

State provides suggestions on how Indiana high school sports can return

The Indiana Department of Education released [a 38-page document](#) on Friday with a series of recommendations to schools as they plan to reopen schools, including a three-phase approach on athletics.

The recommendations are not mandates, as each school district will determine their final decisions. But here are some the highlighted recommendations the Department of Education made specific to athletics:

Phase I: July 6-19

>> Student athletes should be limited to 15 hours per week on campus and individual students limited to 15 total hours of school contact activity per calendar week.

>> School contact activity includes conditioning and sport-specific activities.

>> No sport may have more than two activity days per calendar week. Sport-specific activity days may not occur on consecutive calendar days.

>> Activity days are limited to three hours per day (six per week).

>> Conditioning is limited to four days per week. Sessions may be held multiple times per day, though individual students may attend only one

conditioning sessions per day.

>> All summer activities are voluntary.

>> All state and local guidelines on group limitations followed and social distancing encouraged.

>> Students when not engaging in vigorous activity should wear face coverings.

>> Coaches, medical-related staff, directors, security staff, etc., should wear face coverings.

>> All students and staff should be trained and screened for signs/symptoms of COVID-19 prior to participating in workouts, rehearsals or practices.

>> Locker rooms should not be utilized. Students should report to their activity in proper gear and return home to shower.

>> Workouts should be conducted in defined, smaller groups of students with the same students always together. Reduce gathering size by half capacity in large areas (weight room, band rooms, wrestling rooms).

>> For contact sports, no contact is allowed.

>> No formal competition is allowed.

>> Free weight exercises requiring a spotter can not be conducted.

>> Pool usage is acceptable.

Phase II: July 20-August 15

>> All state and local guidelines for group limitations must be followed and social distancing encouraged.

>> Students, when not engaging in vigorous activity and when practical, should wear face coverings.

>> All students and staff should be trained and screened for signs/symptoms of COVID-19 prior to participating in workouts, rehearsals or practices.

>> All students and staff should be trained and screened for signs/symptoms of COVID-19 prior to participating in workouts, rehearsals or practices.

>> If locker rooms or meeting rooms are used, 50 percent capacity is recommended.

>> Workouts should be conducted in defined, smaller groups of students with the same students always together. Reduce gathering size by half capacity in large areas.

>> Contact is allowed as defined by the Indiana High School Athletic Association.

>> Students must be expected to shower at school or at home and wash workout clothing immediately upon returning to their home. If a student does not have a laundered uniform, he/she may not be allowed to participate in practice or competition.

>> If schools launder student gear or uniforms, PPE must be available

for the person in charge of laundering.

>> Free weight exercises requiring a spotter may be conducted. Safety measures in all forms must be strictly enforced in the weight room.

>> Celebratory and sportsmanship acts that involve contact should be prohibited.

>> No formal competition is allowed with the exception of girls golf.

Phase III: August 15

>> All state and local guidelines for group limitations must be followed and social distancing encouraged.

>> Students, when not engaging in vigorous activity and when practical, should wear face coverings.

>> Coaches, medical-related staff, directors, security staff, etc., should wear face coverings.

>> An alternate command structure for coaching staff should be established in case of illness.

>> All students and staff should be trained and screened for signs/symptoms of COVID-19 prior to participating in workouts, rehearsals or practices.

>> If locker rooms or meeting rooms are used, 50 percent capacity is recommended.

>> Considering scheduling adjustments to reduce the number of

events, duration, participants present.

>> Workouts should be conducted in defined, smaller groups of students with the same students always together. Reduce gathering size by half capacity in large areas.

>> Contact should be limited to contact necessary to compete as defined by the IHSAA. Modified sportsmanship practices should be observed.

>> Competition may begin.

>> Spectators, media and vendors can be present but should implement social distancing and follow established mass gathering guidelines.

Call Star reporter Kyle Neddenriep at [\(317\) 444-6649](tel:3174446649).