

# DCSAA Guidelines for Athletic Participation



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| <b>Objective</b>          | This document is intended to provide guidance for schools to consider with their stakeholders in designing return-to-activity protocols in accordance with Executive Orders issued by the Mayor of the District of Columbia and Directives issued by the DC Department of Health.   |
| <b>Belief Statements</b>  | <p>The DCSAA believes the safety and health of student-athlete athletes is vital for our member schools to begin re-engagement, skill development, practice and competitions.</p> <p>The DCSAA believes it is essential to the physical, emotional, and mental well-being of student-athletes to return to physical activity and athletic competition as soon as deemed safe.</p> <p>The DCSAA believes that prior to allowing use of facilities, schools must review facility use agreements, especially in the areas of sanitation requirements and liability.</p>  |
| <b>Points of Emphasis</b> | <p>Key Strategies: Frequent, effective hand hygiene; social distancing of at least 6 feet; frequent disinfecting of high touch areas; avoid touching of the face; development of plans specific to each school's venues and facilities.</p> <p><b>No spectators allowed for Re-Engagement, Skill Development, Practice or Competition phases.</b></p> <p>Any individual meeting the following criteria may not be present or participate:</p> <ul style="list-style-type: none"> <li>• Individuals who have been in close contact within the past 14 days with any individual awaiting COVID-19 test results</li> <li>• Individuals with any symptoms of or exposure to persons with COVID-19 within the past 14 days</li> <li>• Anyone who has participated in travel to a high-risk state, country, or territory within the past 14 days</li> <li>• Anyone with confirmed COVID-19</li> </ul> <p>Administrators and coaches must emphasize the need for <b>all</b> coaches and participants who have signs or symptoms of illness to stay home and consult with their healthcare provider to decrease risk of viral transmission, as they may transmit the virus to <i>vulnerable individuals</i>. Vulnerable individuals are defined as, but not limited to: people age 65 years and older and others with serious underlying health conditions: cancer, chronic kidney disease, COPD, heart conditions, immunocompromised state from solid organ transplant, obesity, severe obesity, sickle cell disease, smoking, type 2 diabetes mellitus. This list is not all-inclusive, and individuals should consult with their healthcare provider to determine personal risk factors.</p> <p><b>Certified Athletic Trainers are very important to resumption to athletics post-COVID-19. We strongly encourage their involvement during all stages.</b></p> <p>Current pre-season conditioning and acclimatization models assume that student-athletes have deconditioned during the stay at home orders. Therefore, the intensity and duration of training must be moderated and monitored upon return. It is strongly recommended that student-athlete athletes participate in <b>only one session</b> per day during Stage One – Guidance.</p> <p>Stages are in accordance with guidelines published by the Mayor of the District of Columbia and are subject to change.</p> |

|                                     | DCSAA<br>Re-Engagement  | DCSAA<br>Skill Development  | DCSAA<br>Practice   | DCSAA<br>Competition  |
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| <b>General Activity Description</b> | <u>Individual Conditioning Workouts</u> <ul style="list-style-type: none"> <li>• Maintain Physical Distancing</li> <li>• No Contact with Others</li> </ul>  | <u>Skill Development</u> <ul style="list-style-type: none"> <li>• Maintain Physical Distancing</li> <li>• No Contact with Others</li> </ul>   | <u>Official Practice</u> <ul style="list-style-type: none"> <li>• Maintain Physical Distancing</li> <li>• Low Contact with Others</li> </ul>  | <u>Competition</u> <ul style="list-style-type: none"> <li>• Maintain Physical Distancing</li> <li>• Low Contact with Others</li> </ul>  |
| <b>Facilities Cleaning</b>          | Adequate cleaning schedules must be created and implemented for all athletic facilities. Bathrooms, if opened, must be disinfected after use.<br><br>Athletic training facilities (non-medical) may | Adequate cleaning schedules must be created and implemented for all athletic facilities. Bathrooms, if opened, must be disinfected after use.<br><br>Athletic training facilities (non-medical) may | Adequate cleaning schedules must be created and implemented for all athletic facilities. Bathrooms, if opened, must be disinfected after use.<br><br>Athletic training facilities (non-medical) may | Adequate cleaning schedules must be created and implemented for all athletic facilities. Bathrooms, if opened, must be disinfected after use.<br><br>Athletic training facilities (non-medical) may |

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|                                  | <p>be utilized if adhering to the cleaning, occupancy limits, and physical distancing requirements. DC DOH Guidelines can be found here: <a href="https://coronavirus.dc.gov/">https://coronavirus.dc.gov/</a>. Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility must be cleaned and disinfected (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.). A list of EPA approved disinfectants can be found here: <a href="https://bit.ly/2FsVbNY">https://bit.ly/2FsVbNY</a></p> <p>Hand sanitizer (containing &gt;60% alcohol) must be plentiful and available to individuals as they move from place to place</p> <p>Ensure expired sanitizers are not used.</p> <p>Appropriate clothing/shoes must always be worn to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam must be covered.</p> <p>Weight equipment must be cleaned and disinfected thoroughly before and after each person's use of equipment.</p> <p>Student-athletes must be encouraged to shower and wash their workout clothing immediately upon returning home.</p> <p>Once facilities are cleaned individuals must wash their hands for a minimum of 20 seconds with water and soap; or, in the absence of a hand washing station, hand sanitizer may be used before touching any surfaces or participating in workouts.</p> | <p>be utilized if adhering to the cleaning, occupancy limits, and physical distancing requirements. DC DOH Guidelines can be found here: <a href="https://coronavirus.dc.gov/">https://coronavirus.dc.gov/</a>. Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility must be cleaned and disinfected (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.). 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DC DOH Guidelines can be found here: <a href="https://coronavirus.dc.gov/">https://coronavirus.dc.gov/</a>. Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility must be cleaned and disinfected (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.). 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DC DOH Guidelines can be found here: <a href="https://coronavirus.dc.gov/">https://coronavirus.dc.gov/</a>. Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility must be cleaned and disinfected (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.). 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| <b>Entrance/ Exit Strategies</b> | <p>Consider strategies to prevent groups from gathering at entrances/exits to outdoor spaces to limit crossover and contact, including staggering starting/ending times.</p> <p>Consider posting CDC signage at entrances / exits. See CDC Print Resources link in the Additional Resources/Links/Signage section.</p>   | <p>Develop strategies to prevent groups from gathering at entrances/exits to outdoor spaces to limit crossover and contact, including staggering starting/ending times.</p> <p>Consider posting CDC signage at entrances / exits. See CDC Print Resources link in the Additional Resources/Links/Signage section.</p>  | <p>Develop strategies to prevent groups from gathering at entrances/exits to outdoor spaces to limit crossover and contact, including staggering starting/ending times.</p> <p>Consider posting CDC signage at entrances / exits. See CDC Print Resources link in the Additional Resources/Links/Signage section.</p>  | <p>Develop strategies to prevent groups from gathering at entrances/exits to outdoor spaces to limit crossover and contact, including staggering starting/ending times.</p> <p>Consider posting CDC signage at entrances / exits. See CDC Print Resources link in the Additional Resources/Links/Signage section.</p>  |
| <b>Limitations on</b>            | Conditioning Workouts and Skill  | Skill development sessions are still   | The total number of attendees at any   | The total number of attendees at any   |

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| <p><b>Gatherings</b></p>            | <p>Development sessions are <b>VOLUNTARY</b>.</p> <p>The total number of attendees at any <i>outdoor conditioning</i> session shall not exceed 50 people. Sessions should be limited to essential personnel. Dependent upon the maximum occupancy permitted within the area more than 50 persons may be permitted <b>IF</b> they are cohorted and socially distanced. We recommend consulting with your School COVID-19 Response Team and your Athletic Trainer for guidance.</p> <p>The total number of attendees at any <i>indoor conditioning session</i> shall not exceed 25% of the posted maximum occupancy permitted within the area in which conditioning drills are being held, i.e. court or weight room, or 50 people, whichever is fewer, and should be limited to essential personnel. We recommend consulting with your School COVID-19 Response Team and your Athletic Trainer for guidance.</p> <p>Cohorted <i>conditioning sessions</i> should be conducted in “pods” of 10 or less student-athletes less. Student-athletes should condition together weekly (<b>same grouping each day</b>) to limit overall exposures. Records must be maintained of the groupings to facilitate contact tracing, if required.</p> <p>There must always be a minimum distance of 6 feet between each person. If this is not possible indoors, then the maximum number of individuals in the room must be decreased to obtain a minimum distance of 6 feet between each person.</p> <p><b>No spectators allowed</b></p> | <p><b>VOLUNTARY</b>.</p> <p>The total number of attendees at any outdoor <i>skill development</i> session shall not exceed 50 people. Sessions should be limited to essential personnel. Dependent upon the maximum occupancy permitted within the area more than 50 people may be permitted <b>IF</b> they are cohorted and socially distanced. We recommend consulting with your School COVID-19 Response Team and your Athletic Trainer for guidance.</p> <p>The total number of attendees at any <i>indoor skill development session</i> shall not exceed 25% of the posted maximum occupancy permitted within the area in which skill development drills are being held, i.e. court or weight room, or 50 people, whichever is fewer, and should be limited to essential personnel. We recommend consulting with your School COVID-19 Response Team and your Athletic Trainer for guidance.</p> <p>Cohorted <i>skill development sessions</i> should be conducted in “pods” of 10 or less student-athletes less. Student-athletes should train together weekly (<b>same grouping each day</b>) to limit overall exposures. Records must be maintained of the groupings to facilitate contact tracing, if required.</p> <p>There must always be a minimum distance of 6 feet between each person. If this is not possible indoors, then the maximum number of individuals in the room must be decreased to obtain a minimum distance of 6 feet between each person.</p> <p><b>No spectators allowed</b></p> | <p><i>outdoor practice</i> shall not exceed 50 student-athletes. Practice should be limited to essential personnel.</p> <p>The total number of attendees at any <i>indoor practice</i> shall not exceed 25% of the posted maximum occupancy permitted within the area in which practice is being held, i.e. court or weight room, or 50 people, whichever is fewer, as long as they maintain the required six feet of social distance. Practice should be limited to essential personnel. We recommend consulting with your School COVID-19 Response Team and your Athletic Trainer for guidance.</p> <p>There must always be a minimum distance of 6 feet between each person. If this is not possible indoors, then the maximum number of individuals in the room must be decreased to obtain a minimum distance of 6 feet between each person.</p> <p><b>No spectators allowed</b></p> | <p><i>outdoor competition</i> shall not exceed 50 people. Competition should be limited to essential personnel.</p> <p>For an outdoor Track &amp; Field event, the total number of attendees shall not exceed 25% of the posted maximum occupancy permitted within the area in which the event is being held, i.e. court or weight room, or 250 people, whichever is fewer. Student-athletes shall be cohorted by teams and maintain appropriate social distance. Student-athletes shall only leave their cohorts when it is time to warm-up and/or compete in their event. At all times meet attendees shall maintain the appropriate social distance and/or wear a facial covering.</p> <p>No <i>indoor competitions</i> are permitted.</p> <p><b>No spectators allowed</b></p> |
| <p><b>Pre-Workout Screening</b></p> | <p>All coaches and student-athletes should be screened daily for signs / symptoms of COVID-19 prior to participating, including a temperature check. Anyone with a temperature of 100.4 degrees or greater should not participate and be sent home.</p> <p>Anyone with any of the following symptoms should not be allowed to participate: Chills, cough, shortness of breath or difficulty</p>   | <p>All coaches and student-athletes should be screened daily for signs / symptoms of COVID-19 prior to participating, including a temperature check. Anyone with a temperature of 100.4 degrees or greater should not participate and be sent home.</p> <p>Anyone with any of the following symptoms should not be allowed to participate: Chills, cough, shortness of breath or difficulty</p>   | <p>All coaches and student-athletes should be screened daily for signs / symptoms of COVID-19 prior to participating, including a temperature check. Anyone with a temperature of 100.4 degrees or greater should not participate and be sent home.</p> <p>Anyone with any of the following symptoms should not be allowed to participate: Chills, cough, shortness of breath or difficulty</p>   | <p>All coaches and student-athletes should be screened daily for signs / symptoms of COVID-19 prior to participating, including a temperature check. Anyone with a temperature of 100.4 degrees or greater should not participate and be sent home.</p> <p>Anyone with any of the following symptoms should not be allowed to participate: Chills, cough, shortness of breath or difficulty</p>   |

