OVERVIEW OF IMPORTANT RETURN TO PLAY TOPICS

This document was released on July 29, 2020. *Over time this document will change – please check back frequently for updates. The first four pages of this document feature easy-to-understand overviews of Fall 2020 COVID-document related guidelines. For more detailed answers, read this entire packet. Fall athletics will not be risk-free, but by following the guidance in this document we all can help mitigate those risks. We also ask that you consider your interactions outside of sports during this season in order to limit the potential for exposure in other portions of your daily routine.*

PROTOCOL FOR POSITIVE CASES: A detailed and more complete version of these protocols can be found on page five of this document ("What to Do When Someone Gets Sick").

1. Contact health department and follow guidance.
2. Close contacts MAY have to quarantine for 14 days – follow health department guidance. "Close contact" is defined as anyone who was less than six feet apart for more than 15 minutes, at any point from two days before symptoms until the time the individual is isolated.
3. Notify all schools, families and officials involved without identifying the person involved.
4. Student, coaches, officials and others at the event but NOT in close contact should be closely monitored for symptoms and may not need testing. Follow health department guidance.
5. Clean the area.

FACE COVERINGS: Athletes while participating on the field/court are not required to wear face coverings but are permitted to do so. Bench personnel are required to wear face coverings at all times – this includes athletes not currently in the game, coaches, managers, trainers, statisticians, media and anyone else on the sideline. It is recommended that game officials wear face coverings, but it is not required when carrying out their duties. Contest management, school administrators, media and all staff are required to wear face coverings. Spectators are also required to wear face coverings.

REGULAR SEASON TOURNAMENTS, INVITATIONALS, MULTI-TEAM COMPETITIONS: The following limitations are in place for regular season fall tournaments and invitationals, both home and away. Regular season dual/head-to-head matchups, between multiple levels of two different schools, are not affected.

- Cross Country – maximum of 70 runners are allowed in a race
- Golf – maximum of 72 competitors at an 18-hole site
- Football – two teams at a site
- Soccer – four teams at a site
- Swimming & Diving – four teams at a site
- Tennis – four teams at a site
- Volleyball – four teams at a site

When determining the number of teams present at a tournament, count the school's varsity team as one team, and its JV team as a second team. The goal is to achieve physical distancing at all possible times; teams not in competition should be provided adequate space, and spectator limitations must be followed. Consider staggered contest and team arrival times to maintain physical distancing.

SCRIMMAGES: There are no scrimmages allowed for any sports this fall.

SPECTATOR LIMITATIONS: Spectators will be limited. The number of spectators and individuals allowed for indoor and outdoor events will be based on future guidance from the governor's office, and will be posted prior to the first dates of competition.

ENTRANCE/EXIT STRATEGIES: Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times.

PRE-WORKOUT AND PRE-GAME SCREENING: All coaches and students should be screened daily for signs and symptoms of COVID-19 prior to participating, including with a temperature check. This check may take place onsite or be completed and verified prior to arrival onsite (at home, for example). Anyone with a temperature of greater than 100.3 degrees should not participate and be sent home. Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19. These records must be kept confidential. Any person displaying symptoms of COVID-19 should not be allowed to participate, should self-isolate, and contact his or her primary care provider or other health-care professional. Continue to remind and insist that coaches and students disclose symptoms so all schools can compete safely. Involve local health departments if positive cases of COVID are discovered. Vulnerable adult individuals should not coach, supervise or participate in any competitions or workouts. School districts will make the decision on vulnerable individuals.

COVID GAME CANCELLATIONS: Except for football, any game cancelled because of COVID issues is not considered a forfeit. It is considered a no play provided the contest has not started. For official's payment purposes this is considered an act of God.

TICKETS: Schools should strongly consider using a digital ticket or cashless system. Schools must work together to develop a distribution plan for the limited amount of tickets available per game. If a physical ticket is used, each school should consider conducting a pre-sale, with no on-site ticket sales – only tickets, not money, is collected at the event site.

TRANSPORTATION: The use of buses is a local school district decision. Cleaning and ability to physical distance should be part of the decision. Schools should also consider length of trips when determining the season schedule. When feasible, consider having parents drive athletes to and from games.

LOCKER ROOMS: Home teams are not required to offer locker room access. Visiting teams should arrive dressed and ready to play. Locker room restrooms should be available, and a cleaning schedule should be created.

INCLEMENT WEATHER: Have an action plan ready for outdoor sports that go into a weather delay. Determine where teams should go in the case of lightning or thunder.

FACILITY CLEANING: Adequate cleaning schedules should be created and implemented for all athletic facilities. Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (bleachers, chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.). Individuals should wash their hands for a minimum of 20 seconds before participating in workouts. Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

CONCESSIONS: Schools should consider closing concessions stands, especially when there are limited spectators.

