHS Sports Medicine Guidelines
18. Appendix XVII IHSAA Sports Medicine Guidelines
19. Appendix XVIII Post-Game Sportsmanship Guidelines

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.” [Cloth CDC Recommendation Regarding the Use of Cloth Face Coverings for more information.](#)

- 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

- *Preparticipation 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 online education courses take the place of “hands-on” or in-person training, whenever possible. This includes accepting online 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.

E. *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.

F. *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.
-

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 Physical Activity

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

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

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.

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
 - 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

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

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 Rules Considerations

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 3-5-7I)**
 - 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.

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. Uniform

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

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

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. Pre and Post Match Ceremony

- 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. Soccer Rules Interpretations

- ***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

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

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





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

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





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

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. Volleyball Officials Manual Considerations

- ***Pre and Post Match Ceremony***
 - Establish volleyball specific social distancing match protocols including the elimination of handshakes before and after the match.

3. Volleyball Rules Interpretations

- ***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





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

BASKETBALL CONTINGENCY PLANNING COMMITTEE RECOMMENDATIONS

The NFHS has determined that Basketball 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.

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

- The season will start on November 2nd for the girls and November 13th for the boys. 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 and the Governor's Stage 3 Protocols.
- 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

- Basketballs
- Scorer's table
- Ball Cart

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

- Bleachers
- Sidelines/Team Bench
- Bathrooms
- Locker Rooms
- 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 Basketball Rules Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Basketball Rules Committee offers this document as guidance on how state associations can consider modifications to the NFHS Basketball Rules Book. 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. Basketball Rules Considerations

- ***Pregame Protocol (2019-2020 NFHS Officials Manual, page 16, 1.8; NFHS Basketball Rule Book – 3-4-5)***
 - Limit attendees to the referee and the head coach from each team with each coach standing on the center circle on each side of the division line.
 - All individuals maintain a social distance of 6 feet or greater at the center circle.
 - Suspend handshakes prior to and following the Pregame Conference.
- ***Team Benches (1-13-1)***
 - ***Social distancing should be practiced when possible. Below are some suggestions.***
 - Limit the number of bench personnel to observe social distancing of 6 feet or greater.
 - Place team benches opposite the spectator seating.
 - Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.

- Create separation between the team bench and spectator seating behind the bench.
 - Limit contact between players when substituting.
 - Personnel not in the game should adhere to any required local/state face covering requirements.
- **Officials Table (2-1-3)**
 - The host should sanitize the table before the game and at half time.
 - Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
 - Limit seats at the table to essential personnel which includes home team scorer and timer with a recommend distance of 6 feet or greater between individuals. Other personnel (visiting scorer, statisticians, media, etc.) may not be deemed essential personnel and consider an alternate location for them.
 - Table personnel should adhere to any required local/state face covering requirements.
- 2. **Pre and Post Game Ceremony**
 - a. Suspend the pregame introduction handshakes.
 - b. Suspend post game protocol of shaking hands.
- 3. **Basketball Rules Interpretations**
 - **Rule 4-1 EQUIPMENT AND ACCESSORIES**
 - Basketball
 - Ball given to officials in the locker room, where it is sanitized as recommended by the ball manufacturer and not used for warm-ups.
 - The host school should ensure that the ball is sanitized during time-outs and between quarters.
 - Sanitizer should be provided by the host team at the table.
 - Cloth face coverings are permissible for players.
 - Consider requiring coaching staff and other bench personnel to wear face coverings while on the bench.
 - **Rule 5-3 Officials Uniform and Equipment**
 - By state association adoption, long-sleeved shirts are permissible. (5-1-3)
 - Officials should not be required to wear jackets during pre-game court/player observation.
 - Electronic whistles are permissible (supplies are limited).
 - Choose a whistle whose tone will carry inside.
 - Check the market for choices
 - Cloth face coverings are permissible.
 - Gloves are permissible.
- 4. **Other Considerations**
 - **Throw-in**
 - Official may stand 6 feet or greater away from player making the throw-in and bounce the ball to that player on a front court throw-in.
 - **Free Throw Administration**
 - The lead official shall stand on the end line and bounce the ball to the free thrower.