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|                                     | <p>breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, or otherwise feeling unwell.</p> <p>Responses to screening questions for each person should be recorded and stored.</p> <p>The head coach (or designee) is responsible for collection of the data from each day's screening. Ideally this would be the same individual each day for consistency.</p> <p>Student-athletes or coaches who have a positive pre-workout screening must not be allowed back until they have a note from their healthcare provider indicating specifically that their symptoms are not due to COVID-19.</p> <p>Student-athletes, coaches, staff considered <i>vulnerable individuals</i>, or those concerned with contracting COVID-19 must not supervise or participate.</p> <p>If a student-athlete or staff member develops any of the symptoms above during the session, there should be a process in place that allows them to isolate until it is safe to go home and seek healthcare provider guidance.</p> | <p>breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, or otherwise feeling unwell.</p> <p>Responses to screening questions for each person should be recorded and stored.</p> <p>The head coach (or designee) is responsible for collection of the data from each day's screening. Ideally this would be the same individual each day for consistency.</p> <p>Student-athletes or coaches who have a positive pre-workout screening must not be allowed back until they have a note from their healthcare provider indicating specifically that their symptoms are not due to COVID-19.</p> <p>Student-athletes, coaches, staff considered <i>vulnerable individuals</i>, or those concerned with contracting COVID-19 must not supervise or participate.</p> <p>If a student-athlete or staff member develops any of the symptoms above during the session, there should be a process in place that allows them to isolate until it is safe to go home and seek healthcare provider guidance.</p> | <p>breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, or otherwise feeling unwell.</p> <p>Responses to screening questions for each person should be recorded and stored.</p> <p>The head coach (or designee) is responsible for collection of the data from each day's screening. Ideally this would be the same individual each day for consistency.</p> <p>Student-athletes or coaches who have a positive pre-workout screening must not be allowed back until they have a note from their healthcare provider indicating specifically that their symptoms are not due to COVID-19.</p> <p>Student-athletes, coaches, staff considered <i>vulnerable individuals</i>, or those concerned with contracting COVID-19 must not supervise or participate.</p> <p>If a student-athlete or staff member develops any of the symptoms above during the session, there should be a process in place that allows them to isolate until it is safe to go home and seek healthcare provider guidance.</p> | <p>breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, or otherwise feeling unwell.</p> <p>Responses to screening questions for each person should be recorded and stored.</p> <p>The head coach (or designee) is responsible for collection of the data from each day's screening. Ideally this would be the same individual each day for consistency.</p> <p>Student-athletes or coaches who have a positive pre-workout screening must not be allowed back until they have a note from their healthcare provider indicating specifically that their symptoms are not due to COVID-19.</p> <p>Student-athletes, coaches, staff considered <i>vulnerable individuals</i>, or those concerned with contracting COVID-19 must not supervise or participate.</p> <p>If a student-athlete or staff member develops any of the symptoms above during the session, there should be a process in place that allows them to isolate until it is safe to go home and seek healthcare provider guidance.</p> |
| <p><b>High Risk Individuals</b></p> | <p><b>Voluntary conditioning sessions</b><br/> Student-athletes and staff at high risk for experiencing severe illness due to COVID-19 consult with their medical provider before participating in any skill development session. This includes people with:</p> <ul style="list-style-type: none"> <li>● Cancer</li> <li>● Chronic Kidney Disease</li> <li>● COPD</li> <li>● Immunocompromised state from solid organ transplant</li> <li>● Obesity &amp; Severe Obesity</li> <li>● Sickle Cell Disease</li> <li>● Smoking</li> <li>● Type II Diabetes Mellitus</li> </ul> <p>Any child or staff member who has a medical condition not on this list but is still concerned about their safety.</p>   | <p><b>Voluntary skill development sessions</b><br/> Student-athletes and staff at high risk for experiencing severe illness due to COVID-19 consult with their medical provider before participating in any skill development session. This includes people with:</p> <ul style="list-style-type: none"> <li>● Cancer</li> <li>● Chronic Kidney Disease</li> <li>● COPD</li> <li>● Immunocompromised state from solid organ transplant</li> <li>● Obesity &amp; Severe Obesity</li> <li>● Sickle Cell Disease</li> <li>● Smoking</li> <li>● Type II Diabetes Mellitus</li> </ul> <p>Any child or staff member who has a medical condition not on this list but is still concerned about their safety.</p>  | <p><b>Practice sessions</b><br/> Student-athletes and staff at high risk for experiencing severe illness due to COVID-19 consult with their medical provider before participating in any skill development session. This includes people with:</p> <ul style="list-style-type: none"> <li>● Cancer</li> <li>● Chronic Kidney Disease</li> <li>● COPD</li> <li>● Immunocompromised state from solid organ transplant</li> <li>● Obesity &amp; Severe Obesity</li> <li>● Sickle Cell Disease</li> <li>● Smoking</li> <li>● Type II Diabetes Mellitus</li> </ul> <p>Any child or staff member who has a medical condition not on this list but is still concerned about their safety.</p>   | <p><b>Competition</b><br/> Student-athletes and staff at high risk for experiencing severe illness due to COVID-19 consult with their medical provider before participating in any skill development session. This includes people with:</p> <ul style="list-style-type: none"> <li>● Cancer</li> <li>● Chronic Kidney Disease</li> <li>● COPD</li> <li>● Immunocompromised state from solid organ transplant</li> <li>● Obesity &amp; Severe Obesity</li> <li>● Sickle Cell Disease</li> <li>● Smoking</li> <li>● Type II Diabetes Mellitus</li> </ul> <p>Any child or staff member who has a medical condition not on this list but is still concerned about their safety.</p>   |

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| <p><b>Face Coverings</b><br/> <b>*Face coverings with exhalation valves or vents must NOT be worn.</b><br/> This type of face covering does not prevent the wearer from transmitting COVID-9 to others.</p> | <p>Face coverings are required when a student-athlete is physically engaged in conditioning drills and can't maintain six (6) feet of distance between himself, his peers and coaches.</p> <p>Face coverings must always be worn by student-athletes who are not engaged in conditioning drills, coaches, officials and support staff.</p> <p>Cloth face coverings should be considered acceptable. There is no need to require or recommend "medical grade" masks for physical activity.</p> <p>Face coverings must not be shared.</p> <p>Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.</p> <p>Artificial noisemakers such as an air horn or a timer system with an alarm, can be used as a signal in place of a traditional whistle.</p> | <p>Face coverings are required when a student-athlete is physically engaged in skill development drills and can't maintain six (6) feet of distance between himself, his peers and coaches.</p> <p>Face coverings must always be worn by student-athletes who are not engaged in conditioning drills, coaches, officials and support staff.</p> <p>Cloth face coverings should be considered acceptable. There is no need to require or recommend "medical grade" masks for physical activity.</p> <p>Face coverings must not be shared.</p> <p>Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.</p> <p>Artificial noisemakers such as an air horn or a timer system with an alarm, can be used as a signal in place of a traditional whistle.</p> | <p>Face coverings are required when a student-athlete is physically engaged in practice and can't maintain six (6) feet of distance between himself, his peers and coaches.</p> <p>Face coverings must always be worn by student-athletes who are not engaged in conditioning drills, coaches, officials and support staff.</p> <p>Cloth face coverings should be considered acceptable. There is no need to require or recommend "medical grade" masks for physical activity.</p> <p>Face coverings must not be shared.</p> <p>Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.</p> <p>Artificial noisemakers such as an air horn or a timer system with an alarm, can be used as a signal in place of a traditional whistle.</p> | <p>Face coverings are required when a student-athlete is physically engaged in competition and can't maintain six (6) feet of distance between himself, his peers and coaches.</p> <p>Face coverings must always be worn by student-athletes who are not engaged in conditioning drills, coaches, officials and support staff.</p> <p>Cloth face coverings should be considered acceptable. There is no need to require or recommend "medical grade" masks for physical activity.</p> <p>Face coverings must not be shared.</p> <p>Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.</p> <p>Artificial noisemakers such as an air horn or a timer system with an alarm, can be used as a signal in place of a traditional whistle.</p> |
| <p><b>Hygiene Practices</b></p>   | <ul style="list-style-type: none"> <li>Frequently wash hands with soap and water for a minimum of 20 seconds or use hand sanitizer, especially after touching frequently used items or surfaces.</li> <li>Sneeze or cough into a tissue, or the inside of your elbow.</li> <li>Avoid touching your face.</li> <li>Disinfect frequently used items and surfaces as much as possible.</li> <li>Do not share items with anyone (towels, water bottles, etc.)</li> </ul> <p>The use of face coverings while in public is required.</p> <p><b>No spitting! e.g. sunflower seeds, tobacco, phlegm</b></p>   | <ul style="list-style-type: none"> <li>Frequently wash hands with soap and water for a minimum of 20 seconds or use hand sanitizer, especially after touching frequently used items or surfaces.</li> <li>Sneeze or cough into a tissue, or the inside of your elbow.</li> <li>Avoid touching your face.</li> <li>Disinfect frequently used items and surfaces as much as possible.</li> <li>Do not share items with anyone (towels, water bottles, etc.)</li> </ul> <p>The use of face coverings while in public is required.</p> <p><b>No spitting! e.g. sunflower seeds, tobacco, phlegm</b></p>  | <ul style="list-style-type: none"> <li>Frequently wash hands with soap and water for a minimum of 20 seconds or use hand sanitizer, especially after touching frequently used items or surfaces.</li> <li>Sneeze or cough into a tissue, or the inside of your elbow.</li> <li>Avoid touching your face.</li> <li>Disinfect frequently used items and surfaces as much as possible.</li> <li>Do not share items with anyone (towels, water bottles, etc.)</li> </ul> <p>The use of face coverings while in public is required.</p> <p><b>No spitting! e.g. sunflower seeds, tobacco, phlegm</b></p>  | <ul style="list-style-type: none"> <li>Frequently wash hands with soap and water for a minimum of 20 seconds or use hand sanitizer, especially after touching frequently used items or surfaces.</li> <li>Sneeze or cough into a tissue, or the inside of your elbow.</li> <li>Avoid touching your face.</li> <li>Disinfect frequently used items and surfaces as much as possible.</li> <li>Do not share items with anyone (towels, water bottles, etc.)</li> </ul> <p>The use of face coverings while in public is required.</p> <p><b>No spitting! e.g. sunflower seeds, tobacco, phlegm</b></p>   |
| <p><b>Hydration/Food</b></p>  | <p>All student-athletes must bring their own water bottle. Water bottles must not be shared. Food should not be shared.</p> <p>Hydration stations (water cows, water</p>  | <p>All student-athletes must bring their own water bottle. Water bottles must not be shared. Food should not be shared.</p> <p>Hydration stations (water cows, water</p>   | <p>Student-athletes have the option to bring their own water bottle. Water bottles must not be shared. Food should not be shared.</p> <p>Hands Free hydration stations can be used</p>   | <p>Student-athletes have the option to bring their own water bottle. Water bottles must not be shared. Food should not be shared.</p> <p>Hands Free hydration stations can be used</p>  |

