



HEALTHY AT SPORTS

**STAGE 3 - PERFORMANCE
RETURN TO COMPETITION:
CONSIDERATIONS FOR
WINTER SPORTS &
SPORT-ACTIVITIES**



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Stage 3- Performance
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Sport Considerations**

SWIMMING AND DIVING

Staff Contact:
Butch Cope

SWIMMING AND DIVING SPECIFIC GUIDANCE

CROSS-REFERENCE TO OTHER GUIDANCE

- All individuals involved in the athletic program are expected to reference all guidance standards, including those this sports-specific guidance and the All Sports Guidance document.
- If there is an ambiguity between recommended guidelines, the most stringent should apply, and deference shall be given to the KHSAA Return to Play Material as other resources amend their guidance later.
- Guidance is categorized into three areas:
 - REQUIRED- These standards are required at all sanctioned contests.
 - RECOMMENDED- These standards are best practices during all contests during the pandemic and are therefore recommended for all contests.
 - CONSIDER- While these items are also best practices during this time, local site discretion should be exercised to determine if these items are practical and feasible for use at the contest.
- These differences in the guidance are necessitated by the differences in sports, facilities, geographic areas, and pronounced differences during normal years and magnified this school year.
- In addition to the links and information in the All Sports Guidance document, Swimming and Diving coaches, officials, and school administrators will want to study the reminders and information from a variety of sources, including:
 - USA Swimming, “2020 Return To Competition Plan”, <https://bit.ly/3dAfgil>, and
 - USA Swimming “Facility Reopening Plan Guidelines”, <https://bit.ly/2luZRv8>

DOCUMENT VERSIONING

- Original Version Issued, Fall, 2020 Start of Play, 9/19/20
- Revisions made to make final preparations for winter sports, 10/23/20.
- Additional information posted for Swimming and Basketball revisions, 10/28/20.
- Documents revised to include standard information in all documents (previously contained in the All Sports Guidance), 10/29/20.
- Sections related to Isolation and Positive Test among participants now listed in both the sports documents and the All-Sports Guidance.
- Revisions per delayed start of play (1/4/20) distributed on 12/11/20 including attendance restrictions, playing date revisions, masking updates and contest restrictions and clarifications.
- Competition Dates Adjusted, December, 2020 to tentatively schedule state event for week of May 10, with regionals to be completed by May 2.
- Revisions to Return to Play from KMA SMAC upon analysis, 3/21.

COMPLIANCE STANDARD AND EXPECTATIONS

- These guidelines represent additional policies and interpretations per the Constitution of the KHSAA. Member schools, through the membership process and form, have agreed to abide by those policies as attested to in the membership application, including:
 - The school is a voluntary member of the KHSAA and follows the KHSAA Constitution, Bylaws, Competition Rules, and all other policies and directives of the KHSAA Commissioner or Board of Control;
 - The Principal/Designated Representative has read, understood, and agrees to abide by the KHSAA Constitution, Bylaws, Competition Rules, Due Process Procedure, and all other policies of the KHSAA Commissioner or Board of Control as now enacted or later amended;



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- The school will abide by all of the rulings and directives of the KHSAA Commissioner, Assistant Commissioners, Hearing Officer, and Board of Control, and at all times act in the best interests of the KHSAA;
 - The school will self-report all violations of the KHSAA Constitution, Bylaws, Competition Rules, Due Process Procedure or all other policies and directives of the KHSAA Commissioner or Board of Control, and any ruling by the KHSAA and its Commissioner, Assistant Commissioners, Hearing Officer or Board of Control;
 - The KHSAA may impose penalties as detailed in the Bylaws of the KHSAA against a member school for violation of the KHSAA Constitution, Bylaws, Competition Rules, Due Process Procedure or all other policies and directives of the KHSAA Commissioner or Board of Control, and said school agrees to timely adhere to and abide by all penalties assessed against this school under the Bylaws of the KHSAA or any other rule, regulation or policy;
 - The school will comply with the principles of institutional control as defined within the Bylaws of the KHSAA and the KHSAA's published interpretations thereof.
- As such, these policies during this time of the global pandemic are binding on all member schools; and cooperative application of the standards is the primary way our members have of restarting interscholastic activity.
- Failure to adhere to the requirements contained in these standards shall be cause for a finding of a lack of institutional control and penalized per Bylaw 27, including game forfeiture, fine or other penalties, suspension of an individual team, program, or member school.

SEASON LIMITATION AND CONTEST ADJUSTMENTS

SEGMENTS AND SEASON LIMITATIONS (ADOPTED FOR 2020-21 AND REQUIRED)

- Each sports season during the 2020-21 school year is defined in three segments.
- The purpose of the segmented approach is to allow for a gradual progression as new and revised procedures are tried and revised, as well as to monitor health statistics in the area of the competing schools
 - Segment 1 refers to activity and contests from the first Contest through January 31;
 - Segment 2 refers to activities and contests from February 1 to February 28, and
 - Segment 3 refers to activities and contests from March 1 to the beginning of the region.
- The first official practice can be held on December 14.
- Intra-squad scrimmaging may be conducted beginning the first day of practice.
- For 2020-2021, no interscholastic scrimmages are permitted before the legal first contest date of the season or following the first official match.
- The first official contest can be held on January 4.
- The limit of contests per Bylaw 23 for the season (not including postseason) is 15 with no more than 3 contests in a given week.
- If a school exceeds the limit of contest in a given week, such shall not be considered a violation of Bylaw 23 provided the preceding or succeeding week(s) are adjusted to create an appropriate average number of contests per week.
- The last official regular season contest can be held on the date prior to the first day set for regional competition.
- Postseason play in Swimming, at this time, is scheduled to begin the week of April 5, with championship play currently scheduled to end the week of April 19.
- Postseason dates for Diving will be established and announced to the member schools.
- All teams eliminated would be permitted to play additional contests before the week of the state championship, provided teams don't exceed the contest limit.



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ENTRY AND COMPETITOR LIMITATIONS (ADOPTED FOR 2020-21 AND RECOMMENDED FOR ALL COMPETITION DURING THE SEGMENTS AND SUBJECT TO ADJUSTMENT DURING THE SEASON)

- Segment 1: * First Contest through January 31:
 - Relay events are not permitted
 - Limit meets to a maximum of 5 schools.
- Segment 2: * February 1 to February 28:
 - Relay events permitted
 - Limit meets to a maximum of 10 schools.
- Segment 3: * March 1 to the beginning of the region:
 - Invitational events permitted provided within adherence to guidance, local health department, and facility limitations.
 - Limit meets to a maximum of 15 schools.

ATTENDANCE DETERMINATION

- Attendance at any event is at the final discretion of the host school or school system after consultation with local health officials but shall be guided by a thorough review including the identification of those who are Essential, Preferred, and Non-Essential. (REQUIRED)
- The following represent starting points for discussion with school/school system and consultation with local health officials for spectators but are not intended to create a statewide mandatory standard:
 - Consider inviting local public health officials to your school to review specific facility concerns related to attendance, ingress, egress, and crowd management. (RECOMMENDED)
 - Consult with local public health officials to ensure you have not missed any important considerations, given cases in the virus, community, and general area surrounding your county. (REQUIRED)
 - Once the plan has been determined and you have discussed it with local public health officials, communicate it to all as soon as possible but be flexible for consideration of future changes. (REQUIRED)
 - Consultation with local health department officials (or the collaboration of multiple health departments) in conjunction with the opponent(s) on attendance allowances, restrictions, or capacities. (REQUIRED)

ATTENDANCE LIMITATIONS AND MAXIMUMS

- Sports-specific attendance recommendations and limitations (per segment) are provided in each specific sport guidance document.
- In all seating areas (including bleacher and stadium chair or chairback seating), family units that live in the same household and those that traveled to the contest in the same vehicle should sit together while the entire group maintains six-foot social distancing from any other family or traveling group. (RECOMMENDED)
- In all venues, facilities shall insist of compliance with face-covering/mask requirements and social distancing principles. (REQUIRED)
- In all seating areas (including bleacher and stadium chair or chairback seating), on any set of bleachers with separate entrances from other sections, schools shall determine a maximum attendance at the facility during each of the three season segments.
- Schools should consider having staggered arrival times if multiple entrances are not available. (RECOMMENDED)
- Plans should all carefully consider allowances for the parents and family of the competitors (along with social distancing requirements), with the traditional easily identifiable family being rare and somewhat difficult to quantify. (RECOMMENDED)



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- For events held in non-bleacher venues, plans should include a maximum number of non-competitors, which would include coaching staff, non-competing members, and any allowance for parents or the general public. (RECOMMENDED)
- Social distancing will always be more difficult in chairback style seating, as there exists minimal flexibility for social distancing.
- Plans should also be limited in consideration of the number of restrooms in the facility and their location relationship to the separate section entrances. (CONSIDER)
- Until current orders related to venues and event spaces are rescinded and absent specific approval from the Governor's Office, *Healthy at Work*, no event may be approved for more than fifty percent of capacity (see Requirements for Venues and Event Spaces at the link at the end of this section for details). (GOVERNOR ORDER)

ATTENDANCE AT EVENTS (RECOMMENDED)

- Due to the unique environmental situations relative to aquatic centers, it should be expected that attendance will be restricted until further notice at all meets during the 2020-2021 academic year.
- It is also clear that, especially in and around swimming meets, establishing a consistent pattern for social distancing will be difficult.
- Due to the inability and lack of feasibility of consistent social distancing by competitors, officials, and coaches, it is clear that in these pandemic times, attendance will need to be restricted.
- Attendance recommendations will be reviewed before each segment based on the current status of the virus in the Commonwealth.
- Segment 1: * First Contest through January 31:
 - Per current recommendations in consultation with the Kentucky Department for Public Health and the KHSAA Board of Control, attendance should be limited to a maximum of four ticketed spectators per uniformed player or other student with official connection to team not to exceed fifteen (15) percent of building capacity.
 - Such limitations should include fans/spectators, competitors, coaches, officials, and facility workers that are exclusive to the contest.
 - Where feasible and practical, allowances and considerations should be in place for the attendance of events by the parents of the participating students.
- Segment 2: * February 1 to February 28:
 - Attendance is to be limited to 15% of facility capacity inclusive of fans/spectators, competitors, coaches, officials, and facility workers that are exclusive to the contest.
- Segment 3: * March 1 to the beginning of the region:
 - Absent further revision, attendance should be limited to the Segment 1 limits.

