

Pinellas County Schools

Fall Sports Protocols 2020



Director of Athletics: Albert Bennett

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Pinellas County Athletics

Guidelines for Cheerleaders- (2020 Football season)

- PCS cheerleaders can perform at home games and away in-county games if they provide their own transportation.
 - Cheerleaders should always practice social distancing and wear a mask when not performing. This includes when they are entering and exiting the stadium and during breaks.
 - Cheerleaders are not permitted to perform team stunts.
 - Home and visiting cheer teams will be kept separate. No group cheers!
 - Cheerleaders should stay at least 6 feet from the football team and spectators.
 - Cheerleaders should not share equipment or apparel with team members.
 - Frequent breaks should be provided for cheerleaders to hydrate and sanitize hands.
-
- **Note- This is not an exhaustive list and there might be additional steps in each school to increase safety. Everyone should stay vigilant about the health of the members of the team.**

8/11/2020

PCS Cross Country Return to Play Guidelines

Committee: Pete Eagelson, Osceola HS; Dr. Fullem, Dunedin High School; Maria Morris, Dunedin High School. Revised by Al Bennett

All attendees were given FHSAA recommendations to review prior to the meeting.

Practice:

The committee recommends that the current PCSB Return to Play protocol based on the Phase 3 Guidelines. Continue daily screens, masks worn when not actively participating, athletes bring their water and continue to practice safe social distancing. In addition, athletes should remain in work-out pods of 20 or less, including coaches.

Meets/Competitions:

Athletes should always wear masks unless they are actively participating in pre-warm up, race, and post cool down activities. The goal is to get the athletes through the finish line and to a team cool down area quickly as possible.

There should be an emphasis in pre-meet coaches' meetings that teams remain in individualized pods when possible.

Limit the number of teams in each meet when possible. Large meets will utilize chip timing.

The coaches were against the requirement of staggered start times. They felt very strongly that it turns the race into a time trial.

Each athlete is responsible for their own equipment/water bottle.

No sharing of equipment, water bottles or food items.

Course width recommendation no less than 6 feet.

Course officials and Coaches must always wear masks.

Designate a player only area with the goal to keep spectators separate from athletes.

No Loitering by athletes or spectators after the race is completed.

Additional notes:

The FHSAA has waived the 5 meet minimum to participate in the State series.

The first allowable competition is on September 8th.

Athletes and coaches must wear their mask during transportation to and from meet.

No trips that require an overnight stay.

During the regular season no meets outside of the following counties Pinellas, Hillsborough, Pasco, Polk, or Manatee. Permission can be granted by County Athletics Director for meets not falling into these counties.

Pinellas County Schools

Overview of Guidelines for Football games- Fall 2020

Note-The Pinellas County Athletics will be using the Covid recommendations from the FHSAA/FACA to provide guidelines for Football. Below is a quick reference guide to the protocols detailed in the FHSAA document. Please review the entire highlighted FHSAA document for complete guidelines.

Spectator

- Tickets will be limited to maximum of 25% of the stadium capacity for both home and visitors' sides.
- All tickets will be purchased electronically through GoFan on each High Schools website. Each high school will provide ticket information to visiting schools' fans. No tickets will be sold at the gate.
- All JV and Varsity football games will be streamed live via the NFHS network. Go to the NFHS link on each school's website to subscribe.
- Designated areas of the bleachers will be marked for spectators to sit in.
- All fans will be required to wear a mask and social distance during the games.
- Concessions will be sold but will be limited to prepackaged food and drink options.

Transportation

- School buses are limited to 35 people including coaches, trainers, and other personnel.
- With other districts not permitting the use of locker rooms consider scheduling buses for a later departure because players will be on the field immediately when they arrive at the visiting site.
- All personnel must wear a mask/face cover when riding the bus to and from the game.
- Players and coaches should must the same bus to and from the games. Rosters of players and staff riding each bus should be kept for documentation.

Sidelines

- Sidelines should be limited to essential personnel. No guest or nonessential personnel allowed.
- Players not in the game, coaches, and other personnel should wear a mask.
- Players should not share water bottles, equipment, or towels at any time.
- All players and other personnel on the sideline should social distance when possible.

