



SASKATCHEWAN HIGH SCHOOLS

ATHLETIC ASSOCIATION

*Return to School Sport*

## RETURN TO SCHOOL SPORT

The following document outlines protocols, guidelines, and recommendations assisting schools to safely and effectively introduce sport as part of the school opening process.

September 14, 2020

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## Introduction

Saskatchewan High Schools Athletic Association (SHSAA), a multi-sport organization with defined seasons of play, has been carefully studying and resourcing information related to return to sport as preparations are underway for students attending schools in the fall of 2020. SHSAA believes that they provide the administrative format for all high school sport activities on behalf of the Members (boards of education, conseils scolaire, independent schools registered with the Ministry, and independent First Nation schools). Sport and recreation play an important role in the holistic development of youth including their social, emotional, and physical well-being. As we seek to re-start high school sport, this document outlines measures to ensure our activities resume in a safe and responsible manner. As such, the controlled education environment of school sport may provide one of the best opportunities to safely introduce sporting opportunities to the youth of Saskatchewan.

It is safe to say that school sport, as we knew it, may not be possible until such time as there is a vaccine or cure for COVID-19. In the meantime, efforts are being made to continue to achieve the objectives of school sport by supporting our Members, schools, student athletes, school staff, coaches, and officials. The safety of all is the primary focus of any return to school sport plan that continues to contribute to the development of citizenship skills in our student athletes.

Participation in school sport will carry a risk for transmission of the virus but if the activities can be delivered maintaining the parameters outlined in this document, the risk should be minimized. The ability to cooperate with Saskatchewan Health Authority (SHA) for required contact tracing and containment of identified cases must be assisted by the manner in which sport is carried out by schools. The voluntary decision to participate in school sport following the guidelines and policies of SHSAA will be left to the Members, schools, student-athletes, coaches, and officials.

The return to school sport will largely be dependent on five factors:

1. General state of health in the province as outlined by Chief Medical Health Officer (CMHO)
  - a. [Current Public Health Orders](#)
  - b. Guidelines published in the most current [Re-Open Saskatchewan Plan](#) document
  - c. Localized concerns/issues
2. Willingness of Education Response Planning Team (RPT), SHSAA Members, Saskatchewan Teachers Federation (STF), schools, and parents to allow participation of students and staff in extra-curricular activity related to school sport.
3. Willingness of students, staff, coaches, officials, and volunteers to participate in school sport.
4. Availability, maintenance, cleansing, and disinfection of facilities and equipment.
5. Modifications appropriate to an activity meeting criterion established by the first four factors.

Sport activities sanctioned by a School Division or a School's educational authority will need to abide by any restrictions that are put in place by that authority as part of their return to school plans. The authorities may have restrictions in place that are more stringent than what is covered in the sport guidelines. Additionally, if students from multiple educational authorities are participating together then those authorities will need to ensure that their guidelines align or at least are not contradictory to each other.

## General Considerations

The following need to be considered and implemented across all activities and in all stages of return to school sport until such time as all Public Health Orders related to COVID-19 are lifted:

- [Current Public Health Orders](#) as published on the Government of Saskatchewan website.
- All Guidelines as published in the most current Government of Saskatchewan [Re-Open Saskatchewan Plan](#).
- Recommendations for all phases of Re-Open Saskatchewan including:
  - Protective measures for vulnerable populations.
  - Physical distancing must be maintained, wherever possible.
  - People must stay at home when they are sick.
  - Vulnerable individuals, such as seniors and those with underlying health conditions, should continue to exercise caution and minimize high-risk exposures, such as public outings.
  - Personal hygiene will continue to be a key prevention measure.
  - Enhanced cleaning and disinfection should take place in workplaces, public spaces and recreational facilities.
  - Current public and private gathering restrictions must be followed.
- [Sports and Activities Guidelines](#) as published and updated in the [Re-Open Saskatchewan Plan](#).
- ***All participants should be familiar with, and ready to implement, their school and school division protocols related to dealing with COVID-19.***
- Maintain consistency (student athletes, coaches, volunteers) within teams and mini-leagues during training and competition.
  - Until such time that school sport can proceed without boundaries or restrictions caused by the response to COVID-19, schools are to identify small and manageable teams which maintain consistency amongst mini-leagues. Schools may have multiple teams within an activity in order to provide as many students as possible the opportunity to be involved in school sport programming.
  - Team members who are sick or symptomatic must not attend the activity/event.
- Tournaments are not allowed.
- Designate one or more people to be responsible for ensuring compliance with the guidelines outlined in this document (i.e. could include but not be limited to: oversee that sanitization protocols are followed, tournaments are not attended/organized, events do not exceed public gathering limits, mini-leagues are set up according to guidelines, etc). This should not be someone engaged in other critical duties related to implementing school sport and who can maintain physical distancing protocols.
- Accurate record of event attendance (student athletes, coaches, officials, volunteers, spectators, etc.) must be taken and kept on file.