BEST PRACTICES FOR NON-ATHLETES – THIS IS NOT SPORT SPECIFIC

Administrators/Host Management

- Administrators must wear face coverings and practice physical distancing.
- Obtain officials' information in order to trace contacts if necessary. (This information may be accessible through Arbiter.)
- Provide clear instruction to teams in advance of contests about entrance and exit points of the facility.
- At larger spectator events, consider providing volunteers to monitor entrances and spectator seating areas who can promote physical distancing and face coverings.
- When possible, officials and teams should be provided separate bathrooms and/or gathering areas.
- Scorer's Table/Press Box – essential personnel should be 3-6 feet apart when possible.
- A cordless microphone could be used.
- Cleaning supplies should be available on site with devices sanitized between uses.

Coaches

- Coaches must wear face coverings and practice physical distancing.
- Provide and review NFHS Playing Rule modifications with players and parents.

Officials

- Officials must practice physical distancing, and it is recommended they wear face coverings.
- Electronic whistles are permitted.
- Officials must come dressed to officiate; a locker room will not be provided.
- Officials should bring their own food and water, and their own pen to sign lineup sheets, scorebooks, etc.
- Officials will not be expected to monitor physical distancing; each person is responsible.

Spectators

- Spectators must wear face coverings and practice physical distancing.
- Entrance and exit protocols, and posted signs by host management must be obeyed.

Media Personnel

- Media must wear face coverings and practice physical distancing.
- Press box/table accommodations should allow for appropriate physical distancing.
- Promote to local media the need to call in advance of the event to secure accommodations.
- Designate locations where photographers may shoot from and enforce it. Make sure photographers are aware of restrictions when they arrive. Photographers must be kept out of team box (football) and bench areas (basketball, volleyball, other sports).
- Limit postgame interviews to open air areas. No locker room access.
- Establish times when the venue will become available to the media and when it will close.

Updated 07/28/20

Preparing for When Someone Gets Sick

Precautionary Measures (in addition to other protocols and precautions)

- Anyone attending or participating in an MHSAA regular season or tournament event should check his/her temperature before arriving. Spectators, participants or personnel displaying COVID-19 symptoms (*e.g., fever, cough or shortness of breath*), or with temperatures of 100.3F or greater, should stay home and consider coronavirus testing if symptoms persist.
- Prior to participation, the COVID-19 athlete/coach monitoring form should be used, which includes five questions plus a temperature check. **NOTE: Athletic Directors should consider requiring similar precautions for game officials.**

Protocol for Suspected Cases of COVID-19

- All schools should have an emergency action plan in place for each site. If a student, coach or official is or becomes sick on site with symptoms of COVID-19, they should be placed in a clearly identified and designated quarantine area with a mask in place until they can be picked up. Staff who are identified to care for students must wear a mask.
- A symptomatic student should be sent home with a parent or designated adult until they have tested negative or have been released from isolation according to the local health department's protocols.
- Students, coaches, and/or officials should be transported by their parent or guardian, emergency contact or ambulance (if clinically unstable) for off-site testing. If an ambulance is called, or someone is being brought to the hospital, there should be an attempt to call the hospital first to alert them that the person may have COVID-19. If a student, coach or official becomes sick, they must not use group transportation to return home.

Protocol for Positive Cases of COVID-19

- <u>The local health department should be contacted by the school for further direction.</u> They likely will initiate contact tracing, following regular public health practices.
- All schools, public and private, must cooperate with the local public health department if a confirmed case of COVID-19 is identified, and collect the contact information for any close contacts (*i.e., individuals less than six feet apart for more than 15 minutes*) of the infected individual from two days before he or she showed symptoms to the time when he or she was last at the event. Close contacts should be quarantined for 14 days at home. Local health officials may identify other contacts who require quarantine.
- Administrators of the schools involved, as well as students/families/officials in attendance, should be notified of the presence of any laboratory positive or clinically diagnosed cases of COVID-19 so there continues to be awareness and close observation of any symptoms. **NOTE: Student communicable disease related information is protected health information. The individual with COVID-19 should not be identified by name to non-family or non-health department officials. Even if a family/student acknowledges and publicly discloses a positive test, school staff and officials must not participate in discussion or acknowledgement of a positive test by identifying a specific student.**
- Students, coaches or officials who were at the event, <u>*but not in close contact with a positive case*</u>, should continue to be closely monitored for any symptoms of COVID-19. At this time, these individuals are not required to receive testing unless they develop COVID-19 symptoms.
- Areas that were used by the sick person should be closed off and should not be used until after cleaning and disinfecting them (this includes surfaces or shared objects in the area). If possible, cleaning and disinfecting of the area should not occur until at least 24 hours has elapsed. If 24 hours is not feasible, as much time possible should be allowed to pass before cleaning or disinfection occurs.

