

Hopkins County Schools Athletics Re-opening PHASE 3 & PHASE 4– July 29, 2020

PHASE 3 – August 10, 2020 - August 23, 2020 (unless further altered by the Governor or the KHSAA)

General Guidance:

- All activities in this phase are voluntary and without repercussion for failure to attend.
- Only fall sports may continue to proceed with athletics in this phase. This includes cross country, volleyball, football, soccer, golf, cheer, and dance.
- Facilities must be completely cleaned and sanitized prior to any use. Those involved shall wash their hands according to the [CDC Guidelines](#), and hand sanitizer shall be available.
- Strategies should be in place to prevent groups from gathering at entrances/exits to facilities.
- Any areas contacted by individuals shall be wiped down and sanitized after use.
- During this period, all groups should be compliant with the guidance for groups of fifty (50) or fewer, online at [Healthy at Work - Youth Sports](#).
- 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
- All students and staff shall be screened for [symptoms of COVID-19](#) including temperature taking and documenting before participation. Any person with a temperature of 100.5 or higher is considered to have [symptoms of COVID-19](#).
- Any person experiencing [symptoms of COVID-19](#) shall be sent home immediately and should contact their health care professional. Such situations will be documented by the head coach or advisor, and a record shall be submitted to the school athletic director or administrator.
- Face coverings shall be worn by staff at all times and by students not actively participating in physical activity.
- Water, food, and snacks shall not be furnished. If desired, students must bring their own water bottle, and sharing is prohibited.
- Appropriate clothing shall be worn at all times.
- Student-athletes will be limited to no more than 6 total hours of sport/activity per week.
- All areas of interaction must be supervised by a school board employee at all times to ensure all guidelines are followed.
- School-level administration is responsible for monitoring compliance with these guidelines.

Weight Room Guidance for All Sport/Activity Categories

- Sessions for all sports/activities in this phase may focus on weight training provided the guidance for weight training rooms is compliant.
 - Prioritizing the health and safety of all students and staff should remain the focus of each KHSAA member school and affiliated middle school.
 - 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 [Requirements for Fitness Centers](#).
 - Hands should be washed or hand sanitizer used prior to and after touching any equipment.
 - Each piece of equipment should be disinfected according to CDC guidelines prior to any use and between each user.
 - 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 and state guidelines for groups of 10 or less students.
 - Once groups determined, students may not switch from one group to another
 - Interaction between groups must be avoided.
 - No shared hydrating bottles, towels, gloves, or any other personal equipment is permitted.
 - Coaches or other supervisory adults shall wear a mask or cloth face covering.

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Specific Guidance for Cross Country

- Any competition is at the discretion of the school and is unofficial and outside of any limitation of seasons for the KHSAA.
- Groups of fifty (50) or fewer are permitted, only if divided into subgroups with no more than eleven individuals (10 players and one coach, 9 players and 2 coaches, etc.).
- All coaches should wear face coverings at all times in the presence of students and maintain social distancing guidelines at all times.

Specific Guidance for Golf

- Full practice allowed beginning on July 15
- Full competition beginning on July 30
- There are restrictions in golf in that all competition held in conjunction with Covid-19 guidelines and guidance from the Kentucky Golf House, Kentucky Junior Golf, Allied Golf Associations, Golf Course Superintendents of America. That guidance is located at the following links:
 - [Back to Golf Operations Playbook for Golf and Golf Events](#)
 - [Golf Course Operational Requirements for Courses](#)
 - [Current Golf Event Protocols](#)
 - [Current Spectator Restrictions](#)

Specific Guidance for Volleyball

- Sessions must focus on skill development and general conditioning as well as instruction without game formations.
- All activity may not simulate game competition, including variations in the number of players per side.
- Competition cannot be conducted in any form.
- All coaches should wear face coverings at all times in the presence of students and maintain social distancing guidelines at all times.
- Groups of fifty (50) or fewer are permitted, only if 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, but with frequent sanitization.
- As feasible, if individual opportunities are desired for practice, the athlete should utilize his/her 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 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.

Specific Guidance for Cheer and Dance

- Sessions must focus on skill development and general conditioning as well as instruction without competitive formations.
- All activity may not simulate competition, including variations in the number of participants per side.
- Competition cannot be conducted in any form.
- All coaches should wear face coverings at all times in the presence of students and maintain social distancing guidelines at all times.
- Groups of fifty (50) or fewer are permitted, only if 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, but with frequent sanitization.
- This period is specifically low-touch, medium sharing 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.

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Specific Guidance for Soccer

- Sessions must focus on skill development and general conditioning as well as instruction without game formations.
- All activity may not simulate game competition, including variations in the number of players per side.
- Competition cannot be conducted in any form.
- All coaches should wear face coverings at all times in the presence of students and maintain social distancing guidelines at all times.
- Groups of fifty (50) or fewer are permitted, only if 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, 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 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.