ROSTER AND PARTICIPATION RESTRICTIONS

- Rosters and participation are restricted to a limit of the players entered in an event for that day (including relay alternates during the appropriate segments), to include restriction those participating in warm-ups and competition. (REQUIRED)
- All non-participating team members who are not essential to game management shall be seated in the bleachers or general seating area and able to socially distance from other groups. (REQUIRED)

DETERMINING GAME DAY ESSENTIAL PERSONNEL

- In contest planning, host sites must determine who is essential. (REQUIRED)
- Per the NFHS Guidance for Opening up High School Athletics, individuals should be grouped into tiers from essential to non-essential to decide which tiers will be allowed at an event with the recommended tiering of individuals: (RECOMMENDED)
 - Tier 1 (Essential): Athletes participating in the contest, coaches, officials, event staff, medical staff, security



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- Tier 2 (Preferred): Media, Limited Squad of Cheerleaders, Limited Squad of Band Members
- Tier 3 (Non-essential): Spectators, vendors
- Each school will need to consult with the local health department as to the wisdom of attendance by those different tiers of individuals due to local and regional data. (REQUIRED)

NON-UNIFORMED TEAM MEMBERS (REQUIRED)

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

RESTRICTIONS ON IN-STATE CONTESTS

- It is recommended that contests not be played during the seven-day period (Monday to Sunday) in counties where the incidence of COVID-19 is considered to be “critical spread” (25 average daily cases per 100,000 population) as verified on the Monday of a contest week.
- Such spread may be monitored as detailed on the KDPH COVID-19 Dashboard map (listed in “Red”) at <https://bit.ly/2DOK526>
- This recommendation is about participating IN a “Red” county and not simply AGAINST a school from a “Red” county.
- For seeded district contests, failure to participate in a game in excess of the baseline “Red” county recommendation could result in a contest being considered a forfeit solely for the purpose of seeding.
- Administrators concerned about participation against a school from a Red county should note that requirements regarding isolation and quarantine should help control virus among the actual contest competitors.
- Administrators should consult with both the opposing team administrators and potentially, with local health departments, about other mitigation strategies for those traveling from Red counties such as mutually reducing or further limiting crowds, etc.
- All involved should aware that the “Red” metric is but a single statistical metric and that metric should be cause for additional information gathering prior to making decisions.
- Where feasible, practical and manageable, member schools should make all reasonable efforts to accommodate competing schools by rescheduling a contest.
- All decisions should be made just as you would want to be made about your team if it was the Monday before the state basketball or football championships as all of the participants and coaches have sacrificed immensely, and it is all of our roles to ensure that we have explored every alternative.
- All schools must also guard against making decisions that could be such as to make an unfair competitive difference over situations in which adaptation is not only possible but the best course of action for students.
- For postseason play and where feasible, practical and manageable, the expectation is that all member schools will make all reasonable efforts to accommodate all competing schools with rescheduling the contest or adjusting the parameters around the contest provided that rescheduled dates or adaptations do not adversely affect the next round of the tournament.
- It is noted however that with the current defined periods of quarantine and isolation per the CDC, it may not be possible or practical for accommodations to be made for teams facing those situations.



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- There will be no administrative penalty for a school voluntarily deciding not to participate in postseason play in any sport or at any time during that sport season tournament.
- Should additional scheduling guidance be issued from both KDPH and the KHSAA concerning in-state scheduling, such will be released to the membership and updated routinely.

RESTRICTIONS ON OUT OF STATE CONTESTS

- Until further notice, out of state contests are restricted:
 - It is recommended that out-of-state contests not be played in a county where incidence rate of that county would place them in "Red" status in the Commonwealth during the seven-day period (Monday to Sunday) as verified on the Monday of a contest week. (RECOMMENDED)
 - It is recommended to adhere to Governor's travel ban for any team or individuals traveling to participate in states on current advisory listing including 14-day quarantine upon return. (RECOMMENDED)
 - Refer to the list of states listed under "Travel Advisory" for list of states with excessively high transmission rates where travel should be restricted, even if in a Kentucky-contiguous county (updated daily), <https://bit.ly/2Ysaptt> (REQUIRED)
 - It is recommended to use extra precaution traveling to states reporting positive testing rate equal to or greater than 10 percent-of COVID-19 testing. These restrictions would also preclude any participation against foreign teams at this time, including Canada and Mexico. (REQUIRED)
 - These provisions will be continually reviewed by the Commissioner's office in consultation with the Kentucky Department for Public Health using current health data and any further revisions will be supplied to the membership.
 - This policy shall apply equally to sports and sport-activities.

RESTRICTIONS ON NFHS SANCTIONED EVENTS

- Until further notice, there will be no NFHS sanctioned events approved which involve:
 - Events in non-bordering states if five (5) or more states are involved or
 - Events in non-bordering states if more than eight (8) schools are involved. (REQUIRED)
 - If the only reason for sanction being required is the co-sponsor or titling of the event but the contest meets the restrictions listed above, NFHS sanction will be considered. (REQUIRED)

TIME BETWEEN COMPETITIONS AND EVENTS

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

COMPETITION SCHEDULE AND RELATED CHANGES FOR 2020-21

- Due to issues around COVID-19 and the strong desire of the staff and Board of Control to engage students, practice and competition have been permitted to resume in fall sports, although delayed and with seasons necessarily shortened.
- Changes not related to the competition schedule are summarized on the KHSAA website at <https://bit.ly/3j6u8Xo> with interpretations at <https://bit.ly/2YzmywD>.
- Individual contest limitations were adopted to allow for a prorated elimination of the number of contests based on the revised length of the season, and individual limitations for each sport are contained on the specific sport pages of this document.



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SEASON SEGMENTS

- Each sports season during the fall of 2020-21 is defined in three segments as listed in the specific sport section.
- The purpose of the segmented approach is to allow for a gradual progression as new and revised procedures are tried and revised, as well as to monitor health statistics in the area of the competing schools.

GAME/CONTEST MANAGER (ALL REQUIRED)

- The Principal of the home team shall designate a home game/contest manager on site before the start of each contest at a time designated by the KHSAA.
- The home game/contest manager shall have complete authority to order a contest delayed or stopped, and such shall be expected if COVID-19 health and safety standards are not properly adhered to by all participants in the event, including coaches, players, team support members, fans, and all in attendance.
- The home game/contest manager shall have full authority to remove fans, without refund, who refuse to comply with universal masking and physical distance requirements as stated in the All-Sports or Sports Specific Guidance.
- The home game manager will meet with the officials during the pre-game period, making the officials aware of his/her primary location for the entire contest.
- The home game manager assumes responsibility for all aspects of crowd control, such as ensuring that only authorized personnel are allowed in the team bench area.
- For outdoor venues, the home game manager will make sure that all fans remain at least ten yards from the playing area. In the event a natural barrier, such as a fence, is in place, this will be sufficient so long as it is not prohibited by the playing rules of that sport.
- For indoor venues, the home game manager will make sure that all fans are not seated in the first two to three rows of bleachers in those sections of bleachers located immediately behind the team benches to allow for additional space for bench personnel to create the appropriate social distancing.
- Unruly or disruptive fans will be escorted from the facility by the home game manager when necessary.
- The home game manager is responsible for providing proper security at each event.
- The home game manager shall identify a safe and secure area for officials to change before and after each contest whenever possible and shall ensure that officials are safely escorted from the venue after each contest.
- The home game manager shall have a venue-specific emergency action plan in place per KRS 160.445.

COVID-19 SPECIFIC INFORMATION REGARDING TESTING, POSITIVES, QUARANTINE AND ISOLATION

MASS TEAM TESTING FOR COVID-19

- It is highly desired from a public health perspective to have a screening and testing program (whenever possible) for players and coaches. (CONSIDER)
- Per the NFHS SMAC in its August 2020 report, while a comprehensive multiple times-per-week testing program at the high school level is likely cost-prohibitive and raises concerns regarding the proper allocation of resources during the pandemic, each member school should strongly consider the adoption of screening protocol and any additional steps necessary to protect the student and the student body during this pandemic. (RECOMMENDED).
- With the privilege aspect in mind, school districts are recommended to establish COVID-19 testing protocols, even if those protocols necessarily are different from the typical student and even if non-congruent with other schools or other school activities. (RECOMMENDED)



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- Schools should be prepared to alter and adjust any testing or prevention protocol based on changes in data throughout the state as well as locally. (RECOMMENDED)
- Interscholastic athletics is a privilege, not a right, as confirmed by the courts on multiple occasions.
- As a privilege, a member school may require additional steps for participation to occur, such as a higher grade achievement requirement, less tolerance for attendance issues, a parental and student risk acknowledgment and permission form, and a variety of other required thresholds.
- As a privilege, students and their families agree to comply with these and other restrictions as a condition of participation.
- Frequent testing of asymptomatic athletes is a major component of all professional and many collegiate return-to-play plans.
- Larger, well-funded schools at the collegiate level (particularly the Power-5 league members of the ACC, Big-10, Big-12, Pac-12, and SEC) have recommended a multi-tiered testing process that has evolved to multiple tests per week.
- Recently the FDA has approved saliva-based testing as an alternative to more expensive and slower-result testing systems, but it will take time for distribution (see <https://bit.ly/31tpdtP>).
- Students who refuse to participate in an adopted screening program should be determined to have voluntarily given up the privilege of participation.
- The NFHS SMAC does not at this time recommend testing of asymptomatic high school athletes, however in Kentucky, part of the tremendous success in twice “flattening a curve” epidemiologically has been our access to no-cost testing regardless of symptoms.

