

#TogetherWePlay



KHSAA UPDATE

AUGUST 28, 2020





KHSAA STEPS

- COMPLETE SHUTDOWN AND POSTPONEMENT OF BASKETBALL STATE TOURNAMENTS IN CONSULTATION WITH GOVERNOR AND HIS STAFF (INCLUDING DPH), KDE AND OUR OWN BOARD-MARCH 12
- 3/13/20 - COMMISSIONER SHUT DOWN ALL ACTIVITY THROUGH APRIL 30 INCLUDING UNPRECEDENTED RESTRICTIONS ON ACTIVITY BOTH INTERSCHOLASTIC AND NON-SCHOLASTIC DUE TO PANDEMIC. EXTENDED PER REVIEW ON APRIL 2 AND APRIL 17

KHSAA STEPS

- DETERMINED EARLY – WE WOULD NOT BE FIRST, WE WOULD NOT BE LAST. WE WOULD EVALUATE WHAT OTHERS AROUND US AND NATIONALLY WERE DOING, AND TAKE AN INCREMENTAL APPROACH. AND KEEP BOARD INFORMED FOR COMMUNICATION PURPOSES AS WELL AS GATHERING INPUT.
- WE ALSO WERE DETERMINED TO KEEP THE MESSAGE THE SAME, 2021-22 WE HOPE, LOOKS MORE LIKE 2018-19. BUT 2020-21 WILL NOT LOOK LIKE ANYTHING WE HAVE SEEN.
- 4/21, BOARD OF CONTROL APPROVED RECOMMENDATION AND THEREFORE CANCELED PREVIOUSLY POSTPONED STATE EVENTS AND CANCELED SPRING SPORTS INCLUDING CHAMPIONSHIPS, BOARD DETERMINES DATES OF CHAMPIONSHIPS
- 4/29, COMMISSIONER REVISED ACTIVITY OPPORTUNITIES TO CONTINUE TO RESTRICT FACILITIES IN ACCORDANCE WITH **GOVERNOR'S RECOMMENDATION ON SCHOOL CLOSINGS, EXTENDED THROUGH MAY 31**, APPROVAL ENDORSED BY BOARD OF CONTROL



KHSAA STEPS

- KHSAA ISSUED INTERPRETATIVE GUIDANCE FOLLOWING BOARD OF CONTROL REVIEW WHERE ADDITIONAL ELIGIBILITY WOULD NOT BE PROVIDED TO STUDENTS BASED ON SPRING 2020 COVID IMPLICATIONS- [HTTPS://BIT.LY/3HGLLXB](https://bit.ly/3HGLLXB)
- 5/14- KHSAA RECEIVES WRITTEN CONFIRMATION THAT THE YOUTH SPORTS GUIDANCE DOCUMENTS WERE NOT APPLICABLE TO MIDDLE AND HIGH SCHOOL
- **YOUTH SPORTS GUIDANCE DOCUMENTS REFER TO “TOUCH” VS. “RISK” WHICH** WERE SOMEWHAT PROBLEMATIC GIVEN THE WAY SPORTS ARE ACTUALLY PLAYED. KEEP IN MIND UNKNOWNNS AT THAT TIME AS FAR AS TRANSMISSION.



KHSAA STEPS

- 5/15- NFHS SMAC ISSUES GUIDANCE FOR RETURN TO PLAY,
- LOWER RISK: SPORTS THAT CAN BE DONE WITH SOCIAL DISTANCING OR INDIVIDUALLY WITH NO SHARING OF EQUIPMENT OR THE ABILITY TO CLEAN THE EQUIPMENT BETWEEN USE BY COMPETITORS.

EXAMPLES: INDIVIDUAL RUNNING EVENTS, THROWING EVENTS (JAVELIN, SHOT PUT, DISCUS), INDIVIDUAL SWIMMING, GOLF, WEIGHTLIFTING, ALPINE SKIING, SIDELINE CHEER, SINGLE SCULLING, CROSS COUNTRY RUNNING (WITH STAGGERED STARTS)



KHSAA STEPS

- 5/15- NFHS SMAC ISSUES GUIDANCE FOR RETURN TO PLAY,
- MODERATE RISK: SPORTS THAT INVOLVE CLOSE, SUSTAINED CONTACT, BUT WITH PROTECTIVE EQUIPMENT IN PLACE THAT MAY REDUCE THE LIKELIHOOD OF RESPIRATORY PARTICLE TRANSMISSION BETWEEN PARTICIPANTS OR INTERMITTENT CLOSE CONTACT OR GROUP SPORTS OR SPORTS THAT USE EQUIPMENT THAT **CAN'T BE CLEANED BETWEEN PARTICIPANTS.**

EXAMPLES: BASKETBALL, VOLLEYBALL*, BASEBALL*, SOFTBALL*, SOCCER, WATER POLO, **GYMNASTICS* (IF EQUIPMENT CAN'T BE SUFFICIENTLY CLEANED BETWEEN COMPETITORS)**, 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**



KHSAA STEPS

- 5/15- NFHS SMAC ISSUES GUIDANCE FOR RETURN TO PLAY,
- HIGHER RISK: SPORTS THAT INVOLVE CLOSE, SUSTAINED CONTACT BETWEEN PARTICIPANTS, LACK OF SIGNIFICANT PROTECTIVE BARRIERS, AND HIGH PROBABILITY THAT RESPIRATORY PARTICLES WILL BE TRANSMITTED BETWEEN PARTICIPANTS. EXAMPLES: WRESTLING, FOOTBALL, BOYS LACROSSE, COMPETITIVE CHEER, DANCE



KHSAA STEPS

- 5/29- ISSUED GUIDANCE FOR JUNE 1 TO 14, HEALTHY AT SPORTS, RETURN TO INTERACTION WHERE COACHES WERE ALLOWED TO BE WITH STUDENTS IN SMALL GROUPS, INCLUDING VIRTUAL GROUPS.
 - MUCH OF THE GUIDANCE FOCUSED ON EMERGING SAFETY STANDARDS AND THE NEED TO CONTAIN CONTACT **TRACING WHERE POSSIBLE SO THAT ENTIRE PROGRAMS DIDN'T HAVE TO BE** SHUT DOWN
 - INTENT WAS SOLELY INTERACTION AND PLANNING AS STUDENTS WERE ABLE TO RE-ENGAGE WITH WHAT IN MANY CASES IS THE MOST INFLUENTIAL NON-FAMILY ADULT IN THEIR LIVES, THEIR COACHES
 - MENTAL HEALTH ISSUES FROM SHUTDOWN ALREADY BEING WRITTEN ABOUT IN PROFESSIONAL JOURNALS AND REVIEWS



