



## Covid-19 Return to Participation in Sports and Sport-Activities Guidance Effective June 1, 2020

### FOUNDATIONAL PRINCIPLES

- This document is intended to provide guidance for schools to consider with their stakeholders in designing return-to-activity protocols in accordance with state and county restrictions. It allows for a coordinated reopening following the initial stay at home orders and may also be used if conditions dictate the need for increased restrictions in the future.
- This document recognizes that throughout this pandemic, the situation has been extremely fluid, and to say it is ever-changing would be an understatement.
- Monitoring of these guidelines is solely at the local level prior to the beginning on any competition. Reports of violations will be reported to local school authorities, as well as, if appropriate, the KYcovid19 violation reporting hotline for further administration.
- The KHSAA and all state high school associations believes it is essential to the physical and mental well-being of students to return to physical activity and athletic competition.
- The KHSAA and all state high school associations recognizes that all Kentucky students may be unable to return to – and sustain – athletic activity at the same time across the state. There will also likely be variation in what sports and activities are allowed over the next few months.
- While recognizing that district-to-district reopening may lead to perceived inequities, the KHSAA and all state high school associations advocate for returning students to school-based athletics and activities.
- Even more important is the strong relationship that exists between most players and their coaches, a relationship which likely has never been more important to both the athlete and the coach in light of this pandemic.
- The coach is integral in monitoring the health and well being of all participants and school coaches, due to their immense amount of required education and training in order to serve as a coach, are in a unique position to determine if additional guidance or alternative steps are needed to ensure each participant begins the process of recovery from the physical, mental, psychological and other aspects of this pandemic.
- Prior to allowing use of facilities, schools and other sports organizations should review facility use agreements, especially in the areas of sanitation requirements and liability.
- Limited testing availability, lack of resources for contact tracing, and expanding knowledge of COVID-19 transmission could all result in significant changes to this guidance and the KHSAA and all state high school associations will disseminate more information as it becomes available.
- Administrators and coaches must emphasize the need for all coaches and participants who have signs or symptoms of illness to stay home when ill to decrease risk of viral transmission. “Vulnerable individuals” are defined by the CDC as people age 65 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy.
- Current pre-season conditioning and acclimatization models assume that athletes have deconditioned during the stay at home orders. The current pandemic may result in students being deconditioned for several months. The intensity and duration of training should be moderated upon return and thus the reason for a step-wise approach.
- Parents should be directed to all available research and guidance if they have participation questions about their sons or daughters.
- Due to the near certainty of recurrent outbreaks in the coming months, schools and other sports organizations must be prepared for periodic school closures and the possibility of some teams having to isolate for two or more weeks while in-season.
- Development of additional and future policies regarding practice and/or competition during temporary school closures, the cancellation of contests during the regular season, and parameters for the cancellation or premature ending to post-season events/competitions will be ongoing.
- Stages and segments are in accordance with guidelines published by the Commonwealth of Kentucky and are subject to change. Those policies should be strictly followed.

### ADDITIONAL KHSAA GUIDELINES AND GUIDANCE

#### ADDITIONAL SEGMENT GUIDANCE

- Segment 1 (June 1-8)
  - Coronavirus Dead Period Continues. Focus should be on acquiring appropriate PPE, signage and other cleaning supplies per CDC guidelines as well as contacting local Health Department to share plans and a process for communication as necessary.
- Segment 2 (June 9-14)
  - Restrictions remain in place for practice and competition per the Governor’s order on youth sport. However, in person, face to face meetings may be conducted.
  - School coaches and representatives can have face-to-face contact with students, but no practices are allowed.

- 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 shall 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

## **GENERAL GUIDANCE AREAS**

### **FACILITIES CLEANING**

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

### **ENTRANCE/EXIT STRATEGIES**

- Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times.

### **LIMITATIONS ON GATHERINGS**

- No gathering of more than 10 people at a time (inside or outside) prior to June 29.
- Workouts should be conducted in "pods" of students with the same 5-10 students working out together weekly to limit overall exposures.
- Smaller pods can be utilized for weight training.
- There must be a minimum distance of 6 feet between each individual at all times.
- If this is not possible indoors, then the maximum number of individuals in the room must be decreased to obtain a minimum distance of 6 feet between each individual.

### **PRE-WORKOUT SCREENING**

- All coaches and students should be screened daily for signs / symptoms of COVID-19 prior to participating, including a temperature check. Anyone with a temperature of greater than 100.3 degrees should not participate and be sent home.
- Responses to screening questions for each person should be recorded and stored.
- Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.
- Vulnerable individuals should not supervise or participate in any workouts.

