



CENTRAL BUCKS  
SCHOOL DISTRICT

# COVID-19 Athletics Health & Safety Plan

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## Introduction

*This document was prepared to adhere to the guidelines set forth by the Commonwealth of Pennsylvania for the safe return to interscholastic athletics at all academic levels during the COVID-19 pandemic. It was developed considering resources and procedures provided by the Pennsylvania Department of Health, the Pennsylvania Department of Education, the National Federation of State High School Associations (NFHS), the Centers for Disease Control and Prevention (CDC)<sup>1, 2</sup>, the Pennsylvania Interscholastic Athletic Association (PIAA), and the Bucks County Department of Health. [Other resources noted.](#)*

This document is intended to provide guidance for members of the Central Bucks School District Athletic Department during the COVID-19 Pandemic. **This guidance (as well as dates and other recommendations contained herein) is fluid and will be updated as more public health data and other information is made available by state and local officials, in addition to any guidance from NFHS or the PIAA.** This document addresses the procedures athletic programs and teams must follow to limit the spread of COVID-19 to the extent they are permitted to conduct in-person operations. Any update to this document will be provided as approved by Central Bucks School District (CBSD) administration.

The virus that causes the coronavirus disease 2019 (“COVID-19”) is easily transmitted, especially in group settings, and it is essential that the spread of the virus be slowed to safeguard public health and safety, as well as the well-being of our faculty, staff, and students.

COVID-19 can be transmitted from infected individuals even if they are asymptomatic or their symptoms are mild. It can also be spread by touching a surface or object that has the virus on it and then touching your mouth, nose, or eyes. ([Appendix A](#))

### Administration:

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## GENERAL CONSIDERATIONS

- All practices and games are in accordance with PIAA rules. All off-season workouts are open and voluntary in accordance with PIAA rules.
- While there is still an inherent risk of infection for those participating, everyone in attendance should be actively working towards decreasing the risk of transmission to others by adhering to prevention guidelines.
- Everyone should arrive and leave at the scheduled time to avoid overlap in groups.
- Questions related to COVID-19 by any parent/guardian, coach, or athlete should be directed to the district athletic director or pandemic coordinator.
- All athletes should clean individual equipment (personal and school-issued) and clothing after every use. Coaches and athletes should thoroughly clean all team/shared equipment after every practice.
- CBSD will educate all athletes, staff, and families about the symptoms of COVID-19 and when to stay home. All coaches and athletes will be educated on proper handwashing.
- Coaches and athletes must practice social distancing at all times, including in the field of play, locker rooms (when open), sidelines, dugouts, benches, and workout areas. During down time, no one should congregate.
- Everyone participating in athletics should bring their own water as hydration stations will not be in use.
- Activities that increase the risk of exposure to saliva must not be allowed, including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- All participants will avoid shaking hands, “fist-bumps,” or high-fives before, during or after contest and practices.

## CONSIDERATIONS FOR COACHES AND ATHLETIC TRAINERS

- Coaches and athletic trainers will review and consider the [CDC guidance on Considerations for Youth Sports](#), and CBSD COVID-19 Athletics Health and Safety Plan to modify practices and games to mitigate the risk of spreading the virus.
- Coaches and athletic trainers will complete all requirements for COVID-19 training as required by CBSD and PIAA.
  - [COVID-19 Training for Athletic Personnel](#) (APPENDIX K)
- Coaching staff and other adult personnel must always wear face coverings. Coaching staff or adult personnel have the option of providing their own face covering or to utilize a district- provided a face covering.
  - [Updated Order of the Secretary of the Pennsylvania Department of Health Requiring Universal Face Coverings](#)
- Coaches must take attendance at every practice/contest using the Family ID app.
- Coaches and athletic trainers must monitor athletes for symptoms prior to and during practices and games.
- Coaches will design activities that focus on increasing risk mitigation strategies (social distancing, handwashing etc.)
- Coaches will design activities to resume in a gradual fashion to avoid overuse injuries and exertional/heat-related illnesses.
  - Consider that all athletes have some level of detraining and may not be returning at the same fitness level and activities may need to be adjusted accordingly. Additionally, if athletes miss sessions, they may need to start at a previous level.
  - Coaches should work with the athletic director and/or an athletic trainer for guidance on adhering to recommendations.
- Break time may need to be increased and/or staggered to accommodate social distancing, hand washing, and avoiding shared hydration sources.
- Use of any CBSD facility must be arranged adhering to the district’s use of facilities process, with approval obtained prior to team use.
- No offsite practices/contest will be considered at this time, unless necessitated by the nature of the sport, ie. cross country, golf, swimming, indoor track.

## CONSIDERATIONS FOR ATHLETES

- Masking
  - While actively engaged in competition or practice, athletes do not need to wear a mask or face covering.
  - Athletes must wear a mask while traveling, walking to and from practices and games, during all down times and while on the sideline. Athletes should be masked and socially distanced on the sideline.
  - Exemption from this order can only be obtained by working through your school nurse.
    - [Updated Order of the Secretary of the Pennsylvania Department of Health Requiring Universal Face Coverings](#)
  - CBSD student athletes will follow an opponent's Athletic Health and Safety plan when they are the visiting team.
  - In an effort to provide as many opportunities as possible, a team may choose to mask as the home team rather than lose a visiting opponent with a strict masking policy.
- Athletes will utilize their own equipment where possible and clean all equipment and clothing after workouts/contests. Whenever possible equipment should be separated and not shared. If equipment is shared, all equipment must be disinfected periodically.
- Athletes will bring their own water, labeled with their name for every practice or contest.
- Athletes should use the sanitation station before, during and after practices.
- Athletes should gradually work up intensity of activity.
- Communicate health and fitness-related concerns with coaches, the athletic trainer or athletic director immediately.
- Athletes should arrive and leave the facilities promptly, with no loitering.
- Athletes will take CBSD Athlete Pledge ([Appendix B](#)).

## TRANSPORTATION CONSIDERATIONS

CBSD athletics will adhere to transportation guidelines established through the district's 2020-21 planning efforts.

- CBSD will provide transportation to and from contests at the high school level. CBSD will not provide transportation to practices. CBSD will not provide transportation for middle school athletic programs.
  - All athletes will be required to take CBSD transportation to and from athletic contests. Rules for exception to this rule are detailed in the Code of Conduct.
- Athletes will be seated two per seat in standard buses. Athletes will be assigned seats when possible. Family members will be seated together.
- Athletes will be required to wear a face covering at all times, including while using district transportation.
- Drivers to wear face coverings when athletes enter and exit. Bus windows will be open when possible.
- Athletes will be educated on the importance of passengers facing forward (not sideways or backwards.)
- Coaches must assign seating on buses for all trips.

## FACILITIES CONSIDERATIONS

Ample time should be planned between practices and games to limit contact between teams and to allow the facilities to be cleaned and disinfected. Sport complexes with multiple fields may operate simultaneous games or practices only if social distancing can be maintained. Each individual game or practice at the complex must adhere to limitations on gatherings as established by the Commonwealth of Pennsylvania. This includes any systems for entering and the exiting district facilities.

### **Facilities Cleaning**

- Appropriate cleaning schedules will 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 will be wiped down and disinfected (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals will be directed to wash their hands for a minimum of 20 seconds with soap and water before touching any surfaces or participating in workouts.
- Hand sanitizing stations will be available to individuals as they transfer from place to place.

- Once usage is allowed, weight equipment will be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes will be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam will be covered.
- Students are encouraged to shower and wash their workout clothing immediately upon returning to home.
- Athletes should use the sanitation station before, during and after practices.
- Athletes should gradually work up intensity of activity.
- Communicate health and fitness-related concerns with coaches, the athletic trainer or athletic director immediately.
- Athletes should arrive and leave the facilities promptly, with no loitering.

## ATTENDANCE AT EVENTS

These procedures have been prepared to comply with the most recent court orders, mandates, and guidelines provided by the commonwealth. The district's ability to host events in a safe and orderly manner requires the cooperation of all those in attendance – including students, families, and the general public. A lack of cooperation could result in the cancellation of events, and/or sanctioning of teams or the school district, and its personnel. We thank you in advance for your willingness to work together with us to provide safe venues for our student athletes and musicians to participate in their seasons.

COVID-19 has placed many restrictions on the athletic season. While we understand there is no greater joy than watching your child play sports, we must adhere to all guidelines while maintaining our number one priority: your child's safety.

Central Bucks School District will allow spectators at certain athletic events, as outlined below. We will continue to monitor commonwealth regulations, adjust our procedures accordingly, and inform our community when changes are made.

All sports-related gatherings must conform to the most recent [guidelines on safe gathering limits released by the Department of Health](#) on March 1<sup>st</sup>, 2021. Under the new amendment, venues hosting events or gatherings must determine their established occupancy limit as defined by the National Fire Protection Association (NFPA) Life Safety Code and then apply the attendee calculator to determine how many attendees are permitted to attend the event or gathering. Please also review the [All Sports Guidance](#) from the Governor's Office.

### **Mitigation Restrictions including occupancy guidelines must be followed at all times:**

- **Indoors: 25% capacity**
- **Outdoors: 50% capacity**

### **Individuals will be assigned to tiers in order to determine who will be in attendance at athletic events:**

- **Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, security**
- **Tier 2 – Media**
- **Tier 3 – Parent/guardians**
- **Tier 4 – Student body/faculty members**
- **Tier 5 – Public Spectators and Vendors**

View the full [Order of the Secretary of the Pennsylvania Department of Health for Mitigation And Enforcement](#)

**Individuals who fall within tiers 1, 2, 3 and 4 may attend games if occupancy limits allow spectators. As we progress through the season, opportunities to allow other tiers may arise. Members of Tier 2 are required to follow all procedures to be permitted on campus and members of Tier 3, 4 and 5 must carry a game pass with them when applicable.**

- Spectators will be allowed at tennis, golf, field hockey, soccer, cross country, football (marching band and cheerleading), volleyball events, basketball, wrestling, lacrosse, baseball and softball and track and field events. At times, spectators may be limited depending on venue capacity or event. Student athletes and other student participants may receive athletic game passes to allow entry into the extra-curricular event.
- Everyone attending the sporting event, including coaches, officials, athletes while not actively competing, staff, and spectators (age 2 and older) must wear face coverings that comply with the commonwealth's [Order Requiring Universal Face Coverings](#).

- Attendance at any event is subject to appropriate behavior and adherence to [CBSD athletic](#) and [districtwide health and safety plans](#). Anyone who refuses to adhere to guidelines will be asked to leave.
- Venues must require attendees to comply with 6 foot social distancing, to wear mask, and to implement best practices such as timed entry, multiple entry and exit points, multiple restrooms and hygiene stations. We ask that spectators stay at least 10 feet from the sidelines, and follow all other direction given by the venue. Spectators should leave the field or stadium immediately following the conclusion of the game. Athletes will meet spectators at their cars.
- Each venue in Central Bucks has different capacities. Please check with building athletic director for specific venue information.
- Dots will be placed on bleachers and we require spectators to sit on the dots to maintain social distance during the event.
- If game passes are issued, they must be carried at all times. Everyone attending, regardless of age, needs to have a game pass. No exceptions will be made regarding the number of game passes given to each athlete. The game passes issued are good for the fall/winter/spring sport that your child plays. You will be asked to show the game pass to our athletic staff. If you cannot produce a game pass, you will be asked to leave.
- Concession stands will NOT be open.
- Sales or promotion of any kind will be prohibited.
- There will be NO charge to enter the events at this time.
- Spectators may be screened for symptoms and temperature checked upon arrival.
- Spectators are asked to stay home if they are feeling sick in order to protect our student athletes and community.

*PLEASE NOTE: CBSD asks that all spectators abide by the rules set forth by the Suburban One League. If our CB community cannot abide by rules, it could cause a reversal in the spectator rules. All other rules listed above apply. In some instances, we may not be able to welcome visiting CB spectators depending on the venue. Please check with your athletic director for venue specific information.*

### **OUT OF STATE/OVERNIGHT EVENTS**

At this time, travel should be limited. Therefore, CBSD will not be permitting any overnight trips or trips out of state. When coaches are planning their schedules with athletics directors all efforts should be made to remain in our local community. This process will be evaluated as more data and information becomes available. Exceptions may need to be made for state play off situations, which will be approved on an individual basis by the district athletic director and superintendent.

