

DEFINITIONS IN VARIOUS GUIDANCE

Per NFHS Guidance for High School Interscholastic Play

	FALL	WINTER	SPRING
Low	Cross Country (staggered starts) Golf Sideline Cheer	Indoor Track and Field* Swimming Individual Events	Outdoor Track and Field*
Moderate	Field Hockey Football (7 on 7) Soccer Volleyball	Basketball Ice Hockey Swimming (Relays)	Baseball Girls' Lacrosse Softball Tennis *
Higher	Football	Competitive Cheer Dance Wrestling	Boys' Lacrosse

NFHS Categories

Low Risk Level	Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, sideline cheer, cross country running (with staggered starts)
Moderate Risk Level	Basketball, volleyball*, baseball*, softball*, soccer, ice hockey, field hockey, tennis*, swimming relays, pole vault*, high jump*, long jump*, girls lacrosse, crew with two or more rowers in shell, 7 on 7 football. *Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants
Higher Risk Level	Wrestling, football, boys lacrosse, competitive cheer, dance

Per Kentucky Youth Sports Categories

Low Touch Indoor		Bowling Indoor Track and Field Swimming and Diving	Archery
Low Tough Outdoor	Cross Country Golf		Baseball Bass Fishing Softball Tennis Track and Field
High Touch Indoor	Volleyball	Basketball Competitive Cheer Dance Ice Hockey Wrestling	
High Touch Outdoor	Field Hockey Football Soccer		Lacrosse