APPENDIX IX



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

WRESTLING CONTINGENCY PLANNING COMMITTEE RECOMMENDATIONS

The NFHS has determined that Wrestling 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 Wrestling:

- The season will start on November 16th. Any changes to the calendar will be made on a two-week basis. If events are cancelled, those events will be eliminated with no make ups and the schedule will continue as needed.
- 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.
- If the cancellation of an event 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 and the Governor's Stage 3 Protocols.
- Conferences and schools should develop representation protocols in case the tournament bracket changes. If no protocols are made, the IHSAA will develop it using Track Wrestling.
- Have contingency plans for district and state events 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

- Mats
- Scales
- Locker rooms
- Towels
- Water Bottles
- Any item that is held or that makes contact with the body (i.e. pads/dummies)

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

- Practice Facilities
- Weigh in Areas

- Bleachers
- Team Areas
- Bathrooms
- Warm-Up Areas
- Locker Rooms
- Weight Training Facilities
- Ticket Booths
- Entry Gates
- Concessions

Special Considerations for game support staff components

- Officials
- Media
- Security
- Administration
- Ticket and Gate Workers
- Table Workers
- Custodial Workers
- Concession Workers
- Cheerleaders



2020-21 Wrestling Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Wrestling 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:

- Have hand sanitizer and wipes available at the table.

- Wash stations or sanitizer at mat side.
- No one touches the score sheet except the scorer.
- If writing implements are used, they should be sanitized and not shared with anyone.
- Disinfect the mats prior to competition.
- Do not allow fans.
- Athletes and Coaches wears masks off the mat.
- Participate/host smaller events (more duals, less larger tournaments)
- Check the fans' temperature prior to admission.
- Minimize the number of spectators.

Considerations for Coaches:

- Wear masks on and off mat.
- Eliminate handshakes post-match.

Considerations for Wrestlers:

- Submit to COVID-19 testing as part of your pre-participation physical.
- Take the temperature of the wrestlers before weigh-ins.
- Showers after weigh-ins.
- Stagger weight classes, so not everyone is in chairs mat-side.
- Wear masks off the mat when not competing.
- Eliminate handshakes with wrestlers, coaches' and officials post-match.

Considerations for Referees:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Change whistle several times during the day.
- Follow social distancing guidelines. Consider six feet minimum distance when talking to others (players, coaches, other officials).
- Consider using electronic whistle.
- Do not shake hands and follow pre- and post-game ceremony guidelines established by state associations.
- Off mat officials may wear masks at all times.
- Wear masks on the mat.
- May wear disposable glove. If so, then they must change after each match.

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.
- Disinfect your students' personal equipment after each game or practice.

APPENDIX X



2020-21 Baseball Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Baseball 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:

- Have hand sanitizer and wipes available at the field.
- Wash stations or sanitizer at each dugout.
- No one touches the score sheet except the scorer.
- Disinfect the bench/dugout prior to competition.
- Not allowing fans.
- Everyone wears masks at the ballfield.
- Stagger seating of fans.
- Check the fans' temperature prior to admission.
- Minimize the number of spectators.
- Each team provides sanitized balls (bucket) while on defense.
 - Have a bucket of "dirty" balls available so they can be sanitized after the game.
- Sanitize bases after each contest.

Considerations for Coaches:

- Wear masks on and off the field.
- No line-up card exchange.
- Eliminate handshakes post-game.
- Maintain 6' distance between players and umpires.

- No seeds, gum or spitting.
- Evaluate pre-existing health conditions.

Considerations for Players:

- No seeds, gum or spitting.
- Players must clean and sanitize equipment after each game
- Social distancing on the bench and/or dugout.
- No sharing of water bottles.
- No sharing of batting helmets.
- No sharing of catcher's equipment.
- No sharing of bats.
- Sanitize all equipment after each game.
- No physical contact.
- Eliminate handshakes post game.
- Eliminate handshakes with coaches/umpires pre-game.
- Evaluate pre-existing health conditions.
- Carry hand sanitizer.
 - If the pitcher puts his/her hands to their mouth off the mound and touches the ball, "Time" is called, a new ball is inserted and the pitcher must sanitize their hands before throwing the next pitch.