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|   | trough, water fountains, etc.) should not be utilized.  | trough, water fountains, etc.) should not be utilized.   | or having a designated person to fill cups can also be used.  | or having a designated person to fill cups can also be used.   |
| <b>Locker Rooms &amp; Athletic Training Areas</b> | <p>Locker rooms should not be utilized during Re-Engagement. Student-athletes should report in appropriate attire and immediately return home to shower after participation.</p> <p>Shower use should not be allowed at schools. Student-athletes are encouraged to shower and change clothing immediately upon returning home.</p> <p>Athletic training facilities (non-medical) may be utilized if adhering to the cleaning, occupancy limits, and physical distancing.</p> <p>No student-athletes allowed in athletic health care facility unless Athletic Trainer is present. Appointments are strongly encouraged.</p>   | <p>Locker rooms should not be utilized during Skill Development. Student-athletes should report in appropriate attire and immediately return home to shower after participation.</p> <p>Shower use should not be allowed at schools. Student-athletes are encouraged to shower and change clothing immediately upon returning home.</p> <p>Athletic training facilities (non-medical) may be utilized if adhering to the cleaning, occupancy limits, and physical distancing.</p> <p>No student-athletes allowed in athletic health care facility unless Athletic Trainer is present. Appointments are strongly encouraged.</p>  | <p>Locker rooms should not be utilized during Practice. Student-athletes should report in appropriate attire and immediately return home to shower after participation.</p> <p>Shower use should not be allowed at schools. Student-athletes are encouraged to shower and change clothing immediately upon returning home.</p> <p>Athletic Training facilities (non-medical) may be utilized if adhering to the cleaning, occupancy limits, and physical distancing.</p> <p>No student-athletes allowed in athletic health care facility unless Athletic Trainer is present. Appointments are strongly encouraged.</p>  | <p>Locker rooms should not be utilized during Competition. Student-athletes should report in appropriate attire and immediately return home to shower after participation.</p> <p>Shower use should not be allowed at schools. Student-athletes are encouraged to shower and change clothing immediately upon returning home.</p> <p>Athletic training facilities (non-medical) may be utilized if adhering to the cleaning, occupancy limits, and physical distancing.</p> <p>No student-athletes allowed in athletic health care facility unless Athletic Trainer is present. Appointments are strongly encouraged.</p>  |
| <b>Physical Activity &amp; Athletic Equipment</b> | <p>There should be no shared personal athletic equipment between student-athletes.</p> <p>Student-athletes should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.</p> <p>Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual and all equipment must be disinfecting between each group usage.</p> <p>Athletic equipment such as bats, balls, sleds, tackling dummies, batting helmets, and catchers gear may be used. Equipment should be disinfected frequently before, during, and after conditioning exercise.</p> <p>Other equipment, such as wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.</p> <p>Hand sanitizer or hand washing stations should be readily available for student-athletes and coaches to use frequently during skill development sessions.</p> | <p>There should be no shared personal athletic equipment between student-athletes.</p> <p>Student-athletes should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.</p> <p>Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual and all equipment must be disinfecting between each group usage.</p> <p>Athletic equipment such as bats, balls, sleds, tackling dummies, batting helmets, and catchers gear may be used. Equipment should be disinfected frequently before, during, and after skill development sessions.</p> <p>Other equipment, such as wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.</p> <p>Hand sanitizer or hand washing stations should be readily available for student-athletes and coaches to use frequently during skill development sessions.</p> | <p>There should be no shared personal athletic equipment between student-athletes.</p> <p>Student-athletes should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.</p> <p>Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual and all equipment must be disinfecting between each group usage.</p> <p>Athletic equipment such as bats, balls, sleds, tackling dummies, batting helmets, and catchers gear may be used. Equipment should be disinfected frequently before, during, and after practices.</p> <p>Other equipment, such as wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.</p> <p>Hand sanitizer or hand washing stations should be readily available for student-athletes and coaches to use frequently during skill development sessions.</p> | <p>There should be no shared personal athletic equipment between student-athletes.</p> <p>Student-athletes should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.</p> <p>Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual and all equipment must be disinfecting between each group usage.</p> <p>Athletic equipment such as bats, balls, sleds, tackling dummies, batting helmets, and catchers gear may be used. Equipment should be disinfected frequently before, during, and after competitions.</p> <p>Other equipment, such as wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.</p> <p>Hand sanitizer or hand washing stations should be readily available for student-athletes and coaches to use frequently during skill development sessions.</p> |

