

## Plans for Resuming Activities after June 28

All programs are expected to diligently adhere to the following guidelines:

- All activity on the high school or a middle school campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department.
- Coaches may conduct activities that comply with the Governor's Youth Sport Orders for this type of sport.
- All involvement by students before the first **official** day of practice is voluntary without repercussion for failure to attend.
- No activity before the first **official** day of practice can be a condition for inclusion on a future roster.
- Check in Procedures
  1. Check temperatures in the parking lot. If 100.4 or higher, the student, and anyone riding in the same car, may not participate.
  2. Have students scan QR code and answer screening questions.
  3. Give students a bracelet that indicates they have met health guidelines (must be worn during practice).
  4. Have students proceed to a predetermined location to meet with their group.
- Hand sanitizer will be available during check in (in AD office).
- Sneeze or cough into a tissue or the inside of your elbow.
- Hard surfaces should be wiped down and sanitized regularly using Halt (in AD office).
- Encourage students to shower and wash their workout clothes immediately upon returning home.
- Keep a minimum distance of 6 feet between people at all times.
- Athletes are expected to bring their own water bottle. No sharing is permitted and water fountains will not be available. We will have extra bottles of water on hand.
- [Guidance for groups of 50 or fewer](#) must be followed.
- 
- Students will be assigned to a group by the coach. Once the groups have been established, a student may not change groups. A list of students in each group shall be recorded, kept for your reference and submitted to the Athletic Director.
- At least 15 minutes should be scheduled between groups to allow for proper sanitation and to prevent different groups from intermingling.
- In the event a student or coach tests positive for COVID-19, the entire group, including the coach will be shut down for 14 days. Everyone is advised to contact the Green River Health Department and quarantine at home for 14 days.
- Students or coaches that have not tested positive for COVID-19, but exhibit 2 or more of the symptoms may not return until:
  - 3 days with no fever (without fever reducing medication) **and** respiratory symptoms have reduced **and** it has been 10 days since the onset of symptoms; or
  - A medical examiner's produced note clearing the individual for return

**The following are the guidelines released by KHSAA. HCHS will allow Maximum of 50 in practice sessions of no more than 10:1 ratio in sub-groups.**

### **Low Touch Indoor - Archery, Bowling, Swimming**

- Off campus participation by enrolled or formerly rostered participants with or without the presence of a school coach (whether or not coaching) shall be unlimited.

- During this period, all groups should be compliant with the guidance for groups of fifty (50) or fewer
- All coaches should be instructed to wear cloth masks/face coverings at all times in the presence of students and maintain social distancing guidelines at all times.
- All officials/umpires should consider the feasibility and practicality of wearing cloth masks/face coverings during competition.

#### **Low Touch Outdoor - Baseball, Cross Country, Golf, Softball, Tennis, Track and Field**

- Off campus participation by enrolled or formerly rostered participants with or without the presence of a school coach (whether or not coaching) shall be unlimited.
- During this period, all groups should be compliant with the guidance for groups of fifty (50) or fewer
- All coaches should be instructed to wear cloth masks/face coverings at all times in the presence of students and maintain social distancing guidelines at all times.
- All officials/umpires should consider the feasibility and practicality of wearing cloth masks/face coverings during competition.
- Any competition is at the discretion of the school and are unofficial and outside of any limitation of seasons for the KHSAA; we will not be competing outside of the program until further guidance
- In baseball and softball, balls should be rotated out as frequently as possible with minimal sharing and wiped with sanitized as frequently as feasible.
- In track and field, batons should be rotated out as frequently as possible with minimal sharing and wiped with sanitizer as frequently as feasible.
- For baseball and softball, specific rules and play accommodations are recommended including:
  - The placement of the plate umpire behind the mound;
  - The movement of base coaches to ensure they are able to maintain social distancing (without gaining a competitive advantage or interfering with the game);
  - Rotating the ball out as frequently as possible and wiping it between innings;
  - No sharing of equipment (bats, gloves, catchers gear, etc);
  - No community water coolers;
  - No spitting, chewing gum, or sunflower seeds;
  - Individual teams should use their own set of baseballs or softballs
  - Social distancing in dugouts and in stands.

