

ALL SPORTS GUIDANCE

INTRODUCTION

As is detailed in this document, due to the nature of the 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.

For 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.

These actions and policies will likely remain in place until a cure, vaccine or very effective treatment is readily available, or so-called “herd immunity” is confidently reached. As the science about COVID-19 evolves, it will be important to remain vigilant and nimble to respond to new developments. Participants and their families, along with school personnel, must recognize these risks and implement best practices to reasonably mitigate them. Participation in athletic activities is voluntary and every individual will need to evaluate the risks versus the benefits of athletics participation. Those immune-compromised participants and staff, or those who live with family members with elevated health concerns, should evaluate associated risks of participation and may choose not to participate.

According to the Center for Disease Control and Prevention (CDC), the virus that causes COVID-19 is thought to spread primarily from person-to-person, mainly through respiratory droplets produced when an infected person coughs, sneezes or talks, and may also be produced when yelling, cheering, singing and spitting. However, new data is available daily and the best scientific minds in the country and the world are working on solving the problem. It is thought by our medical advisors that these droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about six feet) for the times specified by the CDC. Risk mitigation strategies should be aimed at reducing the likelihood of a person being exposed to respiratory droplets coming from another person. Every school is different, and every athletic activity is different. Certain mitigation strategies may be feasible in one school or for one activity, but not another.

This document also provides sport-specific recommendations and/or considerations that have been developed in conjunction with the National Federation of State High School Associations (NFHS) or a similar governing or rules-making body. Note that a rule modification is a modification to a playing rule from the governing body of the sport and should be applied to all contests for the 2020-21 season. Playing rules can be adapted from a variety of sources depending on the structure of each league or jurisdiction.

GENERAL GUIDANCE INFORMATION

- Guidance is broken into three areas:
 - BEST PRACTICE- These standards should be considered BEST PRACTICE at this time and strongly considered for all contests based on review and adoption of local supervising jurisdictions.
 - RECOMMENDED- These standards should be implemented all contests during the pandemic and are therefore recommended for all contests based on review and adoption of local supervising jurisdictions.
 - 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.

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- These differences in the guidance are necessitated by the differences in sports, facilities, and geographic areas, which are pronounced magnified this year throughout the Commonwealth.
- Due to the nature of the outbreak, there may be inequities (perceived and real) due to geography within the state as some areas will have higher COVID-19 rates than other areas. As such, each jurisdiction must make a continual evaluation regarding participation.
- For workouts, practices, and competitions to continue, social distancing and other preventive measures such as mask/face covering and frequent sanitizing of hands, implements, and equipment must continue.
- These restrictions and this guidance will likely remain in place until a cure, vaccine or very effective treatment is readily available, or so-called “herd immunity” is confidently reached and the national and Commonwealth states of emergency are canceled.
- As the science about COVID-19 evolves, it will be important to remain vigilant and nimble to respond to new developments.
- Specific items related to contest officials are located in the section of the document labeled “Return to Competition: A Return to Officiating”.
- Students and their families, along with school personnel, must recognize these risks and implement best practices to reasonably mitigate them.
- Participation in school activities is voluntary and is a privilege, not a guaranteed right.
- Participants and their families should complete a form acknowledging the risks of participation per local jurisdiction policies.
- Every individual will need to evaluate the risks versus the benefits of athletics participation.
- Those immune-compromised participants and staff as well as attendees, or those who live with family members with elevated health concerns, should evaluate associated risks of participation and may choose not to participate.

INFORMATION SOURCES

- 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)
- KMA SMAC (Kentucky Medical Association Committee on the Medical Aspects of Sports)
- KMEA (Kentucky Music Educators Association)
- KDPH (Kentucky Department for Public Health)
- KHSAA (Kentucky High School Athletic Association)
- NFHS SMAC (National Federation of High Schools Sports Medicine Advisory Committee)

EDUCATION AND INFORMATION

- Before beginning any athletic activities, the local jurisdiction should review the most recent guidelines provided by the groups listed in the “INFORMATION SOURCES” section of this document, along with constant consultation with local county/city health agencies, and decide how best to implement those guidelines.
- Local jurisdictions should communicate to coaches, participants, and parents, CDC, KDPH, KDE, KHSAA, and local county/city health department guidelines and best practices regarding COVID-19 and discuss all safety and cleanliness expectations.
- While all local jurisdictions are not subject to regulatory guidance by the above-listed jurisdictions, guidance from these types of organizations can be greatly beneficial to consistent application across the Commonwealth.

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- Each person involved in the administration of a local league or event may avail themselves of a free course using the platform NFHSLearn.com, “COVID-19 for Coaches and Administrators”.
- This document uses the division of interscholastic sports as defined by the NFHS SMAC which has placed sports into three risk categories:
 - Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and the high probability that respiratory particles will be transmitted between participants. Examples: Wrestling, football, boys lacrosse, competitive cheer, dance
 - 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 the 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 or use of masks by participants
 - 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

SCREENING OF ALL ENTERING THE FACILITY FOR PRACTICE OR COMPETITION

- All should be mindful that participation in sports is a privilege and not a right, as is attendance at such an event.
- Local jurisdictions should develop a protocol for checking the temperature and health of all individuals. (BEST PRACTICE)
- A standard checklist form or listing using the CDC symptoms is available for use by all jurisdictions on the CDC website, however, a jurisdiction-developed list, health department developed list or electronic equivalent may be used. (RECOMMENDED)
- Anyone attending or participating in a should review his/her symptoms before arriving in anticipation of being screened. (BEST PRACTICE)
- Gate/admission attendees should be prepared to check the temperature of any individual entering a facility. (BEST PRACTICE)
- The current protocol permits accepting a temperature of 100.4F or less. (BEST PRACTICE)
- Consider the potential for environmental factors to cause an elevated temperature and should the temperature be elevated, it is appropriate to isolate the individual and recheck the temperature after 5-to-10 minutes of sitting in a cooler environment. (RECOMMENDED)
- In the event a person does not meet the temperature threshold, that individual should not be admitted to the facility and standard procedures for a symptomatic individual should be implemented. (BEST PRACTICE)
- A standard COVID-19 symptom checklist should be reviewed with all who enter (BEST PRACTICE)
- The name and contact information should be recorded at each practice (BEST PRACTICE)
- The name and contact information should be recorded where feasible and practical at competitions (BEST PRACTICE)
- Currently, the known symptoms which should be addressed are as follows, but may be subject to future revision and notification (see updates at <https://bit.ly/3ggqMgn>): (BEST PRACTICE)