COVID-19 BASIC DEFINITIONS – ISOLATION AND QUARANTINE

- Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.
 - Isolation separates sick people with a contagious disease from people who are not sick.
 - Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.
- Any individual being tested for COVID-19 for any reasons should self-quarantine (per CDC guidance) until the results of the test are known.

PROTOCOL FOR SUSPECTED CASES OF COVID-19

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

PROTOCOL FOR POSITIVE CASES OF COVID-19 (REQUIRED)

- The local health department shall be contacted by the school for further direction, and they will likely initiate contact tracing, following regular public health practices.
- All schools, public and private, must cooperate with the local public health department if a confirmed case of COVID-19 is identified and collect the contact information for any close contacts (i.e., individuals less than six feet apart for more than 15 minutes) of the infected individual from two days before he or she showed symptoms to the time when he or she was last at the event.



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- All member schools are expected to cooperate with directives from the Governor and the Kentucky Department for Public Health regarding the reporting of cases and data.
- Close contacts should be quarantined immediately per current CDC protocols.
- Local health officials may identify other contacts who require quarantine, including entire team quarantine.
- Administrators of the schools involved shall participate in all notification orders if they are notified of the presence of any laboratory positive or clinically diagnosed cases of COVID-19.
- The individual with COVID-19 shall not be identified by name to non-family or non-health department officials.
- Even if a family/student acknowledges and publicly discloses a positive test, school staff and officials must not participate in discussion or acknowledgment of a positive test by identifying a specific student.
- Students, coaches, or officials who were at the event but not in close contact with a positive case, should continue to be closely monitored for any symptoms of COVID-19.
- Areas that were used by the sick person should be closed off and should not be used until after cleaning and disinfecting them (this includes surfaces or shared objects in the area).
- If possible, cleaning and disinfecting of the area should not occur until at least 24 hours have elapsed and if 24 hours is not feasible, as much time as possible should be allowed to pass before cleaning or disinfection occurs.

RETURN TO PLAY OR INVOLVEMENT FOR POSITIVE COVID-19 TEST

BASIC PROCEDURES INCLUDING ISOLATION, AND CONTACT TRACING, COMPLIANCE WITH LOCAL HEALTH DEPARTMENT GUIDELINES, AND REPORTING (REQUIRED FOR ANY STUDENT, COACH OR OTHER ADULT SCHOOL EMPLOYEE OR OTHER NON-SPECTATOR)

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

CONFIRMED POSITIVE CASE EVALUATION BY MEDICAL PROVIDER (RECOMMENDED)

- Student-athletes and others with a role on the team with a confirmed COVID-19 diagnosis shall consider undergoing an evaluation by their medical provider as a return to play or involvement following a positive test, and confirmation requires written consent of an MD or DO.
- The members of the Kentucky Medical Association Committee on the Medical Aspects of Sports that serve as the KHSAA Sports Medicine Committee have developed a form for use in evaluating the next steps for persons in athletics who have tested positive.



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- The form for family care physicians and other MD or DO, which creates a decision tree, is listed on the KHSAA website (GE91) and is the official mechanism and decision matrix to be used.
- All should note that, based on this review, consultation with a cardiologist may be required.

RETURN TO PLAY PROTOCOL

- The complete protocol is listed on the KHSAA website, including required and recommended protocol steps, a recommended form and an example detailing required and recommended timeframes at <https://bit.ly/30NCLiy>.
- The KMA SMAC has developed and approved a protocol for return to play, which applies to both students and adults, and this protocol has been routinely reviewed and revised as new data has become available throughout the pandemic. (ADOPTED, AUGUST, 2020, AMENDED, SEPTEMBER 2020, OCTOBER 2020, DECEMBER 2020, JANUARY 2021, FEBRUARY 2021 and MARCH 2021)
- Any return to play shall be preceded by a gradual and progressive return to physical exertion.
- Athletes should complete the progression below without the development of cardiopulmonary symptoms (chest pain, chest tightness, palpitations, shortness of breath, excessive fatigue, lightheadedness, pre-syncope, or syncope).
- Monitor the student-athlete closely for the development of any symptoms during this active progression.

SCREENING OF ALL ENTERING THE FACILITY FOR PRACTICE OR COMPETITION

- All should be mindful that participation in sports is a privilege and not a right, as is attendance at such an event.
- Local school/school systems shall develop a protocol after consultation with local health officials, for checking the temperature and health of all individuals. (REQUIRED)
- A standard checklist form is available for use by member schools, however, a school developed list, health department developed list, or electronic equivalent may be used. (RECOMMENDED)
- Anyone attending or participating in a KHSAA regular season or postseason event shall review his/her symptoms before arriving in anticipation of being screened. (REQUIRED)
- Gate attendees shall be prepared to check the temperature of any individual who was not checked that day by the school. (REQUIRED)
- The current protocol permits accepting a temperature of 100.4F or less. (REQUIRED)
- Consider the potential for environmental factors to cause an elevated temperature and should the temperature be elevated, it is appropriate to isolate the individual and recheck the temperature after 5-to-10 minutes of sitting in a cooler environment. (RECOMMENDED)
- In the event a person does not meet the temperature threshold, that individual shall not be admitted to the facility and standard procedures for a symptomatic individual shall be implemented. (REQUIRED)
- A standard COVID-19 symptom checklist shall be reviewed with all who enter (REQUIRED)
- The name and contact information should be recorded at each practice (REQUIRED)
- The name and contact information should be recorded where feasible and practical at competitions (REQUIRED)
- Currently, the known symptoms which shall be addressed are as follows, but may be subject to future revision and notification (see updates at <https://bit.ly/3gqgMgn>): (REQUIRED)
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache



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Return to Competition: Individual
Sport Considerations**

SWIMMING AND DIVING

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

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

BASIC MASK/FACE COVERING INFORMATION

- All individuals entering a venue before, during, and after a contest shall wear a mask/face covering. (REQUIRED)
- All administrators, spectators, workers, coaches and non-competitors, including substitutes and sideline cheerleaders (when not involved in permitted legal stunting) shall wear a mask/face covering at all times. (REQUIRED)
- Only the exercising athletes and assigned contest officials in the game on the court/field/mat at that specific moment are exempt from wearing a mask/face covering at all times. (REQUIRED)
- A “gaiter” with multiple layers of cloth complies with this requirement provided it is properly worn covering the nose and mouth when the player is not participating and can easily slip down around the neck during participation. (RECOMMENDED)
- Anyone who is not engaged in strenuous physical activity is to be wearing a mask/face covering. (REQUIRED)



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- All spectators and non-competitors in the contest at that moment, must wear masks unless they are eating or drinking at the moment. (REQUIRED)
 - At outdoor events only, if spectators are seated in groups involving only members of the permanent residence household and they are six-feet away from all other individuals, the mask is not required once seated but is recommended. (RECOMMENDED)
 - At indoor events, masking is required all the time unless eating or drinking at that moment. (REQUIRED)
 - If individuals move or are moving to another venue location, they are to wear masks when moving. (REQUIRED)
- At all practices and contests, it is expected that these standards for universal masking be applied (with the exception of the participating athletes and contest officials during actual play) at all facilities and that patrons should be escorted out of the event if they refuse to comply. (RECOMMENDED)
- Being more than six-feet away from other individuals does NOT waive the requirement to wear a mask unless all of the group resides in the same household at an outdoor event.

MASK/FACE COVERINGS DURING WORKOUTS, PRACTICES, AND COMPETITION BY ATHLETES

- A mask/face covering is permitted for all participants at any time.
- If a mask becomes saturated with moisture from breathing or sweat, a coach or athlete should change into a dry mask as a wet mask is less efficient at filtering bacteria and viruses.
- Masks should only be worn once during practice, workouts, or competition and then replaced with a fresh mask.
- All reusable cloth masks should be cleaned ideally in a washer with hot water and soap and then dried before the next use.
- Ironing a cloth on the highest setting possible for the material can also assist with disinfection after washing and drying.
- There are now multiple commercial reusable mask options available for use during exercise

SOCIAL DISTANCING (ALL REQUIRED WHERE PRACTICAL AND FEASIBLE)

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

BACKGROUND, AND ADDITIONAL GUIDANCE (ADAPTED FROM A VARIETY OF SOURCES, TO BE REVIEWED BY SCHOOL ADMINISTRATORS AND COACHES)

PREFACE

- Of the resumed sports and sport-activities, Swimming and Diving presents yet another challenge due to the nature of the facilities where competitions are held, possible airflow issues, and unknown problems with the ventilation in most pools in an environment where chemicals are not only used but required.
- The problems in Swimming and Diving are exacerbated by the traditional near-congregate environment as well as the seating of participants on and around the pool decks, gatherings of which must be limited during the times of the pandemic.