#### **High Touch Indoor - Basketball, Cheer, Dance, Volleyball, Wrestling**

##### **NOTES:**

- Additional guidance and accommodation for competition in all sports and sport-activities is likely forthcoming.
- For wrestling, allowable activities include conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (as long as physical distancing is adhered to).

##### **SEGMENT PARAMETERS**

- Competition cannot be conducted in any form.
- All activity may not simulate game competition, including variations in the number of players per side.
- Sessions must focus on skill development and general conditioning as well as instruction without game formations.
- Sessions may focus on weight training provided the guidance for weight training rooms is compliant.
- During this period, all groups should be compliant with the guidance for groups of fifty (50) or fewer

- All coaches should be instructed to wear cloth masks/face coverings at all times in the presence of students and maintain social distancing guidelines at all times.

#### TRYOUT EXCEPTION FOR CHEER AND DANCE

- Each school may establish its Bylaw 23 “Tryout” window for sport-activities (i.e. Sideline Cheer, Competitive Cheer and Dance) during this segment, and if that is utilized, there will be no additional tryout allowed prior to the official start of practice as defined within Bylaw 23 (unless further altered by the Board of Control).
- As a high-touch sport or sport-activity, the Sideline Cheer, Competitive Cheer and Dance tryouts may be done virtually or in person if the only person involved in the tryout is the prospective member of the team without additional support, bracing or stunting partner.
- Sideline Cheer, Competitive Cheer and Dance squads desiring tryouts to involve partners for support, bracing or stunting may not be held until the official start of practice as defined within Bylaw 23 (unless further altered by the Board of Control).
- Because no activity during this period can be mandatory, squads holding tryouts during this period should plan an additional tryout segment once the official limitation of seasons periods begin.

#### GYMNASIUM NOTES REGARDING BASKETBALL, VOLLEYBALL AND OTHER INDOOR SPORTS

- Groups of fifty (50) or fewer are permitted, divided into subgroups with no more than eleven individuals (10 players and one coach, 9 players and 2 coaches, etc.).
- Shared equipment is permitted in this segment per the guidelines, but with frequent sanitization
- As feasible, if individual opportunities are desired for dribbling, shots, etc, the athlete should utilize their own ball or should be assigned a ball to be used by that player and only that player for the entire session (and sanitized routinely).
- This period is specifically low-touch, medium sharing per the guidelines and as such, there is only minimal, necessary physical contact permitted between athletes, or between coaches and athletes.
- All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, or after activities unless the contact is for the purpose of safety.

#### **High Touch Outdoor - Football, Soccer**

#### NOTES

- Additional guidance and accommodation for competition in all sports and sport-activities is likely forthcoming

#### SEGMENT PARAMETERS

- Competition or simulated competition cannot be conducted
- All activity may not simulate game competition, including variations in the number of players per side.
- Sessions must focus on skill development and general conditioning as well as instruction without game formations
- Sessions may focus on weight training provided the guidance for weight training rooms is compliant.
- During this period, all groups should be compliant with the guidance for groups of fifty (50) or fewer
- All coaches should be instructed to wear cloth masks/face coverings at all times in the presence of students and maintain social distancing guidelines at all times.

## HIGH-TOUCH SPORTS NOTES

- Groups of fifty (50) or fewer are permitted, divided into subgroups with no more than eleven individuals (10 players and one coach, 9 players and 2 coaches, etc.).
- Shared equipment is permitted in this segment per the guidelines, but with frequent sanitization
- As feasible, if individual opportunities are desired for passing, receiving, kicking, etc, the athlete should utilize their own ball or should be assigned a ball to be used by that player and only that player for the entire session (and sanitized routinely).
- This period is specifically low-touch, medium sharing per the guidelines and as such, there is only minimal, necessary physical contact permitted between athletes, or between coaches and athletes.
- All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, or after activities unless the contact is for the purpose of safety.

## FOOTBALL NOTES:

- For football, contact with other players is not allowed, and there should be no use of tackling dummies / donuts / sleds.
- No rules specified protective gear (helmets, shoulder pads, extra required gear) may be provided to student athletes.