Locker-rooms

- Student Athletes must utilize the locker room strictly for changing and properly equipping themselves for the game. In short, keep the use of the locker room to a minimum. Team meetings should be held outside when possible.
- Student Athletes and coaches should maintain a six-foot distance from each other while in the locker room. Players should dress in shifts if needed to meet recommended social distancing guidelines.
- No one other than football staff and players from your school are permitted in the locker room.
- Visiting teams can use the locker room for changing before the game and in case of weather delays.
- Facial coverings must be properly worn while in in a locker room by both student athletes and staff.
- Student Athletes must have their own locker. Sharing lockers is not permitted

Other considerations

- Home and visiting team should not engage in handshakes before or after games.
- The press box should be thoroughly sanitized prior to each game. In addition, the press box should be limited to only essential personnel.

- **Consider having a designated coach or trainer act as the protocol monitor. They will make sure all involved are following required guidelines.**
- **It is important that the home team administration communicates with the visiting team to provide information concerning locker rooms, increment weather procedures, and other safety procedures.**

2020 COVID-19 CONSIDERATIONS

FLORIDA ATHLETIC COACHES ASSOCIATION



FLORIDA HIGH SCHOOL ATHLETIC ASSOCIATION



**FALL 2020 CONSIDERATIONS
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OPENING STATEMENT

The Florida Athletic Coaches Association along with the Florida High School Athletic Association has a mission to promote the sport of football by recommending the use of the safest, most medically sound, and best practices in teaching skills to athletes. It is our belief that the mental health of the young men and women who play football is paramount in the decision-making process.

There is a growing concern about the rise in behavioral health and self-harm cases among children, brought on by isolation caused by the pandemic, doctors say. “The stress, the fear and the uncertainty created by COVID-19 can wear down anyone and our team seems to be particularly vulnerable to this feeling depressed, hopeless, anxious, or angry during COVID-19 can be typical, but also can be signs that our teenagers may need more support during this difficult time,” according to St Louis pediatrician, Dr. Rachel Charney.

[Pediatricians seeing increases in self harm in children, teens due to isolation caused by COVID-19](#)

Being a part of a team, being around coaches who truly care for them, and by breaking out of the isolation that has characterized this health crisis will be of great benefit to these athletes. In this period of Covid-19, as an association that represents 550 schools registered with the Florida High School Athletic Association to play 11 man football this fall, it is incumbent upon us to also incorporate changes to the methods that have been used in the past to meet the challenge of this pandemic. These changes include, but are not limited to, practices, travel, and the game day procedures in accordance with the Governor’s Return to School Executive Order and the guidelines set forth by the Center for Disease Control. To update the teaching, organization, and safety for all athletes, coaches, trainers, and team personnel, the FACA and FHSAA have established the following considerations for protocols and actions:

[Center for Disease Control July 23, 2020 Statement](#)

[The Importance of Reopening America’s Schools this Fall](#)

FALL 2020 CONSIDERATIONS

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

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

FALL 2020 CONSIDERATIONS
PRACTICE PLAN CONSIDERATIONS FALL 2020

Pre-Practice Recommendations:

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

2020 Player Check-In:

Four step procedure for checking players into practice each day.

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



Step Two – Daily Temperature checks of players.



FALL 2020 CONSIDERATIONS

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



Practice Considerations:

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

FALL 2020 CONSIDERATIONS

Agility Chute 2019



Agility Chute 2020



Running Ropes 2019



Running Ropes 2020



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



FALL 2020 CONSIDERATIONS

2020 Practice Sideline



FALL 2020 CONSIDERATIONS

2020 Practice Sideline



FALL 2020 CONSIDERATIONS

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



FALL 2020 CONSIDERATIONS

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



Post Practice:

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

FALL 2020 CONSIDERATIONS

Team Meals:

- Follow the local health board / school district protocols.

COVID-19 Response Considerations:

- Immediately isolate and seek medical care for any individual who develops symptoms.
- Contact your school administrator and the local health department about suspected cases or exposure.
- Work with your school administration and the local health department to identify potentially infected or exposed individuals to help facilitate effective exposure notification.
- Test all suspected infections or exposures.
- Following testing, contact your school administration and the local health department to initiate appropriate care and exposure notification.
- It is recommended the testing be completed within 24 hours of the individual becoming symptomatic – preferably within the same day when the individual develops symptoms. Teams/organizations/schools should work with parents to ensure they have access to testing through their healthcare providers or direct them to testing options. It is recommended that teams/organizations/schools have a partnership established with a local healthcare entity to help expedite testing if needed.
- Individual testing positive, whether symptomatic or asymptomatic, may not return to activities until meeting school, local health department and CDC requirements for ending self-isolation using either a symptom-based or test-based strategy.
- It is recommended that the team/organization/school will notify all athletes and parents/guardians that are members of the affected team of the positive test. Athletes and families should be reminded of proper daily screening protocols.
- It is recommended if the affected individual participated in competition, the team should notify any opponents played within the 3 days prior to the onset of symptoms. If the teams/schools/organizations reside in different counties, the health departments in both counties should be notified to help facilitate effective contact tracing/notifications.
- It is recommended that teams continue to conduct daily in-person temperature checks for a team with a positive test prior to athletes/coach's participation in practices and games for at least 14 days following a positive test.
- Coaches and administrators work with your school or school district along with the local health department to identify those individuals who were potentially exposed to help facilitate effective contact tracing/ notifications. This includes, but is not limited to, athletes, coaches, officials, volunteers, parents, and other support personnel.
- Athletes, coaches, officials, or other individuals potentially exposed –should follow school, school district and local health department guidelines before they may return to practice and competition.

Return to Play Recommendations:

- Athletes with a confirmed infection and mild to moderate illness or asymptomatic, (i.e., managed at home), are recommended to meet the following before being cleared to return:
 - Be at least 10 days past the date of initial COVID-19 positive result if not symptomatic; or be 10 days past last symptoms and at least 72 hours since last fever without the use of fever reducing medicines.
 - Be cleared to return after an evaluation or routine pre-participation exam, including a symptom screen.

FALL 2020 CONSIDERATIONS

- Undergo an Electrocardiogram if indicated by evaluating physician.
- Undergo any other follow-up workup as indicated by physician.
- Athletes with a confirmed past infection and severe (hospitalization) or ongoing cardiovascular symptoms are recommended to meet the following before being cleared to return:
 - Be at least 10 days past the last symptoms and 72 hours since last fever without the use of fever reducing medicines.
 - Undergo a medical evaluation for clearance.
 - Undergo a cardiology consult, including electrocardiograph as indicated by physician.
 - Blood troponin test in 48 hours after exercise and echocardiogram if indicated.
 - If indicated, undergo additional cardiac tests such as cardiac MRI, Holter, stress test, chest X-ray, spirometry, pulmonary function tests, d-dimer and chest CT.

Travel Plan Fall 2020 Considerations:

Pre-Travel Protocol:

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

Travel Protocol:

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

Post-Game Protocol:

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

Return to Home School Protocol:

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

FALL 2020 CONSIDERATIONS

Bus and Locker Room Comparison – 2019 / 2020



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



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



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



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

FALL 2020 CONSIDERATIONS

Sample Locker Room Organizational Chart and Assignments

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

FALL 2020 CONSIDERATIONS

Game Day Considerations Fall 2020

Home Team:

Pregame Considerations:

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

During Game:

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

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Halftime:

- Halftime will be a period of 12 minutes. Officials will contact teams at the 9-minute mark.
- Teams must be on the field at the 12-minute mark. A 3-minute warm up period will follow.
- Avoid the use of the locker room during halftime if possible.

Visiting Team:

The above protocols will apply to visiting teams with the following additions.

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

FALL 2020 CONSIDERATIONS

2019 Team Box



2019 Team Box

2020 Team Box



2020 Team Box

FALL 2020 CONSIDERATIONS

Sideline Huddle During Game

When teams transition on and off the field from Offense to Defense the group leaving will huddle with a coach or two to discuss what just happened on the field. The sideline huddle will change drastically in 2020.

2020 Sideline



FALL 2020 CONSIDERATIONS

2019 Sideline (top) vs 2020 Sideline (bottom)



FALL 2020 CONSIDERATIONS

Post-Game Considerations:

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

Officials:

- Guidelines will be addressed by the FHSAA and the local officials' associations.

Volunteers:

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

Crowd Management:

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

Concession Stands:

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

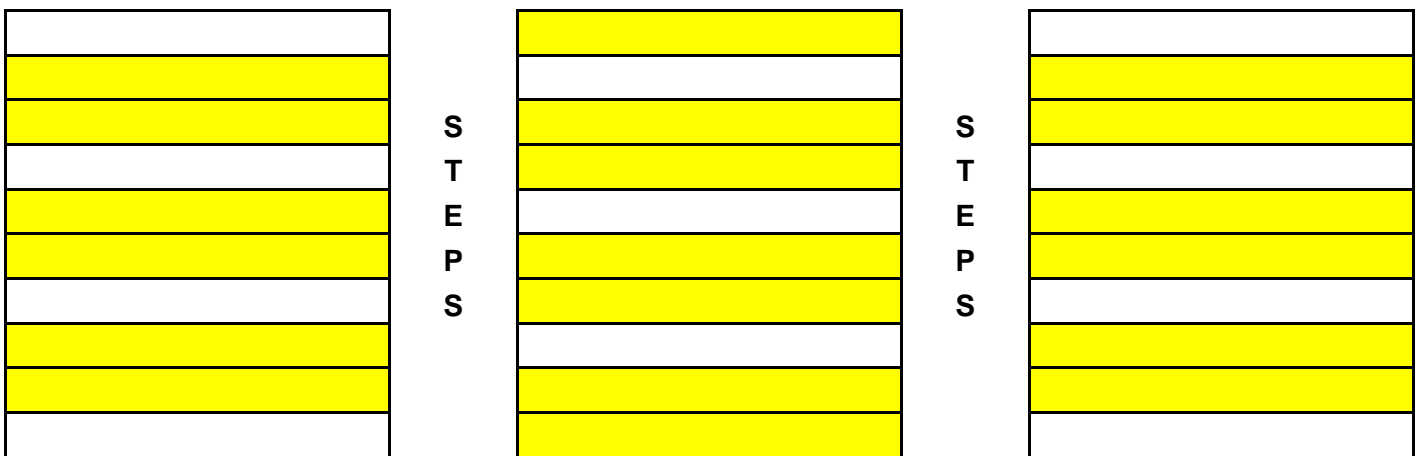
FALL 2020 CONSIDERATIONS

Fans Considerations:

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

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

Yellow Rows Closed to Spectators.



Non-Bleacher Setting:

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

FALL 2020 CONSIDERATIONS

Final Considerations for Football:

- Before, during and after the contest, players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands as often as possible.
- Always maintain social distancing of 6 feet while on the sidelines and on the field of play when possible.
- No touch rule – players should refrain from high fives and other physical contact with teammates, opposing players, coaches, officials, and fans.
- Everyone should have his or her own beverage container that is not shared.
- Cloth face coverings are permissible for all coaches and team staff and for all game administration officials.
- Gloves are permissible for all coaches and team staff and for all game administration officials.
- Limit the number of non-essential personnel who are on the field level throughout the contest.
- If available, dressing facilities for game officials and teams should be large enough for them to use social-distancing protocols and should be properly cleaned and sanitized prior to their arrival.
- Public address announcements may be made periodically before, during, and after the contest to follow the guidelines set forth by the CDC.
- Continuous clock will be an option at the discretion of both Head Coaches in the first half if all FHSAA guidelines for a continuous clock are met.
- The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.
[Coping with Stress](#)
- We encourage the use of a practice template to ensure a maximum of 9-minute periods.

FALL 2020 CONSIDERATIONS

Final Considerations for Football Cont.:

2019 SEASON CORTLAND LAKEVIEW		PLAYS PER GAME				
WEEK	OFFENSE	DEFENSE	SPECIAL TEAMS			
1	46	40	21			
2	61	70	20			
3	55	53	22			
4	71	74	27			
5	54	44	22			
6	56	45	23			
7	50	49	27			
8	49	67	21			
9	78	39	22			
10	71	53	15			
TOTAL	591	534	220			
AVE. PER GAME	59.1	53.4	22			
2018 SEASON CORTLAND LAKEVIEW		PLAYS PER GAME				
1	62	57	28			
2	71	53	14			
3	38	38	27			
4	45	27	26			
5	44	47	24			
6	56	50	26			
7	53	67	26			
8	53	51	21			
9	49	44	20			
10	60	62	25			
TOTAL	531	496	263			
AVE. PER GAME	53	49.6	26.3			

FALL 2020 CONSIDERATIONS

2017 SEASON CORTLAND LAKEVIEW		PLAYS PER GAME				
1	58	59	26			
2	64	53	24			
3	45	62	28			
4	52	73	14			
5	57	62	24			
6	56	45	21			
7	41	47	23			
8	77	60	31			
9	50	44	20			
10	62	74	22			
TOTAL	562	579	233			
AVE. PER GAME	56.2	57.9	23.3			
NOTE:						

An average play lasts 4 to 6 seconds. Based on this study, an offensive lineman whose contact ratio is 100% every play, will average a little over 5 minutes of continuous contact per game if they play every play on the offensive side of the ball.