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- It is strongly believed that with the appropriate recognition and mitigation steps, a season can both start and continue until its end.
- Coaches are encouraged to emphasize to participants that it is not simply the time in practice and competitions that matter in terms of prevention of problems for the program, but those hours after practice or competition ends, and until the next time the team is together.
- It is important to emphasize that these guidelines are based on the latest scientific and medical understanding of COVID-19 and how it can be transmitted and are subject to change.
- However, they are not necessarily derived from outcomes data obtained from each sport and participation in it but are based on what is presently known to reduce risk and minimize the spread of the Coronavirus in the general population.
- Swimming and Diving, as is true of any sport, cannot eliminate risk from the training and competitive environment.
- The focus for everyone involved in athletics is to manage risk and reduce known factors that increase exposure to risks.
- Several strategies can be implemented to reduce risk to the participants and to make the Swimming and Diving environment as safe as possible.
- Nonetheless, the ultimate authority related solely to COVID-19 will be local and state health departments and governing organizations.

FACILITY ENTRY AND EXIT (RECOMMENDED)

- Arrive approximately 5-10 minutes before start time to maximize social distancing when entering the facility. All persons must wear a face-covering upon arrival, starting in the parking lot. These safety protocols must resume when exiting the facility.
- Post instructions for entering and exiting the facility to provide for minimal contact and traffic.
- Provide parking lot signage marking paths throughout the facility to guide swimmers and staff for safe entry and exit procedures.
- Post signage denying entry to those answering “Yes” to any COVID-19 health questions.
- Arrive in swimsuits ready to swim, carry minimal personal belongings, and exit the facility immediately upon completion of Swimming.
- Do not participate in extra-curricular or social activity while at the facility.
- Change clothes and shower at home to eliminate locker room use except for necessary restroom usage.
- Confirm contact information of anyone who enters the facility if they need to be notified for COVID-19 contact tracing.
- Staff should be responsible for opening entry and exit doors to limit contact of surfaces by swimmers.

**ENTRANCE AREAS | LOBBY | STAFF AREA | LOCKER ROOMS | CLASSROOMS
(RECOMMENDED)**

- Arrive approximately 5-10 minutes before start time to maximize social distancing when entering the facility. All persons must wear a face-covering upon arrival, starting in the parking lot. These safety protocols must resume when exiting the facility.
- Post instructions for entering and exiting the facility to provide for minimal contact and traffic.
- Provide parking lot signage marking paths throughout the facility to guide swimmers and staff for safe entry and exit procedures.
- Post signage denying entry to those answering “Yes” to any COVID-19 health questions.
- Arrive in swimsuits ready to swim, carry minimal personal belongings, and exit the facility immediately upon completion of Swimming.
- Wear masks or face coverings at any time when not actually swimming or diving.
- Do not participate in extra-curricular or social activity while at the facility.



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- Change clothes and shower at home to eliminate locker room use with the exception of the use of the restroom.
- Confirm contact information of anyone who enters the facility in the event they need to be notified for COVID-19 contact tracing.
- Staff should be responsible for opening entry and exit doors to limit contact of surfaces by swimmers.

POOL GUIDANCE (RECOMMENDED FOR FACILITIES)

- Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer before entering the pool.
- Remove all unnecessary toys or pool equipment from the pool and pool deck.
- Do not permit equipment to be shared between competitors (e.g., goggles).
- Wear appropriate PPE if the facility has in-water instructors (such as “plastic shields” that allow ease of breathing for instructors).
- Maintain proper pool chemistry at all times.
- Facilities that can shift toward more outdoor-like environments should do so (i.e., open all window bays, bubbles, retractable roofs, etc.).
- Eliminate the use of low ventilated spaces and rooms that prevent social distancing, such as locker rooms unless necessary due to restroom facility usage only.
- Increase water sanitation level - For example, keep chlorine closer to 2.0 PPM
- Create visible markers on the floor to indicate appropriate spacing on the pool deck, entrances, etc.

PRACTICE, PRACTICE LAYOUT, EMPHASIS ON SOCIAL DISTANCING IN BOTH PRACTICE AND COMPETITIONS (REQUIRED)

- In keeping with existing guidelines, Swimming and Diving should consider implementing appropriate policies and procedures to include but not limited to the following issues per the All Sports Guidance Document section of Healthy at Sports:
 - Daily screening of symptoms
 - Daily noncontact temperature scan (before training and competing)
 - Frequent Coronavirus Testing (as and if resources allow)
 - Enhanced Training and Competition Facility Sanitation Practices
 - Enhanced Personal Hygiene Measures and Practices
 - Contact Tracing in Partnership with Local Health Departments per locally adopted school procedures
- Reduce practice sizes and limit the capacity of in-water participants, including lane spacing and allocation to maintain proper social distancing (diagrams in USA Swimming Guidance at <https://bit.ly/2luZRV8> and <https://bit.ly/3dAfgil>).
- A coach or staff member should ask athletes, as they come into practice, if they feel ill in any way, specifically listing certain symptoms, and send home those athletes reporting feeling ill or experiencing symptoms.
- Symptoms include mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
- Athletes/coaches who begin to cough/sneeze for any reason must move away from others until coughing/ sneezing dissipates.
- Athletes should change clothes and shower at home.
- Establish the appropriate start and stop points for participants to maximize social distancing.



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PARTICIPANT GUIDANCE- PRACTICE AND COMPETITION

PREPARING TO SWIM - PROTECT AGAINST INFECTIONS:

- Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use hand sanitizer if soap and water are not readily available before going to the pool.
- Do not share equipment.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- Arrive as close as possible to when activity begins.
- Avoid touching gates, fences, benches, etc. if you can.
- Do not attend practice if you or a member of your household does not feel well.
- Follow directions for spacing and stay at least six feet apart from each other.
- Do not make physical contact with others, such as shaking hands or giving a high five.

WHEN SWIMMING

- Follow directions for spacing and stay at least six feet apart from others.
- Do not make physical contact with others, such as shaking hands or giving a high five.
- Avoid touching your face.
- Avoid sharing food, drinks, or towels.
- Maintain appropriate social distancing from other athletes when taking a break.
- Wear your suit to and from practice.

AFTER SWIMMING

- Follow directions for spacing and stay at least six feet apart from each other.
- Do not make physical contact with others, such as shaking hands or giving a high five.
- Leave the facility as soon as reasonably possible after practice.
- Wash your hands thoroughly or use a hand sanitizer after leaving the pool.
- Do not use the locker room or changing area unless necessary for the use of the restroom.
- Shower at home, wear your suit to and from practice
- No extra-curricular or social activity should take place.
- No congregation after swimming.

COMPETITIONS

PROMOTE BEHAVIORS THAT REDUCE SPREAD

- Implement existing governing organization guidelines for personal hygiene and infectious disease control, including using sanitizer solution and wipes to clean exposed body parts before, during, and after training and competition.
- There should be no shared athletic towels or clothing.
- Individuals should wear their own appropriate workout clothes/swimsuits
- Individuals should bring their own water bottle, and it should not be shared.
- Limit individual practice group numbers as feasible within the overall team practice.
- Restrict the number of support personnel and others coming into the practice environment to minimize the risk of spread.

CONDUCTING MEETS

- The All-Sports Guidance Document addresses issues such as Spectators and Social Requirements.
- All practices and meets should emphasize the basic public health guidelines of handwashing, face-covering/masking, and social distancing.
- All meets must require masking of all individuals except competitors per the All Sports Guidance document.



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- While the document references an exception for those with a medical waiver, in truth, if someone needs a medical waiver for any reason, they likely should not be attending an indoor event.
 - At minimum, facial coverings (masks) should be multiple layers of cloth/fabric and cover an individual's nose, mouth, and chin.
 - Coaches shall wear face coverings at all times, including entering and exiting the facility and during active competition.
 - Participants must wear face coverings anytime they are not warming up or competing.

REQUIREMENTS FOR FACILITY HOSTS

- Inform the local health department when events are scheduled and establish a plan to handle those persons who fail a symptom assessment or temperature check or exhibit signs and symptoms of COVID-19.
- Limit deck personnel to participants, coaches, medical staff, and game-day staff.
- If available, provide designated space (locker room, classroom, etc.) for officials' pre-meet and post-meet activities.
 - If the designated space cannot accommodate six-foot social distancing of all officials, then a separate space should be designated where officials can observe six-foot social distancing and be removed from spectator/team interaction.
- Develop a spectator pathway that allows for physical distancing as spectators move from parking lots through the ticket scanning and/or purchasing lines to their seats.
- Install signage concerning hygiene, social distancing, and facial coverings.
- Develop one-way ingress and egress plans and one-way aisles that also allows for social distancing.
- Assign spectator seating where practical and feasible to occupants from a single household and use staggered rows and sections to promote 6 feet of social distance between groups.
- Employees, staff, and volunteers must wear facial coverings at all times.
- Clearly review before the contest mandates, best practices and school/host facility policies with visiting team administrators and/or coaches and officials as they relate to, but are not limited to, parking; entrances and exits; medical care; spectators; ticketing; locker rooms/showers; athletic training rooms and restrooms; water; towels; and equipment.
- Work with the local health department in determining in advance how many teams can safely be accommodated for practice and/or competition. This includes determining how many swimmers are permitted per lane.