KHSAA STEPS

- 5/29- BOARD APPROVED RECOMMENDATION AND ISSUED GUIDANCE FOR JUNE 15 TO JULY 12 (LATER EXTENDED TO AUGUST 23), HEALTHY AT SPORTS, RETURN TO PREPARATION, CONTINUED WORK INTO EXPANDING SIZED GROUPS
 - ELIMINATED KHSAA DEAD PERIOD FOR 2020 ONLY
 - STRICT SAFETY STANDARDS (CLEANING, DISINFECTING, EMPHASIS ON HAND WASHING, MASKING WHERE POSSIBLE AND SOCIAL DISTANCING WERE EMPHASIZED AS WELL
 - THE FIRST SEGMENT OF THIS PERIOD (SEGMENT 2) ALLOWED PRIMARILY FOR PHYSICAL CONDITIONING WITH STRICT LIMITATIONS TO KEEP GROUPS SMALL
 - THE SECOND SEGMENT OF THIS PERIOD (SEGMENT 3) ALLOWED SOME SPORTS SPECIFIC WORK, WITH THE STRICT LIMITATIONS AND GUIDANCE TO KEEP WORK IN SMALL GROUPS
 - THOUGH NOT TECHNICALLY RESTRICTED TO THIS GUIDANCE, KHSAA APPLIED MANY OF THE CONCEPTS OF THE YOUTH SPORTS ORDERS TO THESE PERIODS.



KHSAA STEPS

- STARTING TO RE-OPEN
- VARIOUS PLANS AND TIMING STRATEGIES DEVELOPED, REVISED, TRASHED, ENVISIONED, MUCH LIKE LOCAL DISTRICT RE-OPENING PLANS



KHSAA STEPS

- 7/10 – BOARD APPROVED RECOMMENDATION AND SEGMENT 3 WAS EXTENDED.
 - BOARD OF CONTROL AS POLICY MAKING GROUP WAIVED THE START OF LEGAL PRACTICE AND THE SEASON ACCORDING TO BYLAW 23
- 7/10 – BOARD APPROVED RECOMMENDATION IN SELECT AREAS WHERE SPECIFIC BYLAWS WOULD BE DEEMED TO BE NON-APPLICABLE DUE TO THE PANDEMIC, AT LEAST FOR FALL OF 2020-21,
[HTTPS://BIT.LY/3J6U8X0](https://bit.ly/3J6U8X0)



KHSAA STEPS

- 7/10 – BOARD AGREES TO ALLOW START OF GOLF SEASON PER ORIGINAL SCHEDULE
 - BOARD ADOPTED EXISTING GUIDELINES NOT DEVELOPED BY OR SPECIFICALLY FOR THE ASSOCIATION FROM THE GOLF HOUSE OF KY INCLUDING SPECTATOR LIMITATIONS
 - EXISTING GOLF HOUSE GUIDANCE **CHOSEN BECAUSE OF PRIOR APPROVAL BY GOVERNOR'S OFFICE**
- 7/10 – BOARD AGREES TO START SEASONS BASED ON OPTION 1, WITH A START DATE OF AUGUST 24 FOR PRACTICE, SEPTEMBER 7 FOR COMPETITION, IN FIVE FALL SPORTS.
- 7/10 – BOARD AGREES TO ROSTER RESTRICTIONS IN ALL SPORTS AT ALL LEVELS TO HELP WITH SOCIAL DISTANCING, AS WELL AS RULES MODIFICATIONS TO ALL BENCH AREAS
- 7/10 – BOARD AGREES TO MEET AGAIN ON AUGUST 20 TO REVIEW STATEWIDE DATA AND CIRCUMSTANCES AND TO HAVE CONSULTED AND RECEIVED INPUT FROM MEMBERSHIP IN THEIR REPRESENTATIVE AREAS OF THE STATE

KHSAA STEPS

- 8/20 – BOARD RECONVENES AND CONSIDERS THREE OPTIONS FOR START OF COMPETITION DEVELOPED FROM A LITANY OF INPUT THROUGH THE PAST MONTHS
 - OPTION 1 WAS PREVIOUSLY APPROVED IN JULY AND ABSENT A VOTE TO THE CONTRARY, REPRESENTED THE FINAL DECISION, STARTING ON AUGUST 24 WITH CONTESTS STARTING SEPTEMBER 7
 - OPTION 2 WOULD HAVE DELAYED THE START OF ALL CONTESTS UNTIL SEPTEMBER 28 IN CONGRUENCE WITH THE RECOMMENDATION ON SCHOOL OPENINGS
 - OPTION 3 WOULD HAVE STARTED SPECIFIC SPORTS (LOWER RISK) ON SEPTEMBER 7 AND OTHERS (MODERATE TO HIGH RISK) ON SEPTEMBER 28
- OPTION 1 WAS AGAIN AFFIRMED, BASED ON FEEDBACK FROM MEMBER SCHOOLS



KHSAA STEPS

- THROUGHOUT THE PROCESS
 - CONTINUED MONITORING OF UPDATE FROM THE GOVERNOR
 - ROUTINE CONVERSATION WITH VARIOUS INDIVIDUALS IN BOTH THE **GOVERNOR'S** OFFICE AND THE **LT. GOVERNOR'S OFFICE**
 - CONSTANT CONSULTATION WITH THE 50 OTHER STATE ASSOCIATIONS
 - MULTIPLE MEETINGS PER WEEK WITH OTHER STATES AND SPORTS ORGANIZATIONS EXCHANGING DATA AND INFORMATION
 - CONTINUAL CONSULTATION WITH MEDICAL PROFESSIONALS, PRIMARILY SPORTS MEDICINE PROFESSIONALS BOTH LOCAL, STATE AND NATIONAL LEVELS
 - CAREFUL REVIEW OF ALL DATA, NOT JUST CASE STATISTICS, BUT MITIGATION AND OTHER STRATEGIES
 - CONTINUED DEVELOPMENT OF ENDLESS ALTERNATIVES FOR SPORTS SCHEDULES AND OPPORTUNITIES

KHSAA



- THROUGHOUT THE PROCESS
 - INFORMATIONAL SESSIONS SOLICITING INPUT FROM CONSTITUENT GROUPS
 - PARTICIPATION IN NEARLY EVERY OPPORTUNITY FOR REGULAR INTERACTION WITH MEMBER SCHOOLS INCLUDING BOTH PRESENTING AND SIMPLE ATTENDANCE THROUGH TASK FORCES, WEEKLY SUPERINTENDENT MEETINGS, ETC.
 - CONTINUAL OBSERVATION OF NON-INTERSCHOLASTIC PLAY (ADHERENCE TO STANDARDS, ETC)
 - CONTINUAL SEEKING OF FEEDBACK, BOTH FORMAL AND INFORMAL
 - THE PROCESS HAS CERTAINLY SHOWN THE PASSION AROUND SPORTS PARTICIPATION, EVEN THIS WEEK.