Likewise, a defensive lineman, whose contact ratio is 100% per play, will also average a little over 5 minutes of continuous contact per game if they play every play on the defensive side of the ball. Based on these averages, no player on either football team will incur over 11 minutes of continuous contact which is under the CDC guidelines of no more than 15 minutes of continuous contact.

COVID-19 Athlete/Coach Monitoring Form

DATE: _____ PERSON RESPONSIBLE: _____ FACILITY: _____

NAME	TIME	CIRCLE YES/NO BELOW										TEMP- IF > 100.4
		FEVER		COUGH		SORE THROAT		SHORTNESS OF BREATH		CONTACT W COVID-19		
Coach:		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
1.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
2.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
3.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
4.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
5.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
6.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
7.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
8.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
9.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	

NAME	TIME	CIRCLE YES/NO BELOW										TEMP- IF > 100.4
		FEVER		COUGH		SORE THROAT		SHORTNESS OF BREATH		CONTACT W COVID-19		
Coach:		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
1.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
2.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
3.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
4.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
5.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
6.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
7.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
8.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
9.		YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	

FALL 2020 CONSIDERATIONS
LEGAL SPLASH SHIELD AND FACE COVERINGS



SUMMER BALACLAVA DESIGN DETAIL



FALL 2020 CONSIDERATIONS

COVID-19 Waiver Form Resource

School: _____

School District (if applicable): _____

Coronavirus Information

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

Signs and Symptoms of COVID-19:

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

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

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

How to prevent and prepare for COVID-19:

Practice social (physical) distancing:

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

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

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

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

Practice strict hand hygiene.

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

Avoid touching eyes, nose and mouth.

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

Clean and disinfect “high-touch” surfaces. Clean AND disinfect frequently touched surfaces at least daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, first clean with detergent or soap and water, and then disinfect. Most common EPA-registered household disinfectants, diluted household bleach solutions, and alcohol solutions with at least 70% alcohol will work.

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

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

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

What do I do if I’m sick?:

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

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

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

Participation in organized sports during the COVID-19 Pandemic: Participation in organized sports during the COVID-19 Pandemic can lead to an increased risk of exposure for all stakeholders. Schools are creating comprehensive plans to reduce these risks, however, none of these mitigation efforts can guarantee complete safety. Schools will ask all stakeholders for their support and compliance to keep athletic competition as safe as possible. The NFHS and other organizations have created stratifications to help classify sports by risk category. Some sports are classified as high risk because they have a higher rate of potential exposure versus low risk which has a lower exposure rate. To become more aware of what risk category specific sports are classified, visit: <https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15-2020-final.pdf>

FALL 2020 CONSIDERATIONS

Statement of Student Athlete Responsibility

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

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

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

FALL 2020 CONSIDERATIONS

COURSE OF ACTION:

As we move forward in the direction of a responsible restart, it is the goal of the FHSAA Football Advisory Committee to protect the long-standing tradition of high school football in the Sunshine state. While these considerations provide vital ways to protect all of those involved in our sport, it also demonstrates the innovation and flexibility that reflects the traits that ARE FLORIDA HIGH SCHOOL FOOTBALL. We understand the important work being done to protect all Floridians, and we present this as a working document that may require additional action, and the FHSAA Football Advisory Committee stands ready to work with the FHSAA and the FHSAA Sports Medicine Advisory Committee to ensure a high school football season this fall in our great state.