| <p><b>Possibility of Positive COVID-19 &amp; Guidance for Close Contacts</b></p> | <p>Anyone who has been in close contact with a person who is positive for COVID-19 must <b>not</b> enter the facility until they have completed their quarantine period without becoming symptomatic or being diagnosed with COVID-19. These individuals are strongly advised to stay at home. Anyone awaiting a COVID-19 test result must <b>not</b> enter the facility until their result comes back negative. Anyone who has tested positive must complete a 14-day quarantine regardless of subsequent negative test. Anyone deemed a close contact must also complete a 14-day quarantine, regardless of a negative test.</p> <p>Individuals who report they are not experiencing symptoms but report close contact with a confirmed COVID-19 case should stay at home and should not be allowed at school through the 14-day quarantine period.</p> <p>Anyone who indicates symptoms on the Daily Health Screen or is identified as having a fever of 100.4 degrees Fahrenheit or greater should be assumed to be positive until cleared by an appropriate medical provider.</p> <p>Individuals who meet any of the following may not participate or be present:</p> <ul style="list-style-type: none"> <li>Exhibiting symptoms of COVID-19 within the past 24 hours.</li> <li>Awaiting COVID-19 test results</li> <li>Confirmed COVID-19 positive (with or without symptoms)</li> <li>Close contact within the past 14 days with an individual with confirmed COVID-19</li> <li>Close contact within the past 14 days with an individual awaiting COVID-19 test results</li> </ul> <p>These individuals must stay home and consult with their healthcare provider. They</p> | <p>Anyone who has been in close contact with a person who is positive for COVID-19 must <b>not</b> enter the facility until they have completed their quarantine period without becoming symptomatic or being diagnosed with COVID-19. These individuals are strongly advised to stay at home. Anyone awaiting a COVID-19 test result must <b>not</b> enter the facility until their result comes back negative. Anyone who has tested positive must complete a 14-day quarantine regardless of subsequent negative test. Anyone deemed a close contact must also complete a 14-day quarantine, regardless of a negative test.</p> <p>Individuals who report they are not experiencing symptoms but report close contact with a confirmed COVID-19 case should stay at home and should not be allowed at school through the 14-day incubation period.</p> <p>Anyone who indicates symptoms on the Daily Health Screen or is identified as having a fever of 100.4 degrees Fahrenheit or greater should be assumed to be positive until cleared by an appropriate medical provider.</p> <p>Individuals who meet any of the following may not participate or be present:</p> <ul style="list-style-type: none"> <li>Exhibiting symptoms of COVID-19 within the past 24 hours.</li> <li>Awaiting COVID-19 test results</li> <li>Confirmed COVID-19 positive (with or without symptoms)</li> <li>Close contact within the past 14 days with an individual with confirmed COVID-19</li> <li>Close contact within the past 14 days with an individual awaiting COVID-19 test results</li> </ul> <p>These individuals must stay home and consult with their healthcare provider. 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Anyone deemed a close contact must also complete a 14-day quarantine, regardless of a negative test.</p> <p>Individuals who report they are not experiencing symptoms but report close contact with a confirmed COVID-19 case should stay at home and should not be allowed at school through the 14-day incubation period.</p> <p>Anyone who indicates symptoms on the Daily Health Screen or is identified as having a fever of 100.4 degrees Fahrenheit or greater should be assumed to be positive until cleared by an appropriate medical provider.</p> <p>Individuals who meet any of the following may not participate or be present:</p> <ul style="list-style-type: none"> <li>Exhibiting symptoms of COVID-19 within the past 24 hours.</li> <li>Awaiting COVID-19 test results</li> <li>Confirmed COVID-19 positive (with or without symptoms)</li> <li>Close contact within the past 14 days with an individual with confirmed COVID-19</li> <li>Close contact within the past 14 days with an individual awaiting COVID-19 test results</li> </ul> <p>These individuals must stay home and consult with their healthcare provider. 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Anyone deemed a close contact must also complete a 14-day quarantine, regardless of a negative test.</p> <p>Individuals who report they are not experiencing symptoms but report close contact with a confirmed COVID-19 case should stay at home and should not be allowed at school through the 14-day incubation period.</p> <p>Anyone who indicates symptoms on the Daily Health Screen or is identified as having a fever of 100.4 degrees Fahrenheit or greater should be assumed to be positive until cleared by an appropriate medical provider.</p> <p>Individuals who meet any of the following may not participate or be present:</p> <ul style="list-style-type: none"> <li>Exhibiting symptoms of COVID-19 within the past 24 hours.</li> <li>Awaiting COVID-19 test results</li> <li>Confirmed COVID-19 positive (with or without symptoms)</li> <li>Close contact within the past 14 days with an individual with confirmed COVID-19</li> <li>Close contact within the past 14 days with an individual awaiting COVID-19 test results</li> </ul> <p>These individuals must stay home and consult with their healthcare provider. 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|  | <p>will not be allowed to re-engage in athletics until the following criteria have been met:</p> <ul style="list-style-type: none"> <li>• At least fourteen (14) days have passed since symptoms first appeared.</li> <li>• At least 24 hours have passed since resolution of fever without the use of fever-reducing medications.</li> <li>• The individual has improvement in symptoms (e.g., cough, shortness of breath).</li> <li>• Medical clearance is required for any individual that has a positive COVID-19 diagnosis or is quarantined for possible COVID-19.</li> </ul> <p><b>Travel Guidelines</b></p> <p>Anyone associated with team activities who returns to the District after traveling to a place other than Maryland, Virginia or a low-risk state or country must either:</p> <ul style="list-style-type: none"> <li>• Limit daily activities for 10 days upon returning OR</li> <li>• Limit daily activities and get tested for COVID-19 within 3-5 days after returning to DC. If you are experiencing symptoms, isolate at home until test results return.</li> <li>• The recommendation to quarantine while test results are pending still applies.</li> </ul> <p>Travel- related testing and quarantine requirements may be waived if an individual:</p> <ul style="list-style-type: none"> <li>• Has tested positive for COVID-19 within the last 90 days AND does not have any symptoms consistent with COVID-19 OR</li> <li>• Is fully vaccinated against COVID-19 AND is within 90 days of the last dose in the COVID-19 vaccine series AND does not have any symptoms consistent with COVID-19.</li> </ul> | <p>will not be allowed to re-engage in athletics until the following criteria have been met:</p> <ul style="list-style-type: none"> <li>• At least fourteen (14) days have passed since symptoms first appeared.</li> <li>• At least 24 hours have passed since resolution of fever without the use of fever-reducing medications.</li> <li>• The individual has improvement in symptoms (e.g., cough, shortness of breath).</li> <li>• Medical clearance is required for any individual that has a positive COVID-19 diagnosis or is quarantined for possible COVID-19.</li> </ul> <p><b>Travel Guidelines</b></p> <p>Anyone associated with team activities who returns to the District after traveling to a place other than Maryland, Virginia or a low-risk state or country must either:</p> <ul style="list-style-type: none"> <li>• Limit daily activities for 10 days upon returning OR</li> <li>• Limit daily activities and get tested for COVID-19 within 3-5 days after returning to DC. 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|  | <ul style="list-style-type: none"> <li>○ A person is considered fully vaccinated 14 days after completion of a COVID-19 vaccination series (after the second dose of a 2-dose series, or after one dose of a single-dose vaccine).</li> </ul> <p>Refer to:<br/> <a href="https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/page_content/attachments/Travel_Guidance_DCHealth_COVID-19_Updated%203.3.21.pdf">https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/page_content/attachments/Travel_Guidance_DCHealth_COVID-19_Updated%203.3.21.pdf</a></p> <p>Notify school point of contact or Athletic Trainer immediately.</p>  | <ul style="list-style-type: none"> <li>○ A person is considered fully vaccinated 14 days after completion of a COVID-19 vaccination series (after the second dose of a 2-dose series, or after one dose of a single-dose vaccine).</li> </ul> <p>Refer to:<br/> <a href="https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/page_content/attachments/Travel_Guidance_DCHealth_COVID-19_Updated%203.3.21.pdf">https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/page_content/attachments/Travel_Guidance_DCHealth_COVID-19_Updated%203.3.21.pdf</a></p> <p>Notify school point of contact or Athletic Trainer immediately.</p>  | <ul style="list-style-type: none"> <li>○ A person is considered fully vaccinated 14 days after completion of a COVID-19 vaccination series (after the second dose of a 2-dose series, or after one dose of a single-dose vaccine).</li> </ul> <p>Refer to:<br/> <a href="https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/page_content/attachments/Travel_Guidance_DCHealth_COVID-19_Updated%203.3.21.pdf">https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/page_content/attachments/Travel_Guidance_DCHealth_COVID-19_Updated%203.3.21.pdf</a></p> <p>Notify school point of contact or Athletic Trainer immediately.</p>  | <ul style="list-style-type: none"> <li>○ A person is considered fully vaccinated 14 days after completion of a COVID-19 vaccination series (after the second dose of a 2-dose series, or after one dose of a single-dose vaccine).</li> </ul> <p>Refer to:<br/> <a href="https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/page_content/attachments/Travel_Guidance_DCHealth_COVID-19_Updated%203.3.21.pdf">https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/page_content/attachments/Travel_Guidance_DCHealth_COVID-19_Updated%203.3.21.pdf</a></p> <p>Notify school point of contact or Athletic Trainer immediately.</p>  |
| <p><b>Confirmed Positive COVID-19 Test</b></p> | <p>Schools must notify DC Health when:</p> <ul style="list-style-type: none"> <li>● A staff member notifies the school they tested positive for COVID-19</li> <li>● If a student-athlete or parent of a student-athlete notifies the school a student-athlete tested positive for COVID-19.</li> <li>● Notify DC Health by submitting an online form on our website: <a href="https://dchealth.dc.gov/page/covid-19-reporting-requirements">dchealth.dc.gov/page/covid-19-reporting-requirements</a> under the section “<b>Non-Healthcare Facility Establishment Reporting.</b>”</li> <li>● Select “<b>Non-healthcare facility establishment seeking guidance about an employee, patron, or visitor that reported testing positive for COVID-19 (epidemiology consult/guidance).</b>”</li> <li>● An investigator from DC Health will follow-up in 24-48 hours to all appropriately submitted notifications.</li> <li>● DC Health will instruct schools on dismissals and other safety precautions in the event a known</li> </ul> | <p>Schools must notify DC Health when:</p> <ul style="list-style-type: none"> <li>● A staff member notifies the school they tested positive for COVID-19</li> <li>● If a student-athlete or parent of a student-athlete notifies the school a student-athlete tested positive for COVID-19.</li> <li>● Notify DC Health by submitting an online form on our website: <a href="https://dchealth.dc.gov/page/covid-19-reporting-requirements">dchealth.dc.gov/page/covid-19-reporting-requirements</a> under the section “<b>Non-Healthcare Facility Establishment Reporting.</b>”</li> <li>● Select “<b>Non-healthcare facility establishment seeking guidance about an employee, patron, or visitor that reported testing positive for COVID-19 (epidemiology consult/guidance).</b>”</li> <li>● An investigator from DC Health will follow-up in 24-48 hours to all appropriately submitted notifications.</li> <li>● DC Health will instruct schools on dismissals and other safety precautions in the event a known</li> </ul> | <p>Schools must notify DC Health when:</p> <ul style="list-style-type: none"> <li>● A staff member notifies the school they tested positive for COVID-19</li> <li>● If a student-athlete or parent of a student-athlete notifies the school a student-athlete tested positive for COVID-19.</li> <li>● Notify DC Health by submitting an online form on our website: <a href="https://dchealth.dc.gov/page/covid-19-reporting-requirements">dchealth.dc.gov/page/covid-19-reporting-requirements</a> under the section “<b>Non-Healthcare Facility Establishment Reporting.</b>”</li> <li>● Select “<b>Non-healthcare facility establishment seeking guidance about an employee, patron, or visitor that reported testing positive for COVID-19 (epidemiology consult/guidance).</b>”</li> <li>● An investigator from DC Health will follow-up in 24-48 hours to all appropriately submitted notifications.</li> <li>● DC Health will instruct schools on dismissals and other safety precautions in the event a known</li> </ul> | <p>Schools must notify DC Health when:</p> <ul style="list-style-type: none"> <li>● A staff member notifies the school they tested positive for COVID-19</li> <li>● If a student-athlete or parent of a student-athlete notifies the school a student-athlete tested positive for COVID-19.</li> <li>● Notify DC Health by submitting an online form on our website: <a href="https://dchealth.dc.gov/page/covid-19-reporting-requirements">dchealth.dc.gov/page/covid-19-reporting-requirements</a> under the section “<b>Non-Healthcare Facility Establishment Reporting.</b>”</li> <li>● Select “<b>Non-healthcare facility establishment seeking guidance about an employee, patron, or visitor that reported testing positive for COVID-19 (epidemiology consult/guidance).</b>”</li> <li>● An investigator from DC Health will follow-up in 24-48 hours to all appropriately submitted notifications.</li> <li>● DC Health will instruct schools on dismissals and other safety precautions in the event a known</li> </ul> |

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|   | positive COVID-19 individual came in close contact with others at school.   | positive COVID-19 individual came in close contact with others at school.   | positive COVID-19 individual came in close contact with others at school.   | positive COVID-19 individual came in close contact with others at school.   |
| <b>Suspected Exposure to COVID-19 via Team Member</b> | <p>Anyone exposed (i.e. the entire pod) to someone suspected of having COVID-19 or who tests positive for COVID-19 will be sent home immediately to quarantine until told otherwise.</p> <p>If the original person tests negative the pod may return.</p> <p>If the original person tests positive members of the pod may return if they remain asymptomatic for the duration of their quarantine period.</p> | <p>Anyone exposed to someone suspected of having COVID-19 or who tests positive for COVID-19 will be sent home immediately to quarantine until told otherwise.</p> <p>If the original person tests negative the pod may return.</p> <p>If the original person tests positive members of the pod may return if they remain asymptomatic for the duration of their quarantine period.</p> | <p>Anyone exposed to someone suspected of having COVID-19 or who tests positive for COVID-19 will be sent home immediately to quarantine until told otherwise.</p> <p>If the original person tests negative the pod may return.</p> <p>If the original person tests positive members of the pod may return if they remain asymptomatic for the duration of their quarantine period.</p> | <p>Anyone exposed to someone suspected of having COVID-19 or who tests positive for COVID-19 will be sent home immediately to quarantine until told otherwise.</p> <p>If the original person tests negative the pod may return.</p> <p>If the original person tests positive members of the pod may return if they remain asymptomatic for the duration of their quarantine period.</p> |
| <b>Locate Testing Sites</b>                           | <p>Anyone in need of a test should locate a testing site and stay home until you obtain your test results.</p> <p><b>Locate a testing site here:</b><br/><a href="https://coronavirus.dc.gov/testing">https://coronavirus.dc.gov/testing</a></p>  | <p>Anyone in need of a test should locate a testing site and stay home until you obtain your test results.</p> <p><b>Locate a testing site here:</b><br/><a href="https://coronavirus.dc.gov/testing">https://coronavirus.dc.gov/testing</a></p>  | <p>Anyone in need of a test should locate a testing site and stay home until you obtain your test results.</p> <p><b>Locate a testing site here:</b><br/><a href="https://coronavirus.dc.gov/testing">https://coronavirus.dc.gov/testing</a></p>  | <p>Anyone in need of a test should locate a testing site and stay home until you obtain your test results.</p> <p><b>Locate a testing site here:</b><br/><a href="https://coronavirus.dc.gov/testing">https://coronavirus.dc.gov/testing</a></p>  |
| <b>Student-athletes Return to</b>                     | Please understand for your child's safety, he/she will remain out of participation until  | Please understand for your child's safety, he/she will remain out of participation until  | Please understand for your child's safety, he/she will remain out of participation until  | Please understand for your child's safety, he/she will remain out of participation until  |