KHSAA STEPS

- FOLLOWING BOARD DECISION ON 8/20, KHSAA STAFF FINALIZED THE COMPILATION OF THE HEALTHY AT SPORTS DOCUMENTS FOR STAGE 3, RETURN TO COMPETITION AND DISTRIBUTED TO MEMBERSHIP.
- WE ARE AWARE THAT WE ARE AT THE CONFLUENCE OF DUAL HEALTH CRISES.
- THESE CRISES INCLUDE BOTH THE GLOBAL PANDEMIC RELATED TO THE NOVEL CORONAVIRUS, COVID-19, AND THE MENTAL HEALTH SITUATIONS, INCLUDING DEPRESSION AND SUICIDE WHICH ARE SO PREVALENT IN SCHOOL-AGED CHILDREN THESE LAST FEW MONTHS.
- OUR BOARD STRONGLY FEELS THAT WITH APPROPRIATE MITIGATION STRATEGIES IN PLACE, HEALTHY COMPETITION CAN OCCUR IN ALL SPORTS



KHSAA STEPS

- KHSAA RECEIVED CONTINUAL FEEDBACK FROM OUR MEMBER SCHOOLS, THE RELATED SCHOOL DISTRICTS, OUR SPORTS MEDICINE ADVISORY COMMITTEE FROM THE KENTUCKY MEDICAL ASSOCIATION, GOVERNOR **BESHEAR'S AND LT. GOVERNOR COLEMAN'S OFFICES, THE KENTUCKY DEPARTMENT OF EDUCATION, A HOST OF "K" GROUPS FROM AROUND THE** COMMONWEALTH, LEGISLATIVE LEADERS AND A HOST OF OTHERS TO GUIDE OUR MEMBER SCHOOLS BACK TO HEALTHY SPORTS PARTICIPATION DURING THE COVID-19 PANDEMIC.



KHSAA HEALTHY AT SPORTS STAGE 3

- THE KHSAA BELIEVES IT IS ESSENTIAL TO THE PHYSICAL AND MENTAL WELL-BEING OF STUDENT-ATHLETES TO RETURN TO ORGANIZED PHYSICAL ACTIVITY AND BUILD TEAM RELATIONSHIPS WITH THEIR PEERS AND COACHES.
- STUDENTS WHO PARTICIPATE IN OUR OFFERINGS LEARN LIFE LESSONS IN AN ENVIRONMENT THAT CANNOT BE DUPLICATED. ACADEMIC ACHIEVEMENT, THE DEVELOPMENT OF LEADERSHIP, AND SOCIAL SKILLS AS WELL AS THE MENTAL HEALTH BENEFITS ARE KNOWN TO BE GREATLY ENHANCED IN STUDENTS WHO PARTICIPATE IN THESE PROGRAMS COMPARED TO THOSE WHO DO NOT.
- THERE IS NO DOUBT THAT THE COVID-19 CORONAVIRUS PANDEMIC HAS ALREADY RESULTED IN THOUSANDS OF OUR STUDENTS MISSING OUT ON THESE LIFE-SHAPING EDUCATIONAL EXPERIENCES OVER THE PAST SEVERAL MONTHS.



KHSAA HEALTHY AT SPORTS STAGE 3

- A STUDY CONDUCTED BY UW HEALTH & THE UNIVERSITY OF WISCONSIN ([HTTPS://BIT.LY/31WA45W](https://bit.ly/31WA45W)) CONCLUDED THAT MORE THAN TWO-THIRDS OF HIGH SCHOOL ATHLETES REPORT ANXIETY AND DEPRESSION SINCE THE ONSET OF THE PANDEMIC.
- ANOTHER REPORT MEASURED THE IMPACT OF SCHOOL CLOSURES AND ATHLETIC CANCELLATIONS ON THE HEALTH OF INDIANA ADOLESCENTS ([HTTPS://BIT.LY/3HXGG9M](https://bit.ly/3HXGG9M)).
- THESE STUDIES ARE NOT ALONE IN THEIR CONCLUSIONS.



KHSAA HEALTHY AT SPORTS STAGE 3

- THE KHSAA FULLY SUPPORTS ITS MEMBER SCHOOLS IN DETERMINING WHAT IS IN THE BEST INTERESTS OF THE HEALTH AND WELL-BEING OF THEIR STUDENT-ATHLETES AND STAFF.
- **EACH KHSAA MEMBER SCHOOL'S ATHLETIC DEPARTMENT WILL OPERATE WITH** THE APPROVAL OF ITS SCHOOL ADMINISTRATION AND IN COLLABORATION WITH ITS LOCAL HEALTH DEPARTMENT IN MOVING FORWARD THROUGHOUT THE 2020-21 SCHOOL YEAR.
- EACH LOCAL SCHOOL DISTRICT WILL DECIDE TO DETERMINE IF THEY CAN SAFELY CONDUCT ATHLETIC PRACTICES AND CONTESTS.



KHSAA HEALTHY AT SPORTS STAGE 3

- FOR INTERSCHOLASTIC ATHLETICS TO CONTINUE, INCLUDING WORKOUTS, PRACTICES, AND COMPETITIONS, SOCIAL DISTANCING AND OTHER PREVENTIVE MEASURES SUCH AS UNIVERSAL MASKS/FACE COVERINGS, FREQUENT SANITIZING OF HANDS, IMPLEMENTS, AND EQUIPMENT MUST OCCUR.
- ALSO, FREQUENT HAND WASHING PER CDC STANDARDS MUST BE EMPHASIZED BY EVERYONE INVOLVED, AND AGGRESSIVE EFFORTS EMPHASIZING COMPLIANCE WITH ALL OF THESE STANDARDS.
- ALSO, CONSIDERATION MUST BE GIVEN TO AN AGGRESSIVE TESTING PROTOCOL AND REFINEMENT OF EXISTING EMERGENCY PLANS.