### **FACE COVERINGS**

- State, local or school district guidelines for cloth face coverings should be strictly followed with no deterrents against those who desire to wear them.
- Cloth face coverings should be considered acceptable.
- There is no need to require or recommend "medical grade" masks for physical activity.
- Any student who prefers to wear a cloth face covering should be allowed to do so.
- Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.
- Coaches, officials and other contest personnel may wear cloth face coverings at all times and are strongly encouraged to wear cloth face coverings especially whenever physical distancing is not possible. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.)

### **HYGIENE PRACTICES**

- Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
- Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.
- Disinfect frequently used items and surfaces as much as possible.
- Strongly consider using face coverings while in public, and particularly when using mass transit

### **HYDRATION/FOOD**

- All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

## **WEIGHT ROOM GUIDANCE**

- Prioritizing the health and safety of all students and staff should remain the focus of each KHSAA member school and affiliated middle school. These requirements should be followed when conducting voluntary strength and conditioning sessions:

- Schools should be guided by the information contained in state guidance for fitness centers/gyms (not gymnasiums) but gyms that are permitted to reopen on June 1, listed at [https://govsite-assets.s3.amazonaws.com/jloO4PEaTS2FxlkMxEs1\\_Healthy%20at%20Work%20Reqs%20-%20Fitness%20Centers%20-%20Final%20Version%201.2.pdf](https://govsite-assets.s3.amazonaws.com/jloO4PEaTS2FxlkMxEs1_Healthy%20at%20Work%20Reqs%20-%20Fitness%20Centers%20-%20Final%20Version%201.2.pdf)
- It is the responsibility of each KHSAA member school to comply with the above requirements.
- Each person entering the facility should have their temperature checked upon arrival with any individual with a temperature registering 100.4 degrees or above not be permitted to stay
- Hands should be washed or hand sanitizer used prior to entering the facility and touching any equipment
- Restrooms if opened should be sanitized before use and at the conclusion of the workout
- 2 people maximum on any one piece of equipment
- Spotters should wear a mask or cloth face covering
- Maintain social distance by being 6 feet apart
- Follow gathering CDC guidelines of groups of 10 or less students
- Groups of 10 or less should be pre-determined
- Once groups determined, students may not switch from one group to another
- Interaction between groups shall be avoided
- Sessions can only include weightlifting, running, and exercises designed to promote physical fitness.
- Sport-specific drills are not permitted, and sport-specific equipment may not be used.
- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC
- Each piece of equipment should be disinfected between each user of the equipment
- Hands should be washed or hand sanitizer used every 30 minutes
- Any equipment used to include weights, balls, bats, helmets, etc. should be disinfected every 30 minutes
- No shared hydrating bottles, towels, gloves, or any other personal equipment is permitted
- Coaches or other supervisory adults should wear a mask or cloth face covering

<b>KHSAA ADDITIONAL GUIDELINES</b>	<b>Segment 1 June 1 to June 8</b>	<b>Segment 2 June 8 to June 14</b>	<b>Segment 3 June 15 to June 28 (unless further altered by the Governor)</b>	<b>Segment 4 June 29 to July 12 (unless further altered by the Governor)</b>	<b>Segment 5 July 13 to July 31 (unless further altered by the Governor)</b>
Low touch, outdoor Baseball Bass Fishing Cross Country Golf Softball Tennis Track and Field	<ul style="list-style-type: none"> <li>• Follow Segment 1 guidelines as detailed for all sports and sport-activities</li> </ul>	<ul style="list-style-type: none"> <li>• Follow Segment 2 guidelines as detailed for all sports and sport-activities</li> </ul>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• All published social distancing guidelines shall be required if such activity is conducted and all references to Social Distancing shall include the CDC</li> </ul>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• All published social distancing guidelines shall be required if such activity is conducted and all references to Social Distancing shall include the CDC</li> </ul>	TBD

