



Spring Sports– (unless further altered by the Governor or the KHSAA)

Included Sports: Baseball, Softball, Tennis, Track/Field

General Guidance

- All activities in this phase are voluntary and without repercussion for failure to attend.
- Competition and/or simulated competition shall not be conducted.
- 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.
- Groups of no more than eleven (11) total people (including 1 coach/advisor) will be allowed in any localized area.
- There must be a minimum of six (6) feet distance between all parties at all times. Confined areas such as locker rooms and offices shall not be a gathering point for participants unless the six (6) feet social distance is attainable.
- 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 100.4 or higher is considered to have [symptoms of COVID-19](#). See page 2 of this document.
- 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.
- No more than eleven individuals (10 players and one coach, 9 players and 2 coaches, etc.) should be permitted in any small group during this segment.
- Each entire group (or groups) shall remain together (intact as a cohort group) including coaches during that session.
- If groups are subdivided into multiple groups, those groups cannot change through the session.
- In order to preserve cohorts and minimize multi-group interaction, there is no use of “stations” during this segment, where an adult coach might remain stationary and groups of athletes rotate to work with that particular coach or individual.
- There shall be no opportunity for physical contact 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.
- Balls, batons, etc. should be sanitized regularly.
- When possible, it should be considered for activities to be held outdoors .
- 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.



SCREENING OF ALL ENTERING THE FACILITY

Ø Local schools and school systems have developed a protocol, approved by local health officials, for checking the temperature and health of all individuals. Names and contact numbers of all attendees will be documented for contact tracing.

Ø Any person attending or participating in a KHSAA sport or activity will review his/her symptoms before arriving in anticipation of being screened.

Ø Coaches/sponsors will check the temperature of any individual prior to entry.

Ø To gain entry, individuals must have a temperature of 100.3 or less.

Ø Should the temperature be elevated above 100.3, and the environment may have contributed to the reading, the individual may be isolated and rechecked after 5 minutes of sitting in a cooler environment.

Ø In the event a person does not meet the temperature threshold, that individual will not be admitted to the facility.

Ø A standard COVID-19 symptom checklist will be reviewed with all who enter, and name and contact information recorded. Symptoms may include:

- o Fever or chills
- o Cough
- o Shortness of breath or difficulty breathing
- o Fatigue
- o Muscle or body aches
- o Headache
- o New loss of taste or smell
- o Sore throat
- o Congestion or runny nose
- o Nausea or vomiting
- o Diarrhea

Ø Spectators, participants, or personnel displaying COVID-19 symptoms above or with temperatures of greater than 100.3F shall not be admitted to the facility.



Weight Room Guidance for All Sport/Activity Categories

- Sessions may focus on weight training provided the guidance for weight training rooms is compliant.
 - All areas of General Guidance above shall be followed.
 - 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 shall wear a mask or cloth face covering.
 - Maintain social distance by being at least 6 feet apart.
 - Follow gathering CDC and state guidelines for groups of 10 or less.
 - 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 at all times.