Considerations for Umpires:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- No touching of baseballs.
- No line-up card exchange.
- The umpire-in-chief should wear a face mask behind the plate.
- Clean equipment after each game.
- Follow social distancing guidelines. Consider six feet minimum distance when talking to others (players, coaches, other umpires) at plate meeting.
- Do not shake hands and follow pre and post-game ceremony guidelines established by state associations.
- Evaluate pre-existing health conditions.

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.
- Disinfect your students' personal equipment after each game or practice.

APPENDIX XI



2020-21 Softball Rules Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Softball 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. Softball Rule Considerations

Face Shields (1-7-1, 1-8-4) - Per guidance from the NFHS Sports Medicine Advisory Committee (SMAC), plastic shields covering the entire face (**unless integrated into the face mask and attached to a helmet and clear without the presence of any tint**) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or to teammates.

Additional Equipment (1-8): Cloth facial coverings are recommended but not required. Facial coverings must be of one color, not distracting and have no designs. Pitchers cannot wear optic yellow cloth facial coverings.

Pregame Conference (2-14-2): Limit attendees to one coach from each team plus the umpires. Coaches should stay outside the width of the batter's box at home plate, maintaining 6 feet of distance between each person.

Substitutions: (3-3-3): The verbal exchange should occur 6 feet from the coach to scorer and opposing team when making lineup changes.

Coaching (3-5-1 NOTE): Umpires do not handle equipment on the field during play. Contact with the game balls should be as limited as possible. There are several strategies to protect the student-athlete from cross contamination due to exposure to game balls. It is recommended each state choose a strategy that best fits its specific circumstances.

Coaching (3-5-3, 3-6-14): Coaches who wish to discuss a rule or a ruling on the field must maintain at least 6 feet of distance from the umpire.

Coaching (3-5-2): Base coaches must stay 6 feet from a runner at all times after suspension of play.

Bench and Field Conduct (3-6-6): Players are not permitted to leave the dugout area to congratulate players when scoring or after home runs. The number of individuals in the dugout is dependent on the size of dugout. Players and coaches must maintain 6 feet of social distance.

NFHS rules allow for dugouts/designated warm-up areas to be extended to provide for social distancing.

Charged Conferences (3-7-1, 3-7-2, 3-7-3): Coaches holding defensive conferences must stay on the home plate side of the pitcher's circle, and the player or players must be on the opposite side of the pitcher's circle maintaining 6 feet of distance. No more than two players plus the pitcher are allowed. Only one coach is permitted during the conference. If a coach visits the pitcher, all other players should stay outside the pitching circle.

Exchange of Lineup Cards (4-2-1b): Lineups should be handed to the umpire, and the umpire will verbally approve or ask any questions about the lineup. It is recommended that lineup cards be exchanged team to team and teams to scorekeeper to be shared via photo or text.

Infractions by the Pitcher (6-2-2): Prohibit licking of fingers and wiping them off. Pitchers are not allowed to put their hands to their mouths or blow into their hands prior to pitching the ball. This will be a "no pitch." Any umpire is permitted to make this call. The ball should be called dead immediately and it will be a "no pitch." The ball should be put in the dugout for sanitizing, and the pitcher should sanitize hands before play continues.

Plate Umpire (10-2-1): The plate umpire should stand deeper than normal to call balls and strikes.

Equipment and Apparel (10-4-2): Cloth facial coverings are recommended but not required. The masks must be of one color, not distracting and have no designs. The umpire may wear disposable glove and masks.

2. Softball Umpires Manual Considerations

Mechanics Sections 3, 4b and c

Base umpires should maintain 6 feet of distance from any player as a starting position when rotated and/or counter-rotated.

Section 2E

The catcher and batter should be 6 feet apart when the umpire is dusting off the plate.

APPENDIX XII



2020-21 Indoor and Outdoor Track and Field 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:

- SP, DT, JT should enforce social distancing for all athletes and officials.
 - To limit contact: athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws.
 - If athletes can't provide their own implements, then it is recommended that implements be sanitized between each use.
- LJ, TJ should enforce social distancing for all athletes and officials.
- HJ, PV should enforce social distancing for all athletes and officials.
 - To lower the risk of these events meets can cover pits by a tarp that is removed and disinfected after each athlete (therefore multiple tarps needed to keep event moving).
 - To limit contact: athletes should not share vaulting poles.
- Sprint, Hurdle, relay events run entirely in lanes, may use every other lane to assist with distancing.
 - Blocks should be disinfected after each heat / race.
 - Recommend not using baskets at start line for apparel.
- Recommendations for students to wear a cloth facial covering when not actively competing.
- Middle Distance and distance races on the track of 800m and longer (any event not run entirely in lanes) are considered moderate risk activities if conducted under normal circumstances.