			<p>guidance as well as the Governor's guidance contained in the May 22 Youth Sports Guidelines, and any locally supplemented requirements</p> <ul style="list-style-type: none"> <li>• Coaches may conduct activity that complies with the Governor's Youth Sport Orders for this type of sport.</li> <li>• All involvement by students is voluntary without repercussion for failure to attend</li> <li>• No activity can be a condition for inclusion on a future roster</li> <li>• Competition cannot be conducted</li> </ul> <p>EXCEPTIONS</p> <ul style="list-style-type: none"> <li>• Participating in Bass Fishing (or other fishing events) shall be governed by the Governor's guidelines for conducting tournaments that is effective June 1, 2020</li> </ul>	<p>guidance as well as the Governor's guidance contained in the May 22 Youth Sports Guidelines, and any locally supplemented requirements</p> <ul style="list-style-type: none"> <li>• Coaches may conduct activity that complies with the Governor's Youth Sport Orders for this type of sport.</li> <li>• All involvement by students is voluntary without repercussion for failure to attend</li> <li>• No activity can be a condition for inclusion on a future roster</li> <li>• On campus competition by participants in presence of a school coach (whether or not coaching) shall be prohibited.</li> <li>• Off campus participation by enrolled participants in presence of a school coach (whether or not coaching) shall be limited to one half of less of the normal participating team lineup of enrolled students from that school.</li> <li>• Off campus participation by enrolled participants without the presence of a school coach (whether or not</li> </ul>	
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				coaching) shall be unlimited.	
<p>Low touch, indoor Archery Bowling Esports Swimming and Diving</p>	<ul style="list-style-type: none"> <li>Follow Segment 1 guidelines as detailed for all sports and sport-activities</li> </ul>	<p>Follow Segment 2 guidelines as detailed for all sports and sport-activities</p>	<ul style="list-style-type: none"> <li>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.</li> <li>All published social distancing guidelines shall 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</li> <li>Coaches may conduct activity that complies with the Governor's Youth Sport Orders for this type of sport.</li> <li>All involvement by students is voluntary without repercussion for failure to attend</li> <li>No activity can be a condition for inclusion on a future roster</li> <li>Competition cannot be conducted</li> </ul> <p>NOTES</p> <ul style="list-style-type: none"> <li>Additional guidance and accommodation</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> <li>All published social distancing guidelines shall 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</li> <li>Coaches may conduct activity that complies with the Governor's Youth Sport Orders for this type of sport.</li> <li>All involvement by students is voluntary without repercussion for failure to attend</li> <li>No activity can be a condition for inclusion on a future roster</li> <li>On campus competition by participants in presence of a school coach (whether or</li> </ul>	<p>TBD</p>

			for competition in all sports and sport-activities is forthcoming	<p>not coaching) shall be prohibited.</p> <ul style="list-style-type: none"> <li>Off campus participation by enrolled participants in presence of a school coach (whether or not coaching) shall be limited to one half of less of the normal participating team lineup of enrolled students from that school.</li> <li>Off campus participation by enrolled participants without the presence of a school coach (whether or not coaching) shall be unlimited.</li> </ul> <p>EXCEPTIONS</p> <ul style="list-style-type: none"> <li>Esports Competition may use campus facilities in accordance with local Board of Education policies</li> </ul> <p>NOTES</p> <ul style="list-style-type: none"> <li>Additional guidance and accommodation for competition in all sports and sport-activities is forthcoming</li> </ul>	
<p>High touch, indoor Basketball Competitive Cheer Dance Volleyball Wrestling</p>	<ul style="list-style-type: none"> <li>Follow Segment 1 guidelines as detailed for all sports and sport-activities</li> </ul>	<p>Follow Segment 2 guidelines as detailed for all sports and sport-activities</p>	<ul style="list-style-type: none"> <li>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.</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> </ul>	TBD