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- Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- This list does not include all possible symptoms. The CDC will continue to update this list as more is learned about COVID-19. A current list of COVID-19 symptoms and a “self-checker” application is available at <https://bit.ly/3gqgMgn> (RECOMMENDED)
- Note that due to the variability and potential unreliability of temperature checks, facilities should give more consideration to symptom check. (CONSIDER)
- Spectators, participants, or personnel displaying COVID-19 symptoms (e.g., fever, cough, or shortness of breath), or with temperatures of greater than 100.4F should not be admitted and must stay home and consider COVID-19 testing if symptoms persist. (BEST PRACTICE)
- For participants failing the health check, a standard protocol should be implemented as with all locally adopted procedures. (BEST PRACTICE)
- Any individual who fails a screening, either based on symptoms or temperature level, should also wear a mask/face covering and be sent immediately to a designated area for isolation, and the school emergency action plan should be implemented. (BEST PRACTICE)
- Anyone who stays with, or cares for, the potentially infected person while in the isolation area should wear a mask/face covering. (BEST PRACTICE)
- A determination should be made about whether the individual’s symptoms dictate that they contact their healthcare provider or go to an emergency room. (RECOMMENDED)
- Any individual, participant, coach, athletic trainer, support staff, or official exhibiting signs of COVID-19 should be tested before returning to participate in contests and consult with their healthcare provider. (BEST PRACTICE)
- Before returning to play, the individual must meet CDC’s criteria for “When You Can Be Around Others After You Had or Likely Had COVID-19 (<https://bit.ly/32prkOB>). (HIGHLY RECOMMENDED)
- A member of the traveling staff that is away and has a positive screen should be cleared by the team physician or the representative health care provider to travel safely, ideally by themselves, but if not possible or determined by the medical staff to be unsafe to travel by themselves, they should travel with another member of the staff where both are masked. (RECOMMENDED)

MASS TEAM TESTING FOR COVID-19

- Athletics is a privilege, not a right, as has been confirmed by the courts at the interscholastic athletic level on multiple occasions.
- As a privilege, facilities may require additional steps for participation to occur such as a higher grade achievement requirement, less tolerance for attendance issues, a parental and student risk acknowledgment and permission form, and a variety of other required thresholds.
- As a privilege, participants and their families agree to comply with these and other restrictions as a condition of participation.

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- Frequent testing of asymptomatic athletes is a major component of all professional and many collegiate return-to-play plans.
- Larger, well-funded schools at the collegiate level (particularly the Power-5 league members of the ACC, Big-10, Big-12, Pac-12, and SEC) have recommended a multi-tiered testing process that has evolved to multiple tests per week.
- Recently the FDA has approved saliva-based testing as an alternative to more expensive and slower-result testing systems, but it will take time for distribution (see <https://bit.ly/31tpdtP>).
- Students who refuse to participate in an adopted screening program should be determined to have voluntarily given up the privilege of participation.
- The NFHS SMAC does not at this time recommend testing of asymptomatic high school athletes, however in Kentucky, part of the tremendous success in twice “flattening a curve” epidemiologically has been our access to no-cost testing regardless of symptoms.
- Per the NFHS SMAC in its August 2020 report, while a comprehensive multiple times-per-week testing program at the high school level is likely cost-prohibitive and raises concerns regarding the proper allocation of resources during the pandemic, each jurisdiction should strongly consider the adoption of screening protocol and any additional steps necessary to protect the participant and all others during this pandemic. (RECOMMENDED).
- With the privilege aspect in mind, school districts are recommended to establish COVID-19 testing protocols, even if those protocols necessarily are different from the typical student and even if non-congruent with other schools or other school activities. (RECOMMENDED)
- 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. (RECOMMENDED)

COVID-19 BASIC DEFINITIONS – ISOLATION AND QUARANTINE

- Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.
- Isolation separates sick people with a contagious disease from people who are not sick.
- Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

PROTOCOL FOR SUSPECTED CASES OF COVID-19

- All facilities should have an emergency action plan in place for each site per KRS 160.445. If a participant, coach, or official is, or becomes, sick on-site with symptoms of COVID-19, they should be placed in an identified and designated quarantine area with a mask in place until they can be picked up. (BEST PRACTICE)
- Staff who are identified to care for participants must wear a mask. (BEST PRACTICE)
- Students, coaches, and/or officials should be transported by their parent or guardian, emergency contact, or ambulance (if clinically unstable) for off-site testing. (RECOMMENDED)
- If an ambulance is called, or someone is being brought to the hospital, there should be an attempt to call the hospital first to alert them that the person may have COVID-19. (BEST PRACTICE)
- If a participant, coach, or official becomes sick, they must not use group transportation to return home. (BEST PRACTICE)

PROTOCOL FOR POSITIVE CASES OF COVID-19

- The local health department shall be contacted by the school for further direction and they will likely initiate contact tracing, following regular public health practices. (BEST PRACTICE)