| <p><b>Participation Protocol (RTPP)</b></p>   | <p>they have been cleared by an appropriate medical provider (MD, DO, NP) and completes the RTPP. Returning a student-athlete before this happens may predispose them to another type of injury.</p> <p>To begin the Return to Play Protocol (RTPP) it may be recommended that the patient have a normal ECG.</p> <p>Medical clearance is required for any individual that has a positive COVID-19 diagnosis or is quarantined for possible COVID-19. That person must be 14 days symptom free.</p>   | <p>they have been cleared by an appropriate medical provider (MD, DO, NP) and completes the RTPP. Returning a student-athlete before this happens may predispose them to another type of injury.</p> <p>To begin the Return to Play Protocol (RTPP) it may be recommended that the patient have a normal ECG.</p> <p>Medical clearance is required for any individual that has a positive COVID-19 diagnosis or is quarantined for possible COVID-19. That person must be 14 days symptom free.</p> | <p>they have been cleared by an appropriate medical provider (MD, DO, NP) and completes the RTPP. Returning a student-athlete before this happens may predispose them to another type of injury.</p> <p>To begin the Return to Play Protocol (RTPP) it may be recommended that the patient have a normal ECG.</p> <p>Medical clearance is required for any individual that has a positive COVID-19 diagnosis or is quarantined for possible COVID-19. That person must be 14 days symptom free.</p> | <p>they have been cleared by an appropriate medical provider (MD, DO, NP) and completes the RTPP. Returning a student-athlete before this happens may predispose them to another type of injury.</p> <p>To begin the Return to Play Protocol (RTPP) it may be recommended that the patient have a normal ECG.</p> <p>Medical clearance is required for any individual that has a positive COVID-19 diagnosis or is quarantined for possible COVID-19. That person must be 14 days symptom free.</p> |                  |                    |   |   |   |  |   |  |   |  |   |  |
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| <p><b>Return to Participation Protocol Following a COVID-19 Diagnosis and/or Quarantine</b></p> | <table border="1"> <thead> <tr> <th data-bbox="632 560 709 613"><u>RTP Phase</u></th> <th data-bbox="709 560 1711 613"><u>Description</u></th> </tr> </thead> <tbody> <tr> <td data-bbox="632 613 709 743">1</td> <td data-bbox="709 613 1711 743"> <ul style="list-style-type: none"> <li>● Student-athlete has been symptom free for 14 days</li> <li>● ECG Performed (if prescribed by the doctor or preferred by parent)</li> <li>● Cleared by physician</li> <li>● Activities of daily living</li> <li>● Student-athlete completes above criteria without excessive fatigue or breathlessness</li> </ul> </td> </tr> <tr> <td data-bbox="632 743 709 849">2</td> <td data-bbox="709 743 1711 849"> <ul style="list-style-type: none"> <li>● Student-athlete is symptom free</li> <li>● 15 minutes of aerobic exercise (walking, light jogging, stationary cycle, no resistance training) at &lt;70% of MHR</li> <li>● Student-athlete completes above criteria without excessive fatigue or breathlessness</li> </ul> </td> </tr> <tr> <td data-bbox="632 849 709 954">3</td> <td data-bbox="709 849 1711 954"> <ul style="list-style-type: none"> <li>● Student-athlete is symptom free</li> <li>● 30-45 minutes of moderate activity (e.g. simple movement activities such as running drills) at &lt;80% of MHR</li> <li>● Student-athlete completes above criteria without excessive fatigue or breathlessness</li> </ul> </td> </tr> <tr> <td data-bbox="632 954 709 1036">4</td> <td data-bbox="709 954 1711 1036"> <ul style="list-style-type: none"> <li>● Student-athlete is symptom free</li> <li>● 45-60 minutes of sports specific aerobic activity (including warm up) at &lt;80% of MHR</li> <li>● Student-athlete completes above criteria without excessive fatigue or breathlessness</li> </ul> </td> </tr> <tr> <td data-bbox="632 1036 709 1110">5</td> <td data-bbox="709 1036 1711 1110"> <ul style="list-style-type: none"> <li>● Student-athlete is symptom free</li> <li>● Return to play with no restrictions</li> <li>● Student-athlete completes above criteria without excessive fatigue or breathlessness</li> </ul> </td> </tr> </tbody> </table> |   |   |   | <u>RTP Phase</u> | <u>Description</u> | 1 | <ul style="list-style-type: none"> <li>● Student-athlete has been symptom free for 14 days</li> <li>● ECG Performed (if prescribed by the doctor or preferred by parent)</li> <li>● Cleared by physician</li> <li>● Activities of daily living</li> <li>● Student-athlete completes above criteria without excessive fatigue or breathlessness</li> </ul> | 2 | <ul style="list-style-type: none"> <li>● Student-athlete is symptom free</li> <li>● 15 minutes of aerobic exercise (walking, light jogging, stationary cycle, no resistance training) at &lt;70% of MHR</li> <li>● Student-athlete completes above criteria without excessive fatigue or breathlessness</li> </ul> | 3 | <ul style="list-style-type: none"> <li>● Student-athlete is symptom free</li> <li>● 30-45 minutes of moderate activity (e.g. simple movement activities such as running drills) at &lt;80% of MHR</li> <li>● Student-athlete completes above criteria without excessive fatigue or breathlessness</li> </ul> | 4 | <ul style="list-style-type: none"> <li>● Student-athlete is symptom free</li> <li>● 45-60 minutes of sports specific aerobic activity (including warm up) at &lt;80% of MHR</li> <li>● Student-athlete completes above criteria without excessive fatigue or breathlessness</li> </ul> | 5 | <ul style="list-style-type: none"> <li>● Student-athlete is symptom free</li> <li>● Return to play with no restrictions</li> <li>● Student-athlete completes above criteria without excessive fatigue or breathlessness</li> </ul> |
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| <p><b>General Considerations</b></p>  | <p>If the LEA is offering a hybrid model of in-person learning, it is strongly recommended that student-athletes, who's season is about to begin practice, chose to attend school via the "Virtual Option". This will allow student-athletes who meet the academic and attendance requirements the opportunity to practice and play with their teammates. If a student-athlete from a sport specific team tests positive for COVID-19, the mitigation efforts will be contained within the team and not the general student-athlete population. It is also recommended that member schools explore creating "athletic pods" during their sports season, i.e. basketball teams, for example, may gather at a designated school space (i.e. gym), attend classes via a virtual learning model, be monitored by appropriate school based coaching staff, conduct practice and exit the facility without comingling with the general student-athlete population.</p> <p>Make sure to emphasize to all participants the importance of washing hands or using hand sanitizer before, during and after practice(s)/competition(s).</p> <p>Schools must ensure facilities have been properly sanitized and have hand sanitizer and disposable masks readily available for practices and contests.</p> <p>Clean and disinfect frequently touched surfaces and equipment including balls.</p> <p>No hugging, high fives, shaking hands, or fist bumps.</p>  |   |   |   |                  |                    |   |   |   |  |   |  |   |  |   |  |

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|   | <p>Social distancing should be maintained during the National Anthem and on the sidelines.</p> <p>In accordance with the DC Department of Health (DOH) guidance as activities are allowed responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, individuals must wear acceptable face coverings, unless players are unable to tolerate a face covering for the physical activity (e.g. practicing, playing); provided, however, that coaches, athletic trainers, and other individuals who are not directly engaged in physical activity are required to wear a face covering. Acceptable face coverings for COVID-19 include but are not limited to cloth-based face coverings and disposable masks that cover both the mouth and nose. <i>*Face coverings with exhalation valves or vents must NOT be worn.</i> This type of face covering does not prevent the wearer from transmitting COVID-19 to others (source control).</p> <p>Outdoor sports may need to extend bench areas to permit social distancing. Indoor sports may need to use bleachers or multiple levels of seating to ensure social distancing. Schools should consider using tape or paint as a guide for student-athletes and coaches.</p> <p>Have a hydration plan to provide water to student-athletes and coaches in a safe manner. Coordinate with visiting teams to ensure that they have safe access to water for their participants.</p> <p>Practice/competition site – <b><u>Only essential personnel should be permitted on the practice/competition site as authorized.</u></b> These are defined as athletes, coaches, athletic trainers/medical personnel, and officials (competition), etc.</p> <p>No scrimmages and or friendlies with any “outside” school team.</p> <p>Media – Media members should contact host school administrators prior to arriving at games to plan appropriate entry, workspace and determine school policies.</p> <p>Personal Items – It is recommended that each student-athlete bring their own bag for personal items. All personal items should remain in the bag when not in use. Bags should be placed in a predetermined area six (6) feet apart for the duration of the practice or game.</p> |
| <p><b>Considerations for Student-athletes</b></p> | <p>In accordance with the DC DOH guidance, as activities are allowed, responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor during conditioning, skill development, practice and competition. Coaches, athletic trainers, and other individuals are required to wear a face covering. Acceptable face coverings for COVID-19 include but are not limited to cloth-based face coverings and disposable masks that cover both the mouth and nose. <i>*Face coverings with exhalation valves or vents must NOT be worn.</i> This type of face covering does not prevent the wearer from transmitting COVID-19 to others (source control).</p> <p>Student-athletes are encouraged to develop healthy habits including, but not limited to, a balanced diet, proper sleep hygiene, and adequate hydration.</p> <p>Teams should consider making each student-athlete responsible for their own supplies.</p> <p>Student-athletes should wear their own appropriate workout/competition clothing and not share clothing.</p> <p>Individual clothing and towels should be washed and cleaned after every practice.</p> <p>Student-athletes are encouraged to keep their mouth guards in their mouth throughout practice/competition, when allowed. If this is not possible, proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so.</p> <p>Student-athletes should be advised to bring and use their own water bottle.</p> <p>Student-athletes should drink enough fluid before, during and after practice/competition.</p> <p>Student-athletes are encouraged to shower at home as quickly as possible after practice/competition.</p> <p>No hugging, high fives, shaking hands, or fist bumps.</p> <p>Student-athletes should tell coaches/athletic trainers immediately when they are not feeling well.</p>   |
| <p><b>Considerations for Coaches</b></p>          | <p>In accordance with the DC DOH guidance, as activities are allowed, responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor. Coaches, athletic trainers, and other individuals are required to wear a face covering. Acceptable face coverings for COVID-19 include but are not limited to cloth-based face</p>   |