			<ul style="list-style-type: none"> <li>• All published social distancing guidelines shall 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</li> <li>• Coaches may conduct activity that complies with the Governor's Youth Sport Orders for this type of sport.</li> <li>• All involvement by students is voluntary without repercussion for failure to attend</li> <li>• No activity can be a condition for inclusion on a future roster</li> <li>• Competition cannot be conducted in any form</li> <li>• All activity may not simulate game competition, including variations in the number of players per side.</li> <li>• Sessions shall focus on skill development and general conditioning as well as instruction without game formations</li> <li>• Sessions may focus on weight training provided the guidance for weight</li> </ul>	<ul style="list-style-type: none"> <li>• All published social distancing guidelines shall 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</li> <li>• Coaches may conduct activity that complies with the Governor's Youth Sport Orders for this type of sport.</li> <li>• All involvement by students is voluntary without repercussion for failure to attend</li> <li>• No activity can be a condition for inclusion on a future roster</li> <li>• Competition cannot be conducted in any form</li> <li>• All activity may not simulate game competition, including variations in the number of players per side.</li> <li>• Sessions shall focus on skill development and general conditioning as well as instruction without game formations</li> <li>• Sessions may focus on weight training provided the guidance for weight</li> </ul>	
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			<p>training rooms is compliant.</p> <p>EXCEPTION</p> <ul style="list-style-type: none"> <li>• Tryouts may be conducted (virtually only) for future Cheer and Dance squads</li> </ul> <p>NOTES</p> <ul style="list-style-type: none"> <li>• Additional guidance and accommodation for competition in all sports and sport-activities is forthcoming</li> <li>•</li> </ul>	<p>training rooms is compliant.</p> <p>EXCEPTION</p> <ul style="list-style-type: none"> <li>• Tryouts may be conducted (virtually only) for future Cheer and Dance squads</li> </ul> <p>NOTE:</p> <ul style="list-style-type: none"> <li>• Additional guidance and accommodation for competition in all sports and sport-activities is forthcoming</li> <li>• 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).</li> </ul>	
<p>High touch, outdoor Field Hockey Football Soccer</p>	<ul style="list-style-type: none"> <li>• Follow Segment 1 guidelines as detailed for all sports and sport-activities</li> </ul>	<p>Follow Segment 2 guidelines as detailed for all sports and sport-activities</p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• All published social distancing guidelines shall 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</li> </ul>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• All published social distancing guidelines shall 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</li> </ul>	<p>TBD</p> <ul style="list-style-type: none"> <li>•</li> </ul>



			<p>Sports Guidelines, and any locally supplemented requirements</p> <ul style="list-style-type: none"> <li>• Coaches may conduct activity that complies with the Governor's Youth Sport Orders for this type of sport.</li> <li>• All involvement by students is voluntary without repercussion for failure to attend</li> <li>• No activity can be a condition for inclusion on a future roster</li> <li>• Competition cannot be conducted in any form</li> <li>• All activity may not simulate game competition, including variations in the number of players per side.</li> <li>• Sessions shall focus on skill development and general conditioning as well as instruction without game formations</li> <li>• Sessions may focus on weight training provided the guidance for weight training rooms is compliant.</li> </ul> <p>EXCEPTIONS</p> <ul style="list-style-type: none"> <li>• In football, no rules specified protective gear (helmets, shoulder pads, extra required gear) may be provided to student athletes.</li> </ul> <p>NOTES</p>	<p>Sports Guidelines, and any locally supplemented requirements</p> <ul style="list-style-type: none"> <li>• Coaches may conduct activity that complies with the Governor's Youth Sport Orders for this type of sport.</li> <li>• All involvement by students is voluntary without repercussion for failure to attend</li> <li>• No activity can be a condition for inclusion on a future roster</li> <li>• Competition cannot be conducted in any form</li> <li>• All activity may not simulate game competition, including variations in the number of players per side.</li> <li>• Sessions shall focus on skill development and general conditioning as well as instruction without game formations</li> <li>• Sessions may focus on weight training provided the guidance for weight training rooms is compliant.</li> </ul> <p>NOTES</p> <ul style="list-style-type: none"> <li>• Additional guidance and accommodation for competition in all sports and sport-activities is forthcoming</li> <li>• In football, no rules specified protective gear (helmets,</li> </ul>	
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			<ul style="list-style-type: none"> <li>Additional guidance and accommodation for competition in all sports and sport-activities is forthcoming</li> <li>Additional Guidance for Football practices beginning June 15 will be forthcoming</li> </ul>	<p>shoulder pads, extra required gear) may be provided to student athletes.</p> <ul style="list-style-type: none"> <li>Additional Guidance for Football practices beginning June 29 will be forthcoming</li> <li>For football, a player should not participate in drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no use of tackling dummies / donuts / sleds</li> </ul>	
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	STATE ISSUED GUIDELINES BY THE GOVERNOR	STATE ISSUED GUIDELINES BY THE GOVERNOR
Gov. Classification	Governor's Directive-Guidelines for June 15 to June 28 (unless further altered by the Governor)	Governor's Directive-Guidelines for June 29 to July 12 (unless further altered by the Governor)
Low touch, outdoor Baseball Bass Fishing Cross Country Golf Softball Tennis Track and Field	<ul style="list-style-type: none"> <li>May resume practices without competition.</li> <li>Practices should consist of ten (10) youths or fewer, with no more than one (1) adult coach per group, while following the Healthy at Work social distancing Guidelines for Groups of 10 People or Fewer.</li> <li>Multiple groups may practice but must adhere to the social distancing guidelines in the next section.</li> <li>Any individual not essential for the conduct of these practices should not attend.</li> </ul>	<ul style="list-style-type: none"> <li>May resume competition with up to fifty (50) spectators following the Healthy at Work social distancing Guidelines for Groups of 50 People or Fewer.</li> <li>Competitions, practices, and other activities must adhere to the social distancing guidelines in the next section.</li> </ul>
Low touch, indoor Archery Bowling Esports Swimming and Diving	<ul style="list-style-type: none"> <li>May resume small group practices and workouts without competition. Practices and workouts should consist of ten (10) youths or fewer, with no more than one (1) adult coach per group, while following the Healthy at Work social distancing Guidelines for Groups of 10 People or Fewer.</li> <li>Practices are limited to socially distanced, no touch<sup>1</sup>, low sharing<sup>2</sup> skills training, unless necessary to protect the health or safety of a youth participant.</li> <li>Multiple groups may practice but must adhere to the social distancing guidelines in the next section.</li> <li>Any individual not essential for the conduct of these practices should not attend.</li> </ul>	<ul style="list-style-type: none"> <li>May resume competition with up to fifty (50) spectators, following the Healthy at Work social distancing Guidelines for Groups of 50 People or Fewer.</li> <li>Competitions, practices, and other activities must adhere to the social distancing guidelines in the next section.</li> </ul>
High touch, indoor Basketball Competitive Cheer	<ul style="list-style-type: none"> <li>May hold small group physical fitness workouts, exercises, and skills training of ten (10) youths or fewer, with no more than one</li> </ul>	<ul style="list-style-type: none"> <li>May resume team/group practices without competition.</li> <li>Youth participants should be subdivided small groups of ten (10) youths or fewer, with no more than one (1) adult coach per</li> </ul>