KHSAA HEALTHY AT SPORTS STAGE 3

- DUE TO THE NATURE OF THE VIRUS OUTBREAK, THERE MAY BE INEQUITIES DUE TO GEOGRAPHY WITHIN THE STATE OF KENTUCKY AS SOME AREAS WILL HAVE HIGHER COVID-19 RATES THAT MAY NOT WARRANT FULL ATHLETIC PARTICIPATION WHILE ANOTHER AREA HAS LOWER COVID-19 RATES THAT ALLOW FULL PARTICIPATION.
- **THIS COMPETITIVE “EQUITY” ISSUE CANNOT BE AVOIDED.**
- JUST THIS WEEK, UK COACH CALIPARI NOTED (WHEN SPEAKING ON NCAA DISCUSSIONS ON SEASON), **“WE CAN’T WORRY ABOUT, ‘SO AND SO PLAYED MORE LEAGUE GAMES THAN US,’ OR ‘WHY IS OUR SCHEDULE HARDER THAN THEIRS?’ LET’S JUST PLAY. THERE’S NOT GONNA BE COMPETITIVE EQUITY.”**



KHSAA HEALTHY AT SPORTS STAGE 3

- THIS YEAR IS TRULY JUST ABOUT TRYING TO GIVE THE KIDS A SEASON.
- HOPEFULLY, THEY CAN BE COMMUNITY ENGAGEMENT AS WELL BUT THAT WILL HAVE TO BE LIMITED UNTIL THE VIRUS IS CONTAINED.
- THIS PANDEMIC SITUATION IS NOT A LIGHT SWITCH, TURNED ON AND OFF. IT IS REAL AND WE ARE OFFERING STRATEGIES FOR IT TO BE MANAGED LOCALLY.
- AND THIS WILL NOT BE EASY.

KHSAA GUIDANCE DOCUMENT

- GUIDANCE IS BROKEN INTO THREE AREAS:
 - REQUIRED- THESE STANDARDS ARE REQUIRED AT ALL SANCTIONED CONTESTS.
 - RECOMMENDED- THESE STANDARDS ARE BEST PRACTICES DURING ALL CONTESTS DURING THE PANDEMIC AND ARE THEREFORE RECOMMENDED FOR ALL CONTESTS.
 - CONSIDER- WHILE THESE ITEMS ARE ALSO BEST PRACTICES DURING THIS TIME, LOCAL SITE DISCRETION SHOULD BE EXERCISED TO DETERMINE IF THESE ITEMS ARE PRACTICAL AND FEASIBLE FOR USE AT THE CONTEST.
- WHERE POSSIBLE, LOCAL CONTROL AND APPROVAL IS EMPHASIZED.
- REQUIRED COLLABORATION WITH LOCAL HEALTHY DEPARTMENT

KHSAA GUIDANCE INFORMATION

- AS USED IN THIS GUIDANCE, THE FOLLOWING GROUPS HAVE EITHER SUPPLIED INFORMATION OR BEEN USED AS A RESOURCE IN THE DEVELOPMENT OF THE DOCUMENT.
 - CDC (CENTERS FOR DISEASE COUNTY)
 - KDE (KENTUCKY DEPARTMENT OF EDUCATION)
 - KMEA (KENTUCKY MUSIC EDUCATORS ASSOCIATION)
 - KPHD (KENTUCKY DEPARTMENT OF PUBLIC HEALTH)
 - KHSAA (KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION)
 - NFHS SMAC (NATIONAL FEDERATION OF HIGH SCHOOLS SPORTS MEDICINE ADVISORY COMMITTEE)
 - KMA SMAC (KENTUCKY MEDICAL ASSOCIATION COMMITTEE ON THE MEDICAL ASPECTS OF SPORTS)

KHSAA GUIDANCE INFORMATION

- COMPLIANCE INFORMATION
 - SCHOOLS ARE VOLUNTARY MEMBERS AND HAVE ATTESTED COMPLIANCE INCLUDING ABIDING BY RULINGS
 - KHSAA MAY IMPOST PENALTIES FOR NON COMPLIANCE WITH REQUIREMENTS PARTICULARLY AROUND THOSE SPECIFIED AS REQUIRED
 - NON COMPLIANCE WITH OTHER ISSUES WILL BE REFERRED TO DEPARTMENT OF EDUCATION OR LOCAL HEALTH DEPARTMENT
 - FAILURE TO ADHERE TO THE REQUIREMENTS CONTAINED IN THESE STANDARDS SHALL BE CAUSE FOR A FINDING OF A LACK OF INSTITUTIONAL CONTROL AND PENALIZED PER BYLAW 27 INCLUDING GAME FORFEITURE, FINE OR OTHER PENALTIES, SUSPENSION OF AN INDIVIDUAL TEAM, PROGRAM, OR MEMBER SCHOOL.



KHSAA GUIDANCE INFORMATION

- STANDARD HEALTHY SCREENINGS REQUIRED AT ALL EVENTS (INCLUDING PRACTICES)
- REQUIREMENTS INCLUDE ANY GAME ATTENDEES
- STANDARD TEMPERATURE CHECKS AND HEALTH SCREENINGS
- LACK OF ADMISSION FOR THOSE FAILING TO MEET STANDARDS



KHSAA GUIDANCE INFORMATION

- MASS TEAM TESTING
 - ATHLETICS IS A PRIVILEGE AND NOT A RIGHT
 - AS SUCH, MEMBER SCHOOLS MAY REQUIRE ADDITIONAL STEPS FOR PARTICIPATION
 - SCHOOL DISTRICTS ARE RECOMMENDED TO ESTABLISH A COVID-19 TESTING PROTOCOL
 - COSTS ARE RECOGNIZED AS ISSUE AND CERTAINLY MEMBER SCHOOLS DO NOT HAVE THE BENEFIT OF MULTI-MILLION DOLLAR TV CONTRACTS FROM THE ELITE CONFERENCES.
 - KENTUCKY IS BLESSED TO HAVE BEEN EARLY AND OUT FRONT OF LOW OR NO COST TESTING, INCLUDING NON-SYMPTOMATIC INDIVIDUALS
 - NEW DEVELOPMENTS IN TESTING MAY BE ON THE HORIZON WHICH CAN ALSO HELP IN THIS REGARD.
 - SCHOOLS SHOULD BE PREPARED TO ALTER AND ADJUST ANY TESTING OR PREVENTION PROTOCOL BASED ON CHANGES IN DATA THROUGHOUT THE STATE AS WELL AS LOCALLY.