ADMINISTRATIVE AND VENUE SETUP

PRE-EVENT

- The temperature of the entrants will be taken and anything above 100.4 will be considered a disqualifying temperature. (REQUIRED)
- Change deck layouts where feasible and practical to ensure that in the standing, seating, and deck areas where individuals can remain at least 6 feet apart for social distancing (REQUIRED)
- Eliminate the use of low ventilated spaces and rooms that prevent social distancing (RECOMMENDED)
- Stagger use of communal areas and clean and disinfect frequently touched surfaces. (REQUIRED)
- For dual meets, keep team seating and lane placement on opposite sides of the pool and require the home team to compete in lanes 1-3 and the visitors to compete in lanes 4-6. (REQUIRED)
- Increase water sanitation level (keep chlorine closer to 2.0 PPM) (RECOMMENDED)
- For larger meets, auxiliary spaces may need to be used to keep the natatorium within reduced capacity limits. (RECOMMENDED)



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EVENT SETUP

- In duals, keep the teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6. (RECOMMENDED)
- NFHS Rules 4-8, 4-10, 4-11, 4-12, 4-13 (REQUIRED)
 - Meet Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location.
 - Develop alternative methods for submitting entries (3-2) and the movement of non-electronic information.
 - Make every effort to require a distance of 6 feet between individuals seated at the desk/table.
- Establish multiple sessions for warm-up periods to limit the number of swimmers per lane. (REQUIRED)
 - Restrict the number of swimmers in the competition area.
 - Limit number of swimmers per lane during warm-up and warm-down periods
 - Adhere to USA Swimming Guidance for lane restrictions.
- Conduct clerking at the starting blocks to avoid competitors congregating in a separate location before their race. (REQUIRED)
- Only essential personnel are permitted on deck. (REQUIRED)
 - Essential personnel is defined as swimmers/divers, coaches, athletic trainers, lifeguards, and officials.
 - Authorized timers, recorders, runners, computer operators necessary to conduct the competition are essential.
 - All others, i.e., team managers, video personnel, media photographers, family members, non-competing students, etc. are considered non-essential personnel and are to be in the gallery remaining seating area and not on the deck.
- Teams shall limit the number of individuals in attendance at practice and meets. (REQUIRED)
 - Only participants and essential coaches/officials/administrators are permitted on deck.
- Equipment (RECOMMENDED)
 - Watches, clipboards, and lap-counters should be sanitized after each use.
 - Touchpads should be sanitized periodically while out of the water.
 - Diving boards and backstroke flags should be sanitized periodically. (RECOMMENDED)
- Diving Specific Notations: (RECOMMENDED UNLESS OTHERWISE NOTED)
 - Limit the number of divers during warm-up by creating multiple sessions. (REQUIRED)
 - Hot tubs should not be permitted. (RECOMMENDED)
 - Divers may not approach the board until their turn to dive (practice) or compete (competition). (REQUIRED)
 - Divers from one team should complete all their dives before the other teams does their dives. (RECOMMENDED)
 - Before second team begins diving, the rails and board should be cleaned. (RECOMMENDED)
 - Include a minimum distance of 6 feet between individuals seated at the desk/table. (RECOMMENDED)
 - Create a 6-foot space between judges by spacing groups of judges on opposite sides of boards. (RECOMMENDED)
 - Limit number of divers during warm-up by creating multiple sessions. (RECOMMENDED)



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- During competition, divers may not approach the board until their turn to compete. (RECOMMENDED)
- Dive order sheets should be posted in multiple areas or duplicated and distributed to coaches to reduce the number of divers viewing the sheets at the same time. (REQUIRED)

CONDUCT OF EVENTS (ALL REQUIRED)

- Protocols that cause coaches, participants, spectators to congregate closely together should be avoided (results boards, awards ceremonies, etc.). Consider online platforms for posting of results and awards ceremonies. (CONSIDER)
- Teams should coordinate for specific warm-up and warm-down times that allow for continued social distancing. (RECOMMENDED)
- Swimmers shall refrain from congregating behind blocks. Coordinate with officials to allow enough time for finished heats to exit the area before the next heat enters the area. (REQUIRED)
- Mask/face coverings shall be worn at all times by anyone, no competing or warming down. (REQUIRED)
- Coaches shall refrain from grouping together. Additionally, coaches should have a plan in place to ensure social distancing is adhered to at all times. (REQUIRED)

PRE AND POST EVENT (ALL REQUIRED)

- Communicate as much information electronically prior to the meet. For information that cannot be submitted electronically, develop a socially distanced method for coaches to retrieve information on site. (RECOMMENDED)
- NFHS Rule 5-2 Design alternative forms of entry submission to reduce face-to-face interaction when submitting a proper entry, where/how/to whom are submitted, and a reduction or elimination of certain penalties currently associated with improper entries. (RECOMMENDED)
- All individuals shall be prepared to exit the facility as efficiently as possible. (REQUIRED)
- Athletes shall be spaced out in the pool to ensure social distancing at all times. There shall be no more than four (4) athletes in a lane at a time, alternating two athletes at one end. There shall never be more than two (2) athletes stopped at the wall in the same lane. This applies to practice, meet warm-ups, meets, etc. (REQUIRED)
- Coaches/Administrators should communicate with schools they are competing against to ensure everyone is aware of all facility rules and regulations. (RECOMMENDED)
- For practices, consider workout "pods" of the same students who are always training and rotating together. (CONSIDER)
- Mass awards ceremonies shall be eliminated. (REQUIRED)
- Meet results shall not be posted at a venue and recommend all results to be posted online, sent by email, and/or mail. (REQUIRED)

OFFICIATING (MECHANICS) (ADOPTED FOR 2020-21)

- NFHS Rules 3-3-6, 4-2-1d - Decrease the number of participants in the pre-meet conference or hold one conference with coaches and one meeting with captains. The Referee can use the P.A. system or starting system microphone to allow participants to hear but keep them properly separated. (REQUIRED)
- NFHS Rules 4-2, 4-3 - Various rules require interactions between officials, coaches, and athletes. Alternative methods for communication between the Referee and Starter shall include the utilization of the P.A. system, hand signals, or written communication. (REQUIRED)
- NFHS Rules 4-2-2d, e - Notification of disqualification shall occur from a social distance via the use of hand signals or the P.A. system. (REQUIRED)



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- NFHS Rules 4-9 - Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane, which they are timing. Timers should wear masks/face-coverings. (REQUIRED)
- NFHS Rules 9-6; 3-2 - For Diving Judges, alternative methods for submitting entries and movement of non-electronic information will be required. Recommendations include a social distance 6 feet between individuals seated at the desk/table. Create a 6-foot space between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform. (REQUIRED)
- Officials may use an electronic whistle. (CONSIDER)

OFFICIATING (RULES) (ADOPTED FOR 2020-21 AND REQUIRED)

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



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**ALL SPORTS
GUIDANCE**

ALL SPORTS GUIDANCE

INTRODUCTION

FROM THE COMMISSIONER

At the Kentucky High School Athletic Association, we are aware that we are at the confluence of dual health crises. Since the day we moved our basketball tournaments out of Rupp Arena (March 12), I and the entire staff of the Association, along with the complete support of our Board of Control, have worked to try and navigate these multiple health crises in our country. These crises include both the global pandemic related to the novel Coronavirus, COVID-19, and mental health situations, including depression and suicide which are so prevalent in school-aged children these last few months.

We have received continual feedback from our member schools, the related school districts, and our Sports Medicine Advisory Committee from the Kentucky Medical Association, and have worked continually with Governor Beshear's and Lt. Governor Coleman's offices, the Kentucky Department of Education, a host of "K" groups from around the Commonwealth, the Kentucky Department for Public Health and a host of others to guide our member schools back to healthy sports participation during the COVID-19 pandemic.

We will continue to navigate these uncharted waters, ready to pivot and change course at a moment's notice as we all work through the first truly global pandemic in more than 100 years. This plan has been reviewed in its entirety by the Kentucky Department for Public Health and as has been the case since March, this relationship will continue to assist in developing the best opportunities for sports and sport-activities to exist with the given circumstances.

The KHSAA believes it is essential to the physical and mental well-being of student-athletes to return to organized physical activity and build team relationships with their peers and coaches. Students who participate in our offerings learn life lessons in an environment that cannot be duplicated. Academic achievement, the development of leadership, and social skills as well as the mental health benefits are known to be greatly enhanced in students who participate in these programs compared to those who do not. There is no doubt that the COVID-19 coronavirus pandemic has already resulted in thousands of our students missing out on these life-shaping educational experiences over the past several months. A study conducted by UW Health & the University of Wisconsin (<https://bit.ly/31wA45W>) concluded that more than two-thirds of high school athletes report anxiety and depression since the onset of the pandemic. Another report measured the impact of School Closures and Athletic Cancellations on the health of Indiana adolescents (<https://bit.ly/3hxGG9M>). These studies are not alone in their conclusions.

The KHSAA fully supports its member schools in determining what is in the best interests of the health and well-being of their student-athletes and staff. Each KHSAA member school's athletic department will operate with the approval of its school administration and in consultation with its local health department in moving forward throughout the 2020-21 school year. Each local school district will decide to determine if they can safely conduct athletic practices and contests.

As is detailed in this manual, due to the nature of the outbreak, there may be inequities due to geography within the state of Kentucky as some areas will have higher COVID-19 rates that may not warrant full athletic participation while another area has lower COVID-19 rates that allow full participation.

For interscholastic athletics to continue, including workouts, practices, and competitions, social distancing and other preventive measures such as universal masks/face coverings, frequent sanitizing of hands, implements, and equipment must occur. Also, frequent hand washing per CDC standards must be emphasized by everyone involved, and aggressive efforts emphasizing compliance with all of



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these standards. Also, consideration must be given to an aggressive testing protocol and refinement of existing emergency plans.

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

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

We are also providing sport-specific recommendations and/or considerations that our team has developed in conjunction with the National Federation of State High School Associations (NFHS) or a similar governing body. These documents have been shared with member school administrators. Note that a rule modification is a modification to a playing rule from the governing body of the sport and will be applied to all contests for the 2021-21 season.

Best of luck as we all work through this time together. Julian Tackett, Commissioner, and the KHSAA staff.