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- All schools, public and private, must cooperate with the local public health department if a confirmed case of COVID-19 is identified, and collect the contact information for any close contacts (i.e., individuals less than six feet apart for more than 15 minutes) of the infected individual from two days before he or she showed symptoms to the time when he or she was last at the event. (BEST PRACTICE)
- Close contacts should be quarantined per current CDC protocols. (RECOMMENDED)
- Local health officials may identify other contacts who require quarantine. (RECOMMENDED)
- Administrators of the schools involved shall participate in all notification orders if they are notified of the presence of any laboratory positive or clinically diagnosed cases of COVID-19. (BEST PRACTICE)
- The individual with COVID-19 should not be identified by name to non-family or non-health department officials. (BEST PRACTICE)
- Even if a family/participant acknowledges and publicly discloses a positive test, school staff and officials must not participate in discussion or acknowledgment of a positive test by identifying a specific participant. (BEST PRACTICE)
- Students, coaches, or officials who were at the event, but not in close contact with a positive case, should continue to be closely monitored for any symptoms of COVID-19. (RECOMMENDED)
- Areas that were used by the sick person should be closed off and should not be used until after cleaning and disinfecting them (this includes surfaces or shared objects in the area). (RECOMMENDED)
- If possible, cleaning and disinfecting of the area should not occur until at least 24 hours have elapsed. (RECOMMENDED)
- If 24 hours is not feasible, as much time as possible should be allowed to pass before cleaning or disinfection occurs. (RECOMMENDED)

RETURN TO PLAY OR INVOLVEMENT FOR POSITIVE COVID-19 TEST (STUDENT, COACH OR OTHER ADULT, OR OTHER NON-SPECTATOR)

BASIC PROCEDURES INCLUDING ISOLATION, AND CONTACT TRACING, COMPLIANCE WITH LOCAL HEALTH DEPARTMENT GUIDELINES, AND REPORTING

- In the case of an athlete or a staff member receiving a positive test result while at a school facility, that individual should wear a mask/face covering and remain in a safe area of isolation as determined by the medical staff and any caregivers associated with the participant or staff member while they wait to be taken home. (BEST PRACTICE)
- The infected individual should remain isolated at home or another agreed-upon destination, as long as appropriate care can be administered at that location. (RECOMMENDED)
- All efforts should be made to avoid contact with infected participants except by designated healthcare professionals wearing appropriate personal protective equipment (PPE). (BEST PRACTICE)
- The local health department shall have already been contacted regarding the positive case. (BEST PRACTICE)
- Individuals who test positive for COVID-19 should follow the specific protocol established by the local health department, which should include protocols for those exposed to the individual(s) with the positive test and involve full cooperation with contact tracing. (BEST PRACTICE)
- Participants who had mild COVID-19 symptoms that were managed at home should be seen by their medical provider for any persisting symptoms and continue to follow CDC's guidance "Isolate If You Are Sick" (<https://bit.ly/2QyFiYZ>). (RECOMMENDED)
- Please refer to updated CDC guidelines as this information is fluid and may change (<https://bit.ly/32prkOB>). (RECOMMENDED)

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CONFIRMED POSITIVE CASE EVALUATION BY MEDICAL PROVIDED

- Participants and others with a role on the team with a confirmed COVID-19 diagnosis should consider undergoing an evaluation by their medical provider as a return to play or involvement following a positive test and confirmation requires written consent of an MD or DO. (BEST PRACTICE)
- The members of the Kentucky Medical Association Committee on the Medical Aspects of Sports that serve as the KHSAA Sports Medicine Committee have developed a form for use in evaluating the next steps for persons in athletics who have tested positive. (RECOMMENDED)
- The form for family care physicians and other MD or DO which creates a decision tree is listed on the KHSAA website and is the official mechanism and decision matrix to be used. (RECOMMENDED)
- All should note that based on this review, consultation with a cardiologist may be required. (RECOMMENDED)

STEP-WISE RETURN TO PLAY PROTOCOL

- The KMA SMAC has developed and approved a protocol for return to play, which should apply to both participants and adults. (ADOPTED, AUGUST, 2020)
- A stepwise protocol is recommended for the physician and is listed as follows, with compliance by school personnel being required.
- Any return to play shall 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 participant 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.
- The document is provided for physicians who may evaluate and treat participants diagnosed with COVID-19 infection. The information contained herein is based on the compilation and summary of expert recommendations of national and international sports medicine organizations.

EXERCISE AFTER CONFIRMED POSITIVE TEST

- No exercise is recommended for at least 14 days from diagnosis and seven days after all symptoms have resolved. (RECOMMENDED)
- After that period, gradual acclimation back to sports over a 10-to-14 day period, once the participant is cleared to participate, is recommended following the KMA matrix as detailed at <https://bit.ly/32lhmO1>. (RECOMMENDED)

GENERAL AREAS OF CONSIDERATION FOR BOTH PRACTICES AND CONTESTS BY STUDENTS, STAFF, AND ALL INVOLVED

FACILITY CLEANING (ALL BEST PRACTICES IN CONTEXT OF EXISTING KDE SCHOOL GUIDANCE AND PLANS)

- Each of these items should be considered when developing plans for the local health department, to review most if not all of which were part of plans for the resumption of activity during the summer of 2020-21.
- Before an individual or group enters 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 with warm water and soap for a minimum of 20 seconds or use hand sanitizer before touching any surfaces or participating in workouts.
- Hand sanitizers 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 home.

ENTRANCE/EXIT STRATEGIES

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

PRE-WORKOUT SCREENING (ALL BEST PRACTICES IN CONTEXT OF EXISTING SCHOOL GUIDANCE AND PLANS)

- All those involved in managing practice or competition should be familiar with the signs and symptoms of COVID-19 as listed by the CDC at <https://bit.ly/3gqgMgn>.
- All coaches and participants should be screened daily for signs/symptoms of COVID-19 before participating, including a temperature check.
- Anyone with a temperature of greater than 100.4F degrees should not participate and should be sent home.
- Responses to screening questions for each person should be recorded and stored.
- Any person with COVID-19 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.