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|  | <p>coverings and disposable masks that cover both the mouth and nose. <i>*Face coverings with exhalation valves or vents must NOT be worn.</i> This type of face covering does not prevent the wearer from transmitting COVID-19 to others (source control).</p> <p>Communicate guidelines in a clear and consistent manner to student-athletes, parents, and caregivers.</p> <p>Consider conducting workouts in “cohorts” of same student-athletes always training and rotating together in practice to ensure more limited exposure if someone develops an infection.</p> <p>Coaches should limit game day squad sizes for social distancing purposes. Only fully eligible student-athletes should be permitted on the sidelines, in locker rooms, etc.</p> <p>Keep accurate records of those athletes and staff who attend each practice and game/contest in case contact tracing is needed.</p> <p>Coaches should bring their own water bottle(s) and follow established guidelines for hydration.</p> <p>No hugging, high fives, shaking hands, or fist bumps.</p>  |
| <p><b>Considerations for Parents/Guardians</b></p>     | <p>In accordance with DCSAA guidance, all parties must ensure a distance of at least six feet is always maintained, whether indoor or outdoor.</p> <p>Individuals must wear acceptable face coverings, unless unable to tolerate a face covering for medical reasons. Acceptable face coverings for COVID-19 include but are not limited to cloth-based face coverings and disposable masks that cover both the mouth and nose. <i>*Face coverings with exhalation valves or vents must NOT be worn.</i> This type of face covering does not prevent the wearer from transmitting COVID-19 to others (source control).</p> <p>Parents/Guardians should monitor their children of any symptoms prior to any sporting activities. Children who are sick or showing symptoms must stay home. (If there is doubt stay home).</p> <p>Parents/Guardians and coaches should assess levels of risk based for their individual student-athletes and make decisions regarding participation accordingly.</p> <p>Provide personal items for your child and clearly label them.</p> <p>Disinfect your student-athlete’s personal equipment after each game or practice.</p>  |
| <p><b>Considerations for School Administrators</b></p> | <p>Local Education Agencies (LEA) have the autonomy to administer their respective athletic programs as they deem appropriate.</p> <p>Schools should limit game day team/roster sizes for social distancing purposes. Only fully eligible student-athletes should be permitted on the sidelines, in locker rooms, etc.</p> <p>The determination of modified, junior varsity, varsity teams is made by individual LEAs.</p> <p><b><u>TRAVELING TO A COMPETITION</u></b></p> <p>Make sure to communicate with the host school prior to the competition to discuss plans.</p> <p>Follow all policies and guidelines the host school has communicated.</p> <p>Make sure your team is bringing its own medical supplies and emergency action plans.</p> <p>Students should be advised to bring additional shirts or clothing to easily change into. Locker rooms and showers will not be available for use.</p> <p><b><u>HOSTING A GAME OR CONTEST</u></b></p> <p><b>No Spectators allowed</b></p> <p>Make sure to have an administrative contact (cell number and email address) for all events.</p> <p>Communicate ahead of time with the incoming schools, event personnel (i.e. scorekeepers, timers, announcers) and officials about procedures, policies, and guidelines.</p> |

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|                                     | <p>Examples to be covered include but not limited to the following:</p> <ul style="list-style-type: none"> <li>• Parking</li> <li>• Where to enter the facility</li> <li>• What equipment should the visiting team bring</li> <li>• Water availability</li> <li>• Bench area (how many players can be accommodated to maintain social distancing)</li> <li>• Locker room availability</li> <li>• Fan allowances and requirements</li> <li>• Restroom availability</li> <li>• Emergency action plans</li> <li>• How will game day paperwork be handled (electronic exchange of information is preferred)</li> </ul> <p>Make sure facilities have been properly disinfected before the visiting team arrives.</p> <ul style="list-style-type: none"> <li>• Have hand sanitizer and disposable masks readily available</li> </ul> <p>It is recommended to make frequent announcements prior to and during the competition pertaining to face covering and social distancing requirements.</p> <p>Clean and sanitize frequently touched surfaces and equipment, including balls.</p> |  |  |   |
| <b>General Activity Description</b> | <p><b>Re-Engagement</b></p> <ul style="list-style-type: none"> <li>• Maintain Physical Distancing</li> <li>• No Contact with Others</li> </ul>   | <p><b>Skill Development</b></p> <ul style="list-style-type: none"> <li>• Maintain Physical Distancing</li> <li>• No Contact with Others</li> </ul>   | <p><b>Official Practice</b></p> <ul style="list-style-type: none"> <li>• Maintain Physical Distancing when possible</li> <li>• Low Contact with Others</li> </ul>  | <p><b>Competition</b></p> <ul style="list-style-type: none"> <li>• Maintain Physical Distancing when possible</li> <li>• Low Contact with Others</li> </ul> |
| <b>Baseball</b>                     | Conditioning and tee work. Players should not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another student-athlete using the same balls, they should be collected and cleaned individually.   | Conditioning and tee work. Players should not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another student-athlete using the same balls, they should be collected and cleaned individually. | <p><b>First Day of Practice: March 18, 2021</b></p> <p>Conditioning, individual or team-based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices.</p> | <p><b>SEE ATTACHED COMPETITION GUIDANCE</b></p>   |
| <b>Basketball</b>                   | Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.  | Conditioning and individual drills. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball without properly cleaning the ball. Contact with other players is not allowed. Cleaning should occur after the end of each drill.                     | <p><b>NOT ALLOWED AT THIS TIME<br/>HIGH CONTACT/HIGH RISK SPORT</b></p>  | <p><b>NOT ALLOWED AT THIS TIME HIGH<br/>CONTACT/HIGH RISK SPORT</b></p>   |
| <b>Cheerleading</b>                 | Conditioning and individual technique/choreography work. Student-athletes may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible if physical distancing is adhered to.   | Conditioning and individual technique/choreography work. Student-athletes may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible if physical distancing is adhered to.   | <p><b>NOT ALLOWED AT THIS TIME<br/>HIGH CONTACT/HIGH RISK SPORT</b></p>  | <p><b>NOT ALLOWED AT THIS TIME<br/>HIGH CONTACT/HIGH RISK SPORT</b></p>   |

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| <b>Cross Country</b>                 | Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).  | Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).  | <b>First Day of Practice: March 18, 2021</b><br><br>Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes). | <i>SEE ATTACHED COMPETITION GUIDANCE</i>                                     |
| <b>Dance/Drill</b>                   | Conditioning and individual technique/choreography work. Student-athletes may not practice/perform partner or group stunts. Jumps, dance, tumbling without contact are permissible if physical distancing is adhered to.  | Conditioning and individual technique/choreography work. Student-athletes may not practice/perform partner or group stunts. Jumps, dance, tumbling without contact are permissible if physical distancing is adhered to.  | <b>NOT ALLOWED AT THIS TIME<br/>HIGH CONTACT/HIGH RISK SPORT</b>   | <b>NOT ALLOWED AT THIS TIME<br/>HIGH CONTACT/HIGH RISK SPORT</b>             |
| <b>Football</b>                      | Conditioning and individual drills. A player should not participate in drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies / donuts / sleds. Protective equipment prohibited. | Conditioning and individual drills. A player should not participate in drills with a single ball that will be handed off or passed to other teammates without properly cleaning the ball. Cleaning should occur after the end of each drill. Contact with other players is not allowed. If tackling dummies / donuts / sleds, etc. are used cleaning, should occur after every use. | <b>NOT ALLOWED AT THIS TIME<br/>HIGH CONTACT/HIGH RISK SPORT</b>   | <b>NOT ALLOWED AT THIS TIME<br/>HIGH CONTACT/HIGH RISK SPORT</b>             |
| <b>Flag Football</b>                 | Conditioning and individual drills. A player should not participate in drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed.   | Conditioning and individual drills. A player should not participate in drills with a single ball that will be handed off or passed to other teammates. Cleaning should occur after the end of each drill. Contact with other players is not allowed.  | <b>NOT ALLOWED AT THIS TIME<br/>MODERATE CONTACT/MODERATE RISK<br/>SPORT</b>   | <b>NOT ALLOWED AT THIS TIME<br/>MODERATE CONTACT/MODERATE RISK<br/>SPORT</b> |
| <b>Golf</b>                          | Maintain appropriate physical distancing 6 feet apart.  | Maintain appropriate physical distancing 6 feet apart.  | <b>First Day of Practice: March 18, 2021</b><br><br>Maintain appropriate physical distancing 6 feet apart.   | <i>SEE ATTACHED COMPETITION GUIDANCE</i>                                     |
| <b>Lacrosse<br/>Boys &amp; Girls</b> | Conditioning, individual drills, each player has his own ball. A player should not use a lacrosse ball that others touch in any manner. Protective equipment prohibited.  | Conditioning and individual drills. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball without properly cleaning the ball. Contact with other players is not allowed. Cleaning should occur after the end of each drill.  | <b>NOT ALLOWED AT THIS TIME<br/>HIGH CONTACT/HIGH RISK SPORT</b>   | <b>NOT ALLOWED AT THIS TIME<br/>HIGH CONTACT/HIGH RISK SPORT</b>             |
| <b>Soccer</b>                        | Conditioning, individual ball skill drills, each player has own ball, feet only (no heading/use of hands), no contact.  | Conditioning and individual drills. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball without properly cleaning the ball. Contact with other players is not allowed. Cleaning should occur after the end of each drill.  | <b>NOT ALLOWED AT THIS TIME<br/>HIGH CONTACT/HIGH RISK SPORT</b>   | <b>NOT ALLOWED AT THIS TIME<br/>HIGH CONTACT/HIGH RISK SPORT</b>             |
| <b>Softball</b>                      | Conditioning and tee work. Players should not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw   | Conditioning and tee work. Players should not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw   | <b>First Day of Practice: March 18, 2021</b><br><br>Conditioning, individual or team-based skill development allowed. All player and team                              | <i>SEE ATTACHED COMPETITION GUIDANCE</i>                                     |