DOCUMENT VERSIONING

- Original Version Issued, 8/25/20
- Revised Following Additional Health Considerations and distributed to the membership, 8/31/20
- Clarification on Masks/Face Coverings for Medical Waivers Revised to match school day guidance and technical clarifications including session time limitations, 9/5/20.
- Additional Information on Basketball, Cheer, and Dance added to guidance along with Mask cleaning/changing recommendations, 9/19/20.
- Revisions made to make final preparations for winter sports, 10/23/20.
- Additional information posted for Swimming and Basketball revisions, 10/28/20.
- Documents revised to include standard information in all documents (previously contained in the All Sports Guidance), 10/29/20.
- Sections related to Isolation and Positive Test among participants now listed in both the sports documents and the All-Sports Guidance
- Revisions made to begin winter sports following data review from fall participation.
- RTP Adjusted October, 2020 per review with KMA SMAC.
- RTP Adjusted December, 2020 per review with KMA SMAC.
- RTP Adjusted January, 2021 per review with KMA SMAC.
- Revisions made to begin spring sports following data review from fall and winter participation.
- Revisions made to NFHS Positions Statement per their release, January, 2021



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- RTP Adjusted February, 2021 per review with KMA SMAC.
- RTP Adjusted March, 2021 per review with KMA SMAC.

GENERAL GUIDANCE INFORMATION

- Guidance is broken into three areas:
 - REQUIRED- These standards are required at all sanctioned contests.
 - RECOMMENDED- These standards are best practices during all contests during the pandemic and are therefore recommended for all contests.
 - CONSIDER- While these items are also best practices during this time, local site discretion should be exercised to determine if these items are practical and feasible for use at the contest.
- These differences in the guidance are necessitated by the differences in sports, facilities, and geographic areas, which are pronounced during normal years, and magnified this school year.
- Due to the nature of the outbreak, there may be inequities (perceived and real) due to geography within the state as some areas will have higher COVID-19 rates than other areas. As such, each school must make a continual evaluation regarding participation.
- For workouts, practices, and competitions to continue, social distancing and other preventive measures such as mask/face covering and frequent sanitizing of hands, implements, and equipment must continue.
- These restrictions and this guidance will likely remain in place until a cure, vaccine or very effective treatment is readily available, or so-called “herd immunity” is confidently reached and the national and Commonwealth states of emergency are canceled.
- As the science about COVID-19 evolves, it will be important to remain vigilant and nimble to respond to new developments.
- Specific items related to contest officials are located in the section of the document labeled “Return to Competition: A Return to Officiating”.
- Students and their families, along with school personnel, must recognize these risks and implement best practices to reasonably mitigate them.
- Participation in school activities is voluntary and is a privilege, not a guaranteed right.
- Student-athletes and their families must complete a GE04 form which stipulates to the acknowledgment of the risk of participation.
- Every individual will need to evaluate the risks versus the benefits of athletics participation.
- Those immune-compromised students and staff as well as attendees, or those who live with family members with elevated health concerns, should evaluate associated risks of participation and may choose not to participate.

INFORMATION SOURCES

- As used in this guidance, the following groups have either supplied information or been used as a resource in the development of the document.
- CDC (Centers for Disease County)
- KDE (Kentucky Department of Education)
- KMA SMAC (Kentucky Medical Association Committee on the Medical Aspects of Sports)
- KMEA (Kentucky Music Educators Association)
- KDPH (Kentucky Department for Public Health)
- KHSAA (Kentucky High School Athletic Association)
- NFHS SMAC (National Federation of High Schools Sports Medicine Advisory Committee)



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EDUCATION AND INFORMATION

- Before beginning any athletic activities, the local school (system) should review the most recent guidelines provided by the groups listed in the “INFORMATION SOURCES” section of this document, along with constant consultation with local county/city health agencies, and decide how best to implement those guidelines.
- Local school administration should communicate to coaches, student-athletes, and parents, CDC, KDPH, KDE, KHSAA, and local county/city health department guidelines and best practices regarding COVID-19 and discuss all safety and cleanliness expectations.
- As a reminder, which has been distributed to coaches, all coaches SHALL complete the new, free NFHS Learn elective course “COVID-19 for Coaches and Administrators” that may be found at www.nfhslearn.com.
- The NFHS SMAC originally divided interscholastic sports into three risk categories:
 - Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Examples: Wrestling, football, boys lacrosse, competitive cheer, dance
 - Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants. Examples: Basketball, volleyball*, baseball*, softball*, soccer, water polo, gymnastics* (if equipment can't be sufficiently cleaned between competitors), ice hockey, field hockey, tennis*, swimming relays, pole vault*, high jump*, long jump*, girls lacrosse, crew with two or more rowers in shell, 7 on 7 football
 - *Could potentially be considered “Lower Risk” with appropriate cleaning of equipment or use of masks by participants
 - Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors. Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, alpine skiing, sideline cheer, single sculling, cross country running (with staggered starts)
- In January, 2021, the NFHS SMAC revised its guidance defining sports into various risk levels with the following statement (detailed at <https://bit.ly/3eQ6xeV>):
 - As our knowledge of how the virus that causes COVID-19 has evolved, we have increasingly recognized that transmission depends upon multiple factors that cannot be easily accounted for by simply dividing sports into three distinct categories of risk.
 - No individual or team sport can be determined to be solely HIGH, MODERATE or LOW risk based upon current available research.
 - Coronavirus transmission rates in all sports vary based upon multiple factors and exist on a continuum.
 - Prevailing community infection rates appear to be the strongest predictor for high school athletes being infected, and proven cases of direct transmission of coronavirus in the athletic setting remain relatively rare.
 - Differences in incidence rates between sports are also relative as a “4 times greater infection rate” for one sport over the other may mean 13 per 100,000 player-days versus 52 per 100,000 player-days – both very small numbers.
 - Based upon a review of current Centers for Disease Control and Prevention (CDC) recommendations, the shared experiences of dozens of states participating in high school athletics, and emerging published and unpublished data, the NFHS SMAC no



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longer endorses the use of the tiered “Potential Infection Risk by Sport” that was included in the GUIDANCE FOR OPENING UP HIGH SCHOOL ATHLETICS AND ACTIVITIES.

- The following factors should be strongly considered by stakeholders in assessing the potential for COVID-19 transmission related to high school athletics:
 - COVID-19 rates of participants in any given sport are directly proportional to prevailing community disease rates.
 - Participants in non-contact sports show lower rates of COVID-19 than contact sports.
 - Participants in outdoor sports show lower rates of COVID-19 than indoor sports.
 - Face mask use while participating in indoor sports results in COVID-19 rates comparable to the rates found in outdoor sports.
- The great majority of sports-related spread of COVID-19 does not appear to occur during sports participation, but from social contact.
- Maximizing efforts to prevent this type of spread remains paramount.
- Social distancing, mask use, staying home while ill and proper hygiene must continue to be emphasized in the locker room, on the sidelines, and while traveling, dining and interacting in the community.

COMPLIANCE STANDARD AND EXPECTATIONS

- These guidelines represent additional policies and interpretations per the Constitution of the KHSAA. Member schools, through the membership process and form, have agreed to abide by those policies as attested to in the membership application, including:
 - The school is a voluntary member of the KHSAA and follows the KHSAA Constitution, Bylaws, Competition Rules and all other policies and directives of the KHSAA Commissioner or Board of Control;
 - The Principal/Designated Representative has read, understood and agrees to abide by the KHSAA Constitution, Bylaws, Competition Rules, Due Process Procedure and all other policies of the KHSAA Commissioner or Board of Control as now enacted or later amended;
 - The school will abide by all of the rulings and directives of the KHSAA Commissioner, Assistant Commissioners, Hearing Officer and Board of Control, and at all times act in the best interests of the KHSAA;
 - The school will self-report all violations of the KHSAA Constitution, Bylaws, Competition Rules, Due Process Procedure or all other policies and directives of the KHSAA Commissioner or Board of Control, and any ruling by the KHSAA and its Commissioner, Assistant Commissioners, Hearing Officer or Board of Control;
 - The KHSAA may impose penalties as detailed in the Bylaws of the KHSAA against a member school for violation of the KHSAA Constitution, Bylaws, Competition Rules, Due Process Procedure or all other policies and directives of the KHSAA Commissioner or Board of Control, and said school agrees to timely adhere to and abide by all penalties assessed against this school under the Bylaws of the KHSAA or any other rule, regulation or policy;
 - The school will comply with the principles of institutional control as defined within the Bylaws of the KHSAA and the KHSAA’s published interpretations thereof.
- As such, these policies during this time of the global pandemic, are binding on all member schools; and cooperative application of the standards is the primary way our members have of restarting interscholastic activity.



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- Failure to adhere to the requirements contained in these standards shall be cause for a finding of a lack of institutional control and penalized per Bylaw 27, including game forfeiture, fine or other penalties, suspension of an individual team, program, or member school.

COMPETITION SCHEDULE AND RELATED CHANGES FOR 2020-21

- Due to issues around COVID-19 and the strong desire of the staff and Board of Control to engage students, practice and competition have been permitted to resume in all sports, although delayed and with seasons necessarily shortened.
- Changes not related to the competition schedule are summarized on the KHSAA website at <https://bit.ly/3j6u8Xo> with interpretations at <https://bit.ly/2YzmywD>.
- Individual contest limitations were adopted to allow for a prorated elimination of the number of contests based on the revised length of the season, and individual limitations for each sport are contained on the specific sport pages of this document.

SEASON SEGMENTS

- Each sports season during the 2020-21 school year is defined in three segments as listed in the specific sport section.
- The purpose of the segmented approach is to allow for a gradual progression as new and revised procedures are tried and revised, as well as to monitor health statistics in the area of the competing schools.