### **FUNDRAISING GUIDANCE**

At this time, teams should be limiting their fundraising and reevaluating all purchases and planned events. Large socials gatherings will not be permitted. Our teams should not burden our local businesses with fundraising requests; but rather, find a way to support all those local business and long-time supporters of CBSD Athletics in our community. Teams should not plan on regular gatherings outside practice/contest time given by the school. All booster club procedures found in [School Board Policy 915](#) must always be adhered to. [Fundraising Guidance through COVID-19](#) (Appendix J) has been provided to all coaches and booster clubs.

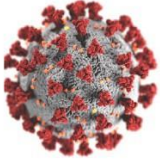
### **FITNESS CENTER/WEIGHT ROOM RULES AND REGULATIONS DURING COVID-19**

- Athletes will be screened prior to entry into fitness centers or weight rooms which includes a temperature check and Covid questionnaire.
- A parent or guardian must sign the *COVID Wavier* and *Face Mask Wavier* in order for the athlete to participate and the athlete must have a physical on file for the 2020-21 school year.
- Athletes must adhere to social gathering and distancing policies set forth by Pa Department of Health, Center for Disease Control and Central Bucks Athletics Health and Safety Plan.
- Workouts should be conducted in pods with the same group of athletes always working together. This ensures limited exposure if someone develops an infection. Coaches must keep track of pods for contact tracing purposes.
- Equipment will be spaced to promote social distance and mitigation strategies.
- Locker rooms will not be available. Students should limit their belongings as we will not be providing a place to store them. Students should come prepared to workout.
- Athletes must wear masks at all times.

- Athletes are not permitted to work out without a coach present and athletic trainer on site.
- Group sessions must be scheduled 15 minutes apart.
- All coaches, athletes, and staff will follow all directives given to entry and exit.
- Cleaning and sanitation procedures will be followed as set forth by the Athletics Health and Safety Plan.
- A sanitation station will be present at all times. Students must use the hand sanitizer before, during, and after practice.
- Spotters must be utilized for free weight lifts i.e. bench pressing and squatting. Appropriate spotting should be utilized when bench pressing with two spotters.
- Athletes must wear sneakers or weightlifting shoes. No open shoes or sandals permitted.
- Athletes must wear T-shirts or long-sleeved shirts. No tank tops or cut-offs permitted.
- Athletes must wear shorts or athletic pants. No jeans or khaki/cargo shorts permitted. Hats are also not permitted.
- Interior doors should be propped open when feasible for ventilation.
- Each athlete must wipe down equipment after each use.
- At the end of every session, coaches and athletes must put back all equipment in the proper storage area. This will allow our FEMO staff to clean the area properly.



# What you should know about COVID-19 to protect yourself and others



## Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



## Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



## Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



## Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



## Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



CS 314937A 06/01/2020

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# CBSD STUDENT ATHLETE PLEDGE

- I will complete the screening survey on the same day as the workout prior to the scheduled practice.
- I will stay home and not participate in training if I am exhibiting any symptoms of Covid 19.
- I will communicate all health concerns with the athletic trainer, coaches or athletic director.
- I will pack enough water to remain hydrated throughout the practice session. My water will be labeled with my name.
- I will arrive dressed in my training gear, so I arrive for practice ready to go.
- I will pack all personal supplies, including equipment and hand sanitizer.
- I will wear my facemask when not actively engaged in my sport.
- I will sanitize my hands prior to and when leaving practice/event.
- I will social distance myself from coaches and teammates where applicable





**CBSD SCREENING PROCEDURE FOR COVID-19**

Screening will be completed daily by students and coaches through Microsoft Forms Platform prior to the scheduled workout. Student athletes should complete screening with parent or guardian. A copy of the results will be accessible daily by coaches, athletic trainers, and athletic directors for review prior to allowing athletes/staff members to participate. Coaches will also take attendance at all practice through FamilyID.

**Screening Survey**

**Name:**

**Sport:**

**Date:**

**Location and Time of Event:**

1. What is your temperature?
  - a. 100 or Above
  - b. Normal
2. Are you taking any medication to treat or reduce a fever such as Ibuprofen (i.e. Advil, Motrin) or Acetaminophen (Tylenol)?
  - a. Yes
  - b. No
3. Are you experiencing any of the following? YES OR NO

Group A 1 or more symptoms	Group B 2 or more symptoms
Cough Shortness of breath Difficulty breathing New olfactory disorder (loss of smell) New taste disorder (loss of taste)	Fever (measured or subjective) Chills Rigors (hot /cold flashes & shivering) Myalgia (muscle pain) Headache Sore throat Nausea or vomiting Diarrhea Fatigue Congestion or runny nose

4. Have you been in close contact with someone who has tested positive for Covid-19? Close contact is defined as less than 6 feet, for more than 15 minutes, with or without a mask on.
  - a. Yes
  - b. No

**STAY HOME if, you:**

- **Have one or more symptoms is Group A OR**
- **Have two or more symptoms is Group B OR**
- **Are taking fever reducing medicine to treat a fever**
- **Have been in close contact with someone who tested positive for Covid-19**

**Athletic Director or ATC will:**

- Will contact parents of athletes who have answered ‘yes’ to any questions.
- At a minimum, students (and any members of their household) will need to be withheld from workouts for 24 hours. Additionally, students may need to be cleared by a physician to return depending on severity and length of symptoms.

### Procedures for Coaches, Staff, or Athletes Exhibiting Symptoms or Testing Positive for COVID-19

#### What are the signs and symptoms of COVID-19?

Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. Symptoms may include:

- Fever of 100.4 F or higher or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

#### What should you do if you are sick?

- If you are sick, not related to Covid-19, (fever, cough, nausea, and/or vomiting, etc) STAY HOME to help stop the spread of any illness to you team.
- If you are sick with Covid-19 symptoms or think you are infected with the virus, STAY AT HOME. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you believe you have been exposed to Covid-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school nurse as quickly as possible.
- A determination will be made on possible exposure of student athletes, coaches, and staff for the need to notify, isolate, and/or monitor for symptoms.
- If a positive case of COVID-19 is diagnosed Central Bucks will work in coordination with the Bucks County Department of Health on [contact tracing \(Appendix E\)](#).

#### What should be done if a student athlete or staff member becomes ill during practice or an event?

- The ill individual will be isolated away from other participants until transportation can be arranged. This transportation must occur as soon as possible. Ill individuals will be masked immediately.
- The isolation space will be somewhat removed from the other functioning spaces but allow for observation.
- If a student, a parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up as quickly as possible.
- The adult picking up the student will not be permitted in the building. The adult will speak with the ATC and the athlete will be sent to the parent's location.
- Ill individuals will be asked to contact their physician or appropriate healthcare professional for direction and should not return to activity for 24 hours, if symptom free, and provide medical clearance from their healthcare provider.
- Areas used by the sick person will be closed off and not used until after cleaning and disinfecting of the area occurs (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).

#### What is the policy for quarantine or isolation if a staff, student athlete, or other member of the school community becomes ill or has been exposed to an individual confirmed positive for COVID-19?

If a student athlete/staff member has been exposed, and they have not been “fully vaccinated” or immune due to having had COVID-19 in the last 90 days, they are a “close contact.” Close contacts will report to the Health Room where they will be assessed and asked about COVID-19 symptoms experienced presently and over the past 24 hours.

- Asymptomatic Close Contacts: If non-symptomatic, they will remain in practice after agreeing to the rules of modified quarantine.
  - Wear mask at all times even when actively engaged in competition.
  - When getting a water break, athlete must be 6 feet or more away from others. During any “downtime” at practice, athletes must maintain 6 feet distance.
  - Watch for and report any symptoms should they occur. If this should happen, the students will follow the plan below for symptomatic close contacts.
  - Athletes should bring extra masks in the event they get wet.
  - Athletes will be permitted to compete in contests.
  - NOTE:
    - BCDH will inform/confirm the quarantine status of the student athlete/staff member.
    - Student athletes who cannot wear a mask are not able to have modified quarantine.

- Student athletes who do not adhere to the masking requirement for modified quarantine will not be permitted to stay in school. They will learn from home for the remainder of their 10 or 7 days from exposure (see note below regarding quarantine length of symptomatic close contacts)
- Parents of students will be notified.
- Symptomatic Close Contacts: If symptomatic, student/staff member will be sent home and await the BCDH's determination of quarantine status.
  - If BCDH determines a student athlete or staff member is on modified quarantine, they follow the steps noted above for modified quarantine
  - If BCDH determines a student athlete or staff member is on quarantine...
    - The student athlete or staff member will learn/work from home for 10 days so long as they feel well.
    - If a person who is on quarantine has a negative test on day 5, 6 or 7 of quarantine, their quarantine can be shortened to 7 days. The district will consult with the Bucks County DOH on decisions impacting the isolation and quarantine of students/staff.
    - NOTE: If BCDH determines a student or staff member is on "ongoing quarantine" as determined by BCDH, they are not able to get a negative test and return after day 7.

**How will a student or staff return to athletics following a COVID-19 diagnosis?**

- When a student is able to return to school per the Bucks County Department of Health and CBSD Health and Safety plan, they can return to athletics.
- Athletic trainers and school nurses will track estimated return to school dates of students and coaches.
- Any COVID test results should be provided to the school nurse.
- Athletes and staff members must see the school nurse and ATC prior to upon returning to practice or contests.
- Student athletes must provide a note from a physician, certified nurse practitioner or physician assistant that they are in good health and can return to athletics.

For non-Covid 19 symptoms, athletes or staff must have medical clearance from their physician or appropriate healthcare professional to return to athletics, and be determined to be non-contagious, fever free, improvement of respiratory symptoms, no vomiting or diarrhea, etc.

**How will a positive COVID test impact a team, program, or school?**

- A determination will be made by the district athletic director and superintendent when teams, programs or schools can return to athletics after a positive COVID case in conjunction with PA DOH, Bucks County DOH and the school district recommendations.
- CBSD will work in collaboration with the Bucks County Department of Health to notify any athletes/coaches that had potential exposure to someone with COVID-19 symptoms.
- The Bucks County Department of Health will oversee the contact tracing process.

**Education:**

Staff, coaches, parents and athletes will be educated on the following (through posters, flyers, meetings, emails, and phone calls):

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (handwashing, cough in your elbow, disinfecting high-touch surfaces, social distancing, etc.)
- The content of the Return to Play document.
- Student CBSD Pledge
- Any pertinent COVID-19 information released by state/local government, NFHS, PIAA, or Central Bucks School District.

**CONTACT TRACING**

Please visit the Pennsylvania Department of Health website for the most current contact tracing information.

[Contact Tracing Process \(pa.gov\)](#)

**COVID-19 INFORMATION FOR TRAVEL**

**Requirements for Those Who Travel**

All travel requirements as dictated through the Pennsylvania Department of Health will be followed by CBSD athletes.

[Travelers \(pa.gov\)](#)

## Appendix G

### PHASE TWO-revised 7/20/20

*Bucks County remains within the Green phase for a minimum of 14 days. (Projected July 21-August 4) (Revised projection: July 27-August 9)*

#### Team Activities may include:

- Low Risk sport practices continue
- Moderate Risk sport practices may begin with modifications
- High Risk sport practices may begin with modifications and with non-contact of participants.
- Due to the restrictions, CBSD will only entertain requests for open workouts for the upcoming season.

#### Screening Procedures

- The CBSD Screening survey must be completed the same day as the workout. Athletes and coaches may not remain on campus if the screening survey is not completed.
- Athletes should complete screening in consultation with parents/guardians at home. Please note the new travel screening questions.
- A record will be kept of attendance in FamilyID.
- Athletes who were previously diagnosed with COVID-19 and have since recovered must provide a medical clearance to the district athletic director from their treating physician or healthcare provider before returning to activity. The district athletic director will work with health officials and athletic trainers to create a return to play plan.
- Appropriate notification and contact-tracing will be initiated when a person tests positive for COVID-19. It is possible that activities will need to be canceled based on guidelines from local or state authorities.