HYGIENE PRACTICES (ALL BEST PRACTICES IN CONTEXT OF EXISTING SCHOOL GUIDANCE AND PLANS)

- Wash your hands with soap and warm water or use hand sanitizer, especially after touching frequently used items or surfaces for a minimum of 20 seconds.
- 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.
- Use masks/face coverings while in public, and particularly when using mass transit, unless medically waived or while actively eating or drinking.

HYDRATION/FOOD (ALL BEST PRACTICES IN ADHERENCE CONTEXT OF EXISTING SCHOOL GUIDANCE AND PLANS)

- All participants must bring their water bottle or use disposable single wax-lined cups.
- Water bottles must not be shared.
- Food should not be shared and should be pre-packaged (i.e., no open containers with fruit slices, etc.)
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

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LOCKER ROOMS

- To the greatest extent possible, indoor locker rooms should not be used as their use will cause additional cleaning after normal business hours. (RECOMMENDED)
- Outdoor canopies and areas that allow for spacing outdoors are an acceptable alternative to a locker room. (RECOMMENDED)

SOCIAL DISTANCING (ALL BEST PRACTICES WHERE PRACTICAL AND FEASIBLE)

- The social distancing of at least 6 feet should be maintained at all times, where feasible.
- No hugging, high fives, shaking hands, or fist bumps for support/encouragement.
- Behavior should be modeled by adults, who must insist on compliance by participants.
- Social distancing should be maintained during the National Anthem and on sidelines.
- Outdoor sports may need to extend bench areas to permit social distancing.
- Indoor sports may need to use lower-level bleachers or multiple levels of seating to ensure social distancing among team members before addressing attendees.
- Be mindful as we teach the participants, it won't be like this forever!

SPECIAL EMPHASIS FOR STUDENT-ATHLETICS (ALL STRONGLY RECOMMENDED WHERE PRACTICAL AND FEASIBLE FOR BOTH PRACTICES AND CONTESTS)

- Teams should make each participant responsible for their supplies.
- Students should wear their appropriate workout clothing and not share clothing.
- Players should not touch other player's equipment.
- No workout or practice should be done without players wearing shirts/tops.
- Individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Mouth Guards
 - Student-Athletes should keep their mouth guards in their mouths throughout the competition.
 - If the mouth guard is taken out proper disinfection of the mouthguard should be performed before reinsertion.
 - Hands should also be washed or disinfected before putting back in the mouth.
- Participants are encouraged to develop healthy habits including, but not limited to, a balanced diet, adequate sleep, and proper hydration.
- Healthy eating and attention to hydration are especially important for participants to enhance training capacity and reduce the risk of illness and injury.
- High school athletes are at increased risk for dehydration, therefore coaches must emphasize the importance of drinking enough fluid before, during, and after practice and competition.
- Participants should follow established guidelines for hydration and can refer to the National Athletic Trainer Association (NATA) Resource at <https://bit.ly/3hxyzUJ>
- Participants are encouraged to shower as quickly as possible after practice and games if such is practical at the practice or game site, and to do so at home otherwise.

SPECIAL EMPHASIS FOR COACHES (ALL BEST PRACTICES WHERE PRACTICAL AND FEASIBLE FOR BOTH PRACTICES AND CONTESTS)

- Communicate your guidelines to participants and parents.
- Conduct workouts in "pods" of the same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Limit non-game day workouts to no more than one hour, and be intentional in rotating athletes to be cognizant of the 6-15-48 rule (see <https://bit.ly/2FU4eba>). (RECOMMENDED WHERE PRACTICE AND FEASIBLE)

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- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed. (BEST PRACTICE)
- Coaches should limit game-day squad sizes for social distancing.
- Coaches are reminded to wear proper coaching attire per weather conditions.
- Coaches should bring their water bottle(s) and follow established guidelines for hydration.
- Coaches must model requirements for masks/face coverings at all times, unless medically waived or while actively eating or drinking.

SPECIAL EMPHASIS FOR PARENTS / GUARDIANS (ALL BEST PRACTICES WHERE PRACTICAL AND FEASIBLE FOR BOTH PRACTICES AND CONTESTS)

- Communicate your guidelines to children in congruence with guidelines established by your school and this document.
- A family's role in maintaining safety guidelines for themselves and others cannot be overstated.
- Do not attend practices as it is their playing days not yours and your attendance could result in the spread of the virus.
- Parents/guardians should monitor their children or any symptoms before any athletic activities.
- Children who are sick or showing symptoms must stay home. (If there is doubt stay home).
- Parents/guardians and coaches should assess levels of risk based on individual athletes on the team who may be at a higher risk for severe illness.
- Provide personal items for your child and clearly label them.
- Disinfect your participant's equipment after each game or practice.
- Be prepared with masks/face coverings for members of your family if permitted to attend events.
- Inform coaches if your participant has been exposed to someone who is known to have COVID-19.
- Until this public health emergency has passed, strongly consider whether or not out of state or optional travel is necessary, particularly to and from those states identified at that time with having a current spread of the virus.

SPECIAL EMPHASIS FOR GAME DAY WORKERS (ALL BEST PRACTICES WHERE PRACTICAL AND FEASIBLE FOR BOTH PRACTICES AND CONTESTS)

- Thoroughly review and make determinations as to which workers are essential.
- Ensure that all workers comply with mask/face covering requirements at all times.
- All game day workers are subject to entry screening procedures.
- The press box/media area/finish area will be limited to essential personnel only, with all individuals respecting social distancing (consider additional accommodations outside if necessary).
- A non-working individual may not be in the press box/media area/finish area, including spouses, family members, and others.
- Game day workers are restricted to areas outside the team areas.

SEASON SEGMENTS

- Each sports season during the pandemic should be defined in three segments as listed in the specific sport section.
- The purpose of the segmented approach would be to allow for a gradual progression as new and revised procedures are tried and revised as well as to monitor health statistics in the area of the competing schools.

IN AND OUT OF STATE CONTESTS

- It is recommended that contests not be played and practices not be held during the following seven-day period in communities where the incidence of COVID-19 exceeds 25 average daily cases per 100,000 population each Monday morning as detailed on the KDPH COVID-19 Dashboard CURRENT INCIDENCE RATE map (listed in Red) at <https://bit.ly/2D0K526> (RECOMMENDED)

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- Refer to the list of states listed under “Travel Advisory” for list of states with excessively high transmission rates where travel should be restricted (updated daily), <https://bit.ly/2Ysaptt> (BEST PRACTICE)

TIME BETWEEN CONTESTS

- Scheduling consideration needs to be given when scheduling to minimize exposure and allow for sanitation between contests.
- There should be time between games for the sanitization of equipment and restrooms and handwashing by all involved, including the egress of fans and participants. (BEST PRACTICE)

GAME/CONTEST MANAGER (ALL BEST PRACTICES)

- Each facility should designate a home game/contest manager on site before the start of each contest.
- The game/contest manager should have complete authority to order a contest delayed or stopped, and such should be expected, if COVID-19 health and safety standards are not properly adhered to by all participants including coaches, players, team support members, fans, and all in attendance.
- The home game manager will meet with the officials during the pre-game period, making the officials aware of his/her primary location for the entire contest.
- The home game manager assumes responsibility for all aspects of crowd control such as ensuring that only authorized personnel are allowed in the team bench area.
- For outdoor venues, the home game manager will make sure that all fans remain at least ten yards from the playing area. In the event a natural barrier, such as a fence, is in place, this will be sufficient so long as it is not prohibited by the playing rules of that sport.
- For indoor venues, the home game manager will make sure that all fans are not seated in the first two to three rows of bleachers in those sections of bleachers located immediately behind the team benches to allow for additional space for bench personnel to create the appropriate social distancing.
- Unruly or disruptive fans will be escorted from the facility by the home game manager when necessary.
- The home game manager is responsible for providing proper security at each event.
- The home game manager should identify a safe and secure area for officials to change before and after each contest whenever possible and should ensure that officials are safely escorted from the venue after each contest.
- The home game manager should have a venue-specific emergency action

PRE-EVENT COMMUNICATION

- Facilities should communicate before an event these best practices and/or local restrictions regarding mitigation of COVID-19 to the visiting team, officials, media, fans, etc.
- Communication to participants should also include, but is not limited to, information regarding parking, concessions, locker rooms, ticketing, payment methods, entrance/exit gates, bands, cheerleaders, etc.

DETERMINING GAME DAY ESSENTIAL PERSONNEL

- In contest planning, host sites must determine who is essential. (BEST PRACTICE)
- Per the NFHS Guidance for Opening up High School Athletics, individuals should be grouped into tiers from essential to non-essential to decide which tiers will be allowed at an event with the recommended tiering of individuals: (RECOMMENDED)
 - Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security
 - Tier 2 (Preferred): Media, Limited Squad of Cheerleaders, Limited Squad of Band Members
 - Tier 3 (Non-essential): Spectators, vendors
- Each school will need to communicate with the local health department as to the wisdom of attendance by those different tiers of individuals due to local and regional data. (BEST PRACTICE)

ATTENDANCE AT EVENTS

ATTENDANCE DETERMINATION

- Attendance at any event is at the collaborative discretion of the facility and the local health officials but should be guided by a thorough review including the identification of those who are Essential, Preferred, and Non-Essential. (BEST PRACTICE)
- The following represent starting points for a review, in possible consultation with local health officials for a determination regarding spectators but are not intended to create a statewide mandatory standard:
 - Review specific facility concerns related to attendance, ingress, egress, and crowd management. (BEST PRACTICE)
 - Consult with local public health officials to ensure you have not missed any important considerations, given cases in the community and general area surrounding your county. (CONSIDER)
 - Once the plan has been determined and you have discussed it as necessary with local public health officials, communicate it to all as soon as possible but be flexible for consideration of future changes. (BEST PRACTICE)

ATTENDANCE LIMITATIONS

- In bleacher seating (including stadium chair seating), family units and those that traveled to the contest in the same vehicle should sit together while the entire group maintains six-foot social distancing from any other family or traveling group. (RECOMMENDED)
- In bleacher seating (including chair seating), on any set of bleachers with separate entrances from other sections, determine a maximum attendance at the facility during each segment:
 - ___% of each permanently divided bleacher section during Segment 1 while maintaining social distancing (purposely left to local determination due to facility variances);
 - ___% of each permanently divided bleacher section during Segment 2 while maintaining social distancing (purposely left to local determination due to facility variances); and
 - ___% of each permanently divided bleacher section during Segment 3 while maintaining social distancing (purposely left to local determination due to facility variances). (CONSIDER)
- If initial discussions regarding attendance need a starting point, consider 20% in Segment 1, 30% in Segment 2, and 40% in Segment 3 for each facility while being mindful that the limitations must be reviewed by the local health department.
- It is recommended that the initial segment allotment be the lowest to allow for a full review of procedures and capacity before season continuation. (RECOMMENDED)
- In bleacher seating, initial discussions can also consider an absolute maximum of no more than 50% capacity with a maximum of 250 people in the section (even if the bleachers can fit more with social distancing). (CONSIDER)
- If a stadium has multiple individual sets of bleachers, each separate area can be seen as a separate unit as above. (CONSIDER)
- Facilities should consider having staggered arrival times if multiple entrances are not available. (RECOMMENDED)
- Plans should all carefully consider allowances for the parents and family of the competitors (along with social distancing requirements), with the traditional easily identifiable family being rare and somewhat difficult to quantify. (RECOMMENDED)
- For events held in non-bleacher venues, plans should include a maximum number of non-competitors which would include coaching staff, non-competing members, and any allowance for parents or the general public. (RECOMMENDED)
- Social distancing will always be more difficult in chair-back style seating as there exists minimal flexibility for social distancing.