Specific Guidance for Football

- Sessions must focus on skill development and general conditioning as well as instruction without game formations.
- All activity may not simulate game competition, including variations in the number of players per side.
- Competition cannot be conducted in any form.
- All coaches should wear face coverings at all times in the presence of students and maintain social distancing guidelines at all times.
- Groups of fifty (50) or fewer are permitted, only if 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, 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 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.
- Contact with other players is not permitted, 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.

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Specific Guidance for Band per [Colorado Aerosol Study](#)

- Masks should be worn by all students and staff prior to entering the performing arts room.
- Masks should continue to be worn until all students are seated and ready for instruction (example, long rests, sectional work, moving around the room, etc.)
- In instrument groups where a mask cannot physically be worn the mask should be worn over the chin and replaced during periods where the student is not playing.
- Social distancing should occur as suggested by the CDC. Currently that distance is a 6x6 foot space around each student with the student sitting in the center. This may reduce the number of students that can fit in a performing arts classroom.
- Straight lines should be used as curved setups can affect the aerosol movement in a room.
- Students should sit all facing the same direction, back to front to minimize potential exposure.
- Trombones should have an additional three feet of distancing making their space 9x6. The player should be seated three feet in front of the back line, leaving an additional six feet in front of them due to the extended nature of the instrument and slide that can be in extended position.
- Spit valves should not be emptied on the floor or in a community-used bucket. Recommend using a puppy pad (or similar) to catch the contents of the spit valve and discard.
- Storage areas should be managed to limit the number of students at a time in the room. Sanitization of the space will occur regularly as needed.
- Teachers should consider using a portable amplifier to keep their voices at a low conversational volume.
- Outdoor rehearsals are considered best practice; indoor rehearsals should be following CDC guidelines.
- Even outdoors, CDC social distancing guidelines shall be followed.
- Band Camp: August 3-7 with limit of six hours of total practice time per student
- Practices: August 10-21, 2020 with limit of six hours of total practice time per student

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PHASE 4 – August 24, 2020 - End of Fall Sports Seasons (unless further altered by the Governor or the KHSAA)

Fall Sports Practice and Contests

- **May only play against schools located in Kentucky or located in a county that directly borders Kentucky**
- **All districts that have voted to seed are reduced to a one-game seed plan. If teams play multiple times, the first game played shall be counted as the seeded game.**

- **Specific Guidance for Cross Country**
 - First Practice/Tryout: August 24, 2020
 - First Practice Week: Student-athletes are limited to a total of 7.5 hours of practice
 - Full Practice: August 31, 2020 with no time restrictions
 - No scrimmages permitted
 - First Contest/Competition: September 7, 2020
 - Maximum Number of Contests: 9
 - Maximum Players in Uniform: 10

- **Specific Guidance for Soccer**
 - First Practice/Tryout: August 24, 2020
 - First Practice Week: Student-athletes are limited to a total of 7.5 hours of practice
 - Full Practice: August 31, 2020 with no time restrictions
 - No scrimmages permitted
 - First Contest/Competition: September 7, 2020
 - Maximum Number of Contests: 14
 - Maximum Players in Uniform: 24
 - No participation in tournaments with more than 8 teams
 - No hosting of a tournament with more than 8 teams
 - New Start of Postseason: October 12, 2020

- **Specific Guidance for Volleyball**
 - First Practice/Tryout: August 24, 2020
 - First Practice Week: Student-athletes are limited to a total of 7.5 hours of practice
 - Full Practice: August 31, 2020 with no time restrictions
 - No scrimmages permitted
 - First Contest/Competition: September 7, 2020
 - Maximum Number of Contests: 24
 - Maximum Players in Uniform: 15
 - No participation in tournaments with more than 8 teams
 - No hosting of a tournament with more than 8 teams

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- Specific Guidance for Competitive Cheer and Dance
 - First Practice/Tryout: August 24, 2020
 - All practices should take place outdoors where safety equipment and weather conditions permit.
 - First Practice Week: Student-athletes are limited to a total of 7.5 hours of practice
 - Full Practice: August 31, 2020 with no time restrictions

- Specific Guidance for Golf
 - Currently, there is no additional guidance for Golf. Golf may continue to proceed with the season.

- Specific Guidance for Football
 - First Practice/Tryout: August 24, 2020
 - Practice with Helmets: August 26, 2020
 - First Practice Week: Student-athletes are limited to a total of 7.5 hours of practice
 - Full Practice: August 31, 2020 with no time restrictions
 - Practice with Pads: September 2, 2020
 - Practice with Full Gear: September 5, 2020
 - No scrimmages permitted
 - First Contest/Competition: September 11, 2020
 - Maximum Number of Contests: 9
 - Teams may add a game to the November 6-7 week but may not exceed the 9 game maximum
 - Maximum Players in Uniform: 60
 - New Start of Playoffs: November 11-13, 2020

- Specific Guidance for Band
 - Practices: August 24-28, 2020 - Students are limited to a total of 7.5 hours of practice
 - Full Practice: August 31, 2020 with no time restrictions

Further guidance from the KHSAA will be forthcoming regarding more specifics for Phase 4 including but not limited to how to navigate full practices and game day activities.