#### Gathering Limitations

Outside Facility: 25 or less individuals including coaches and players Facility as a whole may not exceed 50% of total occupancy.

Gymnasium: 10 individuals or less including coaches and players.

- No locker room use. Restrooms should be used one at a time if needed.
- No fitness center use.
- No athletic training room access.
- Limitation of two hours for practices with groups including arrival, screening, practice and departure and cleaning.

#### Equipment

- Athletes should refrain from sharing equipment including towels, pinnies, etc.
- No handshakes, fist-bumps, high fives, etc.
- No huddles or team meeting or events. All meetings should occur digitally.
- Athletes should take frequent breaks for handwashing or hand sanitizer use. All athletes should sanitize hands prior to and after working out.
- Limit shared objects to those required for sport only.
  - Any athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned in between student uses during practice and events using the sanitation station
  - Team equipment will be cleaned at the conclusion of each session by coaching and/or custodial staff and individual clothing or equipment (team issued or personal) must be cleaned at the conclusion of each session by the participant. *Note: No materials will remain on-site. A plan of action for football, field hockey, and other members of sports who will wear padded equipment will be established.*
- Coaches will wear a face covering at all times. Athletes will wear a face covering when not actively engaging in their sport.



## Appendix H

### **PHASE THREE: Revised 8/6/20**

*Bucks County remains within the Green phase for a minimum of 14 days (Projected Aug 10-25, 2020)*

#### **Team activities may include:**

- Low Risk sport practices and competitions.
- Medium Risk sports practices and competitions.
- High Risk sports practices. Contact between individuals should be limited. When necessary, contact drills should be limited to pods of 25.
- Due to the restrictions, CBSD will only entertain requests for open workouts for the upcoming season.
- Scrimmaging or contest are not permitted per Governor Wolf's recommendation 8/6/20.

#### **Screening Procedures**

- The CBSD Screening survey must be completed the same day as the workout. Athletes and coaches may not remain on campus if the screening survey is not completed.
- Athletes should complete screening in consultation with parents/guardians at home.
- A record will be kept of attendance in FamilyID.
- Athletes who were previously diagnosed with COVID-19 and have since recovered must provide a medical clearance to the district athletic director from their treating physician or healthcare provider before returning to activity. The district athletic director will work with health officials and athletic trainers to create a return to play plan.
- Appropriate notification and contact-tracing will be initiated when a person tests positive for COVID-19. It is possible that activities will need to be canceled based on guidelines from local or state authorities.

#### **Gathering Limitations**

Outside Facility: 75 individuals or less including coaches and players  
Gymnasium: 25 individuals or less including coaches and players

Fitness centers and locker rooms will remain closed until further notice.

#### **Equipment**

- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events.
- Athletes should take frequent breaks for handwashing or hand sanitizer use.
- Coaches will wear a face covering at all times. Athletes will wear a face covering when not actively engaged in their activity.



## **Return to Competition:**

### **ALL SPORT CONSIDERATIONS**

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#### **GENERAL CONSIDERATIONS:**

- Individuals (student-athletes, coaches, officials, athletic trainers, game day workers, administration, and athletic personnel) will complete a personal health screening survey the day of the competition.
  - Screenings may include a temperature check on site. If an individual has any COVID-19 symptoms, they should stay home.
  - Individuals (student-athletes, coaches, officials, athletic trainers, game day workers, administration, and athletic personnel) will regularly and thoroughly sanitize and/or wash hands prior to the start of competition and as needed throughout the competition.
    - Sanitizing stations will be available at all contests.
- Facilities will be properly sanitized before and after a contest.
- Athletic trainers will work with the athletic director to coordinate a hydration plan and ability to provide water to student-athletes and coaches in a safe manner. Athletic directors will coordinate with the visiting team to ensure that they have safe access to water for its participants.

#### **CONSIDERATIONS FOR STUDENT-ATHLETES:**

- Teams will be responsible for their own supplies.
- Student-athletes should keep their mouth guards in their mouth throughout the competition. If the mouth guard is taken out, proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so.
- Student-athletes should bring their own water bottles that are clearly labeled.
- Student-athletes are encouraged to shower as quickly as possible after practices and games.
- Bring and use your own water bottle.
  - High school athletes are at increased risk for dehydration. It is important that you drink enough fluid before, during and after practice and competition.
  - Student-athletes should follow established guidelines for hydration.
  - Please see National Athletic Trainer Association (NATA) Resource:
    - [Healthy Hydration For Young Athletes](#)

### **CONSIDERATIONS FOR COACHES:**

- Coaches are expected to communicate and educate student athletes about the Athletics Health and Safety Plan as well as mitigation strategies.
- Coaches should keep an accurate record of those athletes and staff who attend each contest in the event contact tracing is needed.
- Coaches should limit game day squad sizes for social distancing purposes.
- Coaches should bring their own water bottles that are clearly labeled.
- Workouts will be conducted in pods of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.

### **CONSIDERATIONS FOR PARENTS/GUARDIANS:**

- Parents/Guardians should assist student athletes in daily screening survey.
- Parents/Guardians should monitor their children of any symptoms prior to any sporting activities. Children who are sick or showing symptoms must stay home.
- Parents/Guardians should assess levels of risk based on individual athletes on the team who may be at higher risk for severe illness.
- Parents/Guardians should disinfect student's personal equipment after each workout or contest.
- Parents/Guardians should clearly label any personal items and equipment.
- Parents/Guardians should inform coaches, athletic director, or athletic trainer if their student has been exposed to someone who is known to have COVID-19.

### **CONSIDERATIONS WHEN TRAVELING TO A COMPETITION:**

- Athletic directors will communicate with the host school prior to the competition to discuss plans.
- Teams will follow all policies and guidelines the host school has communicated.
- The athletic trainer will ensure that the team is bringing its own medical supplies, emergency action plan, and emergency contact list.
- All procedures will be followed as outlined in the Athletics, Health and Safety Plan and the Central Bucks School District Health and Safety plan.

### **CONSIDERATIONS WHEN HOSTING A COMPETITION:**

- Athletic director, head coach and athletic trainer contact information will be shared with the visiting team administration, officials, game day workers, and athletic personnel (cell phone number and email address).
- A communication from the host school will be sent prior to the day of competition to the visiting team administration, officials, athletic trainers, game day workers, and athletic personnel about procedures, policies, and guidelines.
- Examples to be covered include, but are not limited to, the following:
  - o Parking
  - o Facility access

- o What equipment should the visiting team bring
- o Water availability

- o Bench area seating (how many players can be accommodated to maintain social distancing)
- o Locker room availability and resources (for visiting team and 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.
- o Game day paper-work procedures
- o Location of sanitation station
- o Plan/procedures if someone begins to show symptoms
- o Pre-competition personal health screening survey verification
  - Screenings may include a temperature check on site

### **GATHERING LIMITATIONS/SPECTATORS**

- All sports-related gatherings must conform to the most recent [guidelines on safe gathering limits released by the Department of Health](#) on March 1<sup>st</sup>, 2021. Under the new amendment, venues hosting events or gatherings must determine their established occupancy limit as defined by the National Fire Protection Association (NFPA) Life Safety Code and then apply the attendee calculator to determine how many attendees are permitted to attend the event or gathering. Please also review the [All Sports Guidance](#) from the Governor's Office.
- The most up to date guidance from the Commonwealth of Pennsylvania will be followed in regards to mandates, order or occupancy limits.
- Spectators must abide by all guidelines as set forth by the Athletics Health and Safety Plan.

### **CONSIDERATIONS FOR GAME DAY WORKERS AND ATHLETIC PERSONNEL:**

- Game day workers and athletic personnel will wear face coverings at all time.
- Game day workers and athletic personnel will be required to complete a personal health screening survey the same day of the contest prior to arriving.
  - o Screenings may include a temperature check on site.
- Game day workers and athletic personnel should bring their own water bottles that are clearly labeled.
- Non-essential personnel who are on the field level throughout the contest should be limited.

### **CONSIDERATIONS MEDIA:** *If deemed acceptable.*

- The media must contact the athletic director prior to attending to make appropriate arrangements for attendance.
- Media availability will be limited due to gathering limitations.
- Media members will complete a personal health screening survey.
- Screenings may include a temperature check on site.
- Media will be restricted to areas outside of the team areas that are pre-determined and identified by the host school.
- Media will not have access to the press box.
- All members of the media will be required to wear face coverings at all time.
- Interview request may be limited and should be accommodated only if social distancing protocols can be followed.



## **Return to Competition: General Considerations for Officials**

*These considerations are meant to cover officials in all sports while keeping in mind that protocols may be different in each sport and adjustments may need to be made.*

### **OFFICIALS' GUIDELINES WHEN RETURNING TO OFFICIATE:**

**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 obligation remains with the coaching staff and school personnel.**

### **CONTACT THE HOST SCHOOL:**

- o Contact should be made with school athletic administration leading up to the contest about (1) school expectations, (2) to determine where you should enter the host school's property and (3) to obtain other information that you or the school may want to communicate to each other prior to your arrival.
  - Officiating crews should designate one crew member to contact the host school and provide information to other members of the crew.
- o Request separate and secured parking areas away from other participants.
- o Request hand sanitizer be available at scorer's table, if applicable, and use it between periods and during time outs. (Officials are encouraged to bring their own in the event none is available.)
- o Conversations should occur with the host school administration regarding the size of changing areas or locker rooms to ensure social distancing can occur.
- o When possible officials should come to contests fully dressed in uniform.

### **GENERAL OFFICIAL GUIDELINES:**

- o Be prepared to have your temperature taken and a health screening conducted upon arrival at school campus.
- o You may also be asked to sign a liability waiver by the school. While not a PIAA requirement, it may be a host site requirement. You should inquire the host school before arriving whether that requirement exists and, if so, request an opportunity to review the document in advance. If you are unwilling to sign it, you should decline the engagement. You should not wait until arriving on site to ask to see the waiver or to inform the school that you will not sign it.
- o Upon conclusion of the contest, leave the contest area and do not interact with others.
- o Officials must pay special attention to playing rules that require distances between players during play.

- o Reminders should be issued for situations that involve hygiene (spitting, etc.).
- o Maintain distance from players if an altercation occurs and minimize the times you are within 6 feet of others.
- o Be aware of the location of medical personnel while you are on school property.
- o Limit the exchanging of documents between yourself and others.
- o Once the contest begins, avoid conversations within 6 feet with coaches.
- o Wash your hands frequently. When in doubt about wearing a mask – put it on.
- o Officials’ Uniforms and Equipment.
  - Electronic whistles are permissible.
    - Choose a whistle whose tone will carry outside.
    - Be aware of the increased risk of inadvertent whistles.
  - Face coverings by participants required permitted.
  - Gloves may be worn by contestants.
  - Bring your own towels and hygiene materials. Do not share them with others.
- o All individuals are required to wear face coverings in accordance with the Secretary of the Pennsylvania Department of Health’s order on November 18, 2020, unless they meet the exceptions under Section 3 of this order.

**GAME DAY:**

- o Complete a personal health assessment on the day of your contest. If you feel sick – STAY HOME. Notify the contracted schools, your partner(s) and the assignor to let them know.
- o Notify site administrator immediately if your temperature is 100.4 or above.
- o “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.
- o Communicate with school athletic administrator frequently during the days leading up to your contest about school expectations.
- o Upon arrival at the host site and throughout the contest, wash and sanitize your hands frequently.
- o When traveling to contests, considerations should be given to limiting carpooling or traveling with other individuals.
- o Do not share uniforms, towels, apparel and equipment.
- o Maintain social distancing of 6 feet at all times, including while in the locker room and/or on the court/field.
- o Bring your own water bottle or rehydration beverages.
- o Use a mask at all times.
- o In an effort to maintain social distancing, officiating positions may need to be changed in a manner that are not necessarily in conformance with standard officiating mechanics.