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- Plans should also be limited in consideration of the number of restrooms in the facility and their location relationship to the separate section entrances. (CONSIDER)

ATTENDANCE MAXIMUMS

- Until current orders related to venues and event spaces are rescinded and absent specific approval from the Governor's Office, *Healthy at Work*, no event may be approved for more than fifty percent of capacity (see Requirements for Venues and Event Spaces at the link at the end of this section for details). (BEST PRACTICE)

TEAM AREAS

- Squad sizes should be reduced in all sports with only those in uniform permitted in the team area.

NON-UNIFORMED TEAM MEMBERS (BEST PRACTICE)

- Allowances for fields, team areas, and benches are detailed in the individual sport sections, however, in the sports of field hockey, football, soccer, and volleyball, those areas are restricted to the uniformed players, coaches, and essential individuals having an active role in game conduct or management.
- Facilities should consider options for the placement of non-competing players to ensure social distancing as those players are not permitted in the team field or court areas. (RECOMMENDED)
- All others should be seated in the general seating area and able to socially distance with those individual limitations contained on the specific sport pages of this document.

SIDELINE CHEERLEADERS (ALL RECOMMENDED)

- Facilities should consider the placement of cheerleaders (with equal consideration for the opponent if the decision is made to allow) as they will need to be able to be in a separate and distinct area from the teams and with the ability to be socially distanced from other groups of individuals, including fans.
- In consideration of an overall spectator limitation, schools should limit the number of sideline cheerleaders to not exceed:
 - Twenty (20) per school during Segment 1;
 - Twenty-five (25) in Segment 2; and
 - Thirty (30) in Segment 3.
- All sideline cheerleaders should wear a mask at all times. (BEST PRACTICE)
- Sideline cheer is a support group for various teams under local.

EVENT TICKETING (ALL RECOMMENDED)

- Wherever practical, possible, and feasible it is strongly recommended that no ticketing or as little as is workable be done at the walk-up gate for any event.
- Wherever practical, possible, and feasible, all ticketing should be done in advance through the participating schools.
- Wherever practical, possible, and feasible, ticketing should be electronic without the use of paper (receipts, tickets, etc.) as well as the use of cash.
- If these recommendations are followed, gate personnel will have more flexibility to ensure health screenings are completed on all those who enter a competition venue.

CONCESSIONS (ALL RECOMMENDED)

- Allowances for concessions are at the discretion of the facility.
- For best practices and clarifications, guidance can be sought from the Healthy at Work Restaurant and Bar Guidance document online at <https://bit.ly/32nWISH>.
- Concession workers should be required to be familiar with both state and CDC guidance on food service, with the CDC information listed at <https://bit.ly/3jaOcl6>
- It is recommended that all items sold in the concession stand be pre-packaged before the sale.

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- Pre-packaged can be items purchased like a bag of chips, bottled soft drinks, candy bars, etc. These types of items would be considered the safest and easiest to handle.
- However, pre-packaged can also be items packaged by concession staff, such as popcorn, hamburgers, hot dogs, etc. as long as they are safely handled before packaging.
- Concessions planning should also include accommodations for any attendees from the visiting team being served from a separate area to ensure social distancing during the contest.
- Plans should also be limited in consideration of the number of sales locations in the facility and their location relationship to the separate section entrances and all efforts made to minimize lines and unnecessary queuing where social distancing becomes a problem. (CONSIDER)

MASKS/FACE COVERINGS

- All individuals entering a venue before, during, and after a contest should wear a mask/face covering. (BEST PRACTICE)
- All coaches, non-competitors (substitutions), and cheerleaders should wear a mask/face covering. (BEST PRACTICE)
- A “gaiter” with multiple layers of cloth 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. (BEST PRACTICE)

FINAL CONTEST PLANNING

- Communicate in advance with all teams as well as officials regarding procedures and guidelines, including equipment to be provided and equipment opponent is expected to supply. (BEST PRACTICE)
- The location for teams to evacuate to in the event of inclement weather should be re-considered to determine whether social distancing is feasible or if alternate locations need to be secured. (BEST PRACTICE)
- Ensure the facility has an on-site administrator. (BEST PRACTICE)
- Collect contact information (cell number and email addresses) for each team. (BEST PRACTICE)
- Devise protocols for facility entry including parking for teams, officials, and fans (RECOMMENDED)
- Devise entry and exit plan that allows for social distancing. (RECOMMENDED)
- It is strongly recommended for all entrants to bring their hand sanitizer and to wash hands frequently. (RECOMMENDED)
- Clean and disinfect high-touch surfaces and equipment including balls using recommendations by the ball manufacturer. (BEST PRACTICE)
- Incorporate public address announcements and signage regarding health guidelines and best practices. (RECOMMENDED)

PRE-CONTEST GUIDANCE AND EVENT SETUP FOR ALL SPORTS AND SPORT-ACTIVITIES

- Limit the Officials/Scorer's Table to essential personnel including the home team scorer and timer while allowing for social distancing (also using mask/face coverings) and those not deemed essential personnel be provided an alternate seating location. (BEST PRACTICE)
- Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement. (BEST PRACTICE)

