

HEALTHY AT SPORTS

**STAGE 5 - PARTNERING FOR
PROGRESS,
GUIDANCE FOR CONTINUED
PRACTICE AND COMPETITION
DURING THE PANDEMIC**





2022-23 Healthy at Sports Stage 5- Partnering for Progress Competition Considerations

2022-23
ALL SPORTS
GUIDANCE

OFFICIAL ACTION

- The Healthy at Sports Guidance from 2021-22 and the required COVID-19 Return to Play Protocol have been permitted to sunset.
- The 2022-23 Guidance is issued as a series of recommendations for the membership with no penalty for non-compliance, with the exception of any published playing rule changes that are to be used in all contests in grades 9-12 as listed on each spot page.
- The KMA/KHSAA Return to Play Protocol (following a positive test) and Return to Play Form and Algorithm are recommendations to all member schools for the 2022-23 school year (<https://khsaa.org/resources/Covid19/CovidResumptionofSports/ApprovedVersion/kma-covid-rtp-algorithm.pdf>).
- Past documents for various stages of the pandemic are archived on the KHSAA website.
- These sunset documents are not binding on the member schools in the context of Bylaw 27.

ALL SPORTS GUIDANCE – INTRODUCTION AND BRIEF BACKGROUND

FROM THE COMMISSIONER

- Everyone involved has learned or confirmed the value of sports and sport-activities to the mental, physical, and emotional health of all involved during the pandemic. As we prepare to start the school year, the role of the KHSAA will shift as much as possible from mandates to providing resources as the pandemic continues to impact different parts of the state in different ways. We will attempt in this summary document to provide links to resources and information and continue to offer alternatives and considerations for those trying to balance competing interests and contest risk mitigation strategies. Enforcement of any public health provisions will solely be by local control, with competitive issues under the jurisdiction of the KHSAA being our primary focus.
- Member schools are expected to continue implementing appropriate mitigation strategies that align with guidance from the U.S. Centers for Disease Control and Prevention (CDC), the Kentucky Department of Education, KHSAA, and the Kentucky Department for Public Health (KDPH) in responding to changing local conditions. There will be only minimal direct requirements from this office related to interscholastic sports and sport-activities. It is clear that a layered approach driven by local conditions gives our member schools the best opportunity to have competitive seasons and maintain a successful school year.
- The KHSAA continues to fully support 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 consultation with its local health department in moving forward throughout the 2022-23 school year. Each local school district will decide to determine if they can safely conduct athletic practices and contests.
- As is detailed in this manual, due to the outbreak's nature, 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. In comparison, another site has lower COVID-19 rates that allow full participation.
- We will continue to help our schools navigate these waters, ready to pivot and change course at a moment's notice as we all work through what we hope are the final stages of the first genuinely global pandemic in more than 100 years.
- This information has been reviewed in consultation with the Kentucky Department for Public Health. As has long been the case, this relationship will continue to assist in developing the best opportunities for sports and sport-activities to exist with the given circumstances.
- The last thing to keep in mind is that the first word of the virus is technically "novel," as in the "novel coronavirus." As a new virus, it will be continually changing, as will public health advice, as all work together to bring this to a close.
- Best of luck as we all work through this time together.

GENERAL GUIDANCE INFORMATION AND STRUCTURE

- Guidance is broken into three areas:
 - **REQUIRED-** These standards are needed at all sanctioned contests. **MINIMAL ITEMS ARE REQUIRED FOR 2022-23.**
 - **RECOMMENDED-** These standards are best practices during all contests during the pandemic and are therefore recommended for all contests. In a few cases, these will be **STRONGLY RECOMMENDED.**
 - **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.
- These differences in the guidance are necessitated by the differences in sports, facilities, and geographic areas, which are pronounced during standard years, and magnified this school year.
- Due to the outbreak's nature, there may be inequities (perceived and real) due to geography within the state, as some areas will have higher COVID-19 rates than others. As such, each school must make a continual evaluation regarding participation.
- Students and their families and 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.
- Student-athletes and their families must complete a GE04 form that stipulates acknowledging the risk of participation.
- Every individual will need to evaluate the risks versus the benefits of athletics participation.
- Those immune-compromised students and staff, as well as attendees, or those who live with family members with elevated health concerns, should evaluate the associated risks of participation and may choose not to participate.

CHANGES, ALTERATIONS AND EMPHASIS FOR 2022-23 FROM 2021-22

- Unless otherwise detailed in this document, further necessitated by order of the Governor, action of the Kentucky General Assembly or a Court of Competent Jurisdiction, or otherwise mandated by the action of the Board of Control, the following list will remain complete for the 2022-23 school year.



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COMPETITION SCHEDULE AND RELATED CHANGES FOR 2022-23

- Unless otherwise detailed in this document; further necessitated by order of the Governor, action of the Kentucky General Assembly or a Court of Competent Jurisdiction, or otherwise mandated by the action of the Board of Control, no season alterations will be made, and the limitations contained in Bylaws 22 and 23 will apply.
- Individual recommendations per sport will be listed in the specific sports section of this document.
- See the index at the end of the document for reference.

SEASON SEGMENTS

- There will be no defined segments within each sports season, however, suggested limitations for consideration will be listed within each sport on the specific sports section of this document.
- See the index at the end of the document for reference.

RED COUNTY AND OTHER RECOMMENDATIONS FOR PLAY / NO PLAY

- Specific recommendations on the playing or canceling of contests are no longer contained in the guidance document.
- Member schools are expected to review and consider existing guidance from both the CDC and KDPH in their local decision-making process.
- Member schools should be aware of the current status of both the host school and any traveling school.
- Where feasible, practical and manageable, member schools should make all reasonable efforts to accommodate competing schools by rescheduling a contest.
- All decisions should be made just as you would want to be made about your team if it was the Monday before the state basketball or football championships as all of the participants and coaches have sacrificed immensely, and it is all of our roles to ensure that we have explored every alternative.
- All schools must also guard against making decisions that could be such as to make an unfair competitive difference over situations in which adaptation is not only possible but the best course of action for students.
- Ultimately, unless there is federal or state guidance or regulation to the contrary, all local decision-making should be guided by:
 - Community-level immunity status ([totals available at links in this document](#));
 - Community-level transmission including vaccine distribution statistics if desired at the local level;
 - State law and applicable regulation;
 - Current Incidence Rate and Hospitalization statistics;
 - Local public health authorities;
 - All other data available for consideration.

SCHEDULING CONSIDERATIONS FOR MULTIPLE CONSECUTIVE CONTESTS

- In the case of multiple consecutive games, consideration should be given to the need for egress of fans and participants and potential cleaning of common facilities and restrooms as well as ingress of the teams for the next game.
- It is recommended that the minimum between starting times for team sports 2022-23 be:
 - Cross Country – 1 hour between sessions if separate sessions/divisions are being held
 - Field Hockey and Volleyball - 2 hours
 - Soccer and Basketball (full length) – 2 hours and a half
 - Football, Baseball and Softball – 3 hours
- Individual sports and sport activities should have separate sessions between changing groups of competitors where possible to allow for egress of fans and participants and potential cleaning of common facilities and restrooms as well as ingress of the teams for the next session.

IMPORTANT COVID-19 RESOURCES

- [Click Here for Current CDC Data Tracker](#)
- [Click Here for Vaccination Guidance](#)
- [Click Here for COVID Vaccination in Athletes Study](#)
- [Click Here for the CDC Definitions and Health Notice Levels](#)
- [Click Here for the Current CDC Guidance Related to COVID-19 in K-12 Schools](#)
- [Click here for the most recent AAP Guidance on Return to Sports](#)

APPLICATION OF SPECIFIC BYLAWS DURING THE PANDEMIC ([SUMMARIZED AT THIS LINK](#))

- Bylaw 2 – Age
 - No student will have the statutory age rule waived unless the waiver is already contemplated within KRS 156.070 (2), [as detailed at the link highlighted here](#).
- Bylaw 3 – Maximum Number of Years
 - Only those students who applied by the deadline for the Supplemental School Year Program as detailed in Senate Bill 128 (May 1, 2021), who remain enrolled in the same school district, whose school district approved the program, and who have been appropriately designated on the online roster system by the Designated Representative of the member school are eligible for a waiver of the four-year (eight-semester) requirement in Bylaw 3. This waiver is solely contingent on the student meeting those criteria and does not waive the provisions of Bylaw 4 and 702 KAR 7:065 that prohibit playing while repeating a grade.
- Bylaw 4 – Eligibility to participate by being enrolled.
 - State regulations (not just KHSAA bylaws and rules) set a minimum participation standard. In short, a student who is considered full-time enrolled (as verified through Infinite Campus or comparable system for those that do not use Infinite Campus) is eligible to represent a member school.



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- A district may always place a stricter standard on students but may not make a more lenient one. As such, the KHSAA cannot restrict students enrolled in full- or part-time virtual education from participation, but the member school can do such through its Board of Education or School-Based Decision Policies.
 - The student must still be full-time (at least four hours of the six-hour school day) in the school for which they desire to participate but is not excluded from athletics solely because of enrollment in virtual classes.
- For 2022-23 and beyond, there are no waivers of Bylaw 4 or 702 KAR 7:065 which would permit a student to participate while repeating a grade. This option was available in 2021-22 solely for those students who applied by the deadline for the Supplemental School Year Program as detailed in Senate Bill 128, who remain enrolled in the same school district, whose school district approved the program, and who have been appropriately designated on the online roster system by the Designated Representative of the member school. That waiver has sunset for the 2022-23 school year.
- **Bylaw 5 – Minimum Academic Requirement**
 - All students must meet the requirements of Bylaw 5, Sec. 1 on the first day of the 2022-23 school year based on the grade enrolled on that day.
 - **Bylaw 6-7-8 – Transfer Rules – Bylaw 6. Transfer Rule – Citizens Of The U.S. And D.C. And Other Students Previously Enrolled In Member Schools, Bylaw 7. Transfer Rule – Students Having J-1/F-1 Status, Bylaw 8. Transfer Rule – Non-U.S. Students Not Having J-1/F-1 Status**
 - There will be no specific waiver for Covid-19 based transfers both from out of state and in-state. The existing exceptions will remain in place.
 - A school or state moving or canceling an athletic season is not determined to be the cessation of a sport as detailed in exception (j) of Bylaw 6.
 - There is no waiver automatically contemplated for students leaving one school and transferring to another due to the chosen path of instructional learning or decisions relative to SB128 and the SSYP.
 - **Bylaw 9 – Basketball/Football Contestant On Other Teams, Postseason And All-Star Games**
 - Bylaw 9 remains entirely in force for the 2022-23 school year.
 - Neither the Board of Control nor the staff is empowered to set aside this regulation with the educational emergency no longer in place.
 - **Bylaw 12 – Physical Examination, Parental Consent, and Insurance**
 - There will be no waiver or request for a waiver of the requirement for an annual physical exam. The provisions appear in Bylaw 12 and as stipulated in KRS 156.070(2)(d).
 - **Bylaw 22 – Contests, Sanctions, Contracts, Rules, Forfeitures, Faculty To Accompany and Bylaw 23 – Limitation of Seasons**
 - There will be no adjustments to the limitation of seasons planned at this time.
 - Allowable interscholastic scrimmages will be limited by Bylaw 23, but other specific parameters, including opponents' choice, are a matter of local jurisdiction.
 - There will be no restrictions on opponents, including out-of-state and NFHS sanctioned events that are not already contained in Bylaws 22 and 23.
 - Seeded District Contests canceled due to COVID (including football district games) unable to be played will be recorded as forfeits in favor of the team not impacted.
 - Only in the event of a mutual COVID cancelation will the required seeded game not have to be played, and the result for seeding purposes will be recorded based on comparative RPI on the following the date of the last seeded contest in soccer, field hockey and volleyball (after final games on the final weekend for football).
 - Any contest recorded as a double-forfeit will have its winner determined by comparative RPI at the deadline for seeded district games.
 - There will be no automatic waiver of forfeit fees due to cancelations by COVID.
 - There will be no seeding plan adjustments, and local plans will be required to be applied.
 - Schools are reminded that per Bylaw 22, teams entering into a seeded district are by default entering into a contract and are subject to the minimum forfeit fees in Bylaw 22 even if no written contract exists (including first-round football playoff games).
 - **Bylaw 24 – Summer Sports And Sport-Activities**
 - The dead period for high and middle schools remains in force.
 - **Bylaw 25 – Requirement for Coaches and Others Working With High School Teams Including Athletic Directors**
 - The CPR, First Aid, and AED requirements may be completed online beginning immediately.
 - The requirement of 12 hours of continuous improvement for veteran Athletic Directors and 18 hours for Athletic Directors in their first three years remains in place for 2022-23.