- o If an official is sent home or unable to officiate for any reason, follow the PIAA policy on “Absence or Withdrawal of Official at Contest”, in the Policies and Procedures section of the PIAA Handbook

### **PREGAME CONFERENCE:**

- o Limit attendees to one official, the head coach from each team, and a single captain from each team, while maintaining social distance.
- o Pre-contest official crew meetings should be held outside when possible and where social distancing is more easily accomplished.
- o Coin Toss – should involve only the Head Referee (wearing a face covering) and 1 captain and head coach from each team.
- o Move the location of the pregame conference to the center of the court/field. All individuals should maintain a social distance of 6 feet.
- o No handshakes are permitted.
- o Maintain social distancing while performing all pregame responsibilities.
- o Encourage bench personnel to observe social distancing of 6 feet.
- o Encourage social distancing of 6 feet between substitutes and teammate(s).

### **OFFICIALS’ TABLE:**

- o Limit the table to essential personnel, including the home team scorer and timer, with a recommended distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential and may need to find an alternative location. Space availability at the table is a variable in determining the number of individuals permitted at the officials’ table.

### **PREGAME AND POSTGAME CEREMONY:**

- o No shaking hands during introductions.
- o Traditional pre-game introductions should be altered to ensure social distancing occurs.
- o No postgame shaking hands.

### **PERSONAL RESPONSIBILITIES:**

- o Training
  - Review current and past year rule and case books.
  - Attend online and in-person meetings to review the rules for the coming year.
  - 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.
- o Positive COVID-19 Test
  - You should notify the school(s) administration where you officiated and partners of those contests.

### **UNIFORM OF CONTESTANTS:**

- o Long sleeves are permissible.
- o Long pants are permissible.
- o Undergarments are permissible but must be of a similar length for the individual and a solid like color.





**Return to Competition:  
General Consideration for  
Baseball**

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**BASEBALL RULE 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.
- Stagger seating of fans.
- Each team may provide sanitized balls (bucket) while on defense.
  - Have a bucket of available for used balls so they can be sanitized after the game.
- Note: If a school is required to provide game balls for their half-inning as the visiting team, this is to be communicated in advance of the contest.
- Sanitize bases after each contest.
- Limit attendees to head coach and one captain from each team plus the plate umpire. Coaches should stay outside the width of the batter's box at home plate, maintaining 6 feet of distance between each person.

**CONSIDERATIONS FOR COACHES:**

- Eliminate handshakes post-game.
- Maintain 6' distance between players and umpires.
- No seeds, gum or spitting.

**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.
- The use of personal equipment is preferred. However, if equipment is shared, it is recommended to sanitize equipment between use by players.
- Sanitize all equipment after each game.
- Eliminate handshakes post game.
- Eliminate handshakes with coaches/umpires pre-game.
- Pitchers are encouraged not to put their hands to their mouth.
- If the pitcher is wearing a face covering in the field, it must be a solid dark color.

**CONSIDERATIONS FOR UMPIRES:**

- Bring personal hand sanitizer. Wash hands frequently
- Do not share equipment.
- The umpire-in-chief is required to wear a face covering behind the plate.

- The field umpires shall follow the universal masking order. If sustained six-foot distancing can be maintained, face coverings may be removed when outdoors.
- 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.

### **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.



**Return to Competition:  
General Consideration for  
Softball**

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**SOFTBALL RULE CONSIDERATIONS:**

- **Face Shields (1-7-1, 1-8-4):** Per guidance from the NFHS Sports Medicine Advisory Committee, Plastic shields covering the entire face (**unless clear and integrated into the face mask and 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.
- **Additional Equipment (1-8):** Pitchers cannot wear optic yellow cloth facial coverings.
- **Pregame Conference (2-14-2):** Limit attendees to head coach and one captain from each team plus the plate umpire. 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 should not handle equipment on the field during play. Contact with the game balls should be as limited as possible.
- **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 physical distance from the umpire.
- **Bench and Field Conduct (3-6-6):** 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 toward the outfield to provide for social distancing; extension must be outside the field of play and away from spectators and general public. (Safety precautions should be taken).
- **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.
- **Infractions by the Pitcher (6-2-2):** Pitchers are encouraged not to lick fingers or blow into their hands prior to pitching the ball.
- **Plate Umpire (10-2-1):** The plate umpire is required to wear a face covering behind the plate. The field umpires shall follow the universal masking order. (Plate umpires will follow mechanics as listed in the NFHS rules book.)

**SOFTBALL UMPIRES MANUAL MODIFICATIONS:**

- **Mechanics Sections 3, 4b and c**  
Base umpires should maintain 6 feet from any player as a starting position when rotated and/or counter rotated.
  
- **Section 2E**  
Keep the catcher and batter at a 6-foot distance when dusting off the plate.



**Return to Competition:  
General Consideration for  
Boys' Lacrosse**

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**BOYS' LACROSSE RULES CONSIDERATIONS:**

- **Boys Lacrosse Rules Book Modifications (The Field (1-2-7)):** The Scorer's Table.
  - Provide adequate spacing for 6-foot social distancing between individuals.
- **Boys Lacrosse Rules Book Modifications (The Field (1-2-8)):** Players' and Coaches' box.
  - Extend the players' box to end line to ensure proper social distancing.
- **Boys Lacrosse Rules Book Modifications (Player Equipment (1-9-2)):**
  - Optional Equipment, Face Shields and Masks –  
Clear, molded, and non-rigid face shields approved by the helmet manufacturer are allowed.
- **Boys Lacrosse Rules Book Modifications Players, Coaches, and Other Game Personal:**
  - Coaches and officials should attempt to maintain social distancing whenever possible during a game including stick checks, official's meetings, etc.
- **Boys Lacrosse Rules Book Modifications (Facing Off (4-3-1, 2, and 3)):** Starting Play with Facing Off.
  - The mechanic for faceoffs will be:
    - Place the ball on the ground with players 6+ feet away from each other and the official.
    - The official instructs both players to get into position by saying "Down".
    - When players are positioned, the FO and Lead left officials will check the player's alignment (FO official checks neutral zone and "top to stop" alignment, Lead Left checks verticality by looking down midfield line) after both officials have backed away, FO official says "Set" (players may not move after "Set")
    - The whistle shall be blown quickly with the expectation that the ball is moved quickly into play by the players.
  - After a goal, the goalkeeper shall throw or roll the ball out to the official.

**POINTS OF EMPHASIS AND PRE/POST GAME CONSIDERATIONS**

- Optional pre-game checks shall occur at or near the wing line opposite the scorer's table.
  - Players requesting a stick check shall remain socially distanced at all times while waiting. When the official is ready, the player will place their stick on the ground for the official. An official will check the stick and place it back on the ground for the player to retrieve it.

**PREGAME:**

- Limit attendees to head coach and one captain from each team and lead official.
- Make sure athletes are socially distant during the lineup, no handshakes.
- Officials should wear a mask when instructing table personnel. Table personnel should wear mask.
- Minimize table personnel – official scorer and timekeeper, visiting team personnel should be at their team

bench and not at the table. Extend the table if needed.

**SUBSTITUTION/SIDELINE:**

- Team bench areas should be more clearly marked to remind players of proper location.
- Split substitution box with a cone so that each team subs in from their own half of the box.
- Players serving a penalty should sit in the back of each team's side of the substitution box to allow for social distancing from others.

**POSTGAME:**

- Eliminate post-game handshakes.
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**Return to Competition:  
General Consideration for  
Girls' Lacrosse**

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**GIRLS' LACROSSE RULES CONSIDERATIONS:**

- ***Pre-Game Meeting (3-5-3)***
  - Limit attendees to head coach and one captain from each team and lead official.
  - Ensure the pre-game meeting is away from sideline and all individuals maintain a social distance of 6 feet.
  - Eliminate handshakes following pre-game meeting and at the conclusion of the game.
- ***Equipment and protective clothing (2-4-1, 2-7-3, 2-9-5)***
  - Players and officials may wear gloves and long undergarments.
  - Stick Checks:
    - All players will put their sticks on the ground, in a line (not a pile) and players step back to their bench.
    - Officials will then come through and conduct the stick checks without interaction or proximity to the players, and the players will not be in prolonged proximity to one another.
- ***Table Personnel (3-6-1, 3-7-1)***
  - Limit to essential personnel only at the table. Statisticians or visiting scorer personnel are not essential. Home team scorer and timer are essential.
- ***The Draw (5-2)***
  - No change from traditional draw mechanics.
  - The goalie should roll or throw the ball to the official after a goal.
- ***Substitution and Sideline Protocol (1-1-4h thru l, 4-7-3, 4-7-4)***
  - Ensure that players substituting, coaches, and the table personnel are maintaining social distancing.
  - Split substitution box with a cone so that each team substitutes in from their own half of the substitution box.
  - Players serving a penalty should sit in the back of each team's side of the substitution box to allow for social distancing from others.



**Return to Competition:  
General Consideration for  
Track and Field**

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**TRACK & FIELD 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 cannot provide their own implements, then it is recommended that implements be sanitized between each use.
- LJ, TJ, HJ, PV should enforce social distancing for all athletes and officials.
  - 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.
- Middle Distance and distance races on the track of 800m and longer (any event not run entirely in lanes) are considered moderate risk activities. To minimize contact, events are recommended to be run in alleys or minimally one turn staggers.

**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.
  - The use of disposable gloves for the 2021 season by relay participants is permitted.
  - Schools can bring their own batons, or they should be disinfected after each heat/race.
- Rules 6-4-11 and 6-5-24: Schools 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, schools may wish to jump each athlete to completion.
- **Point of Emphasis:** Rule 4-2-4a. In dual meets, each school is entitled to enter three contestants in individual events, but it is recommended each school be permitted to enter as many contestants as conditions warrant.
  - This permits additional sections to be run to maximize participation in the event. Schools should communicate the anticipated number of additional sections with their opponent and officials in advance of the meet for planning purposes.





## **Return to Competition: General Consideration for Volleyball**

*ed that Volleyball is a moderate risk sport (sport that involve close, sustained  
tive 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.*

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### **VOLLEYBALL RULES CONSIDERATIONS:**

#### **PREGAME CONFERENCE:**

- Limit attendees to one coach from each team, first referee and second referee.
- Move the location of the pre-match 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 six feet.
- No handshakes, fist bumps, etc. prior to and following the Pregame Conference.

#### **BALL ROTATION:**

- Additional game balls should be placed at the scorer's table and should be sanitized between each point. Rotate a new sanitized ball after each point and sanitize the ball coming out of play.

#### **TEAM BENCHES:**

- Encourage bench personnel to observe social distancing of six feet.
- Team areas may be expanded to promote social distancing.
- Teams will not switch benches between games, stay on same bench.

#### **SUBSTITUTION PROCEDURES:**

- Maintain social distancing of six feet between the substitute, official and/or teammate(s) by encouraging substitutions spread out within the three meter line.
- With the limitations of 25 in the gym, substitutes should be socially distanced in another area.

#### **OFFICIALS' TABLE:**

- Limit to essential personnel which includes home team scorer and timer with a recommended distance of six feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
- All must wear a face covering.

### **PREGAME, HALF-TIME AND POST MATCH CEREMONY:**

- No pregame team huddles on the court. Send players to their court positions with bench personnel lined up in front of bench (Six feet apart) for introductions.
- Water bottles will not be shared and should be kept six feet apart by the team bench.
- Coaches are encouraged to hold pre-game, half-time and post-game meetings socially distant at designated area.
- No post game shaking hands, fist bumps, etc.

### **DECIDING SET PROCEDURES:**

- 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 six feet. A coin toss, called by the home team, will decide serve/receive.
- Suspend the protocol of teams switching benches before a

deciding set. **VOLLEYBALL RULES INTERPRETATIONS:**

### **EQUIPMENT AND ACCESSORIES:**

- Cloth face coverings are permitted.
- Gloves are permitted.

### **LEGAL UNIFORM:**

- NFHS legal uniforms must be worn.

### **OFFICIALS' UNIFORM AND EQUIPMENT:**

- Long-sleeved shirt/jackets are permitted.
- Electronic whistles are recommended.
- Face coverings are permitted.
- Gloves are permitted.