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- Limit the team benches including the field/court area to only those essential individuals participating. (BEST PRACTICE)
- Maintain social distancing of 6 feet between substitutes, officials, game workers, and/or team bench areas. (BEST PRACTICE)
- Make sure facilities have been properly sanitized and have hand sanitizer and disposable mask/face covering available. Clean and disinfect frequently touched surfaces and equipment. (BEST PRACTICE)
- Game-day workers are required to wear masks/face coverings unless medically waived or while actively eating or drinking and comply with current social distancing guidelines. (BEST PRACTICE)
- No community water stations/coolers will be permitted. (BEST PRACTICE)
- The pre-game protocol should be developed in advance (i.e. anthem, introductions, etc.) and that will send players to their respective positions for introductions. (BEST PRACTICE)
- Everyone (including officials) must have their drink container that is not shared. (BEST PRACTICE)
- Safe handling practices should be adhered to during hydration, including refill retrieval and identification of water sources. (BEST PRACTICE)
- Pre-game, quarter, halftime, and postgame meetings should utilize social distance principles. (BEST PRACTICE)
- Individuals (participants, coaches, officials, other athletic personnel) should complete a daily personal health assessment. (RECOMMENDED)

PLAYING RULES

- Various playing rule modifications are available for use during the pandemic and may help ensure social distancing and other key criteria being able to be met while minimizing unnecessary contact. For references, see the KHSAA website at <https://bit.ly/2R4dvzz> and <https://bit.ly/3byx1xH>.

TOOTH AND MOUTH PROTECTORS (FROM THE NFHS SPORTS MEDICINE ADVISORY COMMITTEE, POSITION STATEMENT, AUGUST 2020)

- The best evidence to date shows us that COVID-19 is spread through respiratory droplets.
- Saliva from mouthguards is unlikely to be a significant source of infection transmission.
- However, it is recognized that parents and others may find the prospect of athletes frequently placing and removing a mouthguard concerning.
- Given this reality, the NFHS SMAC suggests that state associations develop statements instructing athletes to refrain from the removal of mouthguards while on the playing field, court, or mat.
- If mouthguards are removed on the sidelines or bench area, the athlete should use hand sanitizer each time after touching the mouthguard.
- A properly fitted mouthguard is required by rule in the following NFHS Sports: Football, Field Hockey, Boys and Girls Lacrosse, Ice Hockey and Wrestling (for wrestlers wearing braces).

WATER, HYDRATION, AND HYGIENE DURING COMPETITION (ADAPTED FROM THE NFHS SPORTS MEDICINE ADVISORY COMMITTEE, POSITION STATEMENT, AUGUST, 2020)

- All participants must bring their water bottles. (BEST PRACTICE)
- Water bottles must not be shared. (BEST PRACTICE)
- Food should not be shared. (BEST PRACTICE)
- Hydration stations (water cows, water trough, water fountains, etc.) must not be utilized. (BEST PRACTICE)
- There is a standard recommendation in all sports for an extension of time-outs to ensure that athletes have time to be given a personal water bottle if that is the desired method selected by a school, and officials associations will be instructed to be permissive with this time. (BEST PRACTICE)

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- Facilities should consider the use of disposable wax-lined paper cups delivered on trays or in carriers instead of personal water bottles if it is impractical for personalized water bottles to be used during time-outs. (RECOMMENDED)

MEDIA RESTRICTIONS AND CONSIDERATIONS

- If media is to be present, the guidance related to the KHSAA Healthy at Sports document should be utilized.

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REFERENCES LINKS AND SOURCES

- NFHS, "NFHS Guidance for Opening Up High School Athletics and Activities", <https://bit.ly/32mfR1X>
- KDE "Flagship" Reopening Document, "Guidance on Safety Expectations and Best Practices for Kentucky Schools (K-12)", <https://bit.ly/3eB1jkf>
- The White House, "Opening Up America Again", <https://www.whitehouse.gov/openingamerica/>
- KDPH, Kentucky Department for Public Health, Primary COVID-19 Site, <https://bit.ly/2Ysaptt>
- CDC, COVID-19 Resource Headquarters Page, <https://bit.ly/3aVlWX7>
- KDE, COVID-19 Updates and Information for P-12 Education, <https://bit.ly/3aS3uPh>
- Healthy at Work, "Requirements for Venues and Event Spaces", <https://bit.ly/2FLZioA>
- Healthy at Work, "Requirements for Restaurants and Bars", <https://bit.ly/32nWISH>
- CDC, "Guidance on Retail or Food Service Workers", <https://bit.ly/3jaOcl6>
- CDC, "Guideline for Disinfection and Sterilization in Healthcare Facilities, 2008", <https://bit.ly/31qomK9>
- CDC, "Isolate If You Are Sick", <https://bit.ly/2QyFiYZ>
- CDC, "Public Health Guidance for Community-Related Exposure", <https://bit.ly/2FU4eba>
- CDC, "Symptoms of Coronavirus", <https://bit.ly/3gqqMgn>
- CDC, "When to Quarantine", <https://bit.ly/3ljFpFE>
- CDC, "When You Can be Around Others After You Had or Likely Had COVID-19", <https://bit.ly/32prkOB>
- FDA, Emergency Use Authorization to Yale School of Public Health for SalivaDirect, <https://bit.ly/31tpdtP>
- GHK (Golf House Kentucky), "Tournament Operations Protocol COVID-19 Related Guidelines*", <https://bit.ly/34s5Ra7>.
- Google, Chiefs Planet, "Chiefs Mahomes and the Chiefs doing a Len Dawson huddle", <https://bit.ly/3aWReNw>
- KDE, "COVID-19 Considerations for Reopening Schools: Pupil Transportation", <https://bit.ly/3l84FPj>
- KDPH, Archived Daily Reports since June 1, 2020, <https://bit.ly/3hsM3Y1>
- KDPH, College and University Public Health Report, <https://bit.ly/3hnFYMm>
- KDPH, Daily Detailed Report, <https://bit.ly/2EkNnOt>
- KDPH, K-12 School Public Health Report, <https://bit.ly/2EsLf6N>
- KDPH, Long Term, and Congregate Facilities Report, <https://bit.ly/3gwZTqQ>
- KDPH, Public Health Dashboard including 7-Day Incidence Map, <https://bit.ly/2D0K526>
- KHSAA, "Healthy at Sports", <https://bit.ly/2R4dvzz>
- KHSAA, "NFHS COVID-19 Rules Suggested Revisions/Considerations", <https://bit.ly/3byx1xH>
- KHSAA, "Frequently Asked Questions Regarding Resumption of Sport and Sport-Activities", <https://bit.ly/2YzmywD>
- KMA, COVID-19 Medical Evaluation and Return-to-Activity Guidance for Middle and High School Student-Athletes, <https://bit.ly/32lhmO1>
- KMEA, "Guidance for a Return to High School Marching Band", <https://bit.ly/3aWXzIF>
- KYPGA, "Junior Tour Updated Spectator Policy for KYPGA Junior Tour", <https://bit.ly/2EnwyCb>
- NATA, "Healthy Hydration for Young Athletes", <https://bit.ly/3hxyzUI>
- NOCSEA, "Certification to NOCSAE Standards and Add-On Helmet Products", <https://bit.ly/3jbtHet>