KHSAA GUIDANCE DOCUMENT

- GUIDANCE DOCUMENT CONTAINS PROTOCOLS FOR POSITIVE TEST CASES THROUGH LOCAL HEALTH DEPARTMENTS
- IN ADDITION, KMA RECENTLY RELEASED A DECISION MATRIX FOR PRIMARY CARE PHYSICIANS (MD AND DO) TO EVALUATE POSITIVE TEST PATIENTS FOR FURTHER EVALUATION
- STEPWISE PROTOCOL FOR A RETURN TO PLAY HAS BEEN ADOPTED AND INCLUDES (APPENDIX TO DOCUMENT)



KHSAA GUIDANCE DOCUMENT

- GENERAL AREAS OF CONSIDERATION AND FACILITY CLEANING ARE LISTED AND MIRROR THOSE IN THE SCHOOL DAY GUIDANCE AND IN KHSAA SEGMENT 1, 2 AND 3 GUIDANCE.
- EMPHASIS IN NEXT SECTION OF DOCUMENT ON EMPHASIZING SOCIAL DISTANCING AND HYGIENE PRACTICES, USE OF LOCKER ROOMS, ETC
- SPECIAL EMPHASIS AND REMINDERS FOR PLAYERS, COACHES, PARENTS, GAME DAY WORKERS AND OFFICIALS



KHSAA GUIDANCE DOCUMENT

- MANY CHANGES TO CURRENT SEASON STRUCTURES
- SEASONS ARE DIVIDED INTO THREE SEGMENTS AS THIS ALLOWS GRADUAL TRANSITIONS AND EVALUATION OF BEST PRACTICES
- OUT OF STATE CONTESTS ELIMINATED UNLESS IN CONTIGUOUS COUNTY TO THE STATE
- ELIMINATION OF LARGER EVENTS AND LIMITATIONS ON NUMBER OF TEAMS IN EVENTS.
- TIME BETWEEN CONTESTS SPECIFIED, ESPECIALLY WHEN DIFFERENT SCHOOLS ARE INVOLVED, TO REDUCE POTENTIAL AUDIENCE CO-MINGLING
- **SEEDING CHANGES TO LESSON “MANDATORY GAMES” AS WELL AS RELIEF FROM FORFEITURE PENALTIES FOR GAMES CANCELLED DUE TO QUARANTINES, ETC.**



KHSAA GUIDANCE DOCUMENT

- **ROLE OF “GAME MANAGER” FURTHER DEFINED**
- FULL AUTHORITY TO SHUT DOWN CONTEST **IF FANS DON'T COMPLY WITH REQUIREMENTS.**
- DETERMINING WHO IS ESSENTIAL, RECOMMENDED LAYERS



KHSAA GUIDANCE DOCUMENT

- ATTENDANCE AT EVENTS
 - SIMILAR TO GRADUATION ACTIVITIES, MUST DETERMINE IN CONJUNCTION WITH HEALTH DEPARTMENTS
 - AGAIN, UTILIZE SEGMENTATION TO ALLOW FOR PHASE-IN
 - OFFERS ASSISTANCE WITH CALCULATIONS BUT MUST BE LOCAL DETERMINATION, THERE IS SIMPLY TOO MUCH DIFFERENCE IN FACILITIES, INGRESS, EGRESS AND OPTION.
 - SENSITIVE ISSUES MUST BE DETERMINED AT SCHOOLS INCLUDING NON-UNIFORMED PLAYERS, CHEERLEADERS, BAND MEMBERS AND OTHERS WHO ARE NOT ON THE FIELD OF PLAY (OR COURT)



KHSAA GUIDANCE DOCUMENT

- RECOMMENDATIONS ON TICKETING (PAPERLESS RECOMMENDATION)
- WE HAVE MADE PARTNERED VENDORS AVAILABLE THROUGH MEETINGS ALL SUMMER AS WELL AS STREAMING OPTIONS WHERE LOST REVENUE CAN BE COMPENSATED FOR DURING THESE TIMES
- CONCESSIONS AND RECOMMENDATIONS, REFERRING TO OTHER GUIDANCE



KHSAA GUIDANCE DOCUMENT

- MASKS AND FACE COVERINGS

- ALL INDIVIDUALS ENTERING A VENUE BEFORE, DURING, AND AFTER A CONTEST SHALL WEAR A MASK/FACE COVERING. (REQUIRED)
- ALL COACHES, NON-COMPETITORS (SUBSTITUTIONS) AND CHEERLEADERS SHALL WEAR A MASK/FACE COVERING. (REQUIRED)
- **A “GAITER” COMPLIES WITH THIS REQUIREMENT PROVIDED IT IS PROPERLY** WORN COVERING THE NOSE AND MOUTH WHEN THE PLAYER IS NOT PARTICIPATING AND CAN EASILY SLIP DOWN AROUND THE NECK DURING PARTICIPATION. (RECOMMENDED)
- A SPLASH SHIELD ATTACHED INSIDE A FOOTBALL HELMET COVERING BOTH THE UPPER AND LOWER PARTS OF THE INSIDE OF THE HELMET TO COVER THE NOSE AND MOUTH COMPLIES WITH THE REQUIREMENT PROVIDED THE HELMET IS BEING WORN. (CONSIDER)
- ANYONE WHO IS NOT ENGAGED IN STRENUOUS PHYSICAL ACTIVITY IS TO BE WEARING A MASK/FACE COVERING. (REQUIRED)



KHSAA GUIDANCE DOCUMENT

- GAME MANAGEMENT GUIDANCE WAS EXTENDED TO STIPULATE VARIOUS THINGS RELATED TO GAME DAY OPERATIONS, ATTEMPTING TO ENSURE SOCIAL DISTANCING.
- **SIMPLY PUT, MANY OF THE THINGS WE ARE “USED TO” ARE NOT ESSENTIAL**
- SPECIAL RECENTLY RELEASED GUIDANCE ON MOUTHPIECES WAS INCLUDED FOR OUR GAME MANAGERS
- SPECIAL EMPHASIS ON WATER AND HYDRATION, NOT THE USE OF IT, BUT THE METHODS. NO COMMON WATER OPTIONS (HOSES, TROUGHS, ETC.)
- SEVERAL CONSIDERATIONS ENUMERATED RELATED TO MEDIA, INCLUDING EVALUATION OF WHO NEEDS TO BE PRESENT AND WHO IS OPTIONAL AND MAY NOT BE PERMITTED.