### **CONSIDERATIONS FOR VOLLEYBALL**

#### **OFFICIALS:**

- Please review the General Considerations for Officials.
- Officials are recommended to use electronic whistles during contests but must be aware of increased risk of inadvertent whistles.
- Social distancing guidelines should be employed during the contest for officials when interacting with coaches and student-athletes (ex. penalties or carding).
- Rosters will be submitted electronically.



## **Return to Competition:**

### **General Consideration for Tennis**

*The NFHS has determined that Tennis is 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.)*

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#### **TENNIS MATCH CONSIDERATIONS:**

##### **PRE-MATCH CONFERENCE:**

- Limit attendees to any pre-match conference between athletes and coaches. Make sure to maintain social distancing of six ft.

##### **TEAM AREAS:**

- Make sure team personnel observe social distancing of six ft

##### **DURING MATCHES:**

- Between points, use your racquet or foot to advance the tennis balls back to your opponent. Also, avoid using your hands when returning balls to another court.
- Maintain physical distancing if changing ends of the court.
- Avoid touching your face after handling a ball, racquet, or other equipment.
  - Wash your hands promptly if you have touched your eyes, nose, or mouth.
- When playing doubles, coordinate with partner to maintain physical distancing, where applicable. Wash your hands thoroughly or use a hand sanitizer before, during, and after play.
- Clean and wipe down your equipment, including racquets and water bottles. Use new balls and a new grip, if possible.
- Use only your own towels and water bottles. Avoid sharing food and touching common surfaces such as court gates, fences, benches, etc.

##### **TENNIS BALLS:**

- Although unlikely, it's possible that a tennis ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease. Here is an extra precaution you can take to keep safe when playing tennis, if feasible:
- Use four or six tennis balls.
- Open two cans of tennis balls that do not share the same number on the ball.
- Take one set of numbered balls, and have your playing partner take a set of balls from the other can.
- Proceed with play, making sure to pick up your set of numbered balls only. Should a ball with the other number wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball to the other side of the court.



**Return to Competition:  
General Consideration for  
Field Hockey**

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*The NFHS has determined that field hockey is a moderate risk sport (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).*

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**FIELD HOCKEY RULES CONSIDERATIONS:**

**PREGAME CONFERENCE:**

- Limit attendees to one official, the head coach from each team, and a single captain from each team. Masks worn by all in attendance.
- Move the location of the pregame conference to center of the field. All individuals should maintain a social distance of 6 feet during the conference.
- Suspend handshakes, fist bumps, etc. prior to and following the Pregame Conference.

**TEAM BENCHES:**

- Team areas may be expanded to promote social distancing.
- Encourage bench personnel to observe social distancing of six feet at all times.
- Masks must be worn by players and coaches in the team area.

**BALL INDIVIDUALS:**

- Encourage social distancing of 6 feet. When possible, additional game balls may be placed around the outside of the field to limit contact with the ball.
- Ball holders are encouraged to use their feet or wear gloves to return balls to designated areas or field players.

**SUBSTITUTION PROCEDURES:**

- 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:**

- Limited 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 within their own team area.
- If a team member is carded, it is recommended to have a clearly marked location of

where the individual is to stand that is socially distant from the officials' table.

- Players choosing to use a penalty corner mask should not share their mask with other individuals.

#### **PREGAME, QUARTER, HALF-TIME AND POST GAME CEREMONY:**

- No pregame introduction lines. Send players to their field positions for introductions.
- Water bottles should not be allowed on the field of play and should be used off the playing surface. With the exception of goal keepers individual water bottles behind cage.
- Coaches are encouraged to hold pre-game, quarter, half-time and post-game meetings socially distant at the designated areas.
- No post game shaking hands, fist bumps, etc.

#### **FIELD HOCKEY RULES INTERPRETATIONS:**

##### **EQUIPMENT AND ACCESSORIES:**

- Face coverings are permitted.
- Gloves are permitted.
- Players' goggles are optional equipment.

##### **LEGAL UNIFORM:**

- Long sleeves are permitted.
- Long pants are permitted.
- Undergarments are permitted but must be of a similar length for the individual and a solid like color for team.

##### **OFFICIALS UNIFORM AND EQUIPMENT:**

- Long-sleeved shirt/jackets are permitted.
- Electronic whistles are permitted.
- Face coverings are permitted.
- Gloves are permitted.

#### **CONSIDERATION FOR FIELD HOCKEY**

##### **OFFICIALS:**

- Please review the General Considerations for Officials.
- Officials may use electronic whistles during contests but must be aware of the increased risk of inadvertent whistles.
- Social distancing guidelines should be employed during the contest for officials when interacting with coaches and student-athletes (ex. penalties or carding).
- Rosters will be made available electronically.



**Return to Competition:**  
**General Consideration for**  
**Cross Country**

*The NFHS has determined that cross country is a lower risk sport (sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors).*

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**CROSS COUNTRY RULE CONSIDERATIONS:**

- Schools are encouraged to comply with NFHS Rule 8-5, that events contested with four or fewer teams be limited to a maximum of 12 participants from each team.
- Cross country meets should consider using staggered, wave or interval starts.
- Possible Rule Modifications:
  - Consider widening the course to at least six feet at its narrowest point.
- Finish:
  - Use of FAT timing for meets to create appropriate social distance at finish.
  - If no FAT timing system is available, consider alternative means of finish place and time to reduce congestion at finish line. If sticks are used for determining place, disposable sticks are recommended by race.
  - Consider using image-based equipment at finish line to assist with picking place and reducing congestion.

**PRE AND POST RACE CEREMONY:**

- Pre and post-race ceremony: Establish cross country specific social distancing meet protocols including the elimination of handshakes, fist bumps, etc. before and after the race.
- The use of team tents on site is not permitted.
- Student athletes are expected to provide their own water source.
- The use of water stations and open cups is discouraged. Athletic trainers will work with the athletic department to coordinate a hydration plan and ability to provide water to student athletes and coaches in a safe manner.

**CONSIDERATION FOR CROSS COUNTRY OFFICIALS:**

- Please review the General Considerations for Officials.
  - Follow social distancing guidelines.
  - Pre and post meet conferences should be limited limit to meet officials and head coach.
- Tabulations and posting of results should be done electronically where possible.
- Consider using electronic whistle by course marshal.



## **Return to Competition: General Consideration for Golf**

*The NFHS has determined that golf is a lower risk sport (sports that can be done with physical distancing or individually with no sharing or equipment or the ability to clean the equipment between uses by competitors.*

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### **COMPETITION CONSIDERATIONS:**

- CBSD will adhere to local course competition rules in relation to COVID-19 accommodations.
  - Practice putting greens and range balls will adhere to local course rules.
- Social distancing of at least six feet must be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
- There can be no sharing of equipment.
- Each player retrieves their own ball.
- Each player carries hand sanitizer and can use to clean their ball and club handles after each hole.
- Each player must bring their own tees, pencils, and ball markers.
- Each player must wear a mask when not actively competing.
- Limit use of golf shop and retail operations to maintain social distance guidelines. If social distancing cannot be maintained, golf shop access should be prohibited prior to the competition.

### **GAME DAY PROCEDURES:**

- To limit congestion, limiting field size and starting from one tee only is recommended.
  - No shot gun starts that could create more than one foursome at a tee box is permitted.
  - Approximately 15 minutes apart between groups teeing off.
  - Each foursome must maintain social distancing of at least six feet apart.
  - To limit congestion, it is recommended that a window of time be established for players to access practice facilities before their round based on their starting times.
- Players will wait at the edge of the green while other putts.
- Flag sticks will be left in the hole, no players should touch flag stick.
- Each player retrieves their own ball.
- Masks should be worn when reporting scores at the conclusion of the match.
- Electronic scoring is permitted for Regular Season. The exchange of scorecards by players is discouraged and verbal confirmation of scores may be accepted.
- After the score reporting, players should leave course as quickly as possible.



## Return to Competition:

### General Consideration for Football

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The NFHS has determined that football is a higher risk sport that involves close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

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### **CONSIDERATIONS FOR THE HIGHS SCHOOL FOOTBALL PRESEASON TIMELINE:**

#### ***Heat Acclimatization:***

- Monday, August 31, 2020 to Friday, September 4, 2020
  - Five (5) consecutive days.
  - The minimum amount of time for practice each day during Heat Acclimatization Period is three (3) total hours.
  - The maximum amount of time for practices on Days #1, #3 and #5 is five (5) total hours.
    - If teams plan on using the five (5) total hours allotted for Days #1, #3 and #5, then they must have a two (2) hour rest period after three (3) hours.
  - The maximum amount of time for practice on Days #2 and #4 is three (3) total hours.
- All students in 9<sup>th</sup> through 12<sup>th</sup> grade who may be rostered on the junior varsity or varsity team are expected to participate in all five (5) days of the Heat Acclimatization Period, however **players must** participate in a minimum of three (3) consecutive days to be considered as fully successfully completing the Heat Acclimatization Period.
- Players may wear helmets and shoulder pads during the Heat Acclimatization period. Full gear may not be worn until the Heat Acclimatization requirement has been satisfied.
- Teams may NOT “scrimmage,” conduct “inter-school practices,” etc. during the Heat Acclimatization Period.

#### ***Pre-Season:***

- Monday, September 7, 2020 to Thursday, October 1, 2020
  - The team may choose to dress in full pads for practice as long as the players participating in full pads have satisfied the minimum of three (3) consecutive days of Heat Acclimatization.
  - No football player is allowed to participate in more that three (3) days of contact and sixty (60) minutes of full contact practice per week.



- When players are in shells (shorts, shoulder pads, and helmets) no live action drills or simulations will occur.

No team, or individual member or members of such team, may practice or participate in an inter-school practice, scrimmage, contest and/or open gym more than six days in any calendar week during the regular season.

***In-Season:***

- Thursday, October 1, 2020- November 13, 2020 (Last day of regular season)
  - The team may choose to dress in full pads for practice as long as the players participating in full pads have satisfied the minimum of three (3) consecutive days of Heat Acclimatization.
  - No football player is allowed to participate in more than three (3) days of contact and sixty (60) minutes of full contact practice per week.
  - When players are in shells (shorts, shoulder pads, and helmets) no live action drills or simulations will occur.
  - No team, or individual member or members of such team, may practice or participate in an inter-school practice, scrimmage, contest and/or open gym more than six days in any calendar week during the regular season.

**FOOTBALL RULES CONSIDERATIONS:**

***Team Box:***

- The team box will be extended on both sides of the field to the 10-yard lines (for players only) in order to provide more social distancing space for the teams.
- Teams will reduce game rosters to allow for more social distancing on sidelines.
- Where feasible, extend the two-yard sideline belt to five yards.
- Maintain social distancing of six feet at all times while in the team box.
- Sharing of uniforms, towels, equipment, and other apparel is prohibited.
- Student-athletes, coaches, athletic trainers, game day workers, administration, and athletic personnel must wear face coverings within the team box.

***Ball:***

- The ball holder must be an adult and must follow the procedures outlined in the “Considerations for game day workers and athletic personnel”.
- The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
  - o [Wilson recommendations.](#)
  - o [Spalding recommendations.](#)
- Clean the ball on a ball rotation to the sidelines.
- The ball holder will wear gloves and be supervised and directed by the officials and/or athletic administration.
- The ball holder will wear a face covering at all times.

***Face Masks:***

- Cloth face coverings are permitted.
- 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) are not allowed during the contest.
- Face shields may be worn for play as well as on the sidelines. Helmet manufacturer Shutt has developed a face shield and another is manufactured by Oakley that is being used by the NFL. It will fit the CBSD Riddell helmet.

***Tooth and Mouth Protectors:***

- Student-athletes are recommended to keep their mouth guards in their mouth throughout the competition. If the mouth guard is taken out proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so.

***Gloves:***

- Gloves are permitted but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specification.

