



IHSAA SCHOOL REQUIREMENTS

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

Basic Safety Measures and Considerations

OBJECTIVE: Pursue options to convene athletic events and participation in activities in ways that minimize the risk of COVID-19 transmission to participants/athletes, families, coaches and communities. These guidelines are contingent upon Categories 1, 2 & 3 as outlined in the MDSO Re-Opening Plan for the 2020-21 school year.



GUIDELINES FOR ALL COACHES AND PARTICIPANTS/ATHLETES

- Ensure that hand sanitizer is available at all contests and practices. Participants/athletes, coaches and officials clean hands frequently.
- Equipment wiped down as frequently as possible.
- Coaches are required to wear masks at all times when near athletes.
- All athletes/participants will be required to wear masks when not physically participating (i.e. locker rooms, warm-ups, training rooms, etc.)
- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- No shared water bottles, towels or other personal equipment.
- Stagger games and practices if possible (cleaning in between).
- Do not make any practice mandatory, emphasize the importance for individuals to stay home if feeling ill. Encourage parents to carefully monitor the health of their children.
- Coaches will have access to thermometers if they suspect a participant/athlete is symptomatic. If any individual presents with a fever of 100.4 or higher, send home.
- No pre-game and post-game contact, such as handshakes/high-fives/fist bumps. Practice limited contact among athletes.
- Any coach or student athlete who has had a positive COVID-19 test should be cleared by a doctor's note or release note from the Central District Health Department before they return to participate. Notes should be given to AD. Coaches will follow [IHSAA athlete re-entry guidelines](#).



GUIDELINES FOR EVENTS

- Coaches and other contest personnel required to wear facemasks during the events.
- Signage reminding spectators to use appropriate physical distancing and/or limit spectators to allow for appropriate physical distancing. Spectators will be required to wear face masks at all events.
- Referees required to take their temperature before an event.
- Live streaming of games as much as possible. <https://www.nfhsnetwork.com/>
- Coaches will follow specific sport guidelines produced by IHSAA.

- All bus passengers will be required to wear face masks and use hand sanitizer prior to boarding. Passengers will be expected to space out to the greatest extent possible. Windows will be cracked to promote air-flow when possible.



GUIDELINES FOR TRAINING ROOM

- Trainers are required to wear face masks.
- Taping provided in alternate site beside training room if necessary (i.e. hallway).
- Spread out the workspace in the training room. Only one student per treatment area.
- Physical distancing enforced and “Hygiene Basics” adhered to in all situations.
- Athletes will not be allowed to get ice out of training room.



GUIDELINES FOR NON-SCHOOL USE OF FACILITIES

- School facilities will be closed to outside organizations.



ILLNESS REPORTING

- If the organizers/medical personnel learn of suspected or confirmed cases of COVID-19 at the event, follow public health notification process for all event participants/athletes, coaches, event staff, media, spectators and vendors.



RESPONSE

Any individuals that may have had direct exposure to the virus are expected to self-quarantine for 14 days and monitor symptoms, which may appear 2-14 days after exposure. Call your medical provider if you:

- Are concerned you might have been exposed; and
- Have a cough or shortness of breath or difficulty breathing; or
- At least two of the following symptoms:

:: Fever	:: Sore throat
:: Chills	:: New loss of taste or smell
:: Repeated shaking with chills	:: Diarrhea
:: Muscle pain	:: Nausea
:: Headache	:: Vomiting



RESOURCES

- Governor’s Stages of Reopening: <https://rebound.idaho.gov/stages-of-reopening/>
- [Idaho High School Activities Association \(IHSAA\) Guide](http://www.idhsaa.org) (www.idhsaa.org)

- [IHSAA Resource links](#)
- Central Idaho Health District: <https://www.cdhd.idaho.gov/dac-coronavirus.php>
- CDC Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- [NFHS Guidelines](#)



ARE YOU EXPERIENCING SYMPTOMS OF COVID-19?

- Stay home if sick.
- Practice physical distancing.
- Practice good hand hygiene.
- Cover cough and sneezes.
- Wear cloth face coverings in public places.
- Disinfect surfaces and objects regularly.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

YOU MAY DISCONTINUE SELF-ISOLATION:

- At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and
- Improvement in respiratory symptoms (e.g., cough, shortness of breath); and
- At least 10 days have passed since symptoms first appeared

If you believe you have been exposed, make sure to self-isolate. If you need medical attention, please call your healthcare provider in advance of a visit to discuss your symptoms and next steps.

	Category 1-Green Minimal Risk	Category 2- Yellow Moderate Risk	Category 3- Red High Risk
Fan Attendance	<ul style="list-style-type: none"> No limit on attendance at football, soccer, and cross-country events. Attendance limited to 33% capacity in gymnasiums for Volleyball games or indoor events in accordance with current Idaho Rebound Stage. Not to exceed those recommendations for current Stage. Fan/spectator capacity may be reduced depending on level of community spread, subject to public health orders. Face coverings will be recommended for all fans greater than 2 years old or those with health issues that could be exacerbated by face coverings. Signage will be posted and public service announcements made encouraging attendees to social distance. Six feet social distancing is required in all lines, especially at gate entry and exit lines, at the concession stands, and at the restrooms. Six feet social distancing is required in stands/bleachers. Immediate household members may sit together. Cheer is allowed on sideline but must be included in attendance capacity. 	<ul style="list-style-type: none"> No fans other than those that live in the immediate household of a student-athlete participating in the event. Volleyball fans may only attend the game that their student-athlete is playing or working in. Fans must leave the facility at the conclusion of their child's contest unless their child is working at the event. Fan/spectator capacity may be reduced depending on level of community spread, subject to public health orders. Students are only allowed if they have a sibling in their immediate household participating in the event. Cheer allowed to perform at halftime. Performers and parents will not be allowed into the facility until halftime. Signage will be posted and public service announcements made encouraging attendees to social distance. Six feet social distancing is required in all lines, especially at gate entry and exit lines, at the concession stands, and at the restrooms. Six feet social distancing is required in stands/bleachers. Immediate household members may sit together. 	All Extra-Curricular Practices, Transportation, and Events Suspended or Cancelled
Transportation	<ul style="list-style-type: none"> All coaches, participants, managers will be required to wear face masks. Bus loading should occur from back to front and unloading from front to back. Windows or bus vents should be used for ventilation when possible. 	<ul style="list-style-type: none"> All coaches, participants, managers will be required to wear face masks. Bus loading should occur from back to front and unloading from front to back. Windows or bus vents should be used for ventilation when possible. 	All Extra-Curricular Practices, Transportation, and Events Suspended or Cancelled

Practices	<ul style="list-style-type: none"> • Students who are not allowed to be at school due to COVID-19 procedures are not permitted to attend practice or games. • Any staff or athlete with signs/symptoms or a temperature greater than 100.4°F will not be allowed to attend. • A record of all individuals present must be kept. • Students must bring their own water bottles and they cannot share. • Any shared equipment (weightlifting equipment, footballs, volleyballs, etc.) will be regularly disinfected before and after practices. • Coaches and students should wash their hands just before participating in practice and immediately following practice. • Individuals should engage in social distancing of at least six feet (when possible), wear face coverings (when possible), practice good hand hygiene, avoid touching one's face, cover coughs and sneezes with arm/elbow, and disinfect surfaces and objectives regularly. • When possible stagger practice times or groups to allow for more spacing of athletes. 	<ul style="list-style-type: none"> • Students who are not allowed to be at school due to COVID-19 procedures are not permitted to attend practice or games. • Any staff or athlete with signs/symptoms or a temperature greater than 100.4°F will not be allowed to attend. • A record of all individuals present must be kept. • Students must bring their own water bottles and they cannot share. • Any shared equipment (weightlifting equipment, footballs, volleyballs, etc.) will be regularly disinfected before and after practices. • Coaches and students should wash their hands just before participating in practice and immediately following practice. • Individuals should engage in social distancing of at least six feet (when possible), wear face coverings (when possible), practice good hand hygiene, avoid touching one's face, cover coughs and sneezes with arm/elbow, and disinfect surfaces and objectives regularly. • When possible stagger practice times or groups to allow for more spacing of athletes. 	All Extra-Curricular Practices, Transportation, and Events Suspended or Cancelled
Game Safety	<ul style="list-style-type: none"> • Students who are not allowed to be at school due to COVID-19 procedures are not permitted to attend practice or games. • Any staff, athlete, or official with signs/symptoms or a temperature greater than 100.4°F will not be allowed to participate. • A record of all individuals present must be kept. • Students must bring their own water bottles and they cannot share. • Any shared equipment (weightlifting equipment, footballs, volleyballs, etc.) will be regularly disinfected before and after practices. 	<ul style="list-style-type: none"> • Students who are not allowed to be at school due to COVID-19 procedures are not permitted to attend practice or games. • Any staff, athlete, or official with signs/symptoms or a temperature greater than 100.4°F will not be allowed to participate. • A record of all individuals present must be kept. • Students must bring their own water bottles and they cannot share. • Any shared equipment (weightlifting equipment, footballs, volleyballs, etc.) will be regularly disinfected before and after practices. 	All Extra-Curricular Practices, Transportation, and Events Suspended or Cancelled