GAME/CONTEST MANAGER (ALL REQUIRED)

- The Principal of the home team shall designate a home game/contest manager on site before the start of each contest at a time designated by the KHSAA.
- The home game/contest manager shall have complete authority to order a contest delayed or stopped, and such shall be expected if COVID-19 health and safety standards are not properly adhered to by all participants in the event, including coaches, players, team support members, fans, and all in attendance.
- The home game/contest manager shall have full authority to remove fans, without refund, who refuse to comply with universal masking and physical distance requirements as stated in the All-Sports or Sports Specific Guidance.
- The home game manager will meet with the officials during the pre-game period, making the officials aware of his/her primary location for the entire contest.
- The home game manager assumes responsibility for all aspects of crowd control, such as ensuring that only authorized personnel are allowed in the team bench area.
- For outdoor venues, the home game manager will make sure that all fans remain at least ten yards from the playing area. In the event a natural barrier, such as a fence, is in place, this will be sufficient so long as it is not prohibited by the playing rules of that sport.
- For indoor venues, the home game manager will make sure that all fans are not seated in the first two to three rows of bleachers in those sections of bleachers located immediately behind the team benches to allow for additional space for bench personnel to create the appropriate social distancing.
- Unruly or disruptive fans will be escorted from the facility by the home game manager when necessary.
- The home game manager is responsible for providing proper security at each event.
- The home game manager shall identify a safe and secure area for officials to change before and after each contest whenever possible and shall ensure that officials are safely escorted from the venue after each contest.
- The home game manager shall have a venue-specific emergency action plan in place per KRS 160.445.



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**COVID-19 SPECIFIC INFORMATION REGARDING TESTING, POSITIVES, QUARANTINE
AND ISOLATION**

MASS TEAM TESTING FOR COVID-19

- It is highly desired from a public health perspective to have a screening and testing program (whenever possible) for players and coaches. (CONSIDER)
- Per the NFHS SMAC in its August 2020 report, while a comprehensive multiple times-per-week testing program at the high school level is likely cost-prohibitive and raises concerns regarding the proper allocation of resources during the pandemic, each member school should strongly consider the adoption of screening protocol and any additional steps necessary to protect the student and the student body during this pandemic. (RECOMMENDED).
- With the privilege aspect in mind, school districts are recommended to establish COVID-19 testing protocols, even if those protocols necessarily are different from the typical student and even if non-congruent with other schools or other school activities. (RECOMMENDED)
- Schools should be prepared to alter and adjust any testing or prevention protocol based on changes in data throughout the state as well as locally. (RECOMMENDED)
- Interscholastic athletics is a privilege, not a right, as confirmed by the courts on multiple occasions.
- As a privilege, a member school may require additional steps for participation to occur, such as a higher grade achievement requirement, less tolerance for attendance issues, a parental and student risk acknowledgment and permission form, and a variety of other required thresholds.
- As a privilege, students and their families agree to comply with these and other restrictions as a condition of participation.
- Frequent testing of asymptomatic athletes is a major component of all professional and many collegiate return-to-play plans.
- Larger, well-funded schools at the collegiate level (particularly the Power-5 league members of the ACC, Big-10, Big-12, Pac-12, and SEC) have recommended a multi-tiered testing process that has evolved to multiple tests per week.
- Recently the FDA has approved saliva-based testing as an alternative to more expensive and slower-result testing systems, but it will take time for distribution (see <https://bit.ly/31tpdtP>).
- Students who refuse to participate in an adopted screening program should be determined to have voluntarily given up the privilege of participation.
- The NFHS SMAC does not at this time recommend testing of asymptomatic high school athletes, however in Kentucky, part of the tremendous success in twice “flattening a curve” epidemiologically has been our access to no-cost testing regardless of symptoms.

COVID-19 BASIC DEFINITIONS – ISOLATION AND QUARANTINE

- Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.
 - Isolation separates sick people with a contagious disease from people who are not sick.
 - Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.
- Any individual being tested for COVID-19 for any reasons should self-quarantine (per CDC guidance) until the results of the test are known.

PROTOCOL FOR SUSPECTED CASES OF COVID-19

- All schools shall have an emergency action plan in place for each site per KRS 160.445. If a student, coach, or official is, or becomes, sick on-site with symptoms of COVID-19, they shall be placed in an identified and designated quarantine area with a mask in place until they can be picked up. (REQUIRED)



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- Staff who are identified to care for students must wear a mask. (REQUIRED)
- Students, coaches, and/or officials should be transported by their parent or guardian, emergency contact, or ambulance (if clinically unstable) for off-site testing. (RECOMMENDED)
- If an ambulance is called, or someone is being brought to the hospital, there shall be an attempt to call the hospital first to alert them that the person may have COVID-19. (REQUIRED)
- If a student, coach, or official becomes sick, they must not use group transportation to return home. (REQUIRED)

PROTOCOL FOR POSITIVE CASES OF COVID-19 (REQUIRED)

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

RETURN TO PLAY OR INVOLVEMENT FOR POSITIVE COVID-19 TEST

BASIC PROCEDURES INCLUDING ISOLATION, AND CONTACT TRACING, COMPLIANCE WITH LOCAL HEALTH DEPARTMENT GUIDELINES, AND REPORTING (REQUIRED FOR ANY STUDENT, COACH OR OTHER ADULT SCHOOL EMPLOYEE OR OTHER NON-SPECTATOR)

- In the case of an athlete or a staff member receiving a positive test result while at a school facility, that individual shall be immediately removed from activity, wear a mask/face covering and remain in a safe area of isolation as determined by the medical staff and any caregivers associated with the student-athlete or staff member while they wait to be taken home.
- The infected individual should remain isolated at home or another agreed-upon destination, as long as appropriate care can be administered at that location.
- All efforts shall be made to avoid contact with infected student-athletes except by designated health-care professionals wearing appropriate personal protective equipment (PPE).
- The local health department shall have already been contacted regarding the positive case.



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- Individuals who test positive for COVID-19 shall follow the specific protocol established by the local health department, which shall include protocols for those exposed to the individual(s) with the positive test and involve full cooperation with contact tracing.
- Student-athletes who had mild COVID-19 symptoms that were managed at home should be seen by their medical provider for any persisting symptoms and continue to follow CDC's guidance "Isolate If You Are Sick" (<https://bit.ly/2QyFiYZ>).
- Please refer to updated CDC guidelines as this information is fluid and may change (<https://bit.ly/32prkOB>).

CONFIRMED POSITIVE CASE EVALUATION BY MEDICAL PROVIDER (RECOMMENDED)

- Student-athletes and others with a role on the team with a confirmed COVID-19 diagnosis shall consider undergoing an evaluation by their medical provider as a return to play or involvement following a positive test, and confirmation requires written consent of an MD or DO.
- The members of the Kentucky Medical Association Committee on the Medical Aspects of Sports that serve as the KHSAA Sports Medicine Committee have developed a form for use in evaluating the next steps for persons in athletics who have tested positive.
- The form for family care physicians and other MD or DO, which creates a decision tree, is listed on the KHSAA website (GE91) and is the official mechanism and decision matrix to be used.
- All should note that, based on this review, consultation with a cardiologist may be required.

RETURN TO PLAY PROTOCOL

- The complete protocol is listed on the KHSAA website, including required and recommended protocol steps, a recommended form and an example detailing required and recommended timeframes at <https://bit.ly/30NCLiy>.
- The KMA SMAC has developed and approved a protocol for return to play, which applies to both students and adults, and this protocol has been routinely reviewed and revised as new data has become available throughout the pandemic. (ADOPTED, AUGUST, 2020, AMENDED, SEPTEMBER 2020, OCTOBER 2020, DECEMBER 2020, JANUARY 2021, FEBRUARY 2021 and MARCH 2021)
- Any return to play shall be preceded by a gradual and progressive return to physical exertion.
- Athletes should complete the progression below without the development of cardiopulmonary symptoms (chest pain, chest tightness, palpitations, shortness of breath, excessive fatigue, lightheadedness, pre-syncope, or syncope).
- Monitor the student-athlete closely for the development of any symptoms during this active progression.

SCREENING OF ALL ENTERING THE FACILITY FOR PRACTICE OR COMPETITION

- All should be mindful that participation in sports is a privilege and not a right, as is attendance at such an event.
- Local school/school systems shall develop a protocol after consultation with local health officials, for checking the temperature and health of all individuals. (REQUIRED)
- A standard checklist form is available for use by member schools, however, a school developed list, health department developed list, or electronic equivalent may be used. (RECOMMENDED)
- Anyone attending or participating in a KHSAA regular season or postseason event shall review his/her symptoms before arriving in anticipation of being screened. (REQUIRED)
- Gate attendees shall be prepared to check the temperature of any individual who was not checked that day by the school. (REQUIRED)
- The current protocol permits accepting a temperature of 100.4F or less. (REQUIRED)
- Consider the potential for environmental factors to cause an elevated temperature and should the temperature be elevated, it is appropriate to isolate the individual and recheck the temperature after 5-to-10 minutes of sitting in a cooler environment. (RECOMMENDED)



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



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**PUBLIC HEALTH STANDARDS AND GENERAL AREAS OF CONSIDERATION FOR
BOTH PRACTICES AND CONTESTS BY STUDENTS, STAFF, AND ALL INVOLVED**

BASIC MASK/FACE COVERING INFORMATION

- All individuals entering a venue before, during, and after a contest shall wear a mask/face covering. (REQUIRED)
- All administrators, spectators, workers, coaches and non-competitors, including substitutes and sideline cheerleaders (when not involved in permitted legal stunting) shall wear a mask/face covering at all times. (REQUIRED)
- Only the exercising athletes and assigned contest officials in the game on the court/field/mat at that specific moment are exempt from wearing a mask/face covering at all times. (REQUIRED)
- A “gaiter” with multiple layers of cloth complies with this requirement provided it is properly worn covering the nose and mouth when the player is not participating and can easily slip down around the neck during participation. (RECOMMENDED)
- Anyone who is not engaged in strenuous physical activity is to be wearing a mask/face covering. (REQUIRED)
- All spectators and non-competitors in the contest at that moment, must wear masks unless they are eating or drinking at the moment. (REQUIRED)
 - At outdoor events only, if spectators are seated in groups involving only members of the permanent residence household and they are six-feet away from all other individuals, the mask is not required once seated but is recommended. (RECOMMENDED)
 - At indoor events, masking is required all the time unless eating or drinking at that moment. (REQUIRED)
 - If individuals move or are moving to another venue location, they are to wear masks when moving. (REQUIRED)
- At all practices and contests, it is expected that these standards for universal masking be applied (with the exception of the participating athletes and contest officials during actual play) at all facilities and that patrons should be escorted out of the event if they refuse to comply. (RECOMMENDED)
- Being more than six-feet away from other individuals does NOT waive the requirement to wear a mask unless all of the group resides in the same household at an outdoor event.