FALL 2020 CONSIDERATIONS

2020 FHSAA FOOTBALL ADVISORY COMMITTEE

Section 1

Marty Lee

First Coast High School
Jacksonville

Mike Coe

Madison County High School
Madison

Section 2

John Wilkinson

New Smyrna Beach High School
New Smyrna Beach

Ty Lawrence

South Sumter High School
Bushnell

Section 3

James Delgado

Riverdale High School
Ft. Myers

Yusef Shakir

Manatee High School
Bradenton

Section 4

Tim Tharp

Jupiter High School
Jupiter

Keith Allen

King's Academy
West Palm Beach

FACA Representative

Shelton Crews

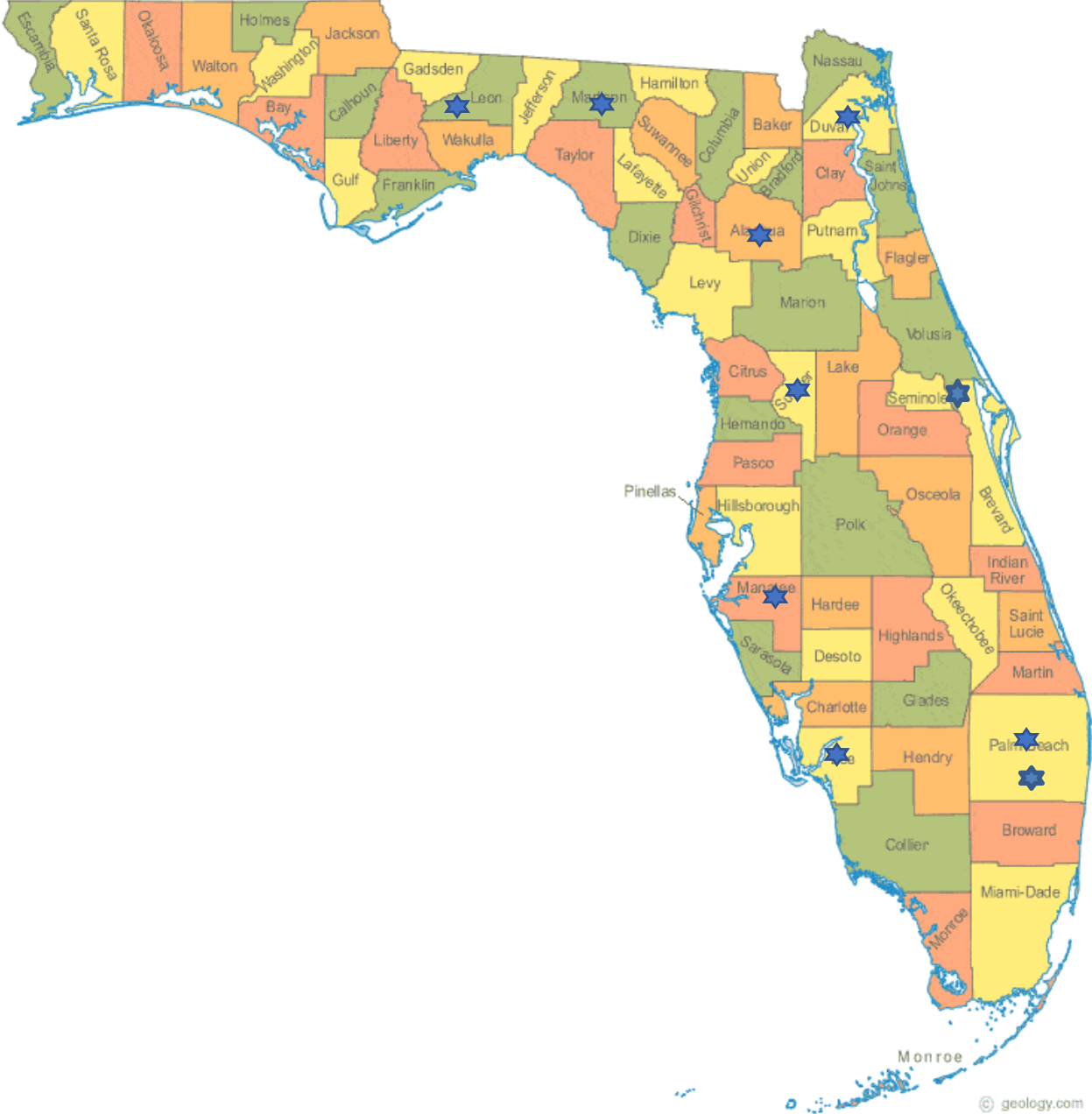
FACA Executive Director
Tallahassee

FHSAA Representative

Frank Beasley

Coordinator of Athletics
Gainesville

2020 FHSAA FOOTBALL ADVISORY COMMITTEE
REPRESENTATION MAP AS VOTED BY CONSTITUENTS



Pinellas County Schools Golf Covid Guidelines for 2020

- The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing and providing the appropriate protective equipment.

General Considerations

- All players and coaches always wear a mask
- avoid close contact
- avoid handshakes
- do not congregate on tee boxes and greens
- expedite play on the green
- do not share or exchange score cards
- use player only digital score cards when available
- players should not share clubs
- players should carry their own water or snacks throughout play
- players should carry and use their own hand sanitizer throughout play

Rules Considerations

- hole by hole scoring recommended
- each player should use their own device to score
- extraneous rule issues may be handled with the rule official after the round if necessary
- use the marker format for each match on the FHSAA Golf App

Coaches

- coaches may not caddy
- observe a 6-foot distance between the coach and the player
- advice may be provided anywhere but, on the greens,

Spectators

- spectators should remain at least 50 feet from any player or group
- encourage spectators and family to purchase a spectator's season ticket to view all contests on line

Pinellas County School District

Swimming and Diving Practice and Meet Protocols

(In Reference to the FHSAA Return-To-Participation Guide, Resources and Fall Sports Considerations)

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 to help prevent the spread of the virus. Even when taking all precautions, there will still be risk of transmitting illness. Everyone should stay vigilant about 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 our local area.