KHSAA GUIDANCE DOCUMENT

- REFERENCES INCLUDED TO 32 ADDITIONAL DOCUMENTS AS LINKS.
- RATHER THAN INCLUDE ALL OF THE SPECIFICS, INCLUDED THE LINKS AS MANY ARE SUBJECT TO CHANGE (I.E. TWO CHANGES THIS WEEK IN CDC TESTING PROTOCOLS AS WELL AS RECENT QUARANTINE CHANGES)
- GUIDANCE WAS ALSO PROVIDED FOR CONTEST OFFICIALS.
- BE MINDFUL THAT THERE ARE NEARLY 4,000 INDIVIDUALS IN A NORMAL YEAR WHO LICENSE AS SPORTS OFFICIALS IN THIS STATE, INDEPENDENT CONTRACTORS DESIRING TO WORK FOR KHSAA MEMBER SCHOOLS



KHSAA GUIDANCE DOCUMENT

- SPORTS SPECIFIC GUIDANCE (PRIMARILY PLAYING RULES RELATED) WERE PROVIDED FOR EACH OF THE SIX FALL SPORTS — GOLF, SOCCER, FIELD HOCKEY, VOLLEYBALL, CROSS COUNTRY AND FOOTBALL
- OBVIOUSLY MUCH MORE GUIDANCE ON FOOTBALL DUE TO ITS AMOUNT OF CONTACT
- FOOTBALL MITIGATION STRATEGIES
 - MOUTHPIECES (NOW ADDRESSED);
 - SPIT AND SPLATTER (ABLE TO BE ADDRESSED BY LOCAL SCHOOLS THROUGH LEGAL FACE GUARDS AND SPLASH SHIELDS INSIDE THE HELMET;
 - RECOMMENDATIONS ON HUDDLES AND FORMATIONS
 - CHANGES TO TIME-OUT OPTIONS TO PREVENT UNNECESSARY GATHERINGS



KHSAA GUIDANCE DOCUMENT

- KEEP IN MIND ABOUT FOOTBALL. DIFFERENT THAN PERHAPS OTHER MORE CHALLENGING SPORTS TO DEAL WITH, CONTACT IS SHORT BURSTS, FOLLOWED BY BREAKS.
- PLAYERS ARE LIMITED DURING THE WEEK BOTH IN PRACTICE AND COMPETITION. LIMITS ON PLAY DURING A SET NUMBER OF QUARTERS, TIME ELEMENTS OF PRACTICES, ETC.
- TEAM BOXES HAVE BEEN EXTENDED BY 30 YARDS TO ALLOW MORE SPACING OF PLAYERS AND UNNECESSARY INDIVIDUALS (INCLUDING NON ROSTERED PLAYERS) MAY NOT BE IN THE TEAM BOX
- REGULAR AND ROUTINE FOOTBALL CLEANING REQUIRED AS WELL AS LENIENCY ON WHEN NEW BALLS ARE BROUGHT INTO THE GAME



KHSAA GUIDANCE DOCUMENT

- COIN TOSS AND OTHER CEREMONIES ALTERED FOR SOCIAL DISTANCING
- ALLOWANCES FOR FACE SHIELDS, SLEEVES, GLOVES AND OTHER ITEMS AS PLAYER DISCRETION WITHOUT MANY OF THE NORMAL RESTRICTIONS
- TIME-OUTS HAVE BEEN LENGTHENED TO ENSURE THAT INDIVIDUAL PLAYER LABELED WATER BOTTLES CAN BE USED (OR DISPOSABLE ONE USE CUPS VS. THE NORMAL SHARED CONTAINERS)



MEDICAL EMPHASIS

- WE HAVE TALKED A LOT ABOUT PUBLIC HEALTH
- **LET'S TALK ABOUT ATHLETE SAFETY, NOTHING NEW TO KY AS WE WERE FIRST** OR NEAR FIRST IN COUNTRY WITH A CONCUSSION AWARENESS PROGRAM, MEDICAL SYMPOSIA, HEAT INDEX PROGRAM, CONCUSSION MANAGEMENT PROTOCOL, MANDATORY COACH TRAINING AND SO MANY OTHERS AND ALWAYS SCORE HIGHLY WHEN COMPARED TO OTHER STATES IN NEUTRAL REVIEWS OF OUR PROGRAMS
- NOW, ONE OF FIRST IN STATE TO ADOPT A PROTOCOL AND TREATMENT CARE STANDARD FOR ATHLETES WITH COVID POSITIVE TESTS IN EARLY ANALYSIS, RESEARCH HAS SHOWN THE PRESENCE OF MYOCARDITIS IN COVID POSITIVE PATIENTS. NO ONE WANTS TO MINIMIZE THIS RISK, BUT THERE IS NOTHING CONCLUSIVE THAT FOOTBALL (OR ANY OTHER SPORT) IS CAUSAL, IT IS STILL VERY MUCH AN EVOLVING BODY OF RESEARCH.