EVENT ATTENDANCE DETERMINATION, LIMITATIONS AND MAXIMUMS

- Attendance at any event is at the final discretion of the host school or school system after consultation with local health officials. Still, it should be guided by a thorough review, including identifying those who are Essential, Preferred, and Non-Essential.
- All seating determinations, both inside and outside, should be developed after a continuous review of local data and CDC guidelines.
- Consideration should be given, mainly when data regarding the virus is not favorable, to careful review and consideration of attendance limitations for indoor sports and sport-activities.
- Plans should all carefully consider allowances for the parents and families of the competitors (along with social distancing requirements).
- For events held in non-bleacher venues, plans should include a maximum number of non-competitors, including coaching staff, non-competing members, and any allowance for parents or the general public.

MASKS / FACE COVERINGS

- Masks/ face coverings for non-competitors and the requirements surrounding these items are a matter of local jurisdiction, including enforcement of such requirement.
- **Competitors**
 - Due to safety concerns, competitors who are considered to be aerobically exercising should not be required to wear masks during competition.
 - Bylaw 22 (forfeit) will not apply in situations where a school feels its students are placed in physical jeopardy by being compelled to wear masks due to the policy of another school or district, and cases of this type should be reported to the KHSAA to ensure accurate contest results.
- **Non-Competitors**



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- Non-Competitors, in compliance with [current KDPH K-12 education guidance](#), are recommended to wear masks in all classroom and non-classroom settings, unless otherwise exempted (e.g., cannot wear a mask due to disability), regardless of COVID-19 vaccination status.
- In compliance with [current KDPH K-12 education guidance](#), "In general, people do not need to wear masks when outdoors, though mask use may be considered in outdoor settings that involve sustained close contact with other people who are not fully vaccinated."

SCHOOL BUS AND TRANSPORTATION GUIDANCE

- KDE has issued school guidance to member schools and systems regarding transportation including the previous Presidential Transportation Orders.
- Information in this subject area should be clarified with the board counsel of each school or district.

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.
- Anyone attending or participating in a KHSAA regular season or postseason event should review their symptoms before arriving.

COVID-19 SPECIFIC INFORMATION REGARDING PRE-PARTICIPATION PHYSICAL EXAMS, VACCINATION, TESTING, POSITIVES, QUARANTINE AND ISOLATION

AUGUST 5 AMSSM CONSENSUS STATEMENT REGARDING PRE-PREPARTICIPATION EXAMS AND VACCINES FROM AMSSM

- We, the undersigned organizations, believe all athletes who do not have contraindications should be vaccinated against COVID-19 as soon as they are eligible. Vaccination prevents widespread disease, hospitalizations, and deaths due to COVID-19 and will help keep students in the classroom, athletes in the game, and athletic teams on the field, while protecting our communities.
- It is important for athletes to begin their vaccination now, since it takes several weeks to reach full immunity. An annual well visit or sports physical provides an excellent opportunity to talk with your physician or athletic care team about the vaccine and to begin the series. We urge all medical providers to ask about COVID-19 vaccine at all sports physicals.
- We will be releasing updated preparticipation evaluation forms and guidance for medical providers in early August. We encourage all youth sports and state athletic associations to work in their communities, with local medical providers and state, tribal, local, or territorial health departments to assist with providing educational opportunities about the vaccine to their members, coaches, parents, and athletes and to make necessary arrangements for athletes to be vaccinated.
- We advocate for all who are eligible today to get the COVID-19 vaccine. Visit [vaccines.gov](https://www.vaccines.gov) to learn more information, find locations, and make a plan to get vaccinated.
 - American Academy of Pediatrics
 - American Academy of Family Physicians
 - American Academy of Physical Medicine and Rehabilitation
 - American College of Emergency Physicians
 - American College of Sports Medicine
 - American Medical Society for Sports Medicine
 - American Orthopaedic Society for Sports Medicine
 - American Osteopathic Academy of Sports Medicine
 - National Athletic Trainers' Association
 - National Federation of State High School Associations
 - National Collegiate Athletic Association
 - U.S. Olympic & Paralympic Committee

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 ill.
 - Quarantine separates and restricts the movement of people exposed to a contagious disease to see if they become sick.
- Any individual being tested for COVID-19 for any reason should self-quarantine (per CDC guidance) until the test results are known.

QUARANTINE/ISOLATION

- Isolation and Quarantine Parameters are matters of local jurisdiction and should be determined with the current CDC guidance in mind..

CONSIDERATION OF VACCINATION

- Based on the ongoing evolution of information, the KHSAA strongly advocates consideration of local review regarding the vaccination of participants eligible to receive a vaccine and not otherwise precluded for medical or other reasons as means of mitigating quarantines and eliminating missed opportunities for students.
- Available data indicates that the vaccines authorized in the United States offer high levels of protection against severe illness and death from infection with the delta variant and other currently circulating variants of the virus. Unvaccinated people and individuals with certain medical conditions remain at substantial risk for infection, severe illness and death, especially in areas where the level of community transmission is high.
- Despite widespread vaccine availability, current vaccination rates are inadequate to provide community-level immunity and vary significantly state by state and county by county. However, because of emerging evidence that the delta variant is highly transmissible and that fully vaccinated individuals can become infected by the delta variant and transmit COVID-19 to others even when asymptomatic, the concept of community-level immunity becomes less relevant. Instead, prevention strategies become paramount.
- Individuals should always maintain the level as currently defined as "fully vaccinated" by the CDC.
- The CDC recommends that individuals who have a prior history of COVID-19 infection should become vaccinated and it is recommended to wait until 90 days after the infection before commencing the vaccination process.
- Because vaccination against COVID-19 can result in personal health benefits for vaccinated individuals and because the risks of adverse outcome with COVID-19 infection are higher in unvaccinated individuals, considerations for these two categories of individuals are different.



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- While the KHSAA does not and cannot mandate any element surrounding the vaccines or vaccinations, each school and district should give consideration to all available reliable data in making decisions that can mitigate quarantine and reduce the spread of the virus.

MASS TEAM TESTING FOR COVID-19

- From a public health perspective, it is highly desired to have a screening and testing program (whenever possible) for players and coaches. KDPH recommends such testing for non-vaccinated students in its [current KDPH K-12 education guidelines](#).
- Interscholastic athletics is a privilege, not a right, as confirmed by the courts on multiple occasions.
- As a privilege, a member school 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, students and their families agree to comply with these and other restrictions as a condition of participation.

PROTOCOL FOR POSITIVE CASES OF COVID-19 (REQUIRED)

- The local health department is to be contacted by the school for further direction, and they will likely initiate contact tracing, following regular public health practices.
- All schools, public and private, should 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.
- Close contacts should be quarantined immediately per current CDC protocols.
- Local health officials may identify other contacts who require quarantine, including the entire team quarantine.
- In the case of an athlete or a staff member receiving a positive test result while at a school facility, that individual should be immediately removed from activity, 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 student-athlete or staff member. At the same time, they should wait to be taken home.
- The infected individual should remain isolated at home or another agreed-upon destination, as long as appropriate care can be administered at that location.
- The local health department should have already been contacted regarding the positive case.
- Individuals who test positive for COVID-19 should follow the specific protocol for isolation established by the local health department in compliance with CDC guidance, including protocols for those exposed to the individual(s) with the positive test and involve full cooperation with contact tracing.

RETURN TO PLAY PROTOCOL FOR STUDENT-ATHLETES

- The complete protocol is listed on the KHSAA website, including required and recommended protocol steps, a recommended form and an example detailing required and recommended timeframes at <https://bit.ly/2SQD0xm>.
- The six-day return to stepwise return to activity / return to play protocol is recommended for any positive test.
- The medical provider should see student-athletes who had mild COVID-19 symptoms that were managed at home for any persisting symptoms.
- Student-athletes 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.
- The Kentucky Medical Association Committee members on the Medical Aspects of Sports that serve as the KHSAA Sports Medicine Committee have developed [an optional form](#) for use by providers in evaluating the next steps for persons in athletics who have tested positive.
- All should note that, based on this review, consultation with a cardiologist may be required.
- Athletes should complete the progression without developing 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.

FACILITY ISSUES

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.

HYDRATION/FOOD

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

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

- Communicate your guidelines to students and parents.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Coaches should limit game-day squad sizes without exceeding state allowances.

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

- Communicate your guidelines to children in congruence with procedures established by your school and this document.
- A family's role in maintaining safety guidelines for themselves and others cannot be overstated.
- 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).
- 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 REQUIRED WHERE PRACTICAL AND FEASIBLE FOR BOTH PRACTICES AND CONTESTS)

- Thoroughly review and make determinations as to which workers are essential.
- The press box/media area/finish area should be limited to essential personnel only, with all individuals respecting social distancing (consider additional accommodations outside if necessary).



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- Gameday workers should be restricted to areas outside the team areas.

PRE-EVENT COMMUNICATION

- Host schools should communicate before an event these best practices and local restrictions regarding mitigation of COVID-19 to the visiting team, officials, media, fans, etc.
- Messaging should be consistent and frequent to patrons to self-screen for illness at home and stay home if ill or displaying any symptoms of COVID-19.
- Communication between member schools should also include, but is not limited to, information regarding parking, concessions, locker rooms, ticketing, payment methods, entrance/exit gates, bands, cheerleaders, etc.

TEAM AREAS

LOCKER ROOMS

- Consideration should be given to the wisdom of using locker rooms for anything other than restrooms and storage of equipment during the pandemic.

SQUAD SIZE

- See the sports-specific guidance document for squad limitations, with all over those limits being considered non-essential.

DETERMINING GAME DAY ESSENTIAL PERSONNEL

- In contest planning, host sites must determine who is essential. (REQUIRED)
- 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:
 - Tier 1 (Essential): Athletes participating in the contest, coaches, officials, event staff, medical staff, security
 - Tier 2 (Preferred): Media, Limited Squad of Cheerleaders except at Competitive Cheer Competitions, Limited Squad of Band Members
 - Tier 3 (Non-essential): Spectators, vendors
- Each school should consult with the local health department about the wisdom of attendance by those different tiers of individuals due to local and regional data.

NON-UNIFORMED TEAM MEMBERS

- Allowances for fields, team areas, and benches may be detailed in the individual sport sections; however, in the sports of field hockey, football, soccer, and volleyball, those areas should be restricted to the uniformed players, coaches, and essential individuals having an active role in game conduct or management.
- 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

- In areas where virus spread is determined to be high or very high per the CDC, or high per the KDPH, schools should consider the following for indoor events:
 - Schools should consider the placement of cheerleaders (with equal consideration for the opponent reviewed if the decision is made to allow) as they should 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.
 - Consideration should be given to sideline cheerleaders who are supporting any athletic team at an indoor event to wear a mask at all times unless stunting is permitted by activity restrictions on cheerleading.
- Sideline cheer is technically a support group for various teams under local jurisdiction and different than competitive cheer, a KHSAA winter sport-activity.

BAND MEMBERS

- In areas where virus spread is determined to be high or very high per the CDC, or high per the KDPH, schools should consider the following for indoor events:
 - Schools should consider the placement of band members (with equal consideration for the opponent) if the decision is made to allow, as they may 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.
- Consideration should be given to the various mitigation strategies available for use by band performers and consider consultation with the Kentucky Music Educators Association.

EVENT TICKETING

- Wherever practical, possible, and feasible, it is strongly recommended that no non-electronic 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 using electronic ticketing platforms.
- Wherever practical, possible, and feasible, ticketing should be electronic without the use of paper (receipts, tickets, etc.) as well as the use of cash.
- The KHSAA strongly recommends using GoFan ticket operations, a paperless ticket vendor wherein the school can opt-in to a plan to receive 100% of the face ticket costs with minimal service charges to the patron, or the school may alter prices to absorb ticket charges.
- KHSAA staff can provide contact information for GoFan representatives.

CONCESSIONS

- Allowances for concessions are at the discretion of the host school.

FINAL CONTEST PLANNING

- Communicate in advance with incoming schools and officials regarding procedures and guidelines, including equipment to be provided and equipment the opponent is expected to supply.



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- The location for teams to evacuate to in inclement weather should be re-considered to determine whether social distancing is feasible or if alternate locations need to be secured.
- Ensure the home team has someone to serve as an on-site administrator.
- Collect contact information (cell number and email addresses) for each team.
- Devise protocols for facility entry, including parking for teams, officials, and fans
- Devise an entry and exit plan that allows for social distancing.
- Incorporate public address announcements and signage regarding health guidelines and best practices.

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 and those not deemed essential personnel should be provided an alternate seating location.
- Limit the team benches, including the field/court area, to only those essential individuals participating.
- The pregame protocol should be developed in advance (i.e., anthem, introductions, etc.), sending players to their respective positions for introductions.
- Everyone (including officials) should have a drink container that is not shared.
- Pregame, quarter, halftime, and postgame meetings involving contest officials should utilize social distance principles.

PLAYING RULES

- Various playing rule modifications are available for use during the pandemic and may help ensure social distancing and other vital criteria can be met while minimizing unnecessary contact and protecting vulnerable populations.
- The alterations are listed on the sports specific pages.

MEDIA RESTRICTIONS AND CONSIDERATIONS

- Media access may be limited, especially if there are capacity limits.
- Establish the limit on the number of credentialed media members at each event (number of passes per outlet, priority to those who regularly cover, home/visitor split, etc.).
- Encourage media members to RSVP in advance of the game so that you can allocate space accordingly and grant access to any media on a "waiting list."
- Inform the visiting Athletic Director of the number of spaces available for the visiting team media.
- The press box should be limited to essential personnel only, with all individuals respecting social distancing (consider additional accommodations outside if necessary).
- No non-working individual should be in the working press area, including spouses, family members, and others.
- Interview opportunities may be limited during the week.
- Pressbox windows and doors should remain open so as not to restrict airflow.
- Disseminate as much information online as possible (limit handouts).
- Limit field access to working media members only (those who are actively performing work assignments).
- Incorporate easily identifiable credentials to ensure only authorized personnel are in restricted areas.
- If radio space is limited to the home team, try to facilitate a shared feed of the home team's broadcast if possible.
- Interviews should only be conducted if social distancing protocols can be followed.
- Be mindful that no agreement can be made exclusive per adopted regulation, which precludes an audio broadcast by the visiting team.

INFORMATION SOURCES

- As used in this guidance, the following groups have either supplied information or been used as a resource in developing 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)

DOCUMENT VERSIONING

- Original Version Issued, 7/18/22



2022-23 Healthy at Sports Stage 5- Partnering for Progress Competition Considerations

OFFICIALS AND OFFICIATING GUIDANCE SUPERVISOR OF OFFICIALS BUTCH COPE

OFFICIALS AND OFFICIATING GUIDANCE

Guidance listed in this section contains mitigation and layering strategies for those officials choosing to apply for an officiating license. Unless otherwise noted, these are considerations for final determinations to be made at the local level.

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.

LICENSING

- All officials shall be currently licensed with the KHSAA.
- All officials shall 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 host school Athletic Director 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.).
- Bring your water bottle, towel, hand sanitizer, flags, equipment, etc.
- If carpooling with other officials wear a mask/face covering when traveling.
- 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.

GAME DAY

- Identify the host school administrator and local association for assistance in dealing with any issues.
- Officials are not the "mask" police for fans and spectators; the host school administrator should manage adherence to all standards both local and any that are state influenced or regulated.

- Officials are advised to come dressed to officiate.
- If you do not feel well and COVID-19 symptoms are present, notify the contracted school, your crew members, assigner, and stay at home.
- Do not share equipment, uniforms, towels, etc.
- Following the conclusion of a contest, leave the contest area, and do not interact with others any more than necessary.
- Pre-contest official crew meetings should be held outside when possible and where social distancing is easier to execute.

RULES REQUIREMENTS

- Limit length and attendees during Pre-Game/Match Conference (See specific sport requirements)
- Recommend social distancing when communicating with coaches, players, other crew members.
- Recommend social distancing in substitution procedures during contests.
- To maintain social distancing, officiating positions may need to be changed in a manner that is not necessarily in conformance with standard officiating procedures.

UNIFORM AND EQUIPMENT FOR OFFICIALS (ADOPTED FOR OPTIONAL CONSIDERATION FOR ALL OFFICIALS 2022-2023)

- Long sleeves are permissible provided there are no color restrictions in the specific sport.
- 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.
- Gloves are permitted.
- Headsets for communication are permitted.
- Officials should not be required to wear jackets during pregame field/court/player/warm-up observation.



2022-23 Healthy at Sports Stage 5- Partnering for Progress Competition Considerations

CROSS COUNTRY

CROSS COUNTRY SPECIFIC GUIDANCE

Guidance listed in this section contains mitigation and layering strategies to conduct the sport or sport-activity during the fall of 2022. Unless otherwise noted, these are considerations for final determinations to be made at the local level.

SEASON LIMITATION AND CONTEST ADJUSTMENTS

MEET ENTRY AND COMPETITOR LIMITATIONS

- In areas with high current incidence of COVID-19,
 - Consider limiting the total number of runners and the total number of communities represented to reduce opportunities for virus transmission.
 - Be especially cognizant of congestion and gathering around the start line and finish line.
 - Consider the use of waves/staggered starts for early season meets in these areas.

SCHEDULING CONSIDERATIONS FOR MULTIPLE CONSECUTIVE CONTESTS

- In the case of multiple consecutive games, consideration should be given to the need for egress of fans and participants and potential cleaning of common facilities and restrooms as well as ingress of the teams for the next game.
- It is recommended that the minimum between starting times for 2022-23 be:
 - Cross Country – 1 hour between sessions if separate sessions/divisions are being held
 - Field Hockey and Volleyball - 2 hours
 - Soccer and Basketball (full length) – 2 hours and a half
 - Football, Baseball and Softball – 3 hours

ADMINISTRATIVE AND FIELD/COURT/COURSE SETUP (ALL RECOMMENDED)

PRE-MEET

- Team Packets: Meet managers are encouraged to transmit as much information as possible electronically before the meet.
- For any information that cannot be submitted electronically, organize a method for the packet pick up.

COURSE SETUP

- Schools should consider widening the starting line and each starting box.

- Schools should consider having each starting box with no more than one (1) school per box.
- Additional flagging, paint, etc., should be used to keep spectators separated from runners.
- Strongly consider a corral director to supervise the finish corral and assist in distancing finishers
- If no FAT timing system is available for smaller meets, use alternative means of finish place and time to reduce congestion at the finish line.

WAVE/STAGGERED STARTS

- Any grouping, staggering, or wave starts would need to be coordinated with the finish timer to ensure proper timing of runners.
- FAT timing and the use of a video camera for finishes would be key in determining proper placement and times of competitors. Examples of wave starts include starts by school (all entries from one school start at a specific time), random grouping, seeded grouping, etc.)

CONDUCT OF RACES

- If spectators are allowed, there should be a restricted area at the finish that keeps spectators away so they do not interfere with the "quick exit" of each athlete.
- Creative finish line options are strongly encouraged to maintain physical distancing.
- Consider using image-based equipment at the finish line to assist with picking the place and reducing congestion.

PRE AND POST RACE

- Recommend social distancing protocols for pre and post-contest activities.
- The pre-contest meeting should be limited to one coach from each team.
- Mass awards ceremonies and gatherings should be minimized.
- Meet results should not be posted at a venue but be posted online, sent by email, and/or mail.

OFFICIATING (RULES) (ADOPTED AS RECOMMENDED AND ALLOWABLE FOR 2022-23)

- Rule 4-3: Athletes are permitted to wear gloves and/or masks/face coverings during competition with no restriction on color or type.



2022-23 Healthy at Sports Stage 5- Partnering for Progress Competition Considerations

FIELD HOCKEY

FIELD HOCKEY SPECIFIC GUIDANCE

Guidance listed in this section contains mitigation and layering strategies to conduct the sport or sport-activity during the fall of 2022. Unless otherwise noted, these are considerations for final determinations to be made at the local level.

SEASON LIMITATION AND CONTEST ADJUSTMENTS

SCHEDULING CONSIDERATIONS FOR MULTIPLE CONSECUTIVE CONTESTS

- In the case of multiple consecutive games, consideration should be given to the need for egress of fans and participants and potential cleaning of common facilities and restrooms as well as ingress of the teams for the next game.
- It is recommended that the minimum between starting times for 2022-23 be:
 - Cross Country – 1 hour between sessions if separate sessions/divisions are being held
 - Field Hockey and Volleyball - 2 hours

- Soccer and Basketball (full length) – 2 hours and a half
- Football, Baseball and Softball – 3 hours

ADMINISTRATIVE AND FIELD/COURT SETUP

- All non-uniformed team members who are not essential to game management should be seated in the bleachers or general seating and able to socially distance from other groups.

OFFICIATING (RULES) (ADOPTED RECOMMENDED AND AS ALLOWABLE FOR 2022-23)

- Rule 1-6-5 - Masks/Face coverings are permitted.
- Rule 1-6-5 - Gloves are permitted.



2022-23 Healthy at Sports Stage 5- Partnering for Progress Competition Considerations

FOOTBALL

FOOTBALL SPECIFIC GUIDANCE

Guidance listed in this section contains mitigation and layering strategies to conduct the sport or sport-activity during the fall of 2022. Unless otherwise noted, these are considerations for final determinations to be made at the local level.

SEASON LIMITATION AND CONTEST ADJUSTMENTS

SCHEDULING CONSIDERATIONS FOR MULTIPLE CONSECUTIVE CONTESTS

- In the case of multiple consecutive games, consideration should be given to the need for egress of fans and participants and potential cleaning of common facilities and restrooms as well as ingress of the teams for the next game.
- It is recommended that the minimum between starting times for 2022-23 be:
 - Cross Country – 1 hour between sessions if separate sessions/divisions are being held
 - Field Hockey and Volleyball - 2 hours
 - Soccer and Basketball (full length) – 2 hours and a half
 - Football, Baseball and Softball – 3 hours

ADMINISTRATIVE AND FIELD/COURT/COURSE SETUP (RECOMMENDED UNLESS NOTED)

- Rules revisions regarding the team box should be marked for each contest with either temporary or permanent markings. (REQUIRED)
- Postseason rosters are restricted to a limit of 80 players in uniform and participating in warm-ups and competition. (REQUIRED FOR ALL POSTSEASON CONTESTS)
- Regular season roster limitations are a matter of team agreement.
- All non-uniformed team members who are not essential to game management should be seated in the bleachers or general seating area and able to socially distance from other groups.
- Everyone should have a drink container that is not shared.
- Cloth face coverings are permissible for all coaches and team staff and all game administration officials.
- Gloves are permissible for all coaches and team staff and all game administration officials.
- Try and limit the number of non-essential personnel who are on the field level throughout the contest.

FOOTBALLS AND FOOTBALL CLEANING

- All footballs should be regularly and routinely cleaned.
- Balls should be managed by competent individuals (ball managers) who are capable of the rigors of keeping them sanitized without game delay.
- The ball may be switched in accordance with NFHS playing rules.
- Spalding Sport Ball cleaning recommendations follow CDC, state, and local guidelines for health and safety.

PLAYER EQUIPMENT

SPLASH SHIELDS, FACE SHIELDS, AND HELMETS WITH FACE MASKS (SECTIONS ADAPTED FROM THE NFHS SPORTS MEDICINE ADVISORY COMMITTEE, POSITION STATEMENT, AUGUST 2020)

- Splash Shields may be attached to the inside of the helmet and inside of the face mask to prevent respiratory droplets from spreading.
- 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.
- Face shields may be of a commercial brand or third-party created but must be absent of tint as concussion recognition remains critical.

- Cloth masks/face coverings (that tie to the head or loop around the ears under the helmet) are permissible to be worn under the face mask.
- The NFHS SMAC does not recommend anything – mask/face covering or shield on the outside of any face mask for any sport but it should be worn on the inside of the face mask for risk minimization issues as they want the face mask in front of it.
- Plastic shields covering the entire face (unless integrated into the face mask and attached to the outside of the mask of the helmet and clear without the presence of any tint) are not allowed during the contest per NFHS rules.
- The NFHS SMAC is always concerned that any product or device that attaches to the helmet and/or face mask will void the National Operating Committee on Standards for Athletic Equipment (NOCSAE) certification and will automatically void the manufacturer's warranty and/or lead to the potential of an unintended injury. NOCSAE stated the following with regards to facial coverings attached to the face mask.
- A face covering attached to a faceguard would not automatically void the NOCSAE certification of compliance with our NOCSAE standard, assuming it does not attach permanently to the faceguard and has no rigid components that might protrude in to the facial area.
- The helmet/faceguard manufacturer has the ultimate final say as to what can and cannot be attached to their face mask.
- Please be aware of this information from the NOCSAE as it does apply to products that were not made by the manufacturer of the helmet and/or face mask: <https://bit.ly/3jbtHet>

OFFICIATING (MECHANICS) (ADOPTED)

- The position of the Umpire in a 5- and 7- person crew shall have the initial position in the offensive backfield, on the side of the center opposite the Referee.
- The position of the Umpire in a 3- or 4- person non-varsity crew shall be 9 to 10 yards behind the defensive line of scrimmage.
- The repositioning of the Umpire does not change any responsibilities and coverage assignments.

PREGAME, PREGAME CONFERENCE, COIN TOSS AND OVERTIME PROCEDURES (ADOPTED FOR 2022-23)

- During the pregame field inspection period, perform the coin toss, limit attendees to the referee, umpire, and the head coach from each team.
- If the host requests the toss to be re-enacted before the game, only the Referee, Umpire and Head Coach will come onto the field and all should maintain social distancing principles during the reenactment.
- For the overtime procedure, use the same procedure as used at the start of the contest for the coin toss.

OFFICIATING (RULES) (ADOPTED FOR 2022-23)

TEAM BOX (RULE 1-2-3G)

- The team box is extended on both sides of the field to the 10-yard lines (for both teams) for more space for the teams.
- The coaches' area (sideline to two yards off the field) is eliminated for 2022 and is a restricted area at all times except for a charged time-out to allow for freedom of movement and social distancing by officials, chain crews, and ball runners.



2022-23 Healthy at Sports Stage 5- Partnering for Progress Competition Considerations

GOLF

GOLF SPECIFIC GUIDANCE

Guidance listed in this section contains mitigation and layering strategies to conduct the sport or sport-activity during the fall of 2022. Unless otherwise noted, these are considerations for final determinations to be made at the local level.

SEASON LIMITATION AND CONTEST ADJUSTMENTS

EVENT ENTRY AND COMPETITOR LIMITATIONS

- In areas with high current incidence of COVID-19,
 - Consider limiting the total number of entrants and the total number of communities represented to reduce opportunities for virus transmission.
 - Be especially cognizant of congestion and gathering around the first/tenth tees and any awards ceremony.

ADMINISTRATIVE AND FIELD/COURT/COURSE SETUP (ALL RECOMMENDED FOR CONSIDERATION)

PRE-EVENT

- Team Packets: Event managers are encouraged to transmit as much information as possible electronically before the meet.
- For any information that cannot be submitted electronically, organize a method for the packet pick up.
- All players must agree to play by the current USGA Rules of Golf and GHK Conditions of Competition.
- Tournament notices, including Rules of Play, starting assignments, etc., should be emailed to coaches in advance of the event. Coaches should provide copies of tournament notices to players before the start of play.
- Player gifts, if provided for an event, should be pre-packaged before the event and distributed at the scoring area following the round.

EVENT SETUP

- The starting area should be marked/roped off and posted with a sign restricting the area to the Starter and ONLY the players receiving instructions/teeing off. NOTE: the starting area is not a part of and is outside the starting area.
- A starter's box is viewed as a common area and players should not be allowed to access items normally located in a starter's box.

PRE AND POST EVENT

- Mass awards ceremonies should be eliminated.

- Results should not be posted at a venue and should be posted online, sent by email, and/or mail.

TEE TIMES AND START

- If shotgun starts take place, there should be an emphasis on social distancing, golf cart staging if necessary, practice tee space allocations, points of the congregation, and field limitations.
- Double tee starts should be considered using social distancing.

SCORING

- Players should utilize mobile scoring such as the Golf Genius scoring application for posting hole by hole scores during each competition round.
- Scorecards should be distributed to the players once on-site.
- All players should be assigned a paper scorecard (official scorecard) and their designated marker should populate the scorecard for each hole played.
- One player should be designated to digitally post all players' scores in their pairing group.

POST EVENT

- Players should leave the facility upon completion of their round. Exception: if following the final round of the event, a player is in contention for first place, they should be permitted to remain on the property.

OFFICIATING (GENERAL)

- Unless modified through the competition rules adopted by the Board of Control, contests in golf shall be governed by the rules of the United States Golf Association.
- Interpretations to the playing rules shall be solely administered by the KHSAA in collaboration with the Golf House of Kentucky and the local host course.



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SOCCER

SOCCER SPECIFIC GUIDANCE

Guidance listed in this section contains mitigation and layering strategies to conduct the sport or sport-activity during the fall of 2022. Unless otherwise noted, these are considerations for final determinations to be made at the local level.

SEASON LIMITATION AND CONTEST ADJUSTMENTS

SCHEDULING CONSIDERATIONS FOR MULTIPLE CONSECUTIVE CONTESTS

- In the case of multiple consecutive games, consideration should be given to the need for egress of fans and participants and potential cleaning of common facilities and restrooms as well as ingress of the teams for the next game.
- It is recommended that the minimum between starting times for 2022-23 be:
 - Cross Country – 1 hour between sessions if separate sessions/divisions are being held
 - Field Hockey and Volleyball - 2 hours
 - Soccer and Basketball (full length) – 2 hours and a half
 - Football, Baseball and Softball – 3 hours

SOCCER BALLS AND SOCCER BALL CLEANING

- All soccer balls should be regularly and routinely cleaned.
- Balls should be managed by competent individuals who are capable of the rigors of keeping them sanitized without game delay.
- The ball may be switched as often as can efficiently allow and permitted by the playing rules.
- There should be an attempt to keep at least three good game balls available, one in play, one being cleaned, and one ready for the next play or left ready for play on a sideline cone

- Ball manufacturers suggest cleaning recommendations follow CDC, state, and local guidelines for health and safety and should not include bleach.

ADMINISTRATIVE AND FIELD/COURT/COURSE SETUP (RECOMMENDED UNLESS NOTED)

- Postseason rosters are restricted to a limit of 24 players in uniform, participating in warm-ups and being in the team box during competition. (REQUIRED)
- Regular season roster limitations are a matter of team agreement.
- All non-uniformed team members who are not essential to game management should be seated in the bleachers or general seating and able to socially distance from other groups.
- Ball boys/girls should exercise social distance at all times.

OFFICIATING (MECHANICS) (ADOPTED FOR 2022-23)

- Rule 5-2-2d - Have the pregame conference at the center of the field with only the head coach and the lead official, and exercise social distance during the conference.

OFFICIATING (RULES) (ADOPTED FOR 2022-23)

- Rule 4-1 - Cloth mask/face covering is permitted for players (no color restrictions).
- Rule 4-1 - Gloves are permitted for players (no color restrictions).
- Rule 4-1-1 - Long pants are permitted for players.



2022-23 Healthy at Sports Stage 5- Partnering for Progress Competition Considerations

VOLLEYBALL

VOLLEYBALL SPECIFIC GUIDANCE

Guidance listed in this section contains mitigation and layering strategies to conduct the sport or sport-activity during the fall of 2022. Unless otherwise noted, these are considerations for final determinations to be made at the local level.

INDOOR SPORTS AND SPORT-ACTIVITY PRECAUTIONS

All schools hosting indoor events should review the reminders regarding extra mitigation layers for indoor events contained in the All Sports Guidance Section.

SEASON LIMITATION AND CONTEST ADJUSTMENTS

SCHEDULING CONSIDERATIONS FOR MULTIPLE CONSECUTIVE CONTESTS

- In the case of multiple consecutive games, consideration should be given to the need for egress of fans and participants and potential cleaning of common facilities and restrooms as well as ingress of the teams for the next game.
- It is recommended that the minimum between starting times for 2022-23 be:
 - Cross Country – 1 hour between sessions if separate sessions/divisions are being held
 - Field Hockey and Volleyball - 2 hours
 - Soccer and Basketball (full length) – 2 hours and a half
 - Football, Baseball and Softball – 3 hours

VOLLEYBALLS AND VOLLEYBALL CLEANING

- All volleyballs should be regularly and routinely cleaned.
- Balls should be managed by competent individuals who are capable of the rigors of keeping them sanitized without game delay.
- The ball may be switched as often as can efficiently allow for sanitization and return, up to and including changing balls each play.
- There should be an attempt to keep at least three good game balls always available, one in play, one being cleaned, and one ready for the next play.
- Ball manufacturers suggest cleaning recommendations follow CDC, state, and local guidelines for health and safety and should not include bleach.

ADMINISTRATIVE AND FIELD/COURT SETUP

- In accordance with Rule 1-6-3 allowing for state association adoption; teams will not be switching benches between sets.

- Only in the event there is a clear and distinct disadvantage as determined solely by the officials, teams may switch benches, observing all social distancing protocols.
- Postseason rosters are restricted to a limit of 15 players in uniform, participating in warm-ups and being in the team box during competition. (REQUIRED)
- Regular season roster limitations are a matter of team agreement.
- All non-uniformed team members who are not essential to game management should be seated in the bleachers or general seating and able to socially distance from other groups.
- Consider separate baskets of balls for warm-ups (one basket used by the home team and one basket used by the visiting team).
- Consider seating fans opposite teams benches and separated from one another to promote social distancing.

OFFICIATING (MECHANICS) (ADOPTED FOR 2022-23)

- Rules 1-2-4b; 5-4-4c; 5-5-3b (26); 9-2-3c - Move the location of the deciding set coin toss to center court with the coach and the second referee maintain the appropriate social distance.
- Rules 1-6-2; 5-4-1h - Move the location of the pre-match conference to center court with one coach and one referee positioned on each side of the net.
 - Consider limiting attendees to one coach from each team, first referee and second referee; move the location.

OFFICIATING (RULES) (ADOPTED FOR 2022-23)

- Rules 4-1-4; 4-1-1 – Masks/face coverings are permissible; Gloves are permissible (no color restrictions).
- Rules 4-2-1; 4-2-1i(1) - Long sleeves are permissible; Long pants are permissible.
- Rules 4-2-1h (3); 4-2-1i (2) - Undergarments are permissible, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom.



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BASKETBALL

BASKETBALL SPECIFIC GUIDANCE

Guidance listed in this section contains mitigation and layering strategies to conduct the sport or sport-activity during the fall of 2022. Unless otherwise noted, these are considerations for final determinations to be made at the local level.

INDOOR SPORTS AND SPORT-ACTIVITY PRECAUTIONS

- All schools hosting indoor events should review the reminders regarding extra mitigation layers for indoor events, particular universal masking and locker rooms, contained in the All Sports Guidance Section.

SEASON LIMITATION AND CONTEST ADJUSTMENTS

ROSTER AND PARTICIPATION RESTRICTIONS

- Regular season rosters should be restricted to a limit of 15 players in uniform and participating in warm-ups and competition.
- Postseason rosters are limited to 15 players in uniform and participating in warm-ups and competition for all contexts.
- All non-uniformed team members who are not essential to game management should be seated in the bleachers or general seating area and able to socially distance from other groups.

NON-UNIFORMED TEAM MEMBERS

- Schools should consider options for the placement of non-competing players to ensure social distancing as those players should not be permitted in the team field or court areas.
- 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

- In areas where virus spread is determined to be high or very high per the CDC, or high per the KDPH, schools should consider the following for indoor events:
 - Schools should consider the placement of cheerleaders (with equal consideration for the opponent reviewed if the decision is made to allow) as they should 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.
 - Consideration should be given to sideline cheerleaders who are supporting any athletic team at an indoor event to wear a mask at all times unless stunting is permitted by activity restrictions on cheerleading.
- Sideline cheer is technically a support group for various teams under local jurisdiction and different than competitive cheer, a KHSAA winter sport-activity.

BAND MEMBERS

- In areas where virus spread is determined to be high or very high per the CDC, or high per the KDPH, schools should consider the following for indoor events:
 - Schools should consider the placement of band members (with equal consideration for the opponent), if the decision is made to allow, as they may 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.
- Consideration should be given to the various mitigation strategies available for use by band performers and consider consultation with the Kentucky Music Educators Association.

SCHEDULING CONSIDERATIONS FOR MULTIPLE CONSECUTIVE CONTESTS

- In the case of multiple consecutive games, consideration should be given to the need for egress of fans and participants and potential cleaning of common facilities and restrooms as well as ingress of the teams for the next game.
- It is recommended that the minimum between starting times for 2022-23 be:

- Cross Country – 1 hour between sessions if separate sessions/divisions are being held
- Field Hockey and Volleyball - 2 hours
- Soccer and Basketball (full length) – 2 hours and a half
- Football, Baseball and Softball – 3 hours

BASKETBALLS AND BASKETBALL CLEANING

- 4-1- The host school should ensure that the ball is cleaned as often as practical and feasible.
- Separate baskets/racks of balls for warm-ups (one basket/rack used by the home team and one basket/rack used by the visiting team).
- There should be an attempt to keep at least three good game balls always available, one in play, one being cleaned, and one ready for the next play.

ADMINISTRATIVE AND FIELD/COURT SETUP (TO BE CONSIDERED FOR 2022-23 UNLESS OTHERWISE INDICATED)

VENUE SETUP

- Postseason rosters are restricted to a limit of 15 players in uniform, participating in warm-ups and being in the team box during competition. (REQUIRED)
- Regular season roster limitations are a matter of team agreement.
- Consider limiting the number of non-essential personnel who are on the bench throughout the contest.
- All non-uniformed team members who are not essential to game management should be seated in the bleachers or general seating and able to socially distance from other groups.
- 1-31-1- Additional chairs or rows may be added to allow bench personnel to observe social distancing.
- 1-31-1- Create separation between the team bench and the spectator seating behind the bench.
- 1-31-1- Personnel not in the game should adhere to any required local/state face-covering requirements.
- 2-1-3- Table personnel should adhere to any required local/state face-covering requirements.
- 4-1- Cloth face coverings are permissible for players.

COVID AWARDS PRESENTATION RECOMMENDED PROTOCOL

- Utilize the following protocol for distribution of trophies at the district and regional tournaments:
 - Alternative One
 - Individual Awards should be done with the presenter delivering the individual awards with the recipients in their own areas.
 - Teams should remain in separate areas and remain there throughout the presentation.
 - Have clearly defined protocols for social distancing between the team groups and the presenters during the presentations.
 - Awards should be placed at a "neutral" location away from the teams.
 - The trophy presenter should deliver the trophies and other awards to the team representatives in the gathering area and not permit teams to gather near the original awards location.
 - Alternative Two
 - Leave trophies boxed and allow the winning and runner-up coach to pick them up one at a time as they leave the facility.
 - Have any photos or gatherings outside of the facility.

OFFICIATING (MECHANICS) (ADOPTED FOR 2022-23)

- 3-4-5- Limit attendees in the pregame conference to the referee and the head coach from each team with each coach standing on the center



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BASKETBALL

circle on each side of the division line with all individuals maintaining a social distance at the center circle.

- 5-3- Officials should not be required to wear jackets during pregame court/player observation.



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BOWLING

BOWLING

Guidance listed in this section contains mitigation and layering strategies to conduct the sport or sport-activity during the 2022-2023. Unless otherwise noted, these are considerations for final determinations to be made at the local level.

INDOOR SPORTS AND SPORT-ACTIVITY PRECAUTIONS

- All schools hosting indoor events should review the reminders regarding extra mitigation layers for indoor events, particular universal masking and locker rooms, contained in the All Sports Guidance Section.

SEASON LIMITATION AND CONTEST ADJUSTMENTS

ENTRY AND COMPETITOR LIMITATIONS

- Consider limiting meets to a minimum number of schools early in the season, expanding as the season moves along.

TIME BETWEEN COMPETITIONS AND EVENTS

- There should be time between consecutive multiple team events for egress of fans and participants, sanitization of equipment and restrooms, ingress of the teams for the next competition as well as the sanitization of equipment and restrooms and handwashing by all involved.
- Consideration should also be given in large roster sports to holding Varsity, Junior Varsity, and Freshman competitions on separate nights.

ADMINISTRATIVE AND FIELD/COURT/LANE SETUP (ALL ADOPTED FOR 2022-23)

- Recommend to suspend pregame protocol of shaking hands during introductions.
- Recommend to suspend postgame protocol of shaking hands.
- Cloth face coverings are permissible for all coaches and team staff and all game administration officials.
- Gloves are permissible for all coaches and team staff and all game administration officials.
- Try and limit the number of non-essential personnel who are on the bench throughout the contest.

PRE-COMPETITION INFORMATION AND VENUE SETUP

- All non-uniformed team members who are not essential to game management shall be seated in the bleachers or general seating and able to socially distance from other groups.

- Team Packets: Tournament Managers are encouraged to transmit as much information as possible electronically before the match.
- For any information that cannot be submitted electronically, organize a method for the packet pick up that keeps coaches socially distanced (i.e. time slots for small numbers of coaches to pick up packets, marks on the floor that are 6 feet apart for coaches' lines formed at packet pick-up, etc.).
- Tournament managers should consider alternate pairings within lanes to minimize unnecessary team interaction with other schools.

COVID AWARDS PRESENTATION RECOMMENDED PROTOCOL

- Utilize the following protocol for distribution of trophies at the district and regional tournaments:
 - Alternative One
 - Individual Awards should be done with the presenter delivering the individual awards with the recipients in their own areas.
 - Teams should remain in separate areas and remain there throughout the presentation.
 - Have clearly defined protocols for social distancing between the team groups and the presenters during the presentations.
 - Awards should be placed at a "neutral" location away from the teams.
 - The trophy presenter should deliver the trophies and other awards to the team representatives in the gathering area and not permit teams to gather near the original awards location.
 - Alternative Two
 - Leave trophies boxed and allow the winning and runner-up coach to pick them up one at a time as they leave the facility.
 - Have any photos or gatherings outside of the facility.

OFFICIATING (RULES) (ADOPTED FOR 2022-23)

- All facilities should use all USBC recommended COVID-19 accommodations and allowances.



2022-23 Healthy at Sports Stage 5- Partnering for Progress Competition Considerations

COMPETITIVE CHEER

COMPETITIVE CHEER

Guidance listed in this section contains mitigation and layering strategies to conduct the sport or sport-activity during the 2022-2023. Unless otherwise noted, these are considerations for final determinations to be made at the local level.

INDOOR SPORTS AND SPORT-ACTIVITY PRECAUTIONS

- All schools hosting indoor events should review the reminders regarding extra mitigation layers for indoor events, particular universal masking and locker rooms, contained in the All Sports Guidance Section.

SEASON LIMITATION AND CONTEST ADJUSTMENTS

ENTRY AND COMPETITOR LIMITATIONS

- Consider limiting meets to a minimum number of schools early in the season, expanding as the season moves along.

TIME BETWEEN COMPETITIONS AND EVENTS

- There should be time between consecutive multiple team events for egress of fans and participants, sanitization of equipment and restrooms, ingress of the teams for the next competition as well as the sanitization of equipment and restrooms and handwashing by all involved.
- Consideration should also be given in large roster sports to holding Varsity, Junior Varsity, and Freshman competitions on separate nights.

COMPETITION CONSIDERATIONS

GENERAL REMINDERS REGARDING COMPETITIVE CHEER (INCLUDING SIDELINE CHEER) PRACTICES AND WORKOUTS

- Competitive Cheer practices are generally performed indoors.
- Exercising indoors could possibly pose a greater risk of transmission than exercising outdoors for multiple reasons including air flow and being in an enclosed space.
- Social distancing is hard to maintain in cheer and dance due to partnering, choreography, and close formation spacing.
- Significant modifications may be required during the early stages of workouts.
- No masks should be worn in routines that involve stunting.
- Any mask worn during a routine that does not involve stunting but involves tumbling must be taped and secure.
- Consideration of practice/performance surfaces and following skill progressions are vital components of risk minimization.

PHASED-IN APPROACH TO STUNTING (REQUIRED)

- First week
 - Initial stunting may begin in the first week, but should be limited to individual stunt group work without intermingling students within stunt groups, limited interaction between stunt groups and an appropriate surface.
 - Stunts may only dismount by returning to a load-in position or a "pop-down" dismount
 - Any twisting during partner stunts should be limited to ¼-up or ½-up to prep, OR ¼-up or ½-up to extended
- The following skills are only allowed on a mat, grass, or rubberized track surface:
 - Basket tosses, elevator/sponge tosses, and other similar multi-base tosses.
 - Partner stunts in which the base uses only one arm to support the top person.
 - Twisting/tumbling skills (Arabians, full-twisting layouts, etc.).
- Second week
 - Consideration of practice/performance surfaces and following skill progressions are vital components of risk minimization.
 - Basket tosses, elevator/sponge tosses, and other similar multi-base tosses.

- Partner stunts in which the base uses only one arm to support the top person.
- Twisting/tumbling skills (Arabians, full-twisting layouts, etc.).
- Third week and beyond
 - Consideration of practice/performance surfaces and following skill progressions are vital components of risk minimization.
 - Work regarding practicing inversions and other advanced stunting may begin.

SIDELINE CHEER GUIDELINES DURING THE COVID EMERGENCY AND BEYOND

- No stunting can be performed that is not yet permissible to practice following Competitive Cheer Guidance listed under "Phased-in Approach to Stunting" in these guidelines.
- A reminder that NFHS Spirit Rule 2-7 states: "Performing surfaces must be suitable for spirit activities"
- Stunts or Stunting by sideline cheerleaders is not permitted on hard surfaces to include gravel/chat rock or cinder tracks, or any unpadded concrete surface per these guidelines.
- When permitted, stunting would be permitted on appropriate mats, grass, rubberized and yielding surfaces.
- A properly installed gym floor is considered to be a yielding surface, with mats preferred but not required beyond Segment 2.
- Stunting is not permitted on any surface if it is wet.
- Sideline cheer coaches must carefully consider the cheering surface regarding safety, as even an all-weather track could be considered unsafe if it were wet.
- Consideration of practice/performance surfaces and following skill progressions are vital components of risk minimization.
- The following skills are only allowed on a mat, grass, rubberized track, or other yielding and appropriate surface:
 - Basket tosses, elevator/sponge tosses, and other similar multi-base tosses.
 - Partner stunts in which the base uses only one arm to support the top person.
 - Twisting/tumbling skills (Arabians, full-twisting layouts, etc.).
- On gym floors, basket tosses and other similar multi-base tosses should only be performed with appropriate matting.
- Stunts and tumbling must be modified to be appropriate for the surface and/or area and concerning other participants.
- Skill practicality, difficulty, and proficiency should especially be considered for performances on playing surfaces at games, as any injury could also result in a stoppage of play.

ADMINISTRATIVE AND VENUE SETUP

SETUP

- Judges, officials, adjudicators, etc. shall be appropriately spaced to ensure proper social distancing.
- The host school should sanitize all officials' tables between sessions.

COMPETITOR EQUIPMENT

- Face masks/coverings are recommended in the warm-up areas and/or the main competitive floor for all athletes.
- Team members should arrive dressed and ready for competition as dressing rooms should not be available.

MAIN COMPETITION FLOOR

- Team huddles before taking the floor are strongly discouraged.
- "On deck" and "in the hole" areas should be spaced as far apart as possible to maintain social distancing regulations.



2022-23 Healthy at Sports Stage 5- Partnering for Progress Competition Considerations

COMPETITIVE CHEER

COVID AWARDS PRESENTATION RECOMMENDED PROTOCOL

- Utilize the following protocol for distribution of trophies at the district and regional tournaments:
- Alternative One
 - Individual Awards should be done with the presenter delivering the individual awards with the recipients in their own areas.
 - Teams should remain in separate areas and remain there throughout the presentation.
 - Have clearly defined protocols for social distancing between the team groups and the presenters during the presentations.
 - Awards should be placed at a "neutral" location away from the teams.
 - The trophy presenter should deliver the trophies and other awards to the team representatives in the gathering area and not permit teams to gather near the original awards location.

- Alternative Two
 - Leave trophies boxed and allow the winning and runner-up coach to pick them up one at a time as they leave the facility.
 - Have any photos or gatherings outside of the facility.

HOSPITALITY ROOMS

- Boxed lunches should be available rather than open food for hospitality rooms.

OFFICIATING (RULES) (ADOPTED FOR 2022-23)

COMPETITIVE AND SIDELINE CHEER RULES

- There shall be no penalty for a competitor choosing to wear a mask/face covering at any time.



2022-23 Healthy at Sports Stage 5- Partnering for Progress Competition Considerations

DANCE

DANCE

Guidance listed in this section contains mitigation and layering strategies to conduct the sport or sport-activity during the 2022-2023. Unless otherwise noted, these are considerations for final determinations to be made at the local level.

INDOOR SPORTS AND SPORT-ACTIVITY PRECAUTIONS

- All schools hosting indoor events should review the reminders regarding extra mitigation layers for indoor events, particular universal masking and locker rooms, contained in the All Sports Guidance Section.

SEASON LIMITATION AND CONTEST ADJUSTMENTS

ENTRY AND COMPETITOR LIMITATIONS

- Consider limiting meets to a minimum number of schools early in the season, expanding as the season moves along.

TIME BETWEEN COMPETITIONS AND EVENTS

- There should be time between consecutive multiple team events for egress of fans and participants, sanitization of equipment and restrooms, ingress of the teams for the next competition as well as the sanitization of equipment and restrooms and handwashing by all involved.
- Consideration should also be given in large roster sports to holding Varsity, Junior Varsity, and Freshman competitions on separate nights.

COMPETITION CONSIDERATIONS

GENERAL REMINDERS REGARDING DANCE PRACTICES AND WORKOUTS

- Dance practices are generally performed indoors.
- Exercising indoors could possibly pose a greater risk of transmission than exercising outdoors for multiple reasons including air flow and being in an enclosed space.
- Social distancing is hard to maintain in dance due to partnering, choreography, and close formation spacing.

ADMINISTRATIVE AND VENUE SETUP

DANCE SAFETY GUIDANCE

- The primary consideration is to begin any activity, practice, etc. with a clean space.
- Clean/sanitize surfaces with cleaner/accepted methods listed on the Environmental Protection Agency's list of disinfectants for use against SARS-CoV-2 as directed by the CDC, or as may be reasonably necessary.
- Mats/surfaces should be cleaned at least each day of activity or as needed according to current guidelines.
- If different groups are meeting in the same space at different times, mats/surfaces should be cleaned between groups.
- Athletes, coaches, and support staff who are a member of a high-risk group or live at home with a member of a high-risk group should consider attending training sessions virtually.
- Athletes and parents should be made aware of current best practices for minimizing the spread.

SETUP

- Judges, officials, adjudicators, etc. should be appropriately spaced to ensure proper social distancing.

THE HOST SCHOOL SHOULD:

- Consider limiting the number of teams allowed to compete in each session.
- Sanitize all officials' tables between sessions.

COMPETITOR EQUIPMENT

- Face masks/coverings are recommended in the warm-up areas and/or the main competitive floor for all athletes.
- Team members should arrive dressed and ready for competition as dressing rooms should not be available.

MAIN COMPETITION FLOOR

- Host schools should provide an area for all teams to put their water bottle while they are competing.
- "On deck" and "in the hole" areas should be spaced as far apart as possible to maintain social distancing regulations.

COVID AWARDS PRESENTATION RECOMMENDED PROTOCOL

- Utilize the following protocol for distribution of trophies at the district and regional tournaments:
 - Alternative One
 - Individual Awards should be done with the presenter delivering the individual awards with the recipients in their own areas.
 - Teams should remain in separate areas and remain there throughout the presentation.
 - Have clearly defined protocols for social distancing between the team groups and the presenters during the presentations.
 - Awards should be placed at a "neutral" location away from the teams.
 - The trophy presenter should deliver the trophies and other awards to the team representatives in the gathering area and not permit teams to gather near the original awards location.
 - Alternative Two
 - Leave trophies boxed and allow the winning and runner-up coach to pick them up one at a time as they leave the facility.
 - Have any photos or gatherings outside of the facility.

POST-COMPETITION

- Teams should consider leaving the host school as soon as their session has ended.

HOSPITALITY ROOMS

- Boxed lunches should be available rather than open food for hospitality rooms.
- Masks for workers in the hospitality areas are required.

OFFICIATING (RULES) (ADOPTED FOR 2022-23)

N/A



2022-23 Healthy at Sports Stage 5- Partnering for Progress Competition Considerations

SWIMMING AND DIVING GUIDANCE

SWIMMING AND DIVING SPECIFIC GUIDANCE

Guidance listed in this section contains mitigation and layering strategies to conduct the sport or sport-activity during the 2022-2023. Unless otherwise noted, these are considerations for final determinations to be made at the local level.

INDOOR SPORTS AND SPORT-ACTIVITY PRECAUTIONS

- All schools hosting indoor events should review the reminders regarding extra mitigation layers for indoor events, particular universal masking and locker rooms, contained in the All Sports Guidance Section.

SEASON LIMITATION AND CONTEST ADJUSTMENTS

ENTRY AND COMPETITOR LIMITATIONS

- Consider limiting meets to a minimum number of schools early in the season, expanding as the season moves along.
- Schools 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.
- All others should be seated in the general seating area.

TIME BETWEEN COMPETITIONS AND EVENTS

- There should be time between consecutive multiple team events for egress of fans and participants, sanitization of equipment and restrooms, ingress of the teams for the next competition as well as the sanitization of equipment and restrooms and handwashing by all involved.
- Consideration should also be given in large roster sports to holding Varsity, Junior Varsity, and Freshman competitions on separate nights.

COMPETITION CONSIDERATIONS

CONDUCTING MEETS

- All practices and meets should emphasize the basic public health guidelines of handwashing, face-covering/masking, and social distancing.

FACILITY HOSTS

- Limit deck personnel to participants, coaches, medical staff, and game-day staff.
- If available, provide designated space (locker room, classroom, etc.) for officials' pre-meet and post-meet activities.
- If the designated space cannot accommodate social distancing of officials, then where possible, officials should be separate from spectator/team interaction.
- Install signage concerning hygiene, social distancing, and facial coverings.
- Consider developing one-way ingress and egress plans and one-way aisles that also allows for social distancing.

ADMINISTRATIVE AND VENUE SETUP CONSIDERATIONS

PRE-EVENT

- Consider changing deck layouts where feasible and practical to ensure that in the standing, seating, and deck areas where individuals can remain apart for social distancing.
- Eliminate the use of low ventilated spaces and rooms that prevent social distancing.
- Stagger use of communal areas and clean and disinfect frequently touched surfaces.
- Increase water sanitation level (keep chlorine closer to 2.0 PPM)
- For larger meets, auxiliary spaces may need to be used to keep the natatorium within reduced capacity limits.

EVENT SETUP CONSIDERATIONS

- Meet Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location.

- Develop alternative methods for submitting entries (3-2) and the movement of non-electronic information.
 - Establish multiple sessions for warm-up periods to limit the number of swimmers per lane.
 - Restrict the number of swimmers in the competition area.
 - Limit number of swimmers per lane during warm-up and warm-down periods
 - Conduct clerking at the starting blocks to avoid competitors congregating in a separate location before their race.
 - Only essential personnel are permitted on deck, defined as swimmers/divers, coaches, athletic trainers, lifeguards, and officials.
 - Authorized timers, recorders, runners, computer operators necessary to conduct the competition are essential.
 - All others, i.e., team managers, video personnel, media photographers, family members, non-competing students, etc. are considered non-essential personnel and should be in the gallery remaining seating area and not on the deck.
 - Teams should limit the number of individuals in attendance at practice and meets.
 - Only participants and essential coaches/officials/administrators are permitted on deck.
 - Limit the number of divers during warm-up by creating multiple sessions.
 - Divers may not approach the board until their turn to dive (practice) or compete (competition).
 - Dive order sheets should be posted in multiple areas or duplicated and distributed to coaches to reduce the number of divers viewing the sheets at the same time.
- #### CONDUCT OF EVENTS
- Protocols that cause coaches, participants, spectators to congregate closely together should be avoided (results boards, awards ceremonies, etc.).
 - Consider online platforms for posting of results and awards ceremonies.
 - Swimmers should refrain from congregating behind blocks. Coordinate with officials to allow enough time for finished heats to exit the area before the next heat enters the area.
- #### PRE AND POST EVENT
- Communicate as much information electronically prior to the meet.
 - For information that cannot be submitted electronically, develop a socially distanced method for coaches to retrieve information on site.
 - NFHS Rule 5-2 Design alternative forms of entry submission to reduce face-to-face interaction when submitting a proper entry, where/how/to whom are submitted, and a reduction or elimination of certain penalties currently associated with improper entries.
 - All individuals should be prepared to exit the facility as efficiently as possible.
 - Athletes should be spaced out in the pool to ensure social distancing at all times.
 - Coaches/Administrators should communicate with schools they are competing against to ensure everyone is aware of all facility rules and regulations.
 - Mass awards ceremonies should be eliminated.
 - Meet results should not be posted at a venue and recommend all results to be posted online, sent by email, and/or mail.



2022-23 Healthy at Sports Stage 5- Partnering for Progress Competition Considerations

SWIMMING AND DIVING GUIDANCE

COVID AWARDS PRESENTATION RECOMMENDED PROTOCOL

- Utilize the following protocol for distribution of trophies at the district and regional tournaments:
- Alternative One
 - Individual Awards should be done with the presenter delivering the individual awards with the recipients in their own areas.
 - Teams should remain in separate areas and remain there throughout the presentation.
 - Have clearly defined protocols for social distancing between the team groups and the presenters during the presentations.
 - Awards should be placed at a "neutral" location away from the teams.
 - The trophy presenter should deliver the trophies and other awards to the team representatives in the gathering area and not permit teams to gather near the original awards location.
- Alternative Two
 - Leave trophies boxed and allow the winning and runner-up coach to pick them up one at a time as they leave the facility.
 - Have any photos or gatherings outside of the facility.

OFFICIATING (MECHANICS) CONSIDERATIONS

- NFHS Rules 3-3-6, 4-2-1d - Decrease the number of participants in the pre-meet conference or hold one conference with coaches and one meeting with captains. The Referee can use the P.A. system or starting system microphone to allow participants to hear but keep them properly separated.
- NFHS Rules 4-2, 4-3 - Various rules require interactions between officials, coaches, and athletes. Alternative methods for communication

between the Referee and Starter should include the utilization of the P.A. system, hand signals, or written communication.

- NFHS Rules 4-2-2d, e - Notification of disqualification should occur from a social distance via the use of hand signals or the P.A. system.
- NFHS Rules 4-9 - Timers should assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane, which they are timing.
- NFHS Rules 9-6; 3-2 (Diving)
- For Diving Judges, alternative methods for submitting entries and movement of non-electronic information will be required.
- Recommendations include a social distance between individuals seated at the desk/table.
- Create a 6-foot space between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform.

OFFICIATING (RULES) INTERPRETATIONS

- NFHS Rules 1-3-2 - Athletes should arrive at the venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for social distancing.
- NFHS Rule 3-2 - Alternative forms of entry submission to the Referee can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries.
- NFHS Rule 8-3 - Recommend all relay takeoff judging from the sides of the pool. Space relay swimmers apart from one another.
- NFHS Rules 2-7-6, 3-4 - With regard to lap counting, only one person per lane should be permitted at turning end.



2022-23 Healthy at Sports Stage 5- Partnering for Progress Competition Considerations

WRESTLING GUIDANCE

WRESTLING SPECIFIC GUIDANCE

Guidance listed in this section contains mitigation and layering strategies to conduct the sport or sport-activity during the 2022-2023. Unless otherwise noted, these are considerations for final determinations to be made at the local level.

INDOOR SPORTS AND SPORT-ACTIVITY PRECAUTIONS

- All schools hosting indoor events should review the reminders regarding extra mitigation layers for indoor events, particular universal masking and locker rooms, contained in the All Sports Guidance Section.

SEASON LIMITATION AND CONTEST ADJUSTMENTS

ENTRY AND COMPETITOR LIMITATIONS

- Consider limiting meets to a minimum number of schools early in the season, expanding as the season moves along.

ROSTER AND PARTICIPATION RESTRICTIONS

- All non-participating team members who are not essential to game management should be seated in the bleachers or general seating area and able to socially distance from other groups.

NON-UNIFORMED TEAM MEMBERS

- Revised allowances for fields, team areas, and benches are detailed in the individual sport and sport-activity sections, however, in all sports and sport-activities, those areas are restricted to the uniformed players, coaches, and essential individuals having an active role in game conduct or management.
- Schools 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.
- 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.

TIME BETWEEN COMPETITIONS AND EVENTS

- There should be time between consecutive multiple team events for egress of fans and participants, sanitization of equipment and restrooms, ingress of the teams for the next competition as well as the sanitization of equipment and restrooms and handwashing by all involved.
- Consideration should also be given in large roster sports to holding Varsity, Junior Varsity, and Freshman competitions on separate nights.

ADMINISTRATIVE AND VENUE SETUP

- Each wrestler should have a set of leg bands that should not be shared with others.

COMPETITION CONSIDERATIONS

EVENT SETUP RECOMMENDATIONS

- Put a hand sanitizer station mat side.
- Provide sanitizing wipes at the scorer's table.
- Mats should be cleaned between matches/rounds.
- Spacing between mats should be 10 feet, edge to edge

CONDUCT OF EVENTS

- Consider eliminating pre and post-match handshakes with coaches.
- Mass awards ceremonies should be eliminated.
- Meet results should not be posted at a venue and recommend all results to be posted online, sent by email, and/or mail.

COVID AWARDS PRESENTATION RECOMMENDED PROTOCOL

- Utilize the following protocol for distribution of trophies at the district and regional tournaments:
- Alternative One
 - Individual Awards should be done with the presenter delivering the individual awards with the recipients in their own areas.
 - Teams should remain in separate areas and remain there throughout the presentation.
 - Have clearly defined protocols for social distancing between the team groups and the presenters during the presentations.
 - Awards should be placed at a "neutral" location away from the teams.
 - The trophy presenter should deliver the trophies and other awards to the team representatives in the gathering area and not permit teams to gather near the original awards location.
- Alternative Two
 - Leave trophies boxed and allow the winning and runner-up coach to pick them up one at a time as they leave the facility.
 - Have any photos or gatherings outside of the facility.

OFFICIATING (MECHANICS) (ADOPTED FOR 2022-23)

- Bring personal hand sanitizer and wash hands frequently.
- May wear disposable gloves but if worn, consider changing after each match

OFFICIATING (RULES) (ADOPTED FOR 2022-23)

- Rule 3-3 Signatures will not be required on score sheets, a verbal acknowledgment will be accepted and such acknowledgment is noted by the scorer.
- Rule 5-13 Wrestlers do not have to appear on the mat to be awarded a forfeit.
- Rule 6-1 Regular matches in dual meets or tournament competition, may consist of three periods with the first period being one minute and the second and third should be two minutes in length.
- Rule 6-1 Regular matches in dual meets or tournament competition may require a 30-second separation of wrestlers between periods.
- Rule 6-5-2 The referee is not required to declare the winner by raising the winning wrestler's hand.



2022-23 Healthy at Sports Stage 5- Partnering for Progress Competition Considerations

ESPORTS GUIDANCE

ESPORTS SPECIFIC GUIDANCE

Guidance listed in this section contains mitigation and layering strategies to conduct the sport or sport-activity during the 2022-2023. Unless otherwise noted, these are considerations for final determinations to be made at the local level.

INDOOR SPORTS AND SPORT-ACTIVITY PRECAUTIONS

- All schools hosting indoor events should review the reminders regarding extra mitigation layers for indoor events, particular universal masking and locker rooms, contained in the All Sports Guidance Section.

SEASON LIMITATION AND CONTEST ADJUSTMENTS

ENTRY AND COMPETITOR LIMITATIONS

- Consider limiting meets to a minimum number of schools early in the season, expanding as the season moves along.

NON-UNIFORMED TEAM MEMBERS

- Schools 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.

TIME BETWEEN COMPETITIONS AND EVENTS

- There should be time between consecutive multiple team events for egress of fans and participants, sanitization of equipment and restrooms, ingress of the teams for the next competition as well as the sanitization of equipment and restrooms and handwashing by all involved.
- Consideration should also be given in large roster sports to holding Varsity, Junior Varsity, and Freshman competitions on separate nights.

COMPETITION CONSIDERATIONS

EVENT SETUP

- Suspend any pre- or post-match protocol of shaking hands.
- Before, during, and after the event, players, coaches, game officials, team personnel, and game administration officials should wash and sanitize their hands as often as possible.
- Everyone should have their drink container that is not shared.

- Cloth face coverings are permissible for all coaches and team staff as well as competitors and all game administration officials.
- Try and limit the number of non-essential personnel who are in the team area throughout the event.

COVID AWARDS PRESENTATION RECOMMENDED PROTOCOL

- Utilize the following protocol for distribution of trophies at the district and regional tournaments:
- Alternative One
 - Individual Awards should be done with the presenter delivering the individual awards with the recipients in their own areas.
 - Teams should remain in separate areas and remain there throughout the presentation.
 - Have clearly defined protocols for social distancing between the team groups and the presenters during the presentations.
 - Awards should be placed at a "neutral" location away from the teams.
 - The trophy presenter should deliver the trophies and other awards to the team representatives in the gathering area and not permit teams to gather near the original awards location.
- Alternative Two
 - Leave trophies boxed and allow the winning and runner-up coach to pick them up one at a time as they leave the facility.
 - Have any photos or gatherings outside of the facility.

OFFICIATING (RULES)

- PlayVS and the KHSAA will distribute any COVID related rules variations.



2022-23 Healthy at Sports Stage 5- Partnering for Progress Competition Considerations



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**2022-23 Healthy at Sports
Stage 5- Partnering for Progress
Competition Considerations**

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KHSAA COVID-19 Return to Activity Form

KHSAA Form GE91
Rev. 6/22

(as recommended by the KMA Committee on Medical Aspects of Sports
for use by a physician, physician's assistant, advanced practice registered nurse,
or chiropractor (only if performed in the scope of practice as defined in KRS
Chapter 312))

If an athlete has tested positive or was presumed positive for COVID-19 based on symptoms, he/she should adhere to the periods of isolation as detailed at <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#iso> with all time periods starting as in ISOLATION DEFINED below. He/she should be cleared for progression back to activity by a physician (MD/DO a physician, physician's assistant, advanced practice registered nurse, or chiropractor (only if performed in the scope of practice as defined in KRS Chapter 312)). Any return to activity should follow the recommended Return to Activity (RTA/RTP) progression described in the Return to Play Activity Guidance. It is strongly recommended that any symptomatic individual be directed to visit their primary care provider if symptoms do not completely clear within the isolation period.

Athlete's Name: _____ DOB: _____ Date of Positive COVID-19 Test: _____

THIS RETURN TO ACTIVITY (PLAY) IS TO BE BASED ON TODAY'S EVALUATION

Date of Evaluation: _____

Criteria to return to be completed as detailed above. (Please check below as applies)

- The required period(s) of isolation within the ISOLATION DEFINED section below have been completed.
- All symptoms (cough, shortness of breath, fever (≥100.4F), etc.) have resolved for at least 24 hours for mild cases or 7 days for moderate cases without the use of fever-reducing medication AND
- The athlete was not hospitalized due to the COVID-19 infection.
- PLUS Cardiac screen negative for myocarditis/myocardial ischemia (All answers below are to be NO)

Chest pain/tightness with exercise	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
Unexplained Syncope/near syncope	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
Unexplained/excessive dyspnea/fatigue w/exertion	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
New palpitations	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
Heart murmur on exam	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>

NOTE: If any cardiac screening question is positive OR if the athlete had greater than mild symptoms as described in the "Medical Evaluation and Return-to-Play / Activity Guidance for Practitioners in Dealing with Middle and High School Student-Athletes With a Positive Test for COVID-19", current recommendations are that a return-to-play decision should be made in consultation with a cardiologist. See algorithm for more information.

Recommendation of the Health Care Provider. (Please check below as applies)

- The athlete is a participant in a low cardiopulmonary demand sports (Golf, Archery, Bass Fishing, Bowling, Esports, Rifle Marksmanship, Trap Shooting) and is asymptomatic or has mild illness and may begin the six-day RTA/RTP prior to the end of the isolation periods as described in ISOLATION DEFINED.
- The athlete is Asymptomatic or has mild illness (i.e., in Evaluation / Decision Matrix / Algorithm) and may be permitted to return to play on the 4th day of the return to play protocol at the discretion of a provider signing this form.
- The athlete is not asymptomatic or did not have a mild illness and IS cleared to start the six-day return to activity procedures (RTA/RTP) and is to complete the entirety of the protocol at the discretion of the provider signing this form.
- The athlete HAS NOT satisfied the above criteria and IS NOT cleared to return to activity

Medical Office Information (Please Print/Stamp):

Evaluator's Name: _____

Evaluator's Address: _____

Office Phone: _____

Evaluator's Signature: _____

- The athlete is approved for Full Participation by School Personnel after completing the RTA/RTP
Principal or Designated Representative Signature: _____

ISOLATION PARAMETERS AND EXAMPLE (STUDENT-ATHLETE WITH A POSITIVE TEST) PER CENTER FOR DISEASE CONTROL (CDC) AND KENTUCKY DEPARTMENT FOR PUBLIC HEALTH (KDPH)

SYMPTOMS (UPDATED PER CDC, 6/30/22)

- People with COVID-19 have had a wide range of symptoms reported as detailed in <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>. Symptoms may appear 2-14 days after exposure to the virus.
- This list does not include all possible symptoms. CDC will continue to update this list as we continue learn more about COVID-19.
- When to seek emergency medical attention: Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately: Trouble breathing, Persistent pain or pressure in the chest, New confusion, Inability to wake or stay awake, Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone. Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.
- *This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

TESTING PROTOCOL

- Anyone taking a test for COVID-19 should quarantine from the time of the test until results are known.

ISOLATION DEFINED (PER CDC AND KDPH, <https://bit.ly/33taSBI>)

- If you test positive for COVID-19 or think you may have COVID-19, self-isolate.
- Stay home and self-isolate per CDC guidelines for at least 5 days from the first day of your illness or the date you were tested.
- See <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#iso> for up to date isolation and quarantine guidance.

STEP-WISE RETURN TO PLAY PROTOCOL AFTER COVID-19 INFECTION (REQUIRED AFTER ISOLATION PERIOD)

- Athletes should complete the progression in the RTA/RTP without developing chest pain, chest tightness, palpitations, lightheadedness, pre-syncope, or syncope. If these symptoms develop, the patient should be referred back to the evaluating provider who signed the form permitting the start of the RTA/RTP.
- This progression should not to begin before authorization.
- The six-day period should be done after the end of the isolation period except in those circumstances detailed in the RTA/RTP protocol.

SUPERVISION OF THE STEP-WISE PROTOCOL

- Activity during the RTA/RTP protocol should be supervised by a physician, physician assistant, advanced practice registered nurse, or chiropractor (if performed within the professional's scope of practice).
- In addition, the RTA/RTP may be supervised by a school nurse or licensed or certified athletic trainer who is acting on the designation of a physician.
- In addition, the RTA/RTP may be supervised by a coach listed on the team staff provided that coach is current in his certification for both CPR/First Aid and the Safety Course as described in KRS 160.445.
- Activity during the RTA/RTP period should not to be unsupervised.

OPTIONAL PERIOD(S)

- Based on symptoms and review by practitioners, additional days may be required as an extension of the isolation period or another period of time while further evaluation is completed prior to the Step-wise return to play.
- This interim period should be extended in the event that there has not been resolution of fever for at least 48 hours (without the use of fever-reducing medications) and there has not been improvement of other symptoms
- Practitioners may choose to use this period for additional analysis or diagnostic testing or supplemental rest for the student-athlete; however, the Return to Play protocol may not begin during this period.

REFERENCES:

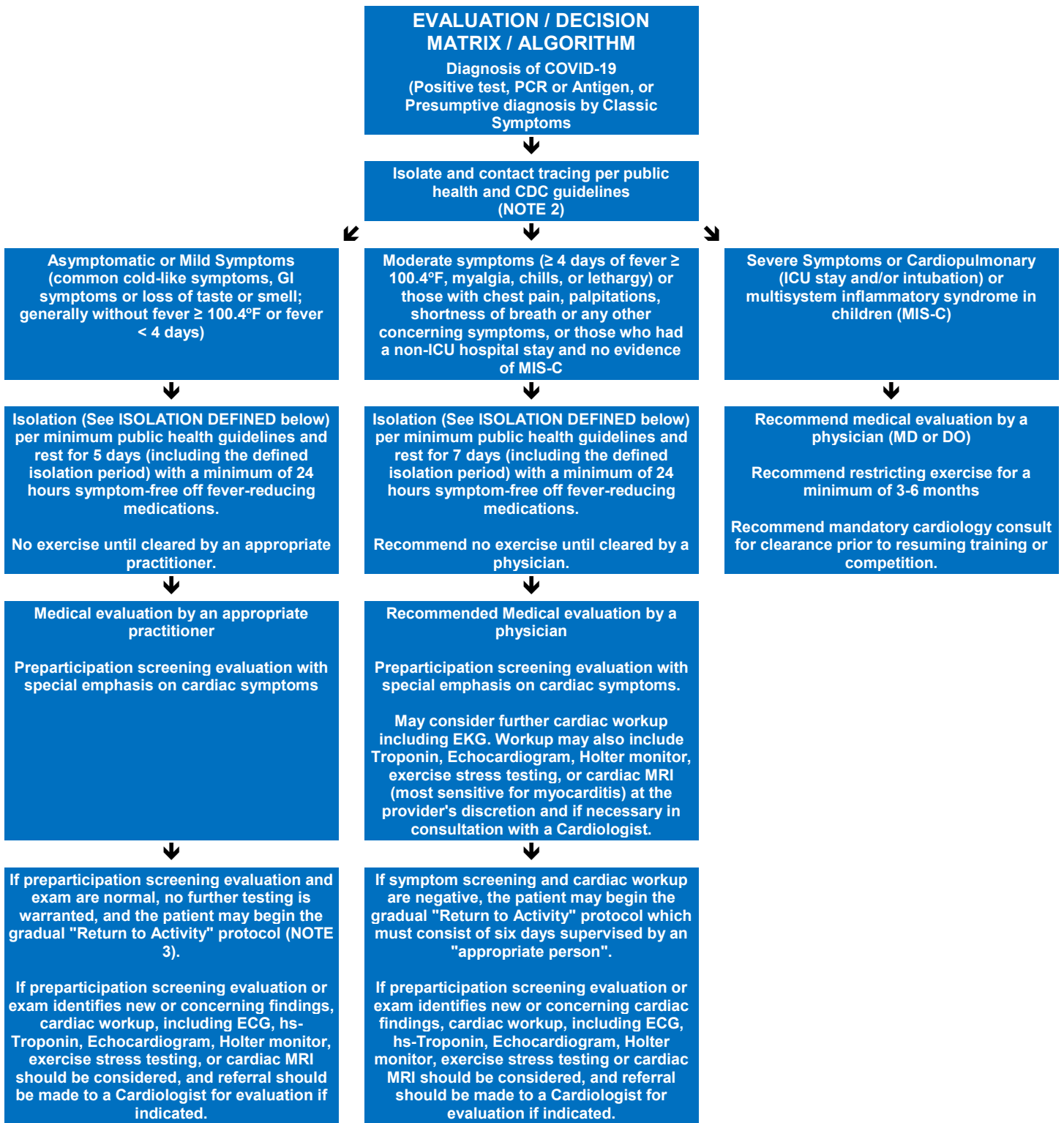
- <https://www.nfhs.org/media/4860120/updated-2021-nfhs-amssm-guidance-statement-on-cardiac-considerations-with-covid-19-final-8-17-21.pdf>
- <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>
- <https://bjsm.bmj.com/content/54/19/1174>
- <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

RTA/RTP Procedure adapted from Elliott N, et al. Infographic. British Journal of Sports Medicine, 2020.

APPROVED BY KMA COMMITTEE ON MEDICAL ASPECTS OF SPORTS, 8/19/20, REVISED 10/20, 12/20, 1/21, 2/21, 3/21, 9/21, 1/22, 5/22

KHSAA Sample Timeline Reviewed and Updated with any Amendments from recommendations of CDC, KDPH or the KMA Committee on Medical Aspects of Sports

**KMA Committee on Sports Medicine COVID-19
Recommended Medical Evaluation and Return-to-Play / Activity Guidance for Practitioners in Dealing
with Middle and High School Student-Athletes with a Positive Test for COVID-19 (NOTE 1)**



ISOLATION DEFINED (PER CDC AND KDPH, <https://bit.ly/33taSBj>)

- If you test positive for COVID-19 or think you may have COVID-19, self-isolate.
- Stay home and self-isolate per CDC guidelines for at least 5 days from the first day of your illness or the date you were tested.
- See <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#iso> for up to date isolation and quarantine guidance..

REMAINDER OF GUIDANCE AND MATRIX ON PAGE 2

KMA Committee on Sports Medicine:

APPROVED BY KMA COMMITTEE ON MEDICAL ASPECTS OF SPORTS, 8/19/20, REVISED 10/20, 12/20, 1/21, 2/21, 3/21, 4/21, 9/21, 10/21, 1/22, 6/22

Six-Day Return to Activity (RTA/RTP) Protocol After COVID-19 Positive Test

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 practitioner for consideration of additional evaluation, including cardiology consultation, before resuming activity.

RTA/RTP NOTES (NOTE 4)

The treating provider may permit an athlete who is asymptomatic or has mild illness to begin the six-day RTA/RTP period prior to the end of the isolation period for participants in Golf, Archery, Bass Fishing, Bowling, Esports, Rifle Marksmanship and Trap Shooting. Any activity within the first 10 days following Day 1 as defined in the ISOLATION DEFINED on page 1 shall include appropriate wearing of a well-fitting mask per CDC guidelines.

An athlete who is Asymptomatic or has mild illness may have the return to play period reduced, at the discretion of a treating appropriate provider, after a minimum of three calendar days with full return on the fourth day. Any activity within the first 10 days following Day 1 as defined in the ISOLATION DEFINED on page 1 shall include appropriate wearing of a well-fitting mask per CDC guidelines. All others (cases that were not Asymptomatic or mild illness) should utilize the entire six-day period at a minimum.

- **Stage 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.
- **Stage 2: (1-day minimum)** Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate.
- **Stage 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.
- **Stage 4: (2-days minimum)** Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate.
- **Stage 5: Return to full activity (on the 7th calendar day)**

NOTE 1 - based on the COVID-19 Interim Guidance:Return to Sports from the American Academy of Pediatrics, 6/10/2021

NOTE 2- Congruent with KRS 160.445 (3)(c), it is recommended that the student-athlete who has tested positive not be allowed to participate in any subsequent practice or athletic competition unless written clearance from a physician is provided.

NOTE 3- The Return to Activity protocol can be individualized (see Guidelines for Individualized RTP Progression) for asymptomatic athletes or those with very mild symptoms with a gradual progression of activity over the course of no shorter than 4 days at the discretion of a treating provider. Athletes participating in low cardiopulmonary demand sports (Golf, Bowling, eSports, Bass Fishing, Archery, Rifle Marksmanship, Trap Shooting) may be able to return to practice and competition while they are completing the gradual activity progression if determined by the treating provider.

NOTE 4- RTA/RTP Protocol adapted from Elliott N, et al. Infographic. British Journal of Sports Medicine, 2020.

NOTE 5 – SUPERVISION OF THE STEP-WISE PROTOCOL

- Activity during the RTA/RTP protocol should be supervised by a physician, physician assistant, advanced practice registered nurse, or chiropractor (if performed within the professional's scope of practice).
- In addition, the RTA/RTP may be supervised by a school nurse or licensed or certified athletic trainer who is acting on the designation of a physician.
- In addition, the RTA/RTP may be supervised by a coach listed on the team staff provided that coach is current in his certification for both CPR/First Aid and the Safety Course as described in KRS 160.445.
- Activity during the RTA/RTP period is not to be unsupervised.

REFERENCES

- Drezner J.A., et al. (7/9/2020, updated August 2021). "Cardiopulmonary Considerations for High School Student-Athletes During the COVID-19 Pandemic: NFHS-AMSSM Guidance Statement." available at <https://www.nfhs.org/media/4860120/updated-2021-nfhs-amssm-guidance-statement-on-cardiac-considerations-with-covid-19-final-8-17-21.pdf>.
- "COVID-19 Interim Guidance: Return to Sports and Physical Activity" (9/20/21), available at <https://www.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>
- Maron, Barry; Zipes, Douglas; and Kovacs, Richard (2015), Eligibility and Disqualification Recommendations for Competitive Athletes With Cardiovascular Abnormalities: Preamble, Principles, and General Considerations, Available Free online at: <https://www.ahajournals.org/doi/full/10.1161/CIR.000000000000236>

Note: Where "provider" is referenced, it should be inferred that the activity is supervised by a physician (MD/DO a physician, physician's assistant, advanced practice registered nurse, or chiropractor (only if performed in the scope of practice as defined in KRS Chapter 312))

Disclaimer: This document is provided for health care providers who may evaluate and treat student-athletes 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.

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REMAINDER OF GUIDANCE AND MATRIX ON PAGE 1

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