FINAL: Wednesday, April 7, 2021

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|   | batting practice (with netting as backstop, no catcher). Prior to another student-athlete using the same balls, they should be collected and cleaned individually.  | batting practice (with netting as backstop, no catcher). Prior to another student-athlete using the same balls, they should be collected and cleaned individually.  | equipment should be disinfected frequently before, during, and after practices.   |  |
| <b>Swimming</b>   | Swimmers should maintain appropriate physical distancing 6 feet apart. Do not share lanes.<br><br>Relays must maintain physical distancing  | Swimmers should maintain appropriate physical distancing 6 feet apart. Do not share lanes.<br><br>Relays must maintain physical distancing  | <b>First Day of Practice: March 18, 2021</b><br>Swimmers should maintain appropriate physical distancing 6 feet apart. Do not share lanes.<br><br>Relays must maintain physical distancing  | <b>SEE ATTACHED COMPETITION GUIDANCE</b>                                     |
| <b>Tennis*</b><br>Special attention should be given to risk minimization during doubles activities  | Conditioning, no sharing of balls, each player may use own can of balls to serve and uses racket to pass other balls (singles only), ball machine use by individuals only. Players may do individual drills, wall volleys   | Conditioning, no sharing of balls, each player may use own can of balls to serve and uses racket to pass other balls (singles only), ball machine use by individuals only. Players may do individual drills, wall volleys. Cleaning should occur after the end of each drill. | <b>First Day of Practice: March 18, 2021</b><br><br>Minimize sharing of balls, rackets and other equipment. Cleaning of all equipment and hand sanitization should occur between each person and/or drill. Due to the porous nature of tennis balls every effort should be made to restrict ball contact by multiple people (i.e. competitors shag their own balls). Balls should not be used for multiple matches without being cleaned. | <b>SEE ATTACHED COMPETITION GUIDANCE</b>                                     |
| <b>Track &amp; Field*</b><br>Special attention should be given to risk minimization for relay races | Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes). No sharing of implements / equipment. Padded equipment should be cleaned between uses.   | Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes). No sharing of implements / equipment. Padded equipment should be cleaned between uses.   | <b>First Day of Practice: March 18, 2021</b><br><br>Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes). All athlete, team, and padded equipment should be disinfected frequently before, during, and after practices.  | <b>SEE ATTACHED COMPETITION GUIDANCE</b>                                     |
| <b>Ultimate Disc</b>  | Conditioning and individual drills. A player should not participate in drills with a single disc that will be handed off or passed to other teammates. Contact with other players is not allowed.   | Conditioning and individual drills. A player should not participate in drills with a single disc that will be handed off or passed to other teammates. Cleaning should occur after the end of each drill. Contact with other players is not allowed.                          | <b>NOT ALLOWED AT THIS TIME<br/>MODERATE CONTACT/MODERATE RISK<br/>SPORT</b>  | <b>NOT ALLOWED AT THIS TIME<br/>MODERATE CONTACT/MODERATE RISK<br/>SPORT</b> |
| <b>Volleyball</b>   | Conditioning, individual ball handling drills, each player has own ball. A player should not use a single ball that others touch or hit in any manner.  | Conditioning and individual drills. A player should not use a single ball that others touch or hit in any manner without properly cleaning the ball. Cleaning should occur after the end of each drill. Contact with other players is not allowed.                            | <b>NOT ALLOWED AT THIS TIME<br/>MODERATE CONTACT/MODERATE RISK<br/>SPORT</b>  | <b>NOT ALLOWED AT THIS TIME<br/>MODERATE CONTACT/MODERATE RISK<br/>SPORT</b> |
| <b>Wrestling</b>  | Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (if physical distancing is adhered to).   | Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (if physical distancing is adhered to).   | <b>NOT ALLOWED AT THIS TIME<br/>HIGH CONTACT/HIGH RISK SPORT</b>  | <b>NOT ALLOWED AT THIS TIME<br/>HIGH CONTACT/HIGH RISK SPORT</b>             |
| <b>Additional Resources/ Links</b>  | <ul style="list-style-type: none"> <li>• <a href="https://coronavirus.dc.gov/">https://coronavirus.dc.gov/</a></li> <li>• <a href="#">CDC Considerations for Youth Sports</a></li> <li>• <a href="#">CDC Recommendations Regarding the Use of Cloth Face</a></li> </ul> |   |   |  |

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|  | <ul style="list-style-type: none"> <li>• <a href="#">Coverings</a></li> <li>• <a href="#">NFHS Guidance for Opening Up High School Athletic and Activities</a></li> <li>• <a href="#">NCAA Core Principles of Resocialization of Collegiate Sport</a></li> <li>• <a href="#">U.S. Olympics and Paralympics Committee: Return to Training Considerations</a></li> <li>• <a href="https://www.nfhs.org/articles/nfhs-amssm-guidance-for-assessing-cardiac-issues-in-high-school-student-athletes-with-covid-19-infection/">https://www.nfhs.org/articles/nfhs-amssm-guidance-for-assessing-cardiac-issues-in-high-school-student-athletes-with-covid-19-infection/</a></li> </ul> |  |  |  |
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### COMPETITION CONSIDERATIONS

- The following guidelines and considerations are general and should be used as guidelines to minimize risk of disease transmission.
- These considerations may be altered based on recommendations by the DC Board of Health and COVID-19 data. These alterations may be made at any time with little notice.
- More detailed recommendations may be provided as the start of each season approaches.

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| <p><b>BASEBALL</b></p> | <p>The DC DOH has determined that baseball is a low risk sport (sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratoryparticle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants).</p> <p><b>BASEBALL</b></p> <p><b>GENERAL CONSIDERATIONS:</b></p> <ul style="list-style-type: none"> <li>• Have hand sanitizer and wipes available at the field.</li> <li>• Have wash stations or sanitizer at each dugout.</li> <li>• No one touches the score sheet except the scorer.</li> <li>• Sanitize the bench/dugout prior to competition.</li> <li>• If fans are allowed, staggered seating required.</li> <li>• Check fans temperatures prior to entering spectator area.</li> <li>• Each team provides sanitized balls (buckets) while on defense.</li> <li>• Have a bucket of dirty balls available so they can be sanitized after the game.</li> <li>• Sanitize the bases after each contest.</li> </ul> <p><b>CONSIDERATIONS FOR COACHES:</b></p> <ul style="list-style-type: none"> <li>• Facial coverings are required on and off of the field.</li> <li>• No lineup card exchange.</li> <li>• Eliminate handshakes post-game.</li> <li>• Maintain six feet of distance between student-athletes and umpires.</li> <li>• No seeds, gum, spitting or phlegm.</li> <li>• Evaluate and note pre-existing health conditions.</li> </ul> <p><b>CONSIDERATIONS FOR STUDENT-ATHLETES:</b></p> <ul style="list-style-type: none"> <li>• No seeds, gum, spitting or phlegm.</li> </ul> |
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|                             | <ul style="list-style-type: none"> <li>• Don't share equipment.</li> <li>• No touching of baseballs.</li> <li>• No lineup card exchange.</li> <li>• The plate umpire should wear a face mask behind the plate.</li> <li>• Clean equipment after each game.</li> <li>• Follow social distance guidelines. Consider six feet minimum distance when talking to others (players, coaches, or other umpires) at plate meetings.</li> <li>• Do not shake hands and follow pre- and post-game ceremony established by the DCSAA.</li> <li>• Evaluate and note pre-existing health conditions.</li> <li>• Carry hand sanitizer.</li> <li>• If the pitcher puts his/her hands to their mouth off the mound and touches the ball, "Time" is called, a new ball is inserted and the pitcher must sanitize their hands before throwing the next pitch.</li> </ul> <p><b>CONSIDERATIONS FOR UMPIRES:</b></p> <ul style="list-style-type: none"> <li>• Bring personal hand sanitizer. Wash hands frequently.</li> <li>• Don't share equipment.</li> <li>• No touching of baseballs.</li> <li>• No lineup card exchange.</li> <li>• Clean equipment after each game.</li> <li>• Follow social distance guidelines. Consider six feet minimum distance when talking to others (players, coaches, or other umpires) at plate meetings.</li> <li>• Do not shake hands and follow pre- and post-game ceremony established by the DCSAA.</li> <li>• Evaluate and note pre-existing health conditions.</li> </ul> <p><b>CONSIDERATIONS FOR PARENTS/CAREGIVERS:</b></p> <ul style="list-style-type: none"> <li>• Make sure your child and immediate household and immediate household members are without symptoms of illness before participating in practice and/or meets. If there is doubt, stay home.</li> <li>• Provide personal items for your child and clearly label them.</li> </ul> <p>Sanitize your student-athletes' personal equipment after each practice/game.</p>  |
| <p><b>CROSS COUNTRY</b></p> | <p>The DC DOH has determined that cross country is a low risk sport (sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors)</p> <p><b>CROSS COUNTRY RULE CONSIDERATIONS:</b></p> <ul style="list-style-type: none"> <li>• Schools are encouraged to comply with NFHS Rule 8-5: that events contested with 4 or fewer teams be limited to a maximum of 12 participants from each team.</li> <li>• Cross country meets should consider using staggered, wave or interval starts.</li> </ul> <p><b>Possible Rule Modifications:</b></p> <p>Consider widening the course to at least 6 feet at its narrowest point.</p> <ul style="list-style-type: none"> <li>• Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.</li> <li>• If no FAT timing system is available, consider alternative means of finish place and time to reduce congestion at finish line. If sticks are used for determining place, disposable sticks are recommended by race.</li> <li>• Consider using image-based equipment at finish line to assist with picking place and reducing congestion.</li> </ul> <p><b>PRE AND POST RACE CEREMONY:</b></p> <ul style="list-style-type: none"> <li>• Pre and Post Race Ceremony: Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the race.</li> <li>• The use of team tents on site is discouraged.</li> <li>• Teams are expected to provide individual water for their athletes and discourage the use of water stations and open cups.</li> </ul> <p><b>CONSIDERATION FOR CROSS COUNTRY OFFICIALS:</b></p> <ul style="list-style-type: none"> <li>• Please review the General Considerations for Officials</li> <li>• Follow social distancing guidelines: <ul style="list-style-type: none"> <li>✓ Pre and Post Meet conferences.</li> <li>✓ Clerking at the start line.</li> <li>✓ Tabulations and posting of results.</li> </ul> </li> <li>• Consider using electronic whistle.</li> </ul> <p><b>CONSIDERATIONS FOR PARENTS/CAREGIVERS:</b></p> |