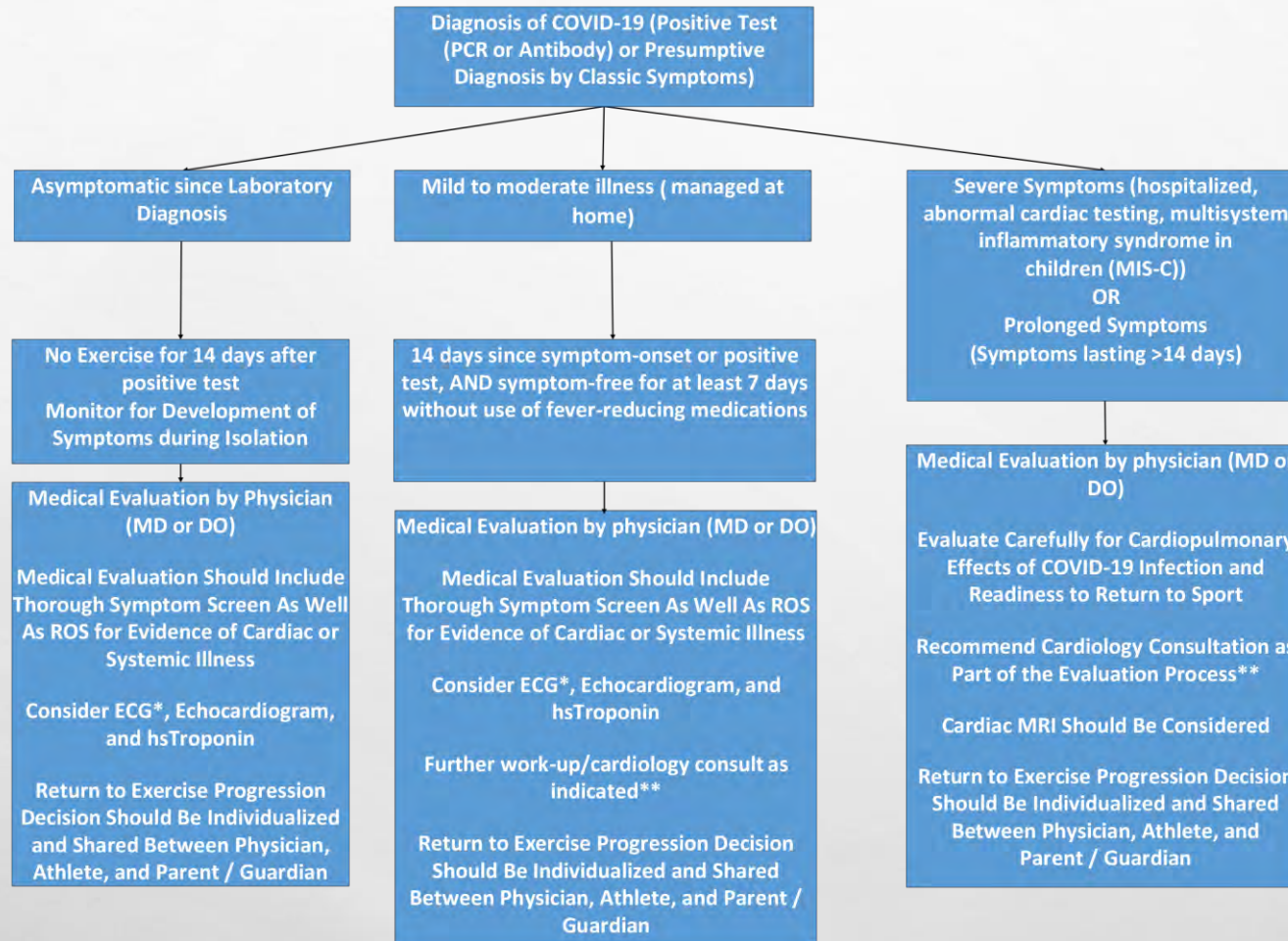
MEDICAL EMPHASIS

- WE, LIKE OTHERS WHO CONSULT WITH MEDICAL PROFESSIONALS, ARE WELL AWARE OF MEDICAL COMMUNITY CONVERSATION ABOUT COVID AND NEW RESEARCH REGARDING MYOCARDITIS (AN INFLAMMATION OF THE HEART MUSCLE)
- FIRST ARTICLES SHARED WITH US WERE IN MAY, EARLY ON, FROM THE US NATIONAL LIBRARY OF MEDICINE, NATIONAL INSTITUTES OF HEALTH. ([HTTPS://BIT.LY/3HXAGRN](https://bit.ly/3HXAGRN)). WHILE THIS WAS NOT ATHLETICS SPECIFIC, IT WAS BEING REVIEWED.
- IT WAS ALMOST IMMEDIATELY THAT ALL SPORTS MEDICINE AUTHORITIES BEGAN TO TRY AND GATHER DATA. AGAIN, NOT SPECIFIC TO SPORTS, BUT OBVIOUSLY POTENTIALLY COVID IMPACTED.

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- **WE WERE VERY APPRECIATIVE WITH KMA'S RECENTLY RELEASED GUIDANCE** FOR PHYSICIANS IN AN EFFORT TO PREVENT PROBLEMS LATER FOR STUDENTS

KMA Committee on Sports Medicine COVID-19 Medical Evaluation and Return-to-Activity Guidance for Middle and High School Student-Athletes





KMA Committee on Sports Medicine: Return to Activity (RTA) Protocol After COVID-19 Infection

Any return to play should be preceded by a gradual and progressive return to physical exertion. Athletes should complete the progression below without the development of cardiopulmonary symptoms (chest pain, chest tightness, palpitations, shortness of breath, excessive fatigue, lightheadedness, pre-syncope, or syncope). Monitor the student-athlete closely for the development of any symptoms during this active progression. If any symptoms develop, the athlete should stop exertion immediately and be referred back to the evaluating physician for consideration of additional evaluation, including cardiology consultation, before resuming activity.

- **Step 1: (2-Days Minimum)** Light activity (walking, jogging, stationary bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training
- **Step 2: (1-day minimum)** Add simple movement activities (For example, running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate
- **Step 3: (1-day minimum)** Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.
- **Step 4: (2-days minimum)** Normal training activity for 60 minutes or less at intensity no greater than 80% maximum heart rate
- **Step 5: Return to full activity**

**RTA Protocol adapted from Elliott N, et al. Infographic. British Journal of Sports Medicine, 2020.*



CURRENT ISSUES

- CURRENT ISSUES
 - EVERYONE CAN FIND A DOCUMENT THAT SUPPORTS THEIR POSITION, THAT HAS BEEN A CHALLENGE THROUGHOUT THIS EPIDEMIC
 - GOOD EXAMPLE IS DATA AND ISSUES SURROUNDING THE PLAYING OF FOOTBALL
 - RECENT ARTICLES SHOW THE DEBATE



CURRENT ISSUES

- THE BIG-10, WHICH ORIGINALLY CANCELED FOOTBALL, RELIED HEAVILY ON ONE ARTICLE PUBLISHED BY A DOCTOR IN OHIO FROM THE RESEARCH OF DR. CURT DANIELS. WHICH AS OF **F YET, ISN'T PEER REVIEWED (PER** NEW YORK TIMES, 8/23, [HTTPS://NYTI.MS/3GE5QSU](https://nyti.ms/3GE5QSU))
- AN INTERESTING QUOTE FROM THAT ARTICLE- "THUS, DANIELS SAID HE COULD NOT DISCLOSE ANY MORE INFORMATION ABOUT THE DATA, INCLUDING THE NUMBER OF ATHLETES TESTED AND THOSE FOUND WITH MYOCARDITIS, UNTIL IT IS PUBLISHED." **THOUGH THE ARTICLE CONTAINS A VARIETY OF INFORMATION, IT** POINTS TO CONFLICTING REPORTS AND THE DIFFICULTY IN USING ANY SINGLE SOURCE OF DATA FOR DECISIONS.
- THOUGH THAT DANIELS STUDY DRAFT (UNPUBLISHED) WAS ALLEGEDLY USED TO HELP MAKE THE DECISION FOR THE BIG-10, IT HAS YET TO BE SHARED PUBLICLY.



