

USSA/UHSAA Return-To-Play Protocol Winter Sports



Return-To-Play Plan and Sport-by-Sport Recommendations

USAA/UHSAA Winter Policy Statements

Games may be delayed, suspended, or cancelled for non-compliance

- 1. Districts/member schools are to provide training for all coaches/game personnel on COVID-19 risk mitigation strategies and protocols. Failure to adhere to these protocols will result in discipline of employee by hiring organization.*
- 2. Symptom checking will be required for all UHSAA teams before all games, practices and team activities. Symptom checking will also be a requirement before teams engage in team travel to an event. Records will be maintained and documentation kept by the school to help with contact tracing efforts and risk mitigation monitoring.*
- 3. Masks will be required for all individuals in facility who are not engaging in strenuous physical exertion. Participants who are actively exerting themselves and officials actively exerting themselves in physical activity will be exempt from this ruling. Players will be required to store their masks in a pre-assigned place where they can be easily accessed when exiting the game, near their personalized water bottle and/or gear.*
- 4. Schools will set up playing facilities to maximize distancing, including spacing non-active players on the bench.*

USSA/UHSAA Transmission Risk Index Fundamentals

High Risk Fundamentals

- Parents Of Participants Only in Venue
- Support Groups Allowed with Masks Required and Social Distancing (Home Team Only)

Moderate Risk Fundamentals

- 25% capacity
- Support Groups Allowed with Masks Required and Social Distancing
- No Defined Student Sections

Low Risk Fundamentals

- Capacity determined by host school and/or district, with accordance to social distancing and other state guidelines
- Defined Student Sections Where Social Distancing Occurs
- Support Groups Allowed with Masks Required and Social Distancing

UHSAA Sport-by-Sport Specific Best Practices and Guidelines

Basketball

General Considerations:

- *All score table personnel shall be wearing masks. No unnecessary personnel should be sitting on the score table and media members are recommended to social distance.
- *The host school shall sanitize the score table before the game.

Considerations for Coaches:

- *Coaches are encouraged to have players work out in consistent groups of five or smaller to help with social distancing. Additionally, coaches are encouraged to not have varsity/junior varsity programs practice together, to mitigate the risk of spread throughout all levels of the program.
- *Coaches are required to wear masks on the bench while coaching and during practice.

Considerations for Players:

- *Players are encouraged to sanitize hands when returning to the bench.
- *Players shall wear masks in all 1-on-1, 2-on-2 and 3-on-3 drills. Masks shall also be worn in any practice activities not involving strenuous physical exertion, including stretching and off-court activities. Masks shall be worn during walkthroughs.

Considerations for Officials:

- *Officials are encouraged to sanitize hands during breaks. Officials have the ability to wear gloves.
- *Electronic whistles are permissible.
- *Officials are encouraged to limit attendees to the referee and the head coach from each team in the pregame meeting at center court.
- *Officials are encouraged to be wearing a mask when speaking in close quarters with a head coach.

Distancing:

- *Players shall socially-distance when on the bench.
- *Players shall have a pre-assigned seat on the bench. When entering a game, players will leave their mask and personalized water container on their assigned bench location. This will minimize cross-contamination of masks.

Considerations for Parents:

- * 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.

UHSAA Sport-by-Sport Specific Best Practices and Guidelines Drill

General Guidelines:

- Masks may be worn but are not required during competition. 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.
- Individuals shall sanitize their hands before and after stunting and handling of props.
- When stunting, the shoes of the top person shall be sanitized before and after practice and performance.
- Props may be shared provided the items have been sanitized and the drill team members sanitize their hands before and after each practice and performance.
- There shall be only 1 person to operate sound equipment unless sanitizing takes place prior to use by another individual.
- Clean frequently touched areas, props and equipment. Provide ample hand sanitizer at all contests and practices.

Competition Guidelines:

- Athletes (when not competing), coaches and officials shall wear masks.
- Teams are encouraged to compete in pods of 1 classification at a time and leave the facility when pod is completed.
- Live awards ceremonies shall be limited to athletes and/or coaches to encourage social distancing. Virtual awards ceremonies shall be encouraged where possible.
- Drill down competition only if social distancing can be maintained and masks are required.
- Separate dressing areas shall be assigned per team.
- Hold an online coaches meeting the day prior to competition or have limit of 1 coach per program at in-person coaches meetings.