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|                        | <ul style="list-style-type: none"> <li>• Make sure your child and immediate household and immediate household members are without symptoms of illness before participating in practice and/or meets. If there is doubt, stay home.</li> <li>• Provide personal items for your child and clearly label them.</li> <li>• Sanitize your student-athletes' personal equipment after each practice/game.</li> </ul>   |
| <p><b>GOLF</b></p>     | <p>The DC DOH has determined that golf is a low risk sport (sports that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors).</p> <p><b>COMPETITION CONSIDERATIONS:</b></p> <ul style="list-style-type: none"> <li>• Schools may adhere to local course competition rules in relation to COVID-19 accommodations.</li> <li>• Social distancing of at least 6 feet should always be maintained. No hugging, shaking hands, or fist bumps.</li> <li>• Normal golf groups are permitted.</li> <li>• Limit use of golf shop and retail operations to maintain social distancing guidelines. If social distancing cannot be maintained, golf shop access should be prohibited prior to the competition.</li> <li>• To limit congestion, limiting field size and starting from one tee only is recommended. Also, consider the expanded spacing of starting times (12 minutes apart for groups of 3 and 15 minutes apart for groups of 4).</li> <li>• Tees, pencils and ball-markers and sharpies will not be available. Players must bring their own equipment and food/beverage as needed.</li> <li>• Electronic scoring is permitted for Regular Season competition. The exchange of scorecards by players is discouraged and verbal confirmation of scores may be accepted.</li> <li>• To limit congestion, it is recommended that a window of time be established for players to access practice facilities before their round based on their starting times.</li> <li>• It is recommended that practice facilities not be used after the round and that all players be encouraged to depart immediately when finished.</li> </ul> <p><b>CONSIDERATIONS FOR PARENTS/CAREGIVERS:</b></p> <ul style="list-style-type: none"> <li>• Make sure your child and immediate household and immediate household members are without symptoms of illness before participating in practice and/or meets. If there is doubt, stay home.</li> <li>• Provide personal items for your child and clearly label them.</li> <li>• Sanitize your student-athletes' personal equipment after each practice/game.</li> </ul>  |
| <p><b>SOFTBALL</b></p> | <p>The DC DOH has determined that softball is a low risk sport (sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants).</p> <p><b>SOFTBALL RULES CONSIDERATIONS:</b></p> <ul style="list-style-type: none"> <li>• <b>Face Shields:</b> Per guidance from the NFHS Sports Medicine Advisory Committee, plastic shields covering the entire face (unless integrated into the face mask and attached to a helmet) shall not be allowed during the contests. Their usage during practices increases the risk of unintended injury to the person wearing the shield or teammates.</li> <li>• <b>Additional Equipment:</b> Cloth facial coverings are recommended but not required. Facial coverings must be of one color, not distracting and no designs. Pitchers can't wear optic yellow cloth facial coverings.</li> <li>• <b>Pregame Conference:</b> Limit attendees to one coach from each team plus the umpires. Coaches should stay outside the width of the batter's box at home plate, maintaining six feet of distance between each person.</li> <li>• <b>Substitutions:</b> The verbal exchange should occur six feet from the coach to scorer and opposing team when making lineup changes.</li> <li>• <b>Coaching:</b> Umpires do not handle equipment on the field during play. Contact with the game balls should be limited as possible. Base coaches must stay six feet from a runner at all times after suspension of play.</li> <li>• <b>Bench and Field Conduct:</b> Players are not permitted to leave the dugout area to congratulate players when scoring or after home runs. The number of individuals in the dugout is dependent upon the size of the dugout. Players and coaches must maintain six feet of social distance. NFHS rules allow for dugouts/designated warm up areas to be extended to provide for social distancing.</li> <li>• <b>Charged Conferences:</b> Coaches holding defensive conferences must stay on the home plate side of the pitcher's circle and the player or players must be on the opposite of the pitcher's circle maintaining the six feet of distance. No more than two players plus the pitcher are allowed. Only one coach is permitted during the conference. If a coach visits the pitcher, all other players should stay outside of the pitching circle.</li> <li>• <b>Exchange of Lineup Cards:</b> Lineups should be handed to the umpire, and the umpire will verbally approve or ask any questions about the lineup. It is recommended that lineup cards be exchanged team to team and teams to scorekeeper to be shared via phone or text.</li> <li>• <b>Infractions by the Pitcher:</b> Prohibit the licking of fingers and wiping them off. Pitchers are not allowed to put their hands to their mouths or blow into their hands prior to pitching the ball. This will be a "no-pitch". Any umpire is permitted to make this call. The ball should be called dead immediately and it will be a "no-pitch". The ball will go to</li> </ul> |

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|                                 | <p>the dugout for sanitizing and the pitcher must sanitize their hands before play can continue.</p> <ul style="list-style-type: none"> <li>• <b>Plate Umpire:</b> The plate umpire should stand deeper than normal to call balls and strikes.</li> <li>• <b>Equipment and Apparel:</b> Cloth facial coverings are recommended but not required. They must be of one color and not distracting. No designs are allowed. Umpires may wear disposable gloves and masks.</li> </ul> <p><b>ADDITIONAL UMPIRE CONSIDERATIONS:</b></p> <ul style="list-style-type: none"> <li>• Base umpires should maintain six feet from any player as a starting position when rotated and/or counter rotated.</li> <li>• The plate umpire should keep the catcher and batter at a six feet distance when sweeping off the plate.</li> </ul> <p><b>CONSIDERATIONS FOR PARENTS/CAREGIVERS:</b></p> <ul style="list-style-type: none"> <li>• Make sure your child and immediate household and immediate household members are without symptoms of illness before participating in practice and/or meets. If there is doubt, stay home.</li> <li>• Provide personal items for your child and clearly label them</li> <li>• Sanitize your student-athletes' personal equipment after each practice/game.</li> </ul>   |
| <p><b>TENNIS</b></p>            | <p>The DC DOH has determined that Tennis is a low risk (sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants).</p> <p><b>TENNIS MATCH CONSIDERATIONS:</b></p> <p><b>PRE-MATCH CONFERENCE:</b></p> <ul style="list-style-type: none"> <li>• Limit attendees to any pre-match conference between athletes and coaches. Make sure to maintain social distancing of 6 ft.</li> </ul> <p><b>TEAM AREAS:</b></p> <ul style="list-style-type: none"> <li>• Make sure team personnel observe social distancing of 6ft.</li> </ul> <p><b>DURING MATCHES:</b></p> <ul style="list-style-type: none"> <li>• Between points, use your racquet or foot to advance the tennis balls back to your opponent. Avoid using your hands when returning balls to another court.</li> <li>• Maintain physical distancing if changing ends of the court.</li> <li>• Avoid touching your face after handling a ball, racquet or other equipment.</li> <li>• Wash your hands promptly if you have touched your eyes, nose, or mouth.</li> <li>• When playing doubles, coordinate with your partner to maintain physical distancing, where possible.</li> <li>• Wash your hands thoroughly or use a hand sanitizer before, during (between sets), and after play.</li> <li>• Clean and wipe down your equipment, including racquets and water bottles. Use new balls and a new grip, if possible.</li> <li>• Use only your own towels and water bottles. Avoid sharing food and touching common surfaces such as court gates, fences, benches, etc.</li> </ul> <p><b>TENNIS BALLS: Although unlikely, it is possible that a tennis ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease. If feasible, as an extra precaution:</b></p> <ul style="list-style-type: none"> <li>• Use four or six tennis balls.</li> <li>• Mark half of the balls in use and designate those balls to a participant. Each participant will then retrieve only the balls assigned to them.</li> </ul> <p><b>CONSIDERATIONS FOR PARENTS/CAREGIVERS:</b></p> <ul style="list-style-type: none"> <li>• Make sure your child and immediate household and immediate household members are without symptoms of illness before participating in practice and/or meets. If there is doubt, stay home.</li> <li>• Provide personal items for your child and clearly label them.</li> <li>• Sanitize your student-athletes' personal equipment after each practice/game.</li> </ul> |
| <p><b>TRACK &amp; FIELD</b></p> | <p>The DC DOH has determined that Track &amp; Field is a low risk sport (sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants).</p> <p><b>TRACK &amp; FIELD</b></p> <p><b>GENERAL CONSIDERATIONS:</b></p> <ul style="list-style-type: none"> <li>• Shot Put (SP), Discus Throw (DT) should enforce social distancing for all athletes and officials.</li> <li>• To limit contact: athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws.</li> <li>• If athletes can't provide their own implements, then it is recommended that implements be sanitized between each use.</li> <li>• Long Jump (LJ), Triple Jump (TJ) should enforce social distancing for all athletes and officials</li> <li>• High Jump (HJ) should enforce social distancing for all athletes and officials.</li> <li>• To lower the risk of these event, contest officials can cover pits by a tarp that is removed and sanitized after each athlete (therefore multiple tarps are needed to keep the event moving).</li> </ul>  |

- To limit contact: athletes should not share any equipment.
- Sprint, Hurdle, Relay Events (run entirely in lanes), may use every other lane to assist with distancing.
- Blocks should be sanitized after each heat/race.
- Recommend not using baskets at start line for apparel.
- Recommendations for student to wear a cloth facial covering when not actively competing.
- Middle Distance and Distance Races on track of 800m and longer (any event not run entirely in lanes) are considered moderate risk activities if conducted under normal circumstances.

**POSSIBLE RULE CHANGE CONSIDERATIONS:**

- NFHS Rule 5-10-5 Current Rule: The baton is the implement which is used in a relay race and is handed by each competitor to a succeeding teammate. Gloves are not permitted in relay events.
- Leagues may permit the use of gloves for this year.
- Schools can bring their own batons, or they should be sanitized after each heat/race.

**CONSIDERATIONS FOR OFFICIALS:**

- Bring personal hand sanitizer. Wash hands frequently.
- Don't share equipment.
- Follow social distancing guidelines
- Pre and Post Meet Conferences.
- Clerking at the start line.
- Tabulations and posting of results
- Consider using electronic whistle.
- Do not shake hands and follow pre- and post- game ceremony guidelines established by DCSAA
- Officials and meet personnel should always wear cloth facial coverings or mask.

**CONSIDERATIONS FOR COACHES:**

- Communicate your guidelines in a clear manner to students, parents and caregivers.
- Keep accurate records of those athletes and staff who attend each workout/meet in case contact tracing is needed.

**CONSIDERATIONS FOR STUDENT-ATHLETES:**

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout/competition clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout/meet immediately upon returning home.
- Hand sanitizer should be plentiful at all workouts and meets.
- Athletes should tell coaches immediately when they are not feeling well.
- Cloth face coverings are permitted
- Bring your own labeled water bottle.

**CONSIDERATIONS FOR PARENTS/CAREGIVERS:**

- Make sure your child and immediate household and immediate household members are without symptoms of illness before participating in practice and/or meets. If there is doubt, stay home.
- Provide personal items for your child and clearly label them.
- Sanitize your student-athletes' personal equipment after each practice/game.