Practice Protocols

1. All athletes are required to have the COVID-19 Wavier Form on file.
 - a. Coach should have a copy of each athlete's form.
2. Require athletes to arrive at the facility already dressed for practice.
 - a. If necessary, provide alternative accommodations for swimmers and divers to change that allows for 6 feet of social distancing.
 - b. Minimal restrooms available during practice for emergencies only.
3. Require athletes to enter the facility through an outside gate/entrance (if possible) as to not walk through the building or come in contact with other individuals not a part of the team.
4. Face coverings must be worn into the facility and until practice begins. Then a minimum of 6 feet of distance between athletes should be maintained at all times.
5. Each coach and athlete should be screened for COVID-19 symptoms. Results should be recorded daily on the COVID-19 Athlete/Coach Monitoring Form and kept on file in the athletic director's office.
6. Hand sanitizer should be used as each athlete enters the gate after screening.
7. Athlete's should space out their belongings on the deck to maintain at least 6 feet of social distance.
8. Swimmers should be organized into lanes with not more than 4 per lane (2 at each end of the pool). Divers should remain 6 feet apart from each other at all times including when they are in line for the board. (per USA Swimming Social Distancing Practice Layout)
9. All equipment used at practice should be disinfected daily prior to use and after use. Each piece of equipment is to be used by the same athlete during practices.
10. All athletes should use hand sanitizer as they leave the facility and maintain social distance and face covering until they reach their cars.

Meet Protocols

In addition to the expectations listed above, the following protocols should be followed during competition:

1. No spectators allowed on the deck. (Possibly consider videoing the meet on Facebook or YouTube Live)
2. The home and visiting teams should sit on opposite sides of the pool. Each team should compete in the lanes closest to their team areas. (example: home team in lanes 1,2,3 and visiting team in lanes 4,5,6)
3. Within each team area, athletes must wear face coverings and remain a minimum of 6 feet apart.
4. Face coverings do not need to be worn while in the pool.

5. Pre-meet conferences with the officials, captains, and coaches should be held in an area where social distancing is maintained and should be minimized to the most necessary information.
6. Timers, scorers, officials and other meet volunteers must wear face coverings at all times, be screened and use hand sanitizer as they enter the facility. Volunteers should be kept to the bare minimum to run the meet.
 - a. Volunteers to monitor social distancing on the deck should be included.
7. Markings should be placed on the deck behind the blocks to indicate the 6 feet of social distance.
 - a. Timers should be 6 feet behind the starting block.
 - b. One heat of swimmers on the blocks and one heat lined up 6 feet behind the timer.
 - c. If appropriate deck space is not available behind the block, only one heat of athletes at a time should be allowed.
 - d. Only 1 relay at a time should be allowed behind the blocks. The first swimmer on the blocks and the other members of the relay socially distanced behind the timer.
 - e. When one heat of relays finish, they should clear the area behind the blocks and the next heat of relays should line up.
 - f. The final swimmer of the relay should swim to the opposite end of the pool to exit.
 - g. Take the extra time to limit and maintain the number of athletes and social distance behind the blocks.
 - h. For individual events, once the last swimmer finishes the race, all swimmers in that event should swim to the opposite end of the pool to exit so the next heat/event can prepare behind the blocks. (This will help minimize the need for additional warm down)
8. The warm down area should be monitored to maintain social distance and closed if necessary.
9. Lap counters should be disinfected prior to use for the varsity girls 500 free, before the varsity boys 500 free, and before they are put away.

Diving

1. Alternative methods of submitting forms and moving non-electronic information will be required.
 - a. There should be 3 – 6 feet between individuals seated at the scoring table.
 - b. There should be 3 – 6 feet between judges possibly using opposite sides of the board.
 - c. Diving judges and scorers must wear face coverings.
 - d. Extra copies of sheets may be submitted to facilitate safe hygiene practices.
2. Divers should maintain 6 feet of social distancing at all times.