**MASK/FACE COVERINGS DURING WORKOUTS, PRACTICES, AND COMPETITION BY
ATHLETES**

- A mask/face covering is permitted for all participants at any time.
- If a mask becomes saturated with moisture from breathing or sweat, a coach or athlete should change into a dry mask as a wet mask is less efficient at filtering bacteria and viruses.
- Masks should only be worn once during practice, workouts, or competition and then replaced with a fresh mask.
- All reusable cloth masks should be cleaned ideally in a washer with hot water and soap and then dried before the next use.
- Ironing a cloth on the highest setting possible for the material can also assist with disinfection after washing and drying.
- There are now multiple commercial reusable mask options available for use during exercise

SOCIAL DISTANCING (ALL REQUIRED WHERE PRACTICAL AND FEASIBLE)

- Social distancing of at least 6 feet shall be maintained at all times, where feasible for all involved in the contests, but required for spectators at all times.
- No hugging, high fives, shaking hands, or fist bumps for support/encouragement.
- Behavior shall be modeled by adults, who must insist on compliance by students.



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- Social distancing shall be maintained during the National Anthem and on sidelines.
- Outdoor sports may need to extend bench areas to permit social distancing.
- Indoor sports may need to use lower-level bleachers or multiple levels of seating to ensure social distancing among team members before addressing attendees.
- Be mindful as we teach the students, it won't be like this forever!

FACILITY ISSUES

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

- Each of these items shall be considered when developing plans after consultation with the local health department, to review most if not all of which were part of plans for the resumption of activity during the summer of 2020-21.
- Before an individual or group enters a facility, hard surfaces within that facility shall be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals shall wash their hands with warm water and soap for a minimum of 20 seconds or use hand sanitizer before touching any surfaces or participating in workouts.
- Hand sanitizers should be plentiful and available to individuals as they transfer from place to place.
- Appropriate clothing/shoes shall be worn at all times to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam shall be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning home.

ENTRANCE/EXIT STRATEGIES

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

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

- All those involved in managing practice or competition shall be familiar with the signs and symptoms of COVID-19 as listed by the CDC at <https://bit.ly/3gqqMgn>.
- All coaches and students shall be screened daily for signs/symptoms of COVID-19 before participating, including a temperature check.
- Anyone with a temperature of greater than 100.4F degrees or higher shall not participate and should be sent home.
- Responses to screening questions for each person shall be recorded and stored.
- Any person with COVID-19 symptoms reported shall not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.
- Vulnerable individuals shall not supervise or participate in any workouts.

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

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



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LOCKER ROOMS

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

SPECIAL EMPHASIS FOR STUDENT-ATHLETICS (ALL STRONGLY RECOMMENDED WHERE PRACTICAL AND FEASIBLE FOR BOTH PRACTICES AND CONTESTS, SIMILAR TO SEGMENT 3 GUIDANCE)

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

SPECIAL EMPHASIS FOR COACHES (ALL REQUIRED WHERE PRACTICAL AND FEASIBLE FOR BOTH PRACTICES AND CONTESTS, SIMILAR TO SEGMENT 3 GUIDANCE)

- Communicate your guidelines to students and parents.
- Conduct workouts in "pods" of the same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Limit game day (scrimmages or contests) workouts to no more than one hour per session/station, and be intentional in rotating athletes to be cognizant of the 6-15-48 rule (see <https://bit.ly/2FU4eba>).
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Coaches shall limit game-day squad sizes for social distancing purposes without exceeding state allowances.
- Coaches are reminded to wear proper coaching attire per weather conditions.
- Coaches shall bring their water bottle(s) and follow established guidelines for hydration.
- Coaches must model requirements for masks/face coverings at all times, unless medically waived or while actively eating or drinking.



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SPECIAL EMPHASIS FOR PARENTS / GUARDIANS (ALL REQUIRED WHERE PRACTICAL AND FEASIBLE FOR BOTH PRACTICES AND CONTESTS, SIMILAR TO SEGMENT 3 GUIDANCE)

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

SPECIAL EMPHASIS FOR GAME DAY WORKERS (ALL REQUIRED WHERE PRACTICAL AND FEASIBLE FOR BOTH PRACTICES AND CONTESTS, SIMILAR TO SEGMENT 3 GUIDANCE)

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

PRE-EVENT COMMUNICATION

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

TRANSPORTATION

- Provisions, including any limitations related to transportation, shall be managed through the Kentucky Department of Education Document - COVID-19 Considerations for Reopening Schools: Pupil Transportation at <https://bit.ly/3l84FPj> (REQUIRED)

TEAM AREAS

SQUAD SIZE

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



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

DETERMINING GAME DAY ESSENTIAL PERSONNEL

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

NON-UNIFORMED TEAM MEMBERS (REQUIRED)

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

SIDELINE CHEERLEADERS (ALL RECOMMENDED)

- Schools should consider the placement of cheerleaders (with equal consideration for the opponent reviewed if the decision is made to allow) as they will need to be able to be in a separate and distinct area from the teams and with the ability to be socially distanced from other groups of individuals, including fans.
- In consideration of an overall spectator limitation, schools should limit the number of sideline cheerleaders to not exceed:
 - Twenty (20) per school during Segment 1;
 - Twenty-five (25) in Segment 2; and
 - Thirty (30) in Segment 3.
- All sideline cheerleaders are required to wear a mask at all times unless stunting is permitted by activity restrictions on cheerleading. (REQUIRED)
- Sideline cheer is technically a support group for various teams under local jurisdiction and different than competitive cheer, a KHSAA winter sport-activity.

BAND MEMBERS (ALL RECOMMENDED)

- Schools should consider the placement of band members (with equal consideration for the opponent), if the decision is made to allow, as they will need to be able to be in a separate and distinct area from the teams and with the ability to be socially distanced from other groups of individuals, including fans.
- Schools should consider reducing the full amount of the band permitted to attend due to attendance counting restrictions.
- Schools shall make the determination as to performances by bands, but all performances must be held within the restrictions of the "Guidance for a Return to High School Marching Band" document in terms of spacing and alignment to ensure social distancing. (REQUIRED)
- Bands shall be included in the counts of any bleacher limitations. (REQUIRED)



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EVENT TICKETING (ALL RECOMMENDED)

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

CONCESSIONS (ALL RECOMMENDED)

- Allowances for concessions are at the discretion of the host school.
- For best practices and clarifications, guidance can be sought from the Healthy at Work Restaurant and Bar Guidance document online at <https://bit.ly/32nWISH>.
- Concession workers should be required to be familiar with both state and CDC guidance on food service, with the CDC information listed at <https://bit.ly/3jaOcl6>
- It is recommended that all items sold in the concession stand be pre-packaged before the sale.
- Pre-packaged can be items purchased like a bag of chips, bottled soft drinks, candy bars, etc. These types of items would be considered the safest and easiest to handle.
- However, pre-packaged can also be items packaged by concession staff, such as popcorn, hamburgers, hot dogs, etc. as long as they are safely handled before packaging.
- Concessions planning should also include accommodations for any attendees from the visiting team being served from a separate area to ensure social distancing during the contest.
- Plans should also be limited in consideration of the number of sales locations in the facility and their location relationship to the separate section entrances and all efforts made to minimize lines and unnecessary queuing where social distancing becomes a problem. (CONSIDER)

FINAL CONTEST PLANNING

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



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

- Limit the Officials/Scorer's Table to essential personnel including the home team scorer and timer while allowing for social distancing (also using mask/face coverings) and those not deemed essential personnel be provided an alternate seating location. (REQUIRED)
- Social distancing of at least 6 feet shall be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement. (REQUIRED)
- Limit the team benches including the field/court area to only those essential individuals participating. (REQUIRED)
- Maintain social distancing of 6 feet between substitutes, officials, game workers, and/or team bench areas. (REQUIRED)
- Make sure facilities have been properly sanitized and have hand sanitizer and disposable mask/face covering available. Clean and disinfect frequently touched surfaces and equipment. (REQUIRED)
- Game-day workers are required to wear masks/face coverings and comply with current social distancing guidelines unless medically waived or while actively eating or drinking. (REQUIRED)
- No community water stations/coolers will be permitted. (REQUIRED)
- The pre-game protocol should be developed in advance (i.e. anthem, introductions, etc.) and that will send players to their respective positions for introductions. (REQUIRED)
- Everyone (including officials) must have their drink container that is not shared. (REQUIRED)
- Safe handling practices shall be adhered to during hydration, including refill retrieval and identification of water sources. (REQUