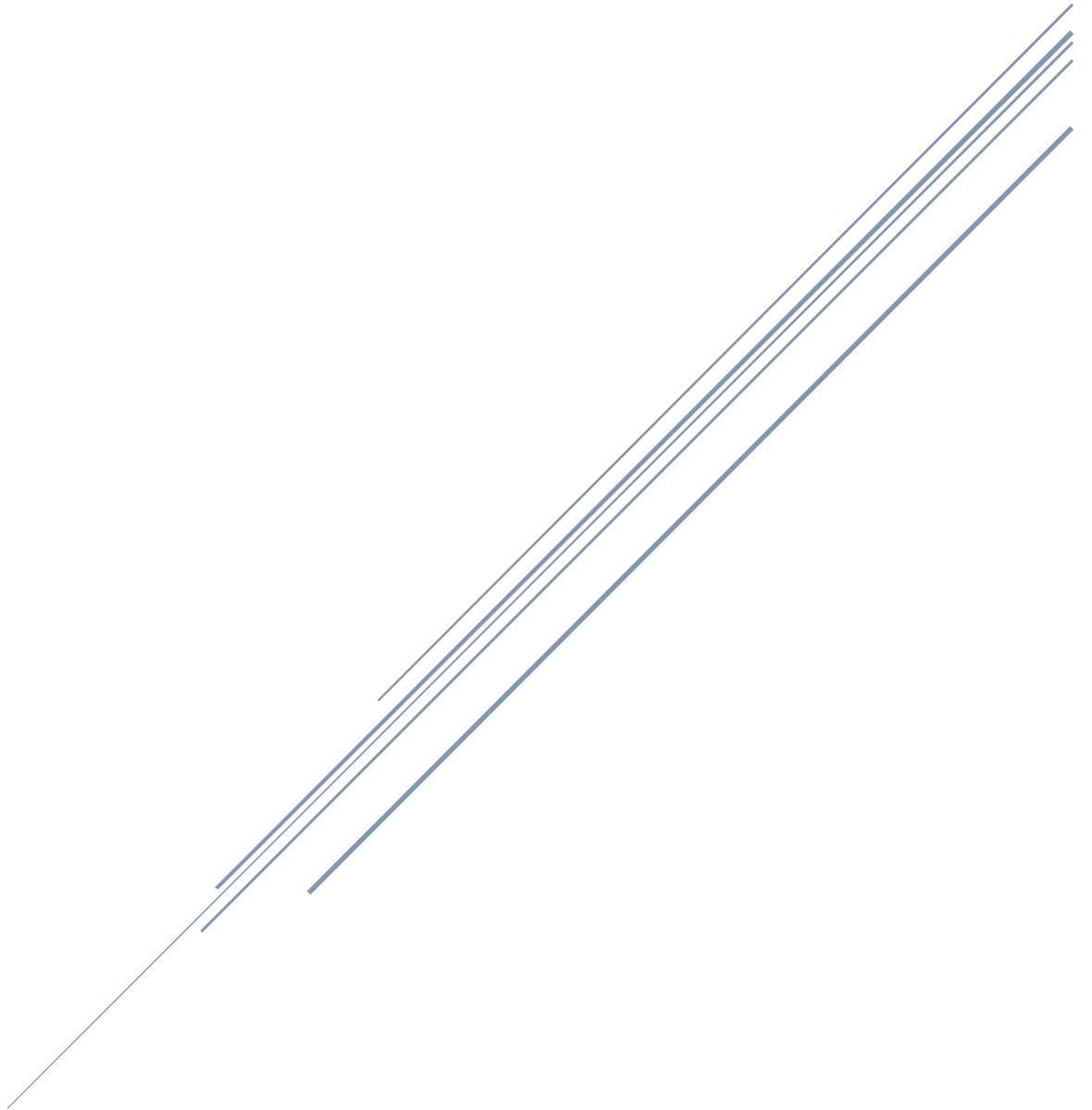


# JUNE 29 – JULY 12

Implementation of sports



KHSAA/CCPS Committee

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## **June 29-July 12--General**

(this is in effect for all sports from June 29-July 22)

- All workouts should be scheduled and made available to your school Athletic Director
- Locker rooms will be available BUT coaches must make sure 6ft social distancing is followed.
- Any person not essential to workouts shall not attend

## **Participants**

- Voluntary participation
- Must have the following in hand: (Coach must have copy in his possession)
  - Updated physical
  - COVID-19 signed parent/guardian form
    - *Coaching staffs might consider having someone to communicate with participants that have not yet updated physical or COVID-19 parent/guardian signed form—you know there will be students that just show up—just have a plan in place to avoid congregating groups*

## **Facilities Cleaning**

- Prior to individuals or groups entering facility, hard surfaces must be wiped down and sanitized. This process should also occur after workouts and prior to the next workout when activities are inside.
- This is necessary if any sports choose to:
  - Make indoor bathrooms available
  - Use weight lifting equipment outside

## **Specific sports should have certain areas marked or at least identified**

- Entrance
- Gathering for participants—6ft social distancing
- Quarantine area
- Workout area
- Participant waiting on ride home area

## **Arrival Procedure**

- Participants enter through designated entrance area
- Gathering area for participants—establish 6ft social distancing
- Coach meets participants—coach or trainer should be wearing face covering
- participants should be dressed and ready to workout on arrival
- participants should have their own water bottle
- (If you provide water bottles, the bottles should be sanitized before giving to participant and only distributed by coach)

- Coach takes temperature, student signature, record temperature (who has forms, thermometers)
- \*If temperature is above 100.4, student is placed in quarantine area, parents contacted to pick up immediately, contact health department
- Participants should wash hands using provided hand sanitizer
- Proceed too workout

### **Workout**

- If weight room is utilized: See instructions—Weight Room Guidance pgs 3-4
- Temperature
  - Even with the temperature expected to be in the 80's early next week and low 90's later in the week,
  - Coaches must monitor the heat index during workouts
- Water
  - Participants must have a source of water during workouts whether that be their own water bottle or one provided by staff

### **Departure Procedure**

- At the conclusion of workout, participants should leave workout area and return home
  - (If there is a situation, where participant is waiting on ride, there should be an area for them to wait that does not allow them to congregate with others waiting or participants arriving)
  - Those exiting should depart using the designated exit

*\*Coaches are strongly encouraged to use face coverings whenever physical distancing is not possible. (Would recommend the individual taking the participant temperature wear a face covering)*

### **Sports involved:**

- **All District sports will be phased in on June 29**

**\*It is not mandatory for students to participate or mandatory that coaches begin workouts on June 15**

DEFINITIONS USED IN THIS GUIDANCE (from the Governor’s Healthy at Work Document entitled “Guidance for Youth Sports and Athletic Activities)

- **“No touch”** means **no physical contact between youth athletes is permitted**. During “no touch” periods, 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. During “no touch” periods, scrimmages and games are not permitted.
- **“Low touch”** means only **minimal, NECESSARY contact between youth athletes is permitted**.
- **“Low sharing”** means **minimal, NECESSARY sharing of youth sports and athletic activity equipment** between youth athletes (e.g. limiting shared items to groups of ten (10) or fewer). **Shared equipment must be sanitized between uses to the greatest extent practicable.**
- **“Medium sharing”** means **moderate levels of sharing of youth sports and athletic activity equipment** between youth athletes (e.g. limiting shared items to groups of fifty (50) or fewer). **Shared equipment must be sanitized between uses to the greatest extent practicable.**
- **“Low Touch, Outdoor Sports”**- Baseball, Bass Fishing, Cross Country, Golf, Softball, Tennis, Track and Field, Trap Shooting
- **“Low Touch, Indoor Sports”**- Archery, Bowling, Esports, Swimming and Diving
- **“High Touch, Indoor Sports”**- Basketball, Competitive Cheer, Dance, Volleyball, Wrestling
- **“High Touch, Outdoor Sports”**- Field Hockey, Football, Lacrosse, Soccer

### **Weight Room guidance**

- Primary focus is the safety of participants
- Fitness center must ensure all stationary fitness equipment (including, but not limited to treadmills, benches, platforms, power racks, machine-weights, elliptical) is spaced at minimum six (6) feet apart, as measured from the main operation of the specific piece of equipment, in order to ensure social distancing. Alternatively, they can close pieces of equipment to ensure six (6) feet of distance between active machines.
- No use of water fountains—participants must have or use their own water bottle
- Workouts are voluntary
- Temperature check on arrival and recorded—same procedure used June 15-June 28
- Restrooms if opened should be sanitized before use and at the conclusion of the workout
- 2 people maximum on any one piece of equipment
- Spotter should wear face covering
- Maintain social distance of 6 ft apart
- Pre-determined groups of 10 or less—at least one coach (once groups determined, students may not switch from one group to the other)
- Avoid all interaction between groups

- Sessions can only include weightlifting, running, and exercises designed to promote physical fitness
- Sports-specific drills are not permitted and sports-specific equipment is not permitted
- Each piece of equipment should be disinfected between each user of the equipment
- Hand sanitizer used every 30 minutes
- Any equipment used should be disinfected every 30 minutes
- No sharing or personal clothing, hydrating bottles, towels, and gloves is permitted
- Coaches should wear a cloth mask or cloth face covering

**June 29-July 12**

**Low touch outdoor sports—baseball, cross country, golf, softball, track and field**

- Coaches may conduct activity (practice) that complies with the Governor's Youth Sport Orders for this type of sport.
- All involvement by students is voluntary without repercussion for failure to attend
- No activity can be a condition for inclusion on a future roster
- 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.
- At this time, no scrimmages or completion other than inner-squad scrimmages will be allowed at District facilities—we will look at this after July 12th

**Low Touch indoor sports—archery, esports, swimming**

- Coaches may conduct activity (practice) that complies with the Governor's Youth Sport Orders for this type of sport.
- All involvement by students is voluntary without repercussion for failure to attend
- No activity can be a condition for inclusion on a future roster
- 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.
- 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
- 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.
- At this time, no scrimmages or completion other than inner-squad scrimmages will be allowed at District facilities—we will look at this after July 12th

### High Touch indoor sports—basketball, cheerleading, dance, volleyball, wrestling

- Coaches may conduct activity (practice) that complies with the Governor’s Youth Sport Orders for this type of sport.
- Voluntary participation
- 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.
- Groups or pods of 10 or less (1 coach to 10, 2 coaches to 9, etc)
- 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.
- 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 season’s periods begin.

#### NOTES REGARDING BKB, VB, 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 Sports—football, soccer

- All activity on a member school (or affiliated 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.
- All published social distancing guidelines should be required if such activity is conducted and all references to Social Distancing shall include the CDC guidance as well as the Governor's guidance contained in the May 22 Youth Sports Guidelines, and any locally supplemented requirements
- Coaches may conduct activity that complies with the Governor's Youth Sport Orders for this type of sport.
- All involvement by students is voluntary without repercussion for failure to attend • No activity can be a condition for inclusion on a future roster
- 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.

## **Ky Social Distancing Requirements**

Coaches should do the following:

- **Establish procedures to ensure youth athletes are socially distanced to the greatest extent practicable at all times.** League officials, coaches, and other responsible adults should emphasize physical and cardiovascular fitness and individual skill building activities and limit group/team activities. League officials, coaches, and other responsible adults developing activities and practices should consider that older youth might be better able to follow directions for social distancing and take other protective actions.
- **Modify workouts,** exercise, skills training, practices, competitions to increase distance between athletes, coaches, officials, and spectators, to the greatest extent practicable. During rest periods or other periods of inactivity social distancing should be increased and congregating eliminated.
- **Space youth athletes at least six (6) feet apart on the field** while participating in the youth sport or athletic activity during warmup, skill building activities, and simulation drills.
- Ensure that during team/group practices, physical fitness workouts, exercises, or skills training where **youth athletes are subdivided small groups** that each small groups remains together and separated from other groups to the greatest extent practicable. For example, groups should work through stations, rather than switching groups or mixing groups.
- **Discourage unnecessary physical contact,** such as high fives, handshakes, fist bumps, or hugs. To encourage sportsmanship league officials, coaches, and other responsible adults should encourage alternative, socially distanced, signs of mutual respect. (e.g. tip the cap, wave, salute, bow).
- **Eliminate, to the greatest extent practicable, touching of shared equipment and gear** (e.g., protective gear, balls, bats, racquets, mats, or water bottles). Where practicable, league officials, coaches, and other responsible adults should provide individual, nonshared equipment to youth athletes. Where not practicable, league officials, coaches, and other responsible adults should encourage youth athletes to provide their own equipment and water bottles.
- Ensure that youth athletes in high-touch sports and activities only play “full contact” during game/competition situations.
- Encourage parents and custodial adults to monitor their own child (e.g. younger children could sit with parents or caregivers).
- Minimize the level of contact between youth athletes who may be at higher risk for severe illness, such as children who may have asthma, diabetes, or other health problems.  
<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higherrisk.html>. League officials, coaches, and other responsible adults are encouraged to offer virtual coaching and in-home drills for youth athletes at a higher risk for severe illness.

- Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations.
- Decrease team sizes to the greatest extent practicable.
- Eliminate travel competitions or scrimmages outside of the local community (e.g., neighborhood, town, or community).
- Educate staff and youth athlete families about when they should stay home and when they can return to activity.
- Direct coaches, staff, families, and youth athletes to stay home and/or seek medical attention if they have tested positive for or are showing symptoms of COVID-19.
- Prohibit individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19, from participating in youth sports and athletic activities.
- Identify staff to help maintain social distancing among youth athletes, coaches, umpires/referees, and spectators.
- Prohibit sick coaches, staff members, umpires/officials, or youth athletes from returning until they have met CDC's criteria to discontinue home isolation
- Prioritize outdoor, as opposed to indoor, practice and play as much as possible.
- Create distance between youth athletes when explaining drills, rules, or other instruction.
- Emphasize physical and cardiovascular fitness individual skill work and drills to the greatest extent practicable.
- Direct youth athletes to wait in their cars with their parent or other custodial adult until just before the beginning of a practice, warm-up, game, or other activity.
- Eliminate the use of carpools or van pools. When riding in an automobile to a sports event, encourage youth athletes to ride to the sports event with persons living in their same household.
- Stagger arrival and drop-off times or locations by group or put in place other protocols to limit contact between groups and with parents, custodial adults, and spectators as much as possible. For example, league officials, coaches, and other responsible adults should increase the amount of time between practices and competitions to allow for one group to depart before another group enters the facility.
- Limit youth sports participation to staff and youth who live in the local geographic area (e.g., community, city, town, or county) to reduce risk of spread from areas with higher levels of COVID-19.

- Stage, to the greatest extent practicable, intra-squad scrimmages instead of playing games with other teams to minimize exposure among players and teams.
- Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations as much as possible – especially with individuals not from the local geographic area (e.g., community, town, city, or county).
- Designate a youth sports program staff person to be responsible for responding to COVID19 concerns. All coaches, staff, officials, and families should know who this person is and how to contact them.
- Establish protocols for notifying staff, officials, families, and the public of youth sports facility closures and restrictions in place to limit COVID-19 exposure (e.g., limited hours of operation).
- Implement flexible sick leave policies and practices for coaches, officials, and staff that enable employees to stay home when they are sick, have been exposed, or caring for someone who is sick.
- Develop policies for return-to-play after COVID-19 illness.
- Virtually train coaches, officials, and staff on all safety protocols.
- Prohibit congregating of youth athletes, spectators, families, coaches, officials, and other persons prior to or following practices or athletic events.
- Maintain a complete list of coaches, youth athletes, and league officials present at each event to include the date, beginning and ending time of the event, plus, name, address, and phone contact to be made available upon request from local health department
- Ensure team meetings occur virtually or over the phone.
- Alert the local health department of the event prior to competitive tournaments.
- prohibit spitting or eating of seeds, gum, or similar products.
- Share these requirements with all youth athletes, coaches, spectators, officials, and employees prior to the beginning of the program.

Facilities holding youth sports and athletic activities, as well as league officials, coaches, and other responsible adults should do the following:

- Provide physical guides, such as signs and tape on floors or playing fields, to make sure that coaches and youth athletes remain at least 6 feet apart.
- Establish flexible worksites (e.g., telework), flexible work hours (e.g., staggered shifts), and policies for social distancing between employees, staff, and others

- Stagger the use of lockers, and clean and disinfect locker rooms between uses.
- Install touchless sensors on sinks and hand dryers to the greatest extent practicable.
- Install digital check-in and registrations as well as touch-free entries and exits to the greatest extent practicable.
- Eliminate “lost and found” bins, vending stations, saunas, steam rooms, water coolers, water fountains, and vending stations to the greatest extent practicable.
- Ensure that controls are established to ensure social distancing in locker rooms, including disabling lockers to enforce six (6) feet of social distancing. Facilities holding youth sports and athletic activities should discourage use of locker rooms or consider measures to socially distance youth athletes (e.g. closing every other locker or groups of lockers in order to space out usage) and sanitize frequently.
- Dugouts or other areas where social distancing is not possible should not be used.

- I. Purpose
  - a. Discussion leading to an agreed plan for the implementation of athletics and other related items that pertain to those sports.
- II. Proposed Timeline
  - a. June 19<sup>th</sup>—implement plans for all sports at the middle school and high school level
  - b. Current sports working out/practicing: FB, SC, CC, Golf, CL
  - c. Sports to be added June 29<sup>th</sup>: BB, SB, T&F, Archery, Esports, Swimming, CL, Dance, VB, WR
- III. Expectations of student/athletes and coaches
  - a. PPE/Hand Sanitizer/Thermometer
  - b. COVID-19 release form/updated physical on file
  - c. All activities are voluntary
  - d. Athletic groups on campus—managed by schools
  - e. Transportation—see page 10 in gray
- IV. Sports Physicals and trainers
- V. KHSAA Guidelines/Social Distancing Guidelines
  - a. General Information
  - b. Sports Specific Directives
  - c. Social Distancing Guidelines
- VI. Communication Plan
  - a. Problems communicating with coaches?
  - b. Phone call/text—email with sport specific information—reminders—check and monitor
- VII. Miscellaneous
  - a. Fund Raising
  - b. Facilities
  - c. Gym re-finish
- VIII. Questions
- IX. Next meeting