Considerations for Parents:

- 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.

UHSAA Sport-by-Sport Specific Best Practices and Guidelines Swimming

The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Swimming Rule Considerations:

Conduct - Require athletes to arrive at venue already in competitive attire or provide alternative accommodations for swimmers to change that allows for 6 feet of social distancing. Swimmers shall be wearing masks when not swimming.

Lap Counting - Only one person per lane shall be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices. Lap counters shall be wearing masks.

Pre-Meet Conference - Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use the P.A. system or starting system microphone to allow participants to hear, but keep them properly separated.

Referee and Starter - Various rules require interactions between officials, coaches and athletes. Alternative methods for communications include utilization of the P.A. system, hand signals or written communication.

Notification of Disqualification - Notification shall occur from a distance via use of hand signals or the P.A. system.

Meet Officials - Officials responsible for information processing are often located together at a desk or table adjacent to the competition course, or in an office or remote location. Develop alternative methods for submitting entries and movement of non-electronic information. Maintain a distance of 6 feet of social distancing between individuals seated at the desk or table. Meet officials shall be wearing masks.

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 that they are timing. Timers shall be wearing masks.

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.

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 shall be wearing masks. .

General Considerations:

- 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 cool-down periods.
- For lane placement, consider keeping 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.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 6 feet of social distancing between the individuals.
- Consider using tape or paint as a guide for students and coaches.
- No pre-swim/meet and post-swim/meet handshakes, etc.
- All equipment should be cleaned and sanitized before and after the contest.

UHSAA Sport-by-Sport Specific Best Practices and Guidelines

Wrestling

- The UHSAA will only sanction (1) day tournaments and will require schools to limit the number of participants to 112 or a maximum of 224 if the 'Event Management Template' is completed and approved. This applies to all pre-season, regular season, and state tournaments. Divisional lengths and participants may be increased on a case-by-case situation to account for more than 16 wrestlers in multiple weight classes. (Divisionals Only!!!)
- Travel shall be limited as much as possible. Schools may need to bring multiple buses to allow for appropriate social distancing. Masks shall be worn on buses and at venues.
- Traveling may result in athletes having to spend the night in a hotel; it would be the district, school, and coach's responsibility to get appropriate lodging to allow for the required social distancing.
- Every wrestling athlete, manager, coach, administrator, athletic director, media representative, wrestling official, bus driver, and UHSAA staff member needs to have symptom form completed before entering the venue. Traveling teams would need to do the symptom check and temperature check before they get on the bus. Home teams will check symptoms as athletes arrive at the school and before they are allowed into the locker room. For those individuals who are considered support staff, symptom checks shall occur at the venue (officials, administrators, media, game administration, and UHSAA staff).
- Practice in pods within specific weight classifications for contact tracing and social distancing. Example: (106-113) practice together etc.
- Coaches, athletes, and officials shall social distance while sitting at the venue. Venues shall stagger chairs for duals. Handshakes are permissible before and after the match between wrestlers, but not recommended with the opposing coach. Masks shall be worn at all times by coaches, wrestlers, officials, and staff, with the exception of participating wrestlers and officials prior to their match.
- Wrestlers should leave their mask and personalized water container in the coaches' corner. This will minimize cross-contamination of masks.
- There shall be no team water bottles. Athletes should bring their own clearly marked water bottle.
- Hand sanitizer shall be placed on each side of the mat, or coaches' corner, so wrestlers can sanitize prior to entering the mat and as soon as they exit the mat.
- All medical equipment, water bottles and water coolers shall be sterilized before coming into the facility. Teams shall sanitize head gear before and after each match.
- Host sites shall sterilize all gymnasium seats, official's locker room and high-touch areas that athletes and equipment might touch.

Considerations for Parents

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt, stay home). Wrestling, because of its intense nature, could have transmission, resulting in suspending, modifying, or cancelling the entirety of the season. Please do your part. It is extremely "IMPERATIVE," if your child is not feeling well, they should be removed from attending any school activity until appropriate testing has been completed and athlete is given the all clear to return.
- Provide personal items for your child and clearly label them.
- Disinfect your students' personal equipment after each game or practice.