Possible Rule Change Considerations: *(States should abide by all NFHS rules as a default, adjusting relevant rules as needed to allow for COVID-19 risk mitigation factors where necessary for this year.)*

- Rule 5-10-5 Current rule: The baton is the implement which is used in a relay race and is handed by each competitor to a succeeding teammate. Gloves are not permitted in relay events.
 - States may permit the use of gloves for this year.
 - Schools can bring their own batons, or they should be disinfected after each heat/race.
- Rules 6-4-11 and 6-5-24: States may consider alternate ways to conduct the vertical jumps. Lowering the cross bar after competition has begun may be one-way states may modify rules. With small numbers of competitors, states may wish to jump each athlete to completion.

Considerations for Officials:

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

Considerations for Coaches:

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

Considerations for Students:

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

Considerations for Parents:

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

- Make sure your child and immediate household members are without symptoms of illness before participating in practice and competition (if there is doubt stay home),
- Provide personal items for your child and clearly label them.

****August 25, 2020**

APPENDIX XIII

COVID-19

PLAYING TENNIS SAFELY

FACILITY AND PROGRAMMING RECOMMENDATIONS

The USTA recognizes that the coronavirus has been affecting different parts of the country in different ways and with different timing. We therefore believe it will be possible for people to return to playing tennis safely in some cities and states sooner than in others.

The Federal Government issued guidelines on April 16 for “Opening Up America Again” at [WhiteHouse.gov/OpeningAmerica](https://www.whitehouse.gov/openingamerica). By following these guidelines as well as those of local governments and health agencies, facilities and players will be able to make informed decisions as to when play can recommence.

Because tennis does not require direct person-to-person contact, players can enjoy the many physical and mental benefits that tennis offers so long as they practice social distancing by keeping six feet apart from other players to ensure a safe exercise environment and follow other safety recommendations included in the *Player Tips and Recommendations* document that is being distributed along with this *Facility and Programming Recommendations*.

ASSESS YOUR SITUATION

Tennis providers, coaches and facilities across the country are all different and operate in different local contexts. Making an assessment of whether a safe exercise environment can be provided depends on a range of factors, which apply differently at each venue. It is the responsibility of each tennis provider, coach and facility to make that assessment based on their local environment.

Know that the Federal Guidelines for Opening Up America Again is a three-phased approach, and safety precautions must remain in place as we move from Phase One to Phase Three until there is a universal vaccine or effective treatment for the coronavirus.

In communities where stay-at-home or shelter-in-place orders have been lifted or modified, and where the locality meets the standards in the Federal Guidelines, then tennis, if played properly, can be a great opportunity to relieve stress, socialize with others and provide much-needed exercise. Of primary importance is taking every precaution to help keep all participants safe.

ORGANIZE YOUR TENNIS ACTIVITIES

- Activity should always be in line with the Federal Government’s advised social distancing measures (defined by the Centers for Disease Control and Prevention as keeping six feet apart), including when arriving at and departing from a court.
- Limit activities to casual court rental, one-on-one coaching, small groups and private lessons.
- Shorten programs and stagger booking times to create a buffer between sessions.
- Online bookings are recommended, and have participants make payments online. Avoid handling cash.
- Postpone any social gatherings. Do not provide any congregation areas at the court or facility.
- Plan for increased levels of staff and volunteer absences.



COVID-19 PLAYING TENNIS SAFELY COMMUNITY TENNIS GUIDELINES



- Keep your team and your participants informed of the actions you're taking.
- Staff must wear masks or "like in kind" and gloves when checking in players. Staff should wash hands and/or gloves often and after touching items.
- Alternating courts should be reserved for play if there is no barrier, such as fencing, between the courts.
- Capturing accurate information on reservation play sheets when people are making reservations is a must, in case the authorities need to trace who has been onsite.
- Players should come to the facility no more than 10 minutes before the time expected to play.
- Having a parent/guardian present at the facility with juniors under age 18 is highly recommended. When that is not feasible, the parent/guardian must provide written permission for each junior participating in the coaching session and/or when playing with other juniors.