## Facilities

- Put in place, signage to educate and direct participants about handwashing, personal hygiene, directional flow through the facility, and other safety considerations.
- Signage is also required to reinforce key risk related messages ([Signage Resource](#) Gov't of Canada):
  - Individuals who are sick must stay home.

- A physical distance of two metres must be maintained between people not from the same household or extended household.
- Individuals must wash/sanitize their hands.
- Avoid overcrowding. Individual groups must not exceed the restrictions on public gatherings.
- Limit/Decrease the opportunity for injury and should injury or illness occur, implement established emergency action plan – see guidelines regarding Participant Health and Wellness in [Sports and Activities Guidelines](#).
- Establish protocol for handling any participant at the event that develops signs of cold, flu, or COVID-19 during the activity. This should include identification of an isolation area, notification process, and education of coaches and organizers on the procedure.
- Scheduling of facility use should allow time for cleaning and disinfection between consecutive facility usages by two different teams or mini-leagues.
- Cleansing and disinfection of equipment (before, during, after)
  - It is recommended that scheduled stoppages be incorporated to training and competition situations to allow for cleansing and disinfection.
- Hand washing stations and/or approved hand sanitizers should be available and used
  - It is recommended that scheduled stoppages be incorporated to training and competition situations to allow for sanitization.

### Mask Use

- Each participant should provide their own mask(s) to be available in case of situations where participants and others at the event are forced to an area where physical distancing cannot be maintained (i.e. lightning during an outdoor event forcing everyone inside).
- Masks are encouraged to be worn
  - by participants in training situations where physical distancing is not always maintained.
  - by participants when not actively involved in the competition.
  - by coaches, team personnel, on site support staff, and officials.
  - in schools where the school or school division policy mandates mask use.
- For more information on masks and mask use, reference [Re-Open Saskatchewan Plan](#).
  - [Cloth mask Guidelines](#)

### Participants

- Safety education is essential for anyone engaging in school sport activities (parents, coaches, players, officials, volunteers etc.): hand washing, cough suppression, body fluid emissions strictly controlled (for example: spitting, mucus, vomit or other bodily fluids may not be expelled in public areas, immediate clean up required).
- Reduce the amount of time at the training/competition venue.
  - Warm up individually, away from competition area, and arrive at the training or competition area 5 -10 minutes prior to start of training session or competition.
  - Participants arrive in 'uniform' and ready to participate.

- When activity is completed, leave the training or competition area immediately after following proper hygiene protocol.
- Water bottles for personal use only – no sharing of water bottles. Water fountains will not be accessible in facilities; however, some facilities may choose to offer water bottle filling stations.
- Minimize cheering and whistling as much as possible to control the spread of COVID-19.
- ***All participants should be familiar with, and ready to implement, their school and school division protocols related to reporting COVID-19 illness, transmission, and contact tracing.***

### Spectators

- Spectators will not be allowed.
- At such time that spectators are allowed:
  - The schools offering the activity are responsible for managing their team supporters.
  - Request minimal, if any, spectators attend events. Discourage gatherings.
    - If admission is collected, it is strongly suggested that a contactless means of doing so be developed.
  - Spectators should be kept out of participant spaces (i.e. the field or activity area) and must maintain appropriate physical distancing measures from other spectators.
  - Spectators, if present, should minimize cheering and whistling as much as possible to control the spread of COVID-19.
- If possible, host schools are encouraged to offer live-streaming of events and competitions.

### Officials

- Reduce the number of officials needed.
  - Promote local officiating in order to minimize interaction with those outside of school/community
  - Officials development can be supported by the District and SHSAA.
- Officials must come dressed to the game.
  - Change areas will not be provided.
- It is recommended that officials wear masks when possible, frequently wash or sanitize hands, and utilize hand-operated whistles.
- Officials should operate such that appropriate physical distancing measures are maintained before, during, and after competition.
  - Officials who are unable to maintain physical distancing should only officiate in one mini-league.
- Officials should not share any gear.
- Officials should avoid touching the ball being used in warm-up and competition or at least make every effort to reduce touches.

### Transportation

- Travel to and from event should follow guidelines set out by the sponsoring school or school division but it is recommended that:
  - each individual should attempt to provide their own transportation (i.e. parent transportation).
  - participants arrive in 'uniform' and ready to participate.

### Post-Competition Protocols

- Acknowledgement of opposition is a crucial component to the sportsmanship and respect demanded by those involved in school sport.
  - Competitors will acknowledge opposition in appropriate physical distancing and non-contact manners.
- Award ceremonies, if required.
  - Verbal recognition at end of competition in a physical distanced setting but no awards presented; awards, if available, will be made available to participants/school in a contactless manner

### Seasons of Play

As indicated in the [Saskatchewan Safe Schools Plan](#), the 7<sup>th</sup> listed safe component (Safe Activities) includes the following statement:

- Participation in extra-curricular activities will be dependent on the most current guidelines as provided by Saskatchewan's Chief Medical Health Officer.

Sport specific guidelines for each of the fall activities were developed by resourcing the Return to Play protocols/plans of each Provincial Sport Organization and the Re-Open Saskatchewan [Sports and Activity Guidelines](#). SHSAA is very appreciative of the cooperation and efforts of Sask Sport and associated Provincial Sport Organizations (PSO's) in developing parameters which allow each sport to be included in the plan to Re-open Saskatchewan. Adaptations to the PSO protocols may occur to allow the activity to fit within the structure of a school sport setting. The following outlines the seasons of play and the PSO identified Return to Play protocols for each fall activity:

- **Golf** (Current season of play: Cancelled)
- **Cross Country** (Current season of play: September 28 – October 17)
  - [Saskatchewan Athletics – Return to Sport Plan](#)
- **Soccer** (Current season of play: September 28 – October 31)
  - [Saskatchewan Soccer Association Return to Soccer Plan](#)
- **Football** (Current season of play: September 28 – November 14)
  - [Football Saskatchewan's Return to Football](#)
- **Volleyball** (Current season of play: October 13 – November 28)
  - [Sask Volleyball Covid-19](#)

In order to reduce the number of contacts a student might have outside the curricular school day; the Executive passed a motion that adjusted the opportunities for student participation during the fall seasons of play: A student will be allowed to participate in one fall activity during concurrent seasons of play.

Sport specific guidelines for each of the winter and spring activities will be developed as the 2020-21 school year progresses. The following outlines the seasons of play for each of the winter and spring activities as currently defined by SHSAA activity policies:

- **Curling** (Current season of play: November 9 – March 6)
- **Wrestling** (Current season of play: November 23 – March 6)
- **Basketball** (Current season of play: November 23 – March 27)
- **Badminton** (Current season of play: February 1 – May 8)
- **Track & Field** (Current season of play: March 29 – June 5)

There are still questions and concerns to discuss regarding school sport in Saskatchewan during the upcoming school year. The educational foundation of school sport needs to be considered in combination with the dynamics of multiple seasons of play, multi-sport athletes, multi-sport coaches, differences in rural and urban opportunities, and appropriate re-introduction of school sport from individualized skill development to provincial championships. Suspending, delaying, compressing, or moving a season of play will impact how effectively schools can deliver the total school sport program available to their student athletes. As conditions change and [Public Health Orders](#) are altered, the SHSAA Executive, in consultation with stakeholders, will need to make many decisions throughout the year that will impact the delivery of school sport opportunities to the students of Saskatchewan. These changes, related to the policies and activities of the Association, will come into effect immediately when passed by the Executive. The changes will be communicated to the membership and if required will be brought to the next Annual General Meeting for ratification.

Due to the current restrictions in place by the [Public Health Orders](#) (maximums for public gatherings), [Sports and Activities Guidelines](#) (mini-leagues allow competitive opportunities in activities that physical distancing cannot be maintained, but do not allow for competition between mini-leagues), as well as later start dates approved by the Executive Council, ***the SHSAA is not able to sponsor any playoffs leading to, or culminating in, a provincial championship in the fall activities.***

The voluntary decision to participate in school sport following the guidelines and policies of SHSAA will be left to the Members, schools, student-athletes, coaches, and officials.

### **School Sport Stages**

The stages of school sport re-introduction will need to follow the guidelines, recommendations, and [Public Health Orders](#) of the [Re-Open Saskatchewan Plan](#). Schools and/or individuals that conduct school sport outside the policies directed by SHSAA are subject to discipline impacting future participation in SHSAA activities.

The following are in effect for the fall activities sanctioned by SHSAA:

**STAGE 1 (September 14 – 27): Promotion and Education of School Sport Preparedness**

- Promotion and education of:
  - Current [Public Health Orders](#)
  - [Sports and Activities Guidelines](#)
  - SHSAA Return to School Sport document
  - Sport specific game protocol and modifications
  - Expectations for a return to school sport
  - Competition modifications
- Determine interest in, and capacity for, school sport participation

**STAGE 2 (September 28 – end of sport specific season of play): Outdoor activities (Cross Country, Soccer, Football)**

- Establish teams at the schools, investigate the need for mini-leagues, and plan for future competitions
- Register mini-leagues with Districts
- Registration of teams and students in ExNet
  - E-3 Team Registration – Due October 2, 2020
  - E-5 Registration – Outdoor Activities (Cross Country, Football, Volleyball)
    - Due October 7 or prior to first competition
- Student athlete and team training
- Competition as per sport specific stages (see below)
- No inter-school cross country competition

**STAGE 2.1 (September 28 – October 17): Cross-Country Training**

- Student athlete and team training
- No inter-school cross country competition
- Opportunity to participate in a virtual provincial event

**STAGE 2.2 (October 5 – October 31): Soccer – Modified Competition**

- Competition can occur as per guidelines and registrations

**STAGE 2.3 (October 13 – November 14): Football – Modified Competition**

- Competition can occur as per guidelines and registrations

### **STAGE 3 (October 13 – 17): Indoor activities (Volleyball)**

- Establish teams at the schools, investigate the need for mini-leagues, and plan for future competitions
- Register mini-leagues with Districts
- Registration of teams and students in ExNet
  - E-3 Team Registration – Due October 2, 2020
  - E-5 Registration – Indoor Activities (Volleyball)
    - Due October 21 or prior to first competition
- Student athlete and team training
- Competition as per sport specific stages (see below)

#### **STAGE 3.1 (October 19 – November 28): Volleyball – Modified Competition**

- Competition can occur as per guidelines and registrations

### **STAGE 4 (TBA): Modified Playoffs and Championships**

- Dependent on current [Public Health Orders](#) and [Sports and Activities Guidelines](#) in the [Re-Open Saskatchewan Plan](#)

### **STAGE 5 (TBA): Playoffs and Championships with No Modifications/Restrictions**

- Dependent on current [Public Health Orders](#) and [Sports and Activities Guidelines](#) in the [Re-Open Saskatchewan Plan](#)

#### **Joint Sponsorships**

Since multiple schools may come together to form one or more mini-leagues, joint sponsorships are a possibility. School Division and school approval may be more stringent with mandates to reduce the number of people that enter the school facilities and due to travel constraints.

It is imperative that before any schools continue their current joint sponsorship agreement that clearance must be received from the School Division or School's educational authority. If multiple educational authorities are involved, they would need to work together to determine how guidelines specific to each authority would be followed in these situations.

#### **Out-of-Province Competition**

Since each provincial jurisdiction will have differences in terms of Health Orders and Recommendations, SHSAA will not be sanctioning any inter-provincial competition until such time as public health orders related to COVID-19 have been lifted by all jurisdictions involved.

The SHSAA office will work with MHSAA and ASAA to develop consistent policies for border communities. These policies will be provided to the Executive Council for their approval and subsequent distribution to Members and Districts.

## Funding

Through Sask Sport Inc., the Saskatchewan Lotteries Trust Fund allows SHSAA to distribute funds to Districts that act on behalf of the Members to organize school sport in their geographical area (public school division boundaries as defined in 2005) to assist with delivery of sport to Saskatchewan youth. Districts may want to consider using funding to support school sport in areas such as coaching development, officiating development, cleansing and disinfection of equipment, etc. If playoffs do occur, money from this MAP funding will be utilized to assist host sites in meeting the required health orders related to cleaning and disinfection of equipment and facilities in order that events can be safely held within the guidelines established by [Public Health Orders](#).

## Sport Specific Guidelines

### Golf (Season Cancelled)

**The fall 2020 SHSAA golf season of play is cancelled.** For the 2020-21 Golf Season, the SHSAA **will not** be organizing a playoff structure. Similar to badminton and track & field in the spring, the pandemic has forced the cancellation of a season of play. The restrictions related to the re-opening of schools would not allow for a safe and effective qualification process leading to a provincial championship event.

### Cross Country

For the 2020-21 Cross-Country Season, the SHSAA:

- **will not** be organizing a playoff structure
- encourages schools that are interested in training to register teams and students (inter-school competition will not be sanctioned)
- **will** be offering an opportunity to participate in a virtual Provincial run

As per [Sport and Activities Guidelines](#) (Re-Open Saskatchewan)

#### Competition and Play

- If physical distancing is possible, certain individual and group organized sports, physical activities and recreation activities may proceed as normal (programming, training, practice and competition) while following the guidelines for general operations, cleaning and disinfection, etc. Tournaments and interprovincial competition are not permitted.
- No single group on the field, court, ice surface, etc. shall exceed the gathering limits in the [public health order](#). Teams need to be separated while on the sidelines, and players cannot exceed gathering limits during games, practices or training.
- At least two metres distancing should be maintained between all individuals, except members of the same household, when off the field of play (e.g. on benches, during intermission).
- Contact must be minimized whenever possible.
- Tournaments and interprovincial travel are not permitted.
- If physical distancing cannot be maintained or is unpredictable, a mask should be worn by those not participating in the activity (i.e. coaches, volunteers, etc.).

### Virtual Provincial Cross-Country Run:

- Schools/Students that register a Cross Country team in ExNet will be eligible to participate in a virtual Cross-Country run on (or before) Saturday, October 17.
  - Students will run an allocated distance:
    - Senior Boys – 5000m
    - Junior Boys – 4000m
    - Intermediate Boys – 3000m
    - Senior Girls – 4000m
    - Junior Girls – 4000m
    - Intermediate Girls – 3000m
  - Schools are welcome to set up a course for the students to run (following the guidelines below); however, a course is not required to participate in this event.
    - Schools that choose to set up a course for their students to run must do so ensuring that the guidelines of the following documents are met:
      - [Public Health Orders](#) from the Saskatchewan Chief Medical Health Officer
      - [Sport and Activities Guidelines](#) of the Re-Open Saskatchewan Plan
      - Athletics Canada [Back on Track – July 21](#) recommendations on pages 22 - 24
  - There are no barriers to participation that would require the use of technology (Fitbit, Strava, etc.)
  - Coaches submit the student athlete names and times to a representative appointed by the District by Saturday, October 17, 2020. The District representative will compile the results from the district and submit the registration/results form to the SHSAA Office by Monday, October 19.
  - A list of participants will be posted on SHSAA website
    - Athletes will not be ranked by time due to variations of course, terrain, weather, etc.
    - This is not considered a competition; rather, the intention of the event is to increase participation, motivation, engagement, and an opportunity to celebrate high school sport.

## Soccer

As per [Sports and Activities Guidelines](#) (Re-Open Saskatchewan)

### Competition and Play

- For sports or activities where participants are unable to adhere to physical distancing, groupings (mini-leagues) should be formed. Mini-leagues can be comprised of multiple teams, but no more than 50 individuals.
- Mini-leagues allow sports teams to return to a safe level of play, and will help mitigate the risk of widespread transmission by limiting the number of athletes that come in close contact with each other.
- The 50-person maximum per mini-league includes coaches/staff, instructors, participants from multiple teams, officials and volunteers who cannot maintain two metres of distancing from others at all times. Spectators, including parents, who are not part of a previously listed category, and others who can ensure physical distancing are not included in the 50-person total.
- No single group on the field, court, ice surface, etc. shall exceed the gathering limits in the public health order. Teams need to be separated while on the sidelines, and players cannot exceed gathering limits during games, practices or training.

- Mini-leagues must be comprised of individuals within the same neighbourhood, community or local geographical region (e.g. within a rural municipality, town, quadrant of a city or nearest community).
- Mini-leagues should remain together until restrictions are further relaxed.
- Game play can resume between teams in a mini-league and must be limited to teams within the same mini-league.
- Teams in different mini-leagues should not play each other.
- At least two metres distancing should be maintained between all individuals, except members of the same household, when off the field of play (e.g. on benches, during intermission).
- Contact must be minimized whenever possible.
- Tournaments and interprovincial travel are not permitted.
- If physical distancing cannot be maintained or is unpredictable, a mask should be worn by those not participating in the activity (i.e. coaches, volunteers, etc.).

Due to the restrictions in place by the current [Public Health Orders](#) (maximums for public gatherings) and [Sports and Activities Guidelines](#) (mini-leagues allow competitive opportunities in activities that physical distancing cannot be maintained but do not allow for competition between mini-leagues), the SHSAA **will not be able to provide a playoff structure leading to a provincial championship during the 2020-21 Soccer Season**. The SHSAA encourages schools that are interested in participating in competitions to form teams adhering to the [Sports and Activities Guidelines](#) of the Re-Open Saskatchewan Plan in order to participate in mini-leagues.

**Mini-leagues may be comprised of up to 50 people; however, only 30 people may compete at any one time.**

**SHSAA recommends participation to be 7v7 (or smaller) while Public Health Orders restrict group gatherings to 30 people.**

The following chart provides examples of how a mini-league could be formed:

Example	# players/team	# coaches/team	# of teams in mini-league	Total
Mini-league #1	9	1 coach	5 teams	Total: 50
Mini-league #2	11	1 coach	4 teams	Total: 48
Mini-league #3	10	2 coaches	4 teams	Total: 48

\*Note: Each team within a mini-league can have a different number of players and coaches/staff that comprise their teams, but the total number in the mini-league must not exceed 50.

\*\*Note: Officials and Volunteers should operate such that appropriate physical distancing measures are maintained before, during, and after competition. Officials and Volunteers who are unable to maintain physical distancing should be included in the mini-league numbers and be restricted to only one mini-league.

**Coaches/Officials/volunteers who are able to perform their duties while they maintain physical distance (2 metres) would not be included in the 50-person mini league total.**

- **If the Coaches/Officials/Volunteers are able to socially distance and wear a non-medical mask they would be able to perform their duties in multiple mini-leagues.**

- If the Coaches/Officials/Volunteers are unable to socially distance and wear a surgical/procedure mask they would be able to perform their duties in multiple mini-leagues.
- If the Coaches/Officials/Volunteers are unable to socially distance and/or cannot wear an appropriate mask they would not be able to perform their duties in multiple mini-leagues.

Student athletes cannot be a part of more than one team or mini-league in an activity.

The SHSAA would like to acknowledge the Saskatchewan Soccer Association ([Return to Soccer Plan](#)) and Canada Soccer for the work that they have done with creating return to play protocols.

The following are **recommended** during SHSAA soccer events:

- Coaches should lead and instruct without touching the ball as much as possible. If handling the ball, coaches should use hand sanitizer and/or gloves.
- Manage training and game situations to avoid circumstances where physical distancing is not maintained (i.e. standing in line during a drill).
- Each team (individual) should provide their own equipment, but where that is not feasible, sanitized soccer balls should be separated from those requiring cleaning.
  - Breaks for sanitization of equipment should be scheduled during training sessions
  - All equipment must be sanitized following a training session so it is ready for use by the next team that will be accessing the equipment and training area
- See SHSAA activity policy for additional 7v7 soccer parameters.
- At appropriate stoppages in play, a newly sanitized ball is introduced to the game while the other ball is retrieved and sanitized for its next use.
- Team benches will be on opposite sides of the field.
  - The designated home team will choose a direction to play or initiate the opening kick-off, the latter of which is left to the visiting team.
- Reduce number of officials utilized for a game.
- Minimum contact allowed.
- Kick-ins used in place of Throw-ins
  - Same conditions as a free kick (minimum required distance)
- Ball should stay below the waist to prevent contact with head, hands, chest, mouth
- No heading of the ball
  - Indirect free kick from the location of the offence
- No offsides
- Official should not handle the ball for a penalty kick; player should set up the ball and official will whistle it in.
- No dropped ball - referee will leave the ball on the ground

The following must be **included** as part of SHSAA sanctioned play:

- Goalkeepers must wear gloves and there will be absolutely no spitting allowed (even for keepers who normally spit into their gloves). Gloves must be disinfected with hand sanitizer.

- Spitting on the field or clearing of nasal passages onto the field or a person's clothing will be a RED CARD offence. This would include a goalkeeper spitting on their gloves.
- Yelling or shouting at ANY person will be a minimum YELLOW CARD and, at the referee's discretion may be a RED CARD if considered excessive.
- If there is a physical altercation involving no more than two players, those players will receive a RED CARD and be required to leave the field.
- If there is a physical altercation involving more than two players, the game will be terminated
- No slide tackling
- Should lightning/thunder occur, the game is abandoned.
- The game may be – stopped, suspended or terminated by the referee or game day manager (if no referee) for any breach of the requirements of the plan by participants or spectators. In the case of spectators, the referee will work in conjunction with the Game Day Manager of a team to resolve any such situation.
- Tournaments are not allowed

## **Football**

As per [Sports and Activities Guidelines](#) (Re-Open Saskatchewan)

### Competition and Play

- For sports or activities where participants are unable to adhere to physical distancing, groupings (mini-leagues) should be formed. Mini-leagues can be comprised of multiple teams, but no more than 50 individuals.
- Mini-leagues allow sports teams to return to a safe level of play, and will help mitigate the risk of widespread transmission by limiting the number of athletes that come in close contact with each other.
- For outdoor football, the 80-person maximum per mini-league includes coaches/staff, instructors, participants from multiple teams, officials and volunteers who cannot maintain two metres of distancing from others at all times. Spectators, including parents, who are not part of a previously listed category, and others who can ensure physical distancing are not included in the 80-person total.
- No single group on the field, court, ice surface, etc. shall exceed the gathering limits in the public health order. Teams need to be separated while on the sidelines, and players cannot exceed gathering limits during games, practices or training.
- Mini-leagues must be comprised of individuals within the same neighbourhood, community or local geographical region (e.g. within a rural municipality, town, quadrant of a city or nearest community).
- Mini-leagues should remain together until restrictions are further relaxed.
- Game play can resume between teams in a mini-league and must be limited to teams within the same mini-league.
- Teams in different mini-leagues should not play each other.
- At least two metres distancing should be maintained between all individuals, except members of the same household, when off the field of play (e.g. on benches, during intermission).
- Contact must be minimized whenever possible.
- Tournaments and interprovincial travel are not permitted.

- If physical distancing cannot be maintained or is unpredictable, a mask should be worn by those not participating in the activity (i.e. coaches, volunteers, etc.).

Due to the restrictions in place by the current [Public Health Orders](#) (maximums for public gatherings) and [Sports and Activities Guidelines](#) (mini-leagues allow competitive opportunities in activities that physical distancing cannot be maintained but do not allow for competition between mini-leagues), the SHSAA **will not be able to provide a playoff structure leading to a provincial championship during the 2020-21 Football Season**. The SHSAA encourages schools that are interested in participating in competitions to form teams adhering to the [Sports and Activities Guidelines](#) of the Re-Open Saskatchewan Plan in order to participate in mini-leagues.

**Mini-leagues may be comprised of up to 80 people; however, a maximum of 30 people may be on the field of play at any one time.**

**SHSAA recommends participation to be small sided (6 aside or 9 aside) while [Current Public Health Orders](#) restrict group gatherings to 30 people.**

The following chart provides examples of how a mini-league could be formed:

Example	# players/team	# coaches/team	# of teams in mini-league	Total
Mini-league #1	17	2 coach	4 teams	Total: 76
Mini-league #2	16	3 coach	4 teams	Total: 76
Mini-league #3	24	2 coach	3 teams	Total: 78
Mini-league #4	23	3 coach	3 teams	Total: 78

\*Note: Each team within a mini-league can have a different number of players and coaches/staff that comprise their teams, but the total number in the mini-league must not exceed 80.

\*\*Note: Officials and Volunteers should operate such that appropriate physical distancing measures are maintained before, during, and after competition. Officials and Volunteers who are unable to maintain physical distancing should be included in the mini-league numbers and be restricted to only one mini-league.

Coaches/Officials/volunteers who are able to perform their duties while they maintain physical distance (2 metres) would not be included in the 80-person mini league total.

- If the Coaches/Officials/Volunteers are able to socially distance and wear a non-medical mask they would be able to perform their duties in multiple mini-leagues.
- If the Coaches/Officials/Volunteers are unable to socially distance and wear a surgical/procedure mask they would be able to perform their duties in multiple mini-leagues.
- If the Coaches/Officials/Volunteers are unable to socially distance and/or cannot wear an appropriate mask they would not be able to perform their duties in multiple mini-leagues.

Student athletes cannot be a part of more than one team or mini-league in an activity.

The SHSAA would like to acknowledge Football Saskatchewan and Football Canada for the work that they have done with creating return to play protocols.

- Please review and implement recommendations in the [Football Saskatchewan plan](#) regarding
  - Athlete Protective Equipment
  - Equipment Manager Guideline

The following are **recommended** during SHSAA football events:

- See SHSAA activity policy for additional 6 and 9 aside football parameters.
- Host should attempt to live-stream any games that spectators are limited or prohibited.
- Consideration to:
  - not include punting, place-kicking, and kick-offs
    - Should a team choose to 'punt', the field will flip by 30 yards (or half the distance to the goal line if less than 30 yards from the endzone).
    - To start the game and following a touchdown, scrimmage will begin at the 35-yard line.
  - No huddles.
  - Split formations only including:
    - Shot gun snap exchange
    - Minimum of 2 meters distance between all players prior to the snap
  - No tandem blocking.
  - Shortened halves
- Officials
  - Referees are encouraged to use quick whistles to avoid gang tackling situations.
  - 3 officials
    - Offensive backfield, defensive backfield, line of scrimmage.
  - 1 ball person
    - Deliver sanitized ball to be put into play at line of scrimmage.
    - Retrieve the ball used on previous play to be sanitized.
- Consider using bean bag markings, laid out by game officials, instead of a stick crew and downs marker.

The following must be **included** as part of SHSAA sanctioned play:

- Review and update your school's first aid protocol in order to incorporate safety measures including self-administration of first aid when appropriate.
- The bench area will be adjusted to enable officials proper physical distancing from the participants on the bench. Restricted area for team members must be maintained a minimum of 10 yards from the sideline.

## **Volleyball**

As per [Sports and Activities Guidelines](#) (Re-Open Saskatchewan)

### Competition and Play

- For sports or activities where participants are unable to adhere to physical distancing, groupings (mini-leagues) should be formed. Mini-leagues can be comprised of multiple teams, but no more than 50 individuals.
- Mini-leagues allow sports teams to return to a safe level of play, and will help mitigate the risk of widespread transmission by limiting the number of athletes that come in close contact with each other.
- The 50-person maximum per mini-league includes coaches/staff, instructors, participants from multiple teams, officials and volunteers who cannot maintain two metres of distancing from others at all times. Spectators, including parents, who are not part of a previously listed category, and others who can ensure physical distancing are not included in the 50-person total.
- No single group on the field, court, ice surface, etc. shall exceed the gathering limits in the public health order. Teams need to be separated while on the sidelines, and players cannot exceed gathering limits during games, practices or training.
- Mini-leagues must be comprised of individuals within the same neighbourhood, community or local geographical region (e.g. within a rural municipality, town, quadrant of a city or nearest community).
- Mini-leagues should remain together until restrictions are further relaxed.
- Game play can resume between teams in a mini-league and must be limited to teams within the same mini-league.
- Teams in different mini-leagues should not play each other.
- At least two metres distancing should be maintained between all individuals, except members of the same household, when off the field of play (e.g. on benches, during intermission).
- Contact must be minimized whenever possible.
- Tournaments and interprovincial travel are not permitted.
- If physical distancing cannot be maintained or is unpredictable, a mask should be worn by those not participating in the activity (i.e. coaches, volunteers, etc.).