***Charged Time-Outs and Authorized Conferences:***

- A single charged time-out may be extended to a maximum of two minutes in length specifically to allow more time for re-hydration.
- For social-distancing purposes the authorized conference for the charged time-out should take place between the nine-yard marks and not at the sideline. (It would be permissible for more than once coach to be involved in this conference and for technology to be used.)
- Each game official and player should have their own beverage container.
- Encourage the minimization of offensive and defensive huddles and encourage coaching staffs to utilize other methods of communication with players (such as signals, cards, signs) to minimize grouping.

***Intermission Between Periods and After Scoring:***

- The intermission may be extended to a maximum of two minutes between the first, second, third, and fourth periods and following a try, successful field goal or safety, and prior to the succeeding free kick.

***Pregame Conference:***

- For the coin toss, limit attendees to the referee 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 six feet.
- No handshakes prior to and following the coin toss.
- Maintain social distancing of six feet while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, and individuals handling the balls during the game and team personnel.

- o Line-to-gain crew must wear face coverings.
- For the overtime procedure, please use the same procedure as used at the start of the contest for the coin toss.

***Pregame, Quarter, Half-Time and Post Game Ceremony:***

- Water bottles are discouraged on the field of play and should be used off the playing surface.
- Coaches are encouraged to hold pre-game, quarter, half-time, and post-game meetings socially distant at their designated area.
- No post game of handshakes.

**CONSIDERATIONS FOR FOOTBALL OFFICIALS:**

- Please review the General Considerations for Officials.
- Electronic whistles are permitted.
  - o Officials may use electronic whistles during contests but must be aware of increased risk of inadvertent whistles.
  - o Choose a whistle whose tone will care
- Social distancing guidelines should be employed during the contest for officials when interacting with coaches and student-athletes.
- Cloth face coverings are permitted.
- Gloves are permitted.
- Officials will have to limit the handling of other officials' equipment (ex. assist in picking up flags or bean bags).
  - o Do not share uniforms, towels, and other apparel and equipment



## General Consideration for Soccer

The NFHS has determined that soccer is a moderate risk sport (sport 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 groups sports OR sports that se equipment that can't be cleaned between participants.

### SOCCKER RULES CONSIDERATIONS:

#### ***PREGAME CONFERENCE:***

- 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 the center of the field. All individuals should maintain a social distance of six feet.
- No handshakes, fist bump etc. prior to and following the pregame conference.

#### ***BALL INDIVIDUALS:***

- Encourage social distancing of six feet. When possible, additional game balls may be placed around the outside of the field to limit contact with the ball. Ball holders are encouraged to wear a mask, use their feet, or wear gloves to return balls to designated areas or field players.

#### ***TEAM BENCHES:***

- Encourage bench personnel to observe social distancing of six feet.
- Team areas may be expanded to promote social distancing. Coaches and athletes should wear a mask when not actively engaged in competition.

#### ***SUBSTITUTION PROCEDURES:***

- Maintain social distancing of six feet between the substitute, officials, and/or teammate(s) by encouraging substitutions to occur closer to the center line.

#### ***OFFICIALS TABLE:***

- Limit to essential personnel who includes home team scorer and timer with a recommend distance of six feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.

#### ***PREGAME, HALF-TIME AND POST MATCH CEREMONY:***

- No pregame world cup introduction line pre-half team huddles on the field. Send players to their field positions with bench personnel lined up on the touch line (6 feet apart) for introductions.

- Water bottles are discouraged on the field of play and should be used off the playing surface. Goalkeepers are encouraged keep a water bottle behind the net for the purpose of wetting their gloves rather than spitting.
- Coaches are encouraged to hold pre-game, half-time and post-game meetings socially distant at the designated area.
- No post game handshakes.

#### SOCCKER RULES INTERPRETATIONS:

##### ***EQUIPMENT AND ACCESSORIES:***

- Cloth face coverings are permitted.
- Gloves are permitted.

##### ***LEGAL UNIFORM:***

- Long sleeves are permitted.
- Long pants are permitted.
- Undergarments are permitted but must be of a similar length for the individual and a solid like color for team.

##### ***OFFICIALS UNIFORM AND EQUIPMENT:***

- Long-sleeved shirt/jackets are permitted.
- Electronic whistles are permitted.
- Face coverings are permitted.
- Gloves are permitted.

#### CONSIDERATIONS FOR SOCCER OFFICIALS:

- Please review the General Considerations for Officials.
- Officials may use electronic whistles during contests but must be aware of increased risk of inadvertent whistles.
- Social distancing guidelines should be employed during the contest for officials when interacting with coaches and student-athletes (ex. penalties or carding).
- All rosters should be submitted electronically to lead official prior to the start of the game
- No paper exchange of any kind should occur with the officials. All contracts and checks should be mailed and another form of verification must be used for voucher



## Return to Competition: General Considerations for Competitive Spirit

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The NFHS has determined that competitive cheer is a higher risk sport that involves, close sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

\*\*It's PIAA's position that Competitive Cheer competition may be considered no more than a moderate risk, with the following considerations: Routines are no more than 2 ½ minutes in length, contact among team members falls below stated CDC guidelines of less than 6 feet for 15 minutes or more and competition does not involve any contact with members of another team/school.

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### **COMPETITIVE CHEER RULES CONSIDERATIONS:**

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

### **PREVENTATIVE ACTIONS:**

- The primary consideration is to begin any activity, practice, etc. with a clean space.
- Clean/sanitize surfaces with cleaner/accepted methods listed on the Environmental Protection Agency's list of disinfectants for use against SARS-CoV-2 as directed by the CDC, or as may be reasonably necessary.
- Mats should be cleaned at least each day of activity or as needed according to current guidelines. If different groups are meeting in the same space at different times, mats should be cleaned between groups.



Physical contact with other teams: Participation in cheer and STUNT does not involve physical interaction with other teams. In this regard, contact during games and competition is similar to that found in volleyball or tennis.

### **FACE COVERINGS:**

USA Cheer recommends allowing face coverings with the following guidelines:

- Face coverings should not impede vision or movement.
- Face coverings should be soft and pliable with no exposed metal, and should provide adequate ventilation and protection from the spread of particulate matter.
- Modifications to skills should be considered while wearing face coverings, such as limiting inversions, twisting, and tosses.
- Face coverings should be snug-fitting.

Use these examples when considering face coverings.

- Coverings that are held in place with over-the-head straps using Velcro or other breakaway type connections.
- Full head coverings.
- Coverings that minimize the chance of having fingers caught in them or shifting to impede any visual sight.

### **PHYSICAL READINESS:**

- Due to shutdowns and general isolation, many athletes have not participated in an activity in several months. Even with individual conditioning and practicing jumps and tumbling, athletes will need a period of acclimatization to prepare for physical activity.





## Return to Competition: Basketball

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*The NFHS has determined that basketball is a moderate risk sport (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).*

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### **Basketball Rules Considerations**

- ***Pregame Protocol (2019-2021) NFHS Officials Manual***
  - Limit attendees to the referee, head coach, and one captain from each team with each coach standing on the center circle on each side of the division line.
  - All individuals should maintain social distancing of at least six feet at the center circle.
  - Suspend handshakes prior to and following the Pregame Conference.
- ***Team Benches***
  - 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.
    - Substitutes shall report to the scorer's table but in the event there is more than one substitution, they may sit at the end of the scores table closest to their bench to maintain social distancing.
  - Coaches and Athletes should adhere to the current Pennsylvania Secretary of the Department of Health [Order](#) of November 18, 2020.
- ***Social distancing should be practiced when possible. Below are some suggestions:***
  - Limit the number of bench personnel to observe social distancing of at least six feet.
  - Place team benches opposite the spectator seating if possible.
  - Additional chairs or rows may be added to allow bench personnel to observe social distancing of at least six feet.
  - Create separation between the team bench and spectator seating behind the bench.
  - Limit contact between players when substituting.
    - Substitutes shall report to the scorer's table but in the event there is more than one substitution, they may sit at the end of the scorer's table closest to their bench to maintain social distancing.
- ***Official's Table***

- The host shall sanitize the table before the game and at half time.
- Place official's 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 recommended distance of 6 feet or greater between individuals. Other personnel (visiting scorer, statisticians, media, etc.) may not be deemed essential personnel and an alternate location may be considered for them.
- Table personnel should adhere to the current Pennsylvania Secretary of the Department Health **Order** of November 18, 2020.

### **Pre and Post Game Ceremony**

- Suspend the pregame introduction handshakes
  - This includes shaking opposing head coach's and official's hands prior to the game.
- Suspend post game protocol of shaking hands.

### **Basketball Rules Interpretations**

- ***Equipment and Accessories***
  - Basketball
    - Ball shall be sanitized as recommended by the ball manufacturer and not used for warm-ups.
    - The host school shall ensure that the ball is sanitized at half time.
    - Sanitizer should be provided by the host team at the official's table.
  - Cloth face coverings are permissible for players.
  - Coaching staff and bench personnel shall follow the current Pennsylvania Secretary of the Department of Health **Order** on November 18, 2020.
- ***Officials Uniform and Equipment***
  - Long sleeve shirts are permissible.
  - Electronic whistles are permissible
    - Choose a whistle whose tone will carry inside.
  - Cloth face coverings are permissible.
  - Officials should wear a face covering at all times.
  - Gloves are permissible.

### **Other Considerations**

- ***Throw-in***
  - Official may stand six feet, or more, away from the 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.
- ***Jump Ball***
  - Official can designate another official to toss the ball in the center of the restraining circle for all jump-ball situations.
- ***Scorebook***

- Officials do not need to sign the score book but will need to have verbal verification on roster and starter submissions prior to the 10-minute mark.



## Return to Competition: Wrestling

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Discussion was held by the PIAA Wrestling Steering Committee regarding the NFHS General Guidelines for Return to Competition considerations. The below recommendations were made by consensus of the Committee for inclusion in the guidelines.

The recommendations made by the Committee were approved by the PIAA's Sport Medicine Advisory Committee along with other winter sport considerations. NFHS has determined that wrestling is a high risk sport.

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### 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 and following competition.
- Events should be structured to ensure compliance with current indoor occupancy limits and mitigation requirements by the PA Department of Health and Governor's Office.
- Athletes wear masks at all times. Coaches wear masks at all times.
- Schools should communicate in advance regarding any screening policies and occupancy levels to be expected from the host site.
- Schools may increase the bench area to assist in social distancing.
- For tournament settings, prohibit all wrestlers from warming up simultaneously for competition.
- Provide for separate warm-up areas off the competition mats for use and sanitize regularly.
- Provide for separate warm-up mats off the competition mat for teams involved in dual competition.

### Considerations for Coaches:

- Wear masks at all times.
- Eliminate handshakes with opposing teams post-match.
- Each team should be expected to provide their own leg bands for competition.
- Limit the size of their traveling party to include essential personnel and staff.
- Consider practicing with wrestlers in pods to limit close contacts across the entire team.

### Considerations for Wrestlers:

- Daily screening prior to practice and competition should be conducted pursuant to each school's adopted health and safety plan.
- Shower after each round and put on a fresh uniform, when able and facilities permit.
- Wear masks at all times.

- Eliminate handshakes with opposing coaches' post-match.

### **Considerations for Referees:**

- Bring personal hand sanitizer. Wash hands frequently.
- Don't share equipment.
- Long-sleeved undershirts are permissible. If worn, they are required to be black in color.
- 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 use of a commercially manufactured whistle cover.
- Do not shake hands and follow pre- and post-game ceremony guidelines established by state associations.
- Officials may recognize the winner of the match by pointing to the wrestler and raising the appropriate color wrist band. Contact with wrestlers is discouraged.
- Officials may wear masks or face shields.
- Mask or face shields are required at all times.
- Officials may wear disposable gloves. If worn, they must change after each match.

### **Considerations for Parents**

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

- Make sure your athlete 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 student's personal equipment after each match or practice which would include wiping down headgear, washing clothing and bags used to transport gear.



## **Return to Competition: General Considerations for Indoor/Winter Track**

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The NFHS has determined that indoor track is a moderate risk sport (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).