<p>Dance Volleyball Wrestling</p>	<p>(1) adult coach per group, while following the Healthy at Work social distancing Guidelines for Groups of 10 People or Fewer.</p> <ul style="list-style-type: none"> <li>• No competition is permitted Skills training must be socially distanced no touch, and low sharing, unless necessary to protect the health or safety of a youth participant.</li> <li>• Multiple groups may conduct small group physical fitness workouts, exercises, and skills training but must groups must adhere to the social distancing guidelines in the next section.</li> <li>• Any individual not essential for the conduct of these practices should not attend</li> </ul>	<p>group, while following the Healthy at Work social distancing Guidelines for Groups of 10 People or Fewer.</p> <ul style="list-style-type: none"> <li>• All team/group practices are limited to fifty (50) youths or fewer, in accordance with the Healthy at Work social distancing Guidelines for Groups of 50 People or Fewer.</li> <li>• Practices are limited to low touch, medium sharing activities, unless necessary to protect the health or safety of a youth participant.</li> <li>• Multiple groups may practice but must adhere to the social distancing guidelines in the next section.</li> </ul>
<p>High touch, outdoor Field Hockey Football Soccer</p>	<ul style="list-style-type: none"> <li>• May resume small group physical fitness workouts, exercises of (10) youths or fewer, with no more than one (1) adult coach per group, while following the Healthy at Work social distancing Guidelines for Groups of 10 People or Fewer.</li> <li>• No competition is permitted. Skills training must be socially distanced, no touch, and low sharing, unless necessary to protect the health or safety of a youth participant.</li> <li>• Multiple groups may hold small group physical fitness workouts and exercises, but groups must adhere to the social distancing guidelines in the next section.</li> <li>• Any individual not essential for the conduct of these practices should not attend.</li> </ul>	<ul style="list-style-type: none"> <li>• May resume team/group practices without competition.</li> <li>• Youth participants should be in subdivided small groups of ten (10) youths or fewer, with no more than one (1) adult coach per group, while following the Healthy at Work social distancing Guidelines for Groups of 10 People or Fewer.</li> <li>• All team/group practices are limited to fifty (50) youths or fewer, in accordance with the Healthy at Work social distancing Guidelines for Groups of 50 People or Fewer.</li> <li>• Practices are limited to low touch, medium sharing activities, unless necessary to protect the health or safety of a youth participant.</li> <li>• Multiple groups may practice but must adhere to the social distancing guidelines in the next section.</li> </ul>

DRAFT - FOR DISCUSSION, NOT FOR APPROVAL