	<ul style="list-style-type: none"> Coaches and students should wash their hands just before participating in warm-ups, before the second half or between periods, and immediately following the game, if possible. Individuals should practice good hand hygiene, avoid touching one's face, cover coughs and sneezes with arm/elbow, and disinfect surfaces and objectives regularly. Face mask required for all participants that are not on the field or court (coaches, substitutes, managers, etc.). 	<ul style="list-style-type: none"> Coaches and students should wash their hands just before participating in warm-ups, before the second half or between periods, and immediately following the game, if possible. Individuals should practice good hand hygiene, avoid touching one's face, cover coughs and sneezes with arm/elbow, and disinfect surfaces and objectives regularly. Face mask required for all participants that are not on the field or court (coaches, substitutes, managers, etc.). 	
Concessions	<ul style="list-style-type: none"> Concessions staff will be screened for signs/symptoms of COVID-19 before working. The screening will include a temperature check. Any staff with signs/symptoms or a temperature greater than 100.4°F will not be allowed to work. Concessions staff will wear a face covering while on duty and will use hand sanitizer between interactions with customers that include an exchange of money. Hand sanitizer will be provided. Signage will be posted encouraging attendees to social distance. 	<ul style="list-style-type: none"> Concessions will not be provided. 	All Extra-Curricular Practices, Transportation, and Events Suspended or Cancelled
Screening Procedures	The school will follow the current CDC guidelines for screening procedures.	The school will follow the current CDC guidelines for screening procedures.	All Extra-Curricular Practices, Transportation, and Events Suspended or Cancelled
Positive Case	<ul style="list-style-type: none"> If a player or coach has COVID-19 symptoms but does not receive a COVID-19 test will need to stay at home for 14 days and be symptom free to return. After a negative test result, a player or coach needs to stay home until all symptoms are gone, without the use of medication, for 72 hours. A student or coach that tests positive for COVID-19 must remain in quarantine until the health authority releases him/her from 	<ul style="list-style-type: none"> If a player or coach has COVID-19 symptoms but does not receive a COVID-19 test will need to stay at home for 14 days and be symptom free to return. After a negative test result, a player or coach needs to stay home until all symptoms are gone, without the use of medication, for 72 hours. A student or coach that tests positive for COVID-19 must remain in quarantine until the health authority releases him/her 	All Extra-Curricular Practices, Transportation, and Events Suspended or Cancelled

	<p>quarantine.</p> <ul style="list-style-type: none"> • Communicate to other schools when an athlete or coach tests positive when we have interacted with them in the past 10 days or will interact with them in the upcoming 10 days. 	<p>from quarantine.</p> <ul style="list-style-type: none"> • Communicate to other schools when an athlete or coach tests positive when we have interacted with them in the past 10 days or will interact with them in the upcoming 10 days. 	
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All plans and guidance are subject to change, based upon updated guidance from the Centers for Disease Control (CDC), Central District Health (CDH) and local healthcare providers.