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### **Return to Competition General Considerations:**

- Shot Put (SP), Discus Throw (DT), Javelin Throw (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.
- Long Jump (LJ), Triple Jump (TJ) should enforce social distancing for all athletes and officials.
- High Jump (HJ), Pole Vault (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.
- Student athletes must wear a face covering at all times.
- 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 required.
- 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 from illness before participating in practice and competition (if there is doubt stay home),
- Provide personal items for your child and clearly label them.



## **Return to Competition: General Considerations for Swimming & Diving**

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The NFHS has determined that swimming and diving is a moderate risk sport (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).

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### **SWIMMING & DIVING RULES CONSIDERATIONS:**

- o **Conduct** - 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.
- o **Lap Counting** - 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.
- o **Pre-Meet Conference** - 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.
- o **Referee and Starter** - 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.
- o **Notification of Disqualification** - Notification shall occur from a distance via use of hand signals or the P.A. system.
- o **Meet Officials** - 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.
  1. **Timers** - 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.
  2. **Submission of Entries to Referee** - 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.

- o **Relay Takeoff Judges and Relays** - 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.
- o **Diving Officials** - 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 feet 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.

### **GENERAL CONSIDERATIONS:**

- o Staggering or rotating shifts to limit the number of staff present at the aquatic venue at the same time.
- o **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.
- o **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.
- o **Team 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.
- o **Preparing Athletes for Competition** - Athlete clerking areas should be eliminated.
- o Athletes will arrive in swimsuits and ready to get into the pool. Athletes will go home in swimsuits and are only permitted to use the locker room for bathroom needs. When using locker room for bathroom use, social distance policies will be in place.
- o No equipment or bags should be left in locker rooms. Individual lockers are not to be used. All personal items travel home with athletes after every competition or practice.
- o Bring own labeled water bottle and all equipment (mesh bag)- social distancing policies to include: Water- when needed by odd lanes getting out at blocks, even lanes at far ends/ swimmers to slide back into appropriate spots. Equipment- utilize in and out procedures as a whole team above.
- o Coaches will wear face shields and/or masks. Athletes will wear masks into and out of the buildings, while in locker rooms and deck, just not while swimming/diving.
- o Temperatures will be taken daily. Sanitizer stations will be used. Swimmers will be encouraged to gather belongings and depart out appropriate doors/building to go directly to their vehicles.
- o Mark for distancing on deck/benches/lane line spacing. Divers should remain on deck markers while waiting. Coaches will hold doors and otherwise attempt to minimize athletes touching surfaces.

## Appendix J

### **Attention: All Booster Club and 501(c)(3) Organizations**

As we prepare for our 20-21 sports seasons, we wanted to make all our stakeholders aware of the changes that will be necessary for the operation of our booster club programs due to COVID-19. With the landscape of athletics being uncertain at this time, CBSD will be limiting fundraising for the 2020-21 school year for all teams. In these difficult times, we are asking our booster clubs to take a step back from their normal fundraising activities and assess what essential needs they have. Teams should not burden our local businesses with fundraising requests; but rather, find ways to support all those local businesses and long-time supporters of the CBSD Athletics.

**School Board Policy 915 and all Administrative Procedures must always be followed. The following restrictions have been placed on those procedures for 2020-21.**

Booster Clubs are permitted to fundraise for the following items:

- Additional team trophies beyond what CB provides
- Consumables necessary for participation
- Spirit gear & masks
- Yard signage
- Food for student athletes (individually wrapped purchased food only)

The following list of fundraisers will be the only permissible events for the 2020-21 school year:

- Dine and Donates (to go only)
- Online Spirit Stores (face mask sales)
- Program Booklets (a plan must be in place for reimbursement if season does not occur)
- Virtual Events
- Discount Card Sales (online only)
- No Contact Sales: Mums, Poinsettias, Yankee Candle etc. (distribution only). Each program is permitted to host only one sale for the 20-21 season. A plan for distribution must be submitted and approved with the fundraising request form.

Booster clubs will not be approved to have any in-person gatherings of any sort at this time.

Banquets will be held on site and will be for team members, coaches and two guests of each athlete. Banquet date and location must be approved by building principal. Participants must maintain 6 feet distance at all times and wear a mask. Since volunteers are not permitted at this time, set up and decorations should be minimal. All food must be individual packaged and be “to go.” Teams can utilize our fields, gyms or cafeteria for events. Banquets cannot occur on Sundays.

If information becomes available that will allow us to lift some of these restrictions, we will do so in a timely fashion. Please contact your building athletic director or principal for further information.

## Appendix K

### **COVID 19 Required Training for All Athletic Employees**

This document summarizes the required training and professional development for all CBSD athletic department staff members. This document will be updated as information continues to evolve.

1. Coaches will review and consider the CDC guidance on considerations on youth sports, PIAA recommendations and CBSD COVID-19 Athletics Health and Safety Plan. If coaches have any questions, they will immediately contact their athletic director.
2. Coaches will complete all COVID-19 training as required by CBSD and PIAA.
3. CBSD COVID-19 Training
  - a. NFHS COVID-19 for Coaches and Administrators Course
    - i. Please submit certificate to athletic director
  - b. Safe School Modules:
    - i. Coronavirus Awareness
    - ii. Coronavirus: CDC Guidelines for making and using a cloth face covering
    - iii. Coronavirus: Cleaning and Disinfecting your workplace
    - iv. Coronavirus: Managing Stress and Anxiety
    - v. Coronavirus: Preparing your household
    - vi. Coronavirus: Transition to a remote workplace
4. Coaches will be trained on the sanitation stations used at each practice as well as how to educate their teams on social distancing and hygiene.

**2020-2021 SUPPLEMENTAL ACKNOWLEDGEMENT, WAIVER AND RELEASE: COVID-19**

The COVID-19 pandemic presents athletes with various challenges concerning this contagious illness. Some severe outcomes have been reported in children, and children with mild or even asymptomatic cases of COVID-19 can spread the infection to others who may be far more vulnerable. Certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as, but not limited to: high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy.

While it is not possible to eliminate all risk of being infected with or furthering the spread of COVID-19, the risk can be reduced. PIAA has urged all member schools to take necessary precautions and comply with guidelines from the federal, state, and local governments, the CDC and the PA Departments of Health and Education to reduce the risks to athletes, coaches, and their families. As knowledge regarding COVID-19 is constantly changing, these guidelines may be modified to further implement steps needed to decrease the risk of exposure to athletes, coaches and others. Additionally, each school has been required to adopt internal protocols to reduce the risk of transmission. We acknowledge that we have received and reviewed the school's health and safety plan.

By signing this form, the undersigned acknowledge, after having undertaken to review and understand both the symptoms and possible consequences of infection, that (1) they are aware of the contagious nature of COVID-19 and the risks that they may be exposed to or contract COVID-19 or other communicable diseases by permitting the undersigned student to participate in interscholastic athletics; (2) such exposure or infection may result in serious illness, personal injury, permanent disability and/or death; (3) this risk may result from or be compounded by the actions, omissions, or negligence of others; (4) participants will, in the course of competition, interact with and likely have physical contact with athletes from their own, as well as other, schools, including schools from other areas of the Commonwealth; (5) while risks can be managed in part, PIAA and its member schools cannot eliminate such risks nor guarantee that transmission will not occur for those participating in interscholastic athletics; and (6) participation in interscholastic athletics at any time, and especially during the COVID-19 pandemic, is strictly voluntary.

Notwithstanding the risks associated with COVID-19, we agree that we are voluntarily allowing the undersigned student to participate in interscholastic athletics for the 2020-2021 school year. We willingly agree to comply with the stated guidelines put forth by PIAA and the student's school to limit the exposure and spread of COVID-19 and other communicable diseases.

**WE ALSO HEREBY AGREE TO ACCEPT AND ASSUME ALL RISKS OF PERSONAL INJURY, ILLNESS, DISABILITY AND/OR DEATH RELATED TO COVID-19 TO THE STUDENT AND ALL FAMILY MEMBERS ARISING FROM SUCH PARTICIPATION, WHETHER CAUSED BY THE NEGLIGENCE OF PIAA OR OTHERWISE. WE ALSO EXPRESSLY AGREE TO WAIVE AND RELEASE OUR MEMBER SCHOOL(S), PIAA, ITS OFFICERS, DIRECTORS, EMPLOYEES, AGENTS, MEMBER SCHOOLS, SUCCESSORS AND ASSIGNS (collectively, "Releasees") FROM ANY AND ALL CLAIMS ON ACCOUNT OF ILLNESS, DISABILITY, DEATH OR OTHER HARM ARISING OUT OF OR ATTRIBUTABLE TO THE STUDENT'S PARTICIPATION IN INTERSCHOLASTIC ATHLETICS AND BEING EXPOSED THEREFROM TO, OR CONTRACTING, COVID-19, WHETHER, ARISING FROM THE NEGLIGENCE OR OTHERWISE ANY RELEASEE. WE COVENANT THAT WE WILL NOT MAKE OR BRING ANY CLAIM AGAINST ANY RELEASEE AND FOREVER RELEASE AND DISCHARGE RELEASEES FROM LIABILITY UNDER SUCH CLAIMS.**



## Appendix M

### LEVELS OF PARTICIPATION

This plan employs a “phased” approach to resuming athletic programming, to coincide with the “[Process to Reopen PA](#)” color-coded phase guidelines established by the commonwealth.

- **When Bucks County is in the Red phase, school facilities remain closed per commonwealth guidelines. No athletic activities are permitted.**
- **PHASE ONE – Bucks County must be in Yellow or Green phase for a minimum of 14 days.**
- **PHASE TWO – Bucks County must be in Green phase for a minimum of 14 days.**
- **PHASE THREE – Bucks County must be in Green phase for a minimum of 14 days.**
- **PHASE FOUR - Bucks County must be in the green phase.**

### **PREPARATIONS NECESSARY PRIOR TO ANY PHASES - Applicable from school board approval date (anticipated June 23, 2020)**

**Team Activities:** No in-person gatherings allowed. Athletes and coaches may communicate via online meetings (Google Meet, Remind, Hudl, etc.). Athletes may participate in individual home workouts including strength and conditioning.

- Coaches focus on virtual coaching via TEAMS.
- All school facilities will remain closed to our student-athletes. (While in red phase)
  - Coaches may use facilities to meet with the athletic director, other coaches, and/or to prepare for off- season training. In any in-person meetings, all parties must wear a protective face covering while on site.
- Coaches and athletic director will meet, review and consider the CDC guidance on [Considerations for Youth Sports](#) to modify practices and games to mitigate the risk of spreading the virus. This includes focusing on individual skill building versus competition and limiting contact in close contact sports.
- New recommendations will be discussed with our athletes and families during this time.
- In order to participate in training at any level, FamilyID registrations will need to be completed by athletes and parents prior to the 2020-2021 school year. New CIPEE forms may be uploaded when completed.
- Parents or Guardians shall be required to execute a wavier and consent form prior to participation in and CBSD athletics.
- Coaches will have access to the app, which will be used for emergency contact information, and to set up reports for school personnel to track,
- Medical reports will be created by the athletic trainer highlighting students who may have compromised immune systems.

### **PRESCREENING PRIOR TO WORKOUT (All phases)**

- All students and parents/guardians must complete all documents required for participation in CBSD athletics.
- All coaches and athletes must be screened for signs/symptoms of COVID-19 prior to a workout, contest

or any team event. Screenings may include a temperature check on site.

- o Students will complete CBSD COVID-19 Screening Survey ([Appendix C](#))
  - For those students without access, in person screening will be provided.
- o Responses to screening questions will be recorded and stored so there is a record of everyone present in case of a positive case.
- o Coaches must verify athletes have completed the screening procedure prior to daily participation and keep daily attendance records in FamilyID.
- o Any person with positive symptom reports will not be permitted to participate in workouts and should follow all procedures set forth by the “Procedures for Coaches, Staff, or Athletes Exhibiting Symptoms or Testing Positive for COVID-19.” ([Appendix D](#))
- Athletes and coaches must use hand sanitizer and/or wash hands prior to the start of workout and as needed throughout practice and at breaks.
- Each athlete must have their own personal water bottle and a facial covering to participate. No coolers or hydration stations should be utilized at this time. Athletes may not access water fountains at this time.