OFFICIALS AND OFFICIATING GUIDANCE

CROSS-REFERENCE TO OTHER GUIDANCE

- While this section deals with guidance for contest officials, all involved in the athletic program are expected to reference all guidance standards, including the many that may be non-sports specific.
- It is in the best interest of all officials to be familiar with all aspects of the guidance documents for Stage 3.
- Guidance is broken into three areas:
 - BEST PRACTICE- 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.
- Differences in the guidance are necessitated by the difference in sports, facilities, and geographic areas, which are pronounced during normal years, and magnified this year.
- Ensure that you have studied all of the documents on the individual pages of this guidance for the sports in which you are licensed.

LICENSING

- All officials should be currently licensed with the KHSAA.
- All officials should view the current year rules interpretation clinic on the KHSAA website following the published schedule.
- All officials should consider becoming a member of the National Association of Sports Officials.
- All officials should ensure that the officiating demographic records on arbitersports.com match the records on file with the KHSAA.

ADVANCE OF GAME DAY

- Contact the facility in advance of the contest to be informed on any additional protocols required locally (temperature checks, symptoms questionnaire, specific waivers, requirements for masks/face coverings, etc.). (BEST PRACTICE)
- Bring your water bottle, towel, hand sanitizer, flags, equipment, etc. (BEST PRACTICE)
- If carpooling with other officials wear a mask/face covering when traveling. (RECOMMENDED)
- Vulnerable individuals are defined by the CDC as people 65 years of age and older and others with serious underlying health conditions. Officials fitting this description may wish to seek medical advice before deciding to officiate. (CONSIDER)

GAME DAY

- Take your temperature in the morning and then again before leaving home/work for a contest.
- If greater than 100.4F, notify your assigner and the school administrator immediately that you will not be able to fulfill the assignment. (BEST PRACTICE)
- Identify the facility administrator and local association for assistance in dealing with any issues (BEST PRACTICE)
- Officials are not the "mask" police for fans and spectators; the facility administrator should manage adherence. (BEST PRACTICE)
- Officials are advised to come dressed to officiate. (RECOMMENDED)
- Upon arrival at the contest site, wash/sanitize hands regularly. (BEST PRACTICE)
- Review sport-specific pre- and post-contest protocol (anthem, handshakes, etc.) (BEST PRACTICE)

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- If you do not feel well and COVID-19 symptoms are present, notify the contracted school, your crew members, assigner, and stay at home. (BEST PRACTICE)
- Do not share equipment, uniforms, towels, etc. (BEST PRACTICE)
- Bring your drinks. (BEST PRACTICE)
- Following the conclusion of a contest, leave the contest area, and do not interact with others. (BEST PRACTICE)
- Pre-contest official crew meetings should be held outside when possible and where social distancing is easier to execute. (RECOMMENDED)
- Face coverings should be worn by officials during pre-contest responsibilities. (BEST PRACTICE)
- The officials/scorer's table is limited to home team/facility essential personnel exclusively and is to be socially distanced. (BEST PRACTICE)
- Visiting team personnel are not deemed essential and need to find an alternative socially distanced seating location. (BEST PRACTICE)

PLAYING RULES

- Various playing rule modifications are available for use during the pandemic and may help ensure social distancing and other key criteria being able to be met while minimizing unnecessary contact. For references, see the KHSAA website at <https://bit.ly/2R4dvzz> and <https://bit.ly/3byx1xH>.

RULES REQUIREMENTS

- Limit length and attendees during Pre-Game/Match Conference (See specific sport requirements). (BEST PRACTICE)
- Suspend handshakes, fist bumps, bro hugs, etc. (pre/during/post contest). (BEST PRACTICE)
- Execute social distancing when communicating with coaches, players, other crew members. (BEST PRACTICE)
- Execute social distancing in substitution procedures during contests. (BEST PRACTICE)
- To maintain social distancing, officiating positions may need to be changed in a manner that is not necessarily in conformance with standard officiating procedures. (RECOMMENDED)

UNIFORM AND EQUIPMENT FOR OFFICIALS (ADOPTED FOR OPTIONAL CONSIDERATION FOR ALL OFFICIALS 2020-21)

- Long sleeves are permissible provided there are no color restrictions in the specific sport.
- Long pants are permissible.
- Undergarments are permissible but must be of similar length for the individual and solid color for the crew unless otherwise specified.
- Mask/face coverings are permitted without color restrictions.
- Air horns/electronic whistles are permitted and officials should choose a whistle whose tone will carry outside such as:
 - Fox 40 Mini -
 - Fox 40 Unisex Electronic – (3 tone) -
 - Ergo-Guard - (3 tone) - orange
 - Windsor - (3 tone)
 - Check the market for other choices.
- Gloves are permitted.
- Headsets for communication are permitted.
- Officials should not be required to wear jackets during pre-game field/court/player/warm-up observation.