PROVIDE A CLEAN ENVIRONMENT

- Clean all surfaces—such as counters, tabletops, doorknobs, bathroom fixtures and toilets—several times a day wearing disposable gloves.
- All common area chairs and tables should be stacked, roped off or removed from the area to prevent congregating and touching.
- All court gates and stair rails should be wrapped with caution tape to discourage touching, or else should be wiped down every hour.
- All gates should be roped off or left open to prevent touching. If the facility has a wide open side entrance to the courts, its use is recommended.
- All score tenders will be taken off the courts to prevent touching.
- Make disinfectant soap, hand sanitizers or wipes available at all main contact points.
- Regularly remind and encourage everyone, particularly juniors, of the need to wash hands often and adopt the other principles of a good hygiene strategy.
- Display signage about handwashing and hygiene techniques at strategic points such as sinks, eating areas, drinking areas and on the side of the court.
- Limit the use of indoor spaces by keeping all locker room and shower areas closed.

ENCOURAGE SOCIAL DISTANCING

- People should stay at least six feet apart to maintain social distancing.
- Use every second court where practical.
- Players should stay on their side of court and avoid changing ends.
- Implement ways to minimize contact between participants and staff.
- Recommend that only one parent/guardian accompany younger children to the facility when possible.
- Promote prevention techniques and lead by example. See the "Preparing to Play" section in the *Player Tips and Recommendations* document for tips on how to protect against infections.



COACHING

- Group coaching should take place only where full social distancing is possible. Group coaching should be limited to small groups. An exception would be where all participants are family members or are otherwise in one home.
- Teaching professionals should be assigned specific courts—and possibly specific days and times.
- Position the players at well-spaced stations.
- Live ball drills and game-based play is recommended over using baskets.
- Limit the use of coaching equipment such as target cones.
- Don't let the players handle any coaching equipment. The coach should pick up the balls.
- Encourage players to use their racquet/foot to push balls back and/or hit them to their opponent to avoid using hands and touching the balls.

TENNIS BALLS

- Practice caution with the tennis balls and avoid letting the participants touch them. Although there is no specific evidence that tennis balls can spread COVID-19, we know that contamination by respiratory droplets from an infected person can potentially survive on hard surfaces up to three days.
- Try to restrict balls to a particular group, court or day of the week. One idea is to label them with a permanent marker.
- Replace all balls if someone suspected to have COVID-19 comes in contact with them.
- Consider spraying tennis balls briefly with a disinfectant spray (e.g., Lysol or Clorox) at the conclusion of play. Using new balls on a very regular basis is highly encouraged.
- For private lessons that feature serving, have customers bring two cans of balls that only they handle for serving.

TENNIS EQUIPMENT

- Tennis equipment should be touched only by the pro/coach and should be cleaned frequently. Use alcohol-based disinfectant to clean all tennis gear, including racquets, towels, target cones, ball machines, etc.
- Teaching pros should have their own marked hoppers and teaching charts to avoid sharing with other pros.
- Using a ball machine is a great option for giving lessons, as it avoids having people touch the balls. Using ball tubes and basket pickups to pick up loose balls after a ball machine rotation also limits contact.
- Avoid using unnecessary equipment such as throw-down lines.

APPENDIX XIV



APPENDIX XV

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 [redacted] School District ([redacted] SD) has put in place protective measures to reduce the spread of COVID-19; however, the [redacted] SD cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending activities on the campuses of [redacted] 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 [redacted] 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 [redacted] SD campuses may result from the actions, omissions, or negligence of myself and others, including, but not limited to, [redacted] 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 [redacted] SD programming ("Claims"). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the [redacted] 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 [redacted] SD, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any [redacted] SD activity.

The safety of our employees, students, families and visitors remains the [redacted] 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 XVI

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-guidelines_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 XVII



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, IHSA, 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

- a. 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 1RM = 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 2: 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 [IHSA 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](#)

APPENDIX XVIII



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	18 th 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	Waive their Hand
Soccer	Waive their Hand
Swim	Waive their Hand
Basketball	Waive 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