## PHASE ONE

*Bucks County remains within the Yellow or Green Phase for a minimum of 14 days. (Projected July 6-20, 2020.)*

### Team activities may include:

- Low Risk sport practices.
- Moderate Risk sport modified practices.
- High Risk sports may participate in non-contact fitness conditioning.
- Due to the restrictions, CBSD will only entertain requests for open workouts for the upcoming season.

### Screening Procedures

- The CBSD Screening Survey must be completed the same day as the workout. Athletes and coaches may not remain on campus if the screening survey is not completed.
- Athletes should complete screening in consultation with parents/guardians at home.
- A record will be kept of attendance in FamilyID.
- Athletes who were previously diagnosed with COVID-19 and have since recovered must provide a medical clearance to the district athletic director from their treating physician or healthcare provider before returning to activity. The district athletic director will work with health officials and athletic trainers to create a return to play plan.
- Appropriate notification and contact-tracing will be initiated when a person tests positive for COVID-19. It is possible that activities will need to be canceled based on guidelines from local or state authorities.

### Gathering Limitations

When not directly participating in practices or contests, social distancing should be considered and applied.

**Gymnasium** – NO INSIDE USE until Phase 2

**Outside Facility** – 25 or less individuals, including coaches and players

- No group huddles
  - Instruction can be given in a socially distant manner.
  - Stretching, warmups, and cooldowns can be done in a socially distant manner.
- No locker room use. Restrooms should be used one at a time if needed.
- No fitness center use.
- No athletic training rooms will be open. ATC's will be outside and available for all athletes.
- Limitation of two hours for practices with groups including arrival, screening, practice and departure and cleaning.

### Equipment

- No shared equipment.
- No handshakes, fist-bumps, high fives, etc.
- Athletes should take frequent breaks for handwashing or hand sanitizer use.
- Balls will be used for individual training only (i.e. footballs, soccer balls, tennis balls, etc.).
  - Team equipment will be cleaned at the conclusion of each session by coaching and/or custodial staff and individual clothing or equipment (team issued or personal) must be cleaned at the conclusion of each session by the participant. *Note: No materials will remain on-site. A plan of action for football, field hockey, and other members of sports who will wear padded equipment will be established.*
- Coaches and officials will wear a face covering at all times. Athletes will wear a face covering when appropriate.



## **PHASE TWO: SEE APPENDIX G FOR REVISIONS MADE 7/20/20**

*Bucks County remains within the Green phase for a minimum of 14 days. (Projected July 21-August 4)*

### **Team Activities may include:**

- Low Risk sport practices and competitions.
- Moderate Risk sport practices.
- High Risk sport practices may begin with non-contact of participants.
- Due to the restrictions, CBSD will only entertain requests for open workouts for the upcoming season.

### **Screening Procedures**

- The CBSD Screening survey must be completed the same day as the workout. Athletes and coaches may not remain on campus if the screening survey is not completed.
- Athletes should complete screening in consultation with parents/guardians at home.
- A record will be kept of attendance in FamilyID.
- Athletes who were previously diagnosed with COVID-19 and have since recovered must provide a medical clearance to the district athletic director from their treating physician or healthcare provider before returning to activity. The district athletic director will work with health officials and athletic trainers to create a return to play plan.
- Appropriate notification and contact-tracing will be initiated when a person tests positive for COVID-19. It is possible that activities will need to be canceled based on guidelines from local or state authorities.

### **Gathering Limitations**

Outside Facility: 50 or less individuals including coaches and players Facility as a whole may not exceed 50% of total occupancy.

Gymnasium: 10 individuals or less including coaches and players.

- No locker room use. Restrooms should be used one at a time if needed.
- No fitness center use.
- Limitation of two hours for practices with groups including arrival, screening, practice and departure and cleaning.

### **Equipment**

- Athletes should refrain from sharing equipment including towels, pinnies, etc.
- No handshakes, fist-bumps, high fives, etc.
- Athletes should take frequent breaks for handwashing or hand sanitizer use.
- Limit shared objects to those required for sport only.
  - o Any athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events.
  - o Team equipment will be cleaned at the conclusion of each session by coaching and/or custodial staff and individual clothing or equipment (team issued or personal) must be cleaned at the conclusion of each session by the participant. *Note: No materials will remain on-site. A plan of action for football, field hockey, and other members of sports who will wear padded equipment will be established.*
- Coaches and officials will wear a face covering at all times. Athletes will wear a face covering when appropriate.

## **PHASE THREE: SEE APPENDIX H FOR REVISIONS MADE 8/6/20**

*Bucks County remains within the Green phase for a minimum of 14 days (Projected Aug 5-August 17, 2020)*

### **Team activities may include:**

- Low Risk sport practices and competitions.
- Medium Risk sports practices and competitions.
- High Risk sports will be reviewed for a possible return to contact at this phase.
- Due to the restrictions, CBSD will only entertain requests for open workouts for the upcoming season.

### **Screening Procedures**

- CBSD may continue to require CBSD screening survey at this phase, based upon recommendations from local and state authorities.
- Any person who has had a fever of 100.4 F or symptoms of COVID-19 in the previous 24 hours should not be permitted to take part in workouts and should contact his or her primary care provider.
- A record will be kept of attendance in FamilyID.
- Athletes who were previously diagnosed with COVID-19 and have since recovered must provide a medical clearance to the district athletic director from their treating physician or healthcare provider before returning to activity. The district athletic director will work with health officials and athletic trainers to create a return to play plan.
- Appropriate notification and contact-tracing will be initiated when a person tests positive for COVID-19. It is possible that activities will need to be canceled based on guidelines from local or state authorities.

### **Gathering Limitations**

Outside Facility: 250 individuals or less including coaches and

players Gymnasium: 50 individuals or less including coaches and

players

Fitness Center or Weight Room: 10 individuals or less including coaches and players

- Workouts should be contained in pods of 10 or less. These pods remain together for all activity and intermingle with other pods as little as possible.
- Some equipment may need to be taped off for non-use, to help with distancing, or to facilitate cleaning.
- Fitness Center activities will be limited to those that allow for social distancing (side-spotting should be utilized when needed) and equipment will be wiped after each use.
- The fitness center will also be cleaned by members of the coaching staff at the conclusion of each day.
- All areas will be cleaned and sanitized daily by CBSD FEMO staff.

### **Equipment**

- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events.
- Athletes should take frequent breaks for handwashing or hand sanitizer use.
- Spotters for maximum weight lifts should be stationed at each end of the bar.
- Coaches and officials will wear a face covering at all times. Athletes will wear a face covering when appropriate.

## **PHASE FOUR: Return to Competition**

*Bucks County remains within the Green phase. Fall sports begin 8/31/20, Winter Sports begins 11/20/20 and Spring Sports 3/8/21.*

**Strict adherence to the [CBSD Return to Competition: Individual Sport Considerations \(Appendix I\)](#) must be followed by all staff and athletes.**

### **Team activities may include:**

- Low Risk full practices and competitions.
- Medium Risk full practices and competitions.
- High Risk full practices and competitions.

### **Screening Procedures**

- The CBSD Screening survey must be completed daily prior to the workout or contest. Athletes and coaches may not remain on campus if the screening survey is not completed. Temperature checks may be used for on-site screening.
- Athletes should complete screening in consultation with parents/guardians at home.
- A record will be kept of attendance in FamilyID.
- Athletes who were previously diagnosed with COVID-19 and have since recovered must provide a medical clearance to school nurse from their treating physician or healthcare provider before returning to activity.
- Appropriate notification will be initiated when a person tests positive for COVID-19. It is possible that activities will need to be canceled based on guidelines from local or state authorities.

### **Gathering Limitations:**

- CBSD will follow all gathering limits as set forth by the Commonwealth of Pennsylvania.
- All student athletes will be grouped or podded by team and by level (Junior Varsity, Varsity etc) in Phase 4.
- Fitness centers are closed.
- Athletic training rooms are open.

### **Locker rooms**

Locker rooms will remain closed for general use but will be open under the following conditions:

- Student athletes traveling to away games.
- Use by wrestling team members for immediate showers after practice.
- Use by swimmers during morning practices.

The following rules will be followed when using the locker room:

- Locker rooms will follow all occupancy guidelines as outlined by the Commonwealth of Pennsylvania.
- Student athletes will be masked and maintain 6 feet distance from other athletes.
- 5-7 minute limit in locker room for athletes and coaches.
- Coaches should group athletes in pods and allow access within those pods.
- Wrestlers using the showers will be required to wear mask to and from the shower but may remove mask while showering.

## **Equipment**

- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events.
- Athletes should take frequent breaks for handwashing or hand sanitizer use.
- Coaches will wear a face covering at all times. Athletes will wear a face covering when not actively engaging in the activity. Officials will wear a face covering when not actively engaged in their sports.

Masks must be worn at all times by athletes, coaches and spectators.

- o [Updated Order of the Secretary of the Pennsylvania Department of Health Requiring Universal Face Coverings](#)

## Reopening Winter and Spring Sport Programs

Winter Sports: Projected 10/15/20-11/19/20 (open gyms)

Spring Sports: Projected 1/18/21-3/5/21 (open gyms)

*Bucks County remains within the Green phase.*

### Team activities may include:

- Low Risk sport practices and competitions.
- Medium Risk sports practices.
- High Risk sports practices may begin with non-contact of participants.
- **Coaches should pod athletes to limit contact. Scrimmaging may occur after three weeks of limited contact with no positive cases.**

### Screening Procedures

- CBSD may continue to require CBSD screening survey at this phase, based upon recommendations from local and state authorities.
- Any person who has had a fever of 100.4 F or symptoms of COVID-19 in the previous 24 hours should not be permitted to take part in workouts and should contact his or her primary care provider.
- A record will be kept of attendance in FamilyID.
- Athletes who were previously diagnosed with COVID-19 and have since recovered must provide a medical clearance to the district athletic director from their treating physician or healthcare provider before returning to activity.
- Appropriate notification and contact-tracing will be initiated when a person tests positive for COVID-19. It is possible that activities will need to be canceled based on guidelines from local or state authorities.

### Gathering Limitations for Open Gyms

Outside Facility: 50 individuals or less including coaches and players

Gymnasium: 25 individuals or less including coaches and players

Pool: Capacity set by each pool site.

- Fitness center will remain closed
- Locker rooms will remain closed except for bathroom use in the pool (one student at a time) and limited supervised use by teams on an away game day.
- Athletic training rooms are open.

### Equipment

- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events.
- Athletes should take frequent breaks for handwashing or hand sanitizer use.
- Coaches will wear a face covering at all times. Athletes will wear a face covering when not actively engaged in competition. Officials will wear a face covering when not actively engaged in competition.

Masks must be worn at all times by athletes, coaches and spectators.

- o [Updated Order of the Secretary of the Pennsylvania Department of Health Requiring Universal Face Coverings](#)

## **RESOURCES:**

[Centers for Disease Control & Prevention - “What You Should Know About COVID-19 to Protect Yourself and Others” - June 1, 2020](#)

[PA Department of Education Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools- June 3, 2020](#)

[CDC COVID-19 Considerations for Youth Sports- May 29, 2020](#)

[NFHS Guide for Opening Up High School Athletics and Activities- May 2020](#)

[NATA COVID-19 Return to Sport Considerations for Secondary School Athletic Trainers- May 2020](#)

[KSI Return to Sports and Exercise during the COVID-19 Pandemic: Guidance for High School and Collegiate Athletic Programs- June2, 2020](#)

[Washington University Resocialization of Sports Recommendations- June 1, 2020](#)

[UPMC Sports Medicine Playbook: Returning to Sports During COVID-19 Minimum](#)

[Guidelines \(High School\)- May 28, 2020](#)

[PIAA Press Release- June 10, 2020](#)

[During the COVID-19 Disaster Emergency to Ensure Safety and Health of Employees, Athletes, and the Public - June 10, 2020](#)

[US Soccer PLAY ON! COVID 19 Resources June 2020](#)

[Plan for Contact Tracing - May 2020](#)

PIAA Return to Competition Guidelines 3.3.21