Sources: CDC, MI Safe Start Plan, MI Safe Schools Return to School Roadmap, MHSAA/NFHS SMAC Reopening Guidance

MHSAA Fall Planning – Sideline Cheerleading

Revised July 29, 2020

Considering all recommendations by the MISafeSchools Return to School Roadmap, MHSAA Re-Opening Guidelines and the Sports Medicine Advisory Committees, the following are the specific guidelines for Sideline Cheerleading.

- **The MHSAA/NFHS Guidance For Re-Opening School Sports lists Sideline Cheerleading as a low 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 uses by competitors.* ***Stunting is considered high risk and is currently not allowed in Sideline Cheerleading.*** Information could be updated after reassessing future epidemiology data and/or health department and CDC directives.

Competition and Spectator Limitations

- Indoor practice and competition cannot begin until indoor school gymnasiums are opened.
- 2020 Fall regular season tournament competition limit – no more than 4 teams at a site.
- No scrimmages allowed.
- Spectators will be limited. The number of spectators and individuals allowed for indoor and outdoor events will be based on future guidance from the governor's office, and will be posted prior to the first dates of competition.

Special Equipment and Facility Considerations for Sideline Cheerleading

Sports Equipment	Facility
• Mats • Any item that is held in the hands or makes contact with the body (poms, megaphones, flags, signs, spirt items, etc.)	• Sidelines/Bench Area • Bathrooms • Locker rooms • Warm up areas • Weight training facilities • Bleachers • Entry Gates • Ticket Booths • Mats

Note: This is not an exhaustive list and there might be additional steps in each school to help prevent the spread of the virus. Even when taking all precautions, there is still a risk of transmitting illnesses. The situation with COVID-19 continues to change and these considerations may quickly become outdated. Continue to keep up with the latest from the CDC and your local health department.

A coach within the program should be designated to be responsible for responding to COVID-19 concerns.

SIDELINE CHEERLEADING – Return to Play Guidelines

PRACTICE

- Each individual (coaches and athletes) should wash and sanitize their hands prior to practice. Coaches must keep accurate records of athletes and staff who attend each practice in case contact tracing is necessary.
- Participants must be appropriately spaced on the field or sideline to ensure proper physical distancing (6 feet) and coaches or participants should not have any contact with another participant (unless to protect from injury). Masks and appropriate clothing and shoes must be worn at all times. No hugging, shaking hands, or fist bumps.
- Workouts should be conducted in "pods" of students with the same 5-10 (includes coaches and participants) always working out together.
- Conditioning and individual technique/choreography work only. No physical contact. Chants, jumps and individual/choreography work without contact are permissible. Any mask worn during tumbling must be taped and secured. Participants may not practice/perform stunts. Expectations of spotting or alternative teaching/coaching methods should be clearly communicated repeatedly during practice. Athlete safety is paramount.
- There should be no shared athletic clothing, props or shoes between students. If hand-held items are used, each student must have their own clearly marked items.
- Items, backpacks, etc. should be lined up in a separate monitored area.
- Cheer participants should have their own roll of athletic tape if needed for taping and bring their own water bottle which must be marked and cannot be shared.
- Mat manufacturers should be contacted for specifics on proper cleaning protocols for mats. Continued use of disinfectant chemicals may reduce the life of the product and the application of disinfectant chemicals may have unintended results and place the athlete at risk of injury.

COMPETITION

- Sideline cheer athletes must come dressed to participate.
- There should be no pre-game meeting between the two teams of sideline cheerleading teams. One coach from each team may meet. This pre-game meeting should be away from the sideline and all individuals to maintain a social distance of 6 feet.
- Masks may be worn, but are not required. Any mask worn during tumbling, must be taped and secured.
- No pre-game and post-game handshakes/high-fives/fist bumps.
- All props must be sanitized before and after contest.
- Each person should have their own water bottle, clearly marked with their name.
- Gloves are permissible.
- Each team is responsible for its own hand sanitizer and its own medicine kit.
- Stunting currently not allowed.
- Information could be updated after reassessing future epidemiology data and/or health department and CDC directives.

COVID-19 Athlete/Coach Monitoring Form

Date:_____

Name	Time	Circle Yes/No below										
		Fever		Cough		Sore Throat		Shortness of Breath		Close contact, or cared for someone with COVID-19		Temp (if higher than 100.3°F)
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	