Due to the restrictions in place by the current [Public Health Orders](#) (maximums for public gatherings) and [Sports and Activities Guidelines](#) (mini-leagues allow competitive opportunities in activities that physical distancing cannot be maintained but do not allow for competition between mini-leagues), the SHSAA **will not be able to provide a playoff structure leading to a provincial championship during the 2020-21 Volleyball Season**. The SHSAA encourages schools that are interested in participating in competitions to form teams adhering to the [Sports and Activities Guidelines](#) of the Re-Open Saskatchewan Plan in order to participate in mini-leagues.

**Mini-leagues may be comprised of up to 50 people; however, only 30 people may gather at any one time.**

The following chart provides examples of how a mini-league could be formed:

Example	# players/team	# coaches/team	# officials/team	# of teams in mini-league	Total
Mini-league #1	8	1 coach	1 official	5 teams	Total: 50
Mini-league #2	10	1 coach	1 official	4 teams	Total: 48
Mini-league #3	9	2 coaches	1 official	4 teams	Total: 48
Mini-league #4	8	2 coaches	2 officials	4 teams	Total: 48

\*Note: Each team within a mini-league can have a different number of players, coaches/staff, officials, and volunteers that comprise their teams, but the total number in the mini-league must not exceed 50.

\*\*Note: Volunteers should operate such that appropriate physical distancing measures are maintained before, during, and after competition. Volunteers who are unable to maintain physical distancing should be included in the mini-league numbers and be restricted to volunteering only in one mini-league.

Coaches/Officials/volunteers who are able to perform their duties while they maintain physical distance (2 metres) would not be included in the 50-person mini league total.

- If the Coaches/Officials/Volunteers are able to socially distance and wear a non-medical mask they would be able to perform their duties in multiple mini-leagues.
- If the Coaches/Officials/Volunteers are unable to socially distance and wear a surgical/procedure mask they would be able to perform their duties in multiple mini-leagues.
- If the Coaches/Officials/Volunteers are unable to socially distance and/or cannot wear an appropriate mask they would not be able to perform their duties in multiple mini-leagues.

Student athletes cannot be a part of more than one team or mini-league in an activity.

The SHSAA would like to acknowledge the Sask Volleyball Association ([Return to Volleyball Protocols](#)) and Volleyball Canada for the work that they have done with creating return to play protocols.

The following are **recommended** during SHSAA volleyball events:

- Coaches should lead and instruct without touching the ball as much as possible. If handling the ball, coaches should use hand sanitizer and/or gloves.
- Manage training and game situations to avoid circumstances where physical distancing is not maintained (i.e. standing in line during a drill).
- Consider having separate equipment for each team but where that is not feasible, a “clean bin” should be utilized to ensure that sanitized volleyballs can be separated from those requiring cleaning.
  - Breaks for sanitization of equipment should be scheduled during training sessions.
  - All equipment must be sanitized following a training session so it is ready for use by the next team that will be accessing the equipment and training area.
- Volleyball matches should utilize a three-ball system that includes sanitization measures
  - One ball in play; one ball ready for the next serve; one ball being sanitized

- Sanitation available for official to sanitize the referee stand after it is set up
- Warm up procedures as follows: Serving team hits first for 5 minutes shagging their own balls following Volleyball Canada guidelines. Receiving team hits for 5 minutes shagging their own balls following Volleyball Canada guidelines. Teams serve within their five minutes. The non-hitting team is not allowed on the court.
- Consider not using line-up cards and scoresheets; utilize the scoreclock only to keep score and handle rotation on the honour system. If scoresheets and line-up are deemed necessary by the participating teams, then the mini-league will need to develop a protocol (i.e. all lineups to be handed to scorekeepers; coaches stay 2 metres away from official; each coach uses their own pen; captains do not sign the scoresheet, etc).
  - If required home teams will provide two scorekeepers per game, one for the scoreboard and one for the sheet. Masks to be worn by both. \*\*to allow for more participants, these could be roster players\*\*
- Home team serves so that no coin toss is required. If the coin toss is deemed necessary by the participating teams, then the mini-league will need to develop a protocol (i.e. first referee will coordinate a coin toss with a captain from each team standing at least 2 metres away to determine who serves in Set 1).
- The use of hand operated whistles is strongly encouraged which will allow officials to wear masks at all times while they are at the event.
- Serving team stands behind the attack line to facilitate physical distancing during game.
- Substitutes maintain physical distancing of 2 metres while on the bench where applicable
- Officials – consider having athletes/coaches, that are within the mini-league and not playing that day, officiate.
- Tournaments are not allowed.

## **Curling (TBD)**

## **Wrestling (TBD)**

## **Basketball (TBD)**

## **Badminton (TBD)**

## **Track & Field (TBD)**