PCS Volleyball Practice and Game Protocols

(In Reference to the FHSAA Return-To-Participation Guide, Resources and Fall Sports Considerations)

Last Updated - 8.13.2020

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 to help prevent the spread of the virus. Even when taking all precautions, there will still be risk of transmitting illness. Everyone should stay vigilant about 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 our local area.

Practice Protocols

1. All athletes are required to have the COVID-19 Wavier Form on file.
 - a. Coach should have a copy of each athlete's form.
2. Athletes should arrive at the facility in a staggered schedule.
3. All athletes should report dressed and ready for practice.
 - a. If necessary, alternative accommodations for athletes to change clothing which allow for 6 feet of social distancing.
 - b. Minimal restrooms available during practice for emergencies only. No locker rooms.
 - c. All athletes should bring their own water bottles/containers, towels, equipment, etc.
4. Face coverings **must be worn** during practice sessions. Then a minimum of 6 feet of distance between athletes (who are not engaged in practice/play) should be maintained at all times.
5. Each coach and athlete should be screened for COVID-19 symptoms. Screening must occur immediately upon entering the facility. Screening process must include the daily questionnaire with coaches, and hand sanitizer. Results should be recorded daily on the COVID-19 Athlete/Coach Monitoring Form and kept on file in the athletic director's office weekly.
6. Once inside the gym, athletes should space out their belongings on the gym floor (no locker rooms) to maintain at least 6 feet of social distance.
7. All equipment used at practice should be disinfected daily prior to use and after use.
8. All athletes should use hand sanitizer as they leave the facility and maintain social distance and face covering as they leave.
9. No spectators allowed in the building for practices.

Game/Event Protocols

FROM THE FHSAA VOLLEYBALL CONSIDERATIONS:

Prematch Conferences/ warmup

- Only one team on the court to warm-up at one time. No help from team not warming up.
- Masks must be worn during warm-ups.
- 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.

- 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.
- 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 to 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.

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.
- Place team benches opposite the spectators, if applicable.

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 to 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.
- All personnel at the scorers table are required to wear a mask.

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 during competition.
- Gloves are permissible.

Post-Match or Practice:

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

COVID-19 Response

All positive Covid cases including exposure of a player or coach to a Covid positive person should be immediately reported to the Director of Athletics who will act as a liaison with the Managing Officer, for School Health Services and the Health Department. The Health Department will provide direction concerning all processes to take in dealing with the reported case. When a positive Covid case within the volleyball team is reported all practices and games should be postponed until direction is provided by the Health department.

Return to Play Recommendations:

- Athletes with a confirmed infection and mild to moderate illness or asymptomatic, (i.e., managed at home), are recommended to meet the following before being cleared to return: Be at least 10 days past the date of initial COVID-19 positive result if not symptomatic; or be 10 days past last symptoms and at least 72 hours since last fever without the use of fever reducing medicines.
- Be cleared to return after an evaluation or routine pre-participation exam, including a symptom screen.
- Undergo any other follow-up workup as indicated by physician.
- If indicated, undergo additional cardiac tests such as cardiac MRI, Holter, stress test, chest X-ray, spirometry, pulmonary function tests, d-dimer and chest CT.

Travel Plan Fall 2020 Considerations:

Pre-Travel Protocol:

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

Travel Protocol:

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

Post-Game Protocol:

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

Return to Home School Protocol:

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

Fan Considerations:

- It is recommended spectators conduct symptom assessment on game day. Anyone experiencing symptoms must stay home. It is recommended the temperature of each fan will be taken as fans enter the game.
- Six-feet social distancing should be maintained between individuals.
- Fans must exit following the match. No congregating before or after matches is permitted.
- Fans will not be allowed to congregate in open areas beside the bleachers or the entry area to the gym.
- Spectators should always wear face coverings except if a documented medical reason causes a health risk.

Final Considerations:

- Before, during and after the contest, players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands as often as possible.
- Always maintain social distancing of 6 feet while on the sidelines and on the field of play when possible.
- No touch rule – athletes should refrain from high fives and other physical contact with teammates, opposing players, coaches, officials, and fans.
- Everyone should have his or her own beverage container that is not shared.
- Gloves are permissible for all coaches and team staff and for all game administration officials.
- If available, dressing facilities for game officials and teams should be large enough for them to use social-distancing protocols and should be properly cleaned and sanitized prior to their arrival.

- Public address announcements may be made periodically before, during, and after the contest to follow the guidelines set forth by the CDC.
- The coronavirus disease (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.