CURRENT ISSUES

- NOW CONSIDER THE OPPOSITE TYPE OF INPUT-
- THIS ARTICLE FROM THE CHRONICLE, A PUBLICATION AT DUKE UNIVERSITY ON AUGUST 14, ENTITLED “CHAIR OF ACC MEDICAL ADVISORY TEAM MEETS WITH ALL DUKE ATHLETES, OPTIMISTIC ON **FALL SEASONS**”, AT [HTTPS://BIT.LY/32AAZX7](https://bit.ly/32AAZX7)
- QUOTED DR. CAMERON WOLFE, A DOCTOR IN THE DIVISION OF INFECTIOUS DISEASES AT DUKE AND THE CHAIR OF THE ACC MEDICAL ADVISORY TEAM. WOLFE TOLD THE SPORTS BUSINESS DAILY THAT HE BELIEVES FOOTBALL CAN BE PLAYED SAFELY THIS FALL AND THAT HE IS CONFIDENT THE ACC WILL CONTINUE WITH ITS PLAN TO PLAY FALL SPORTS
- **HE CLOSELY CORRELATED HIS STATE'S ABILITY TO HANDLE THE VIRUS SINCE THE SPRING AS ONE OF HIS SUPPORTIVE REASONS FOR THE ACC CONTINUING.**



CURRENT ISSUES

- HOW ABOUT THAT SPORTS BUSINESS ARTICLE FROM WOLFE? [HTTPS://BIT.LY/3LU1FGN](https://bit.ly/3LU1FGN)
- **FROM DR. WOLFE, “CAN** WE SAFELY HAVE TWO TEAMS MEET ON THE FIELD? I WOULD SAY YES. WILL IT BE TOUGH? YES.”
- **“WE** HAVE TO CO-EXIST WITH COVID. I LIKE THAT SAYING BECAUSE IT SUMMARIZES A REALITY THAT THIS **VIRUS ISN’T GOING ANYWHERE. WHILST IT EBBS AND FLOWS, WE’RE NOT** GOING TO SEE IT EBB TO ZERO **ANYTIME SOON.” WOLFE SAID HE HAS TRIED “NOT TO BE CATAclysmic” ABOUT COVID. “THIS IS NOT EBOLA,” HE SAID. “IT DOESN’T HAVE THE LETHALITY OR THE INFECTIVITY. SO,** CERTAIN MITIGATION EFFORTS CAN BE **INCREDIBLY HELPFUL. WE’VE SEEN THAT IN OTHER COUNTRIES** -- SADLY NOT IN THE UNITED STATES -- WHERE GOOD INFECTION CONTROL AND GOOD REGIMENTED MANAGEMENT HAVE ALLOWED GROUPS TO CO-EXIST WITH THIS VIRUS REALLY WELL.”



CURRENT ISSUES

- A LAST QUOTE FROM WOLFE,
- “YOU HAVE TO FEEL SOME LEVEL OF COMFORTABLE PLAYING IN A NON-ZERO RISK ENVIRONMENT. YOU **CAN'T TELL ME THAT RUNNING ONTO A FOOTBALL FIELD IS SUPPOSED TO** BE A ZERO-RISK ENVIRONMENT. LOOK AT ALL OF THE REGULAR SPORTING INJURIES THAT WE ACCEPT AS A CERTAIN LEVEL OF RISK AS PART AND PARCEL OF FOOTBALL. NOW THE REALITY IS THAT WE HAVE TO ACCEPT A LITTLE BIT OF COVID RISK TO BE A PART OF THAT.”



CURRENT ISSUES

- **THE INTERESTING FACTOID TO ALL THIS PLAY OR DON'T PLAY DISCUSSION**, IS THAT JUST YESTERDAY, THE BIG TEN (THE FIRST COLLEGIATE CANCELLATION) ANNOUNCED PLANS TO TRY AND FORMULA A FALL SCHEDULE.
- THIS IS NOT A COMPETITION ABOUT WHO IS RIGHT AND WHO IS WRONG. **IT'S JUST AN EXAMPLE OF HOW ONE DATA SOURCE** MAY NOT BE THE MOST RELIABLE AND THE CONFLICTS IN DATA SOURCES AND OPINIONS ARE REAL. THERE ARE NO CLEAR ANSWERS.
- WE ARE NOT TRYING TO ARGUE WITH ANYONE WHO HAS A CONTRADICTORY VIEWPOINT. WE HAVE TREMENDOUS RESPECT FOR ALL OF THOSE ON THE FRONT LINE AND OTHERWISE WHO HAVE WORKED SO HARD TO GUIDE US THROUGH THIS SO FAR.
- THE TRUTH IS THAT **WE DON'T BELIEVE WE CAN SHUT OURSELVES, OUR LIVES OR OUR ECONOMY** UP FOR A YEAR OR MORE WHILE THIS VIRUS GOES AWAY. AND ACCURATE ANSWERS SO MANY TIMES WILL ONLY BE FOUND IN THE REAR VIEW MIRROR YEARS FROM NOW.



CONCLUSION

- I APOLOGIZE, IT HAS NEVER BEEN A TRAIT OF MINE TO BE BRIEF.
- YOU EXPECT, AND WE EXPECT, COMPLETE DATA FROM YOUR DESIGNEES.
- OUR BOARD OF CONTROL AND OUR STAFF STRONGLY BELIEVES THAT OUR MEMBER SCHOOLS ARE THE BEST TO HANDLE THE ISSUES SURROUNDING THE CONTINUATION OF SPORTS.
- OUR BOARD OF CONTROL AND OUR STAFF BELIEVES THAT THE PARENTS OF OUR PARTICIPANTS ARE THE BEST TO DECIDE IF THEY WANT THEIR INDIVIDUAL STUDENT TO PLAY OR NOT TO PLAY.



CONCLUSION

- OUR SLOW AND DELIBERATE APPROACH HAS ALLOWED US TO NOT BE FIRST, NOT BE LAST, BUT TO OBSERVE AND WORK ON THE BEST STRATEGIES AFTER SEEING OTHER EXAMPLES.
- WE HAVE CREATED A PATH FOR BOTH OF THOSE GROUPS TO HAVE THESE OPPORTUNITIES.
- OUR BOARD BELIEVES IT CAN AND WILL WORK, AND I WELCOME YOUR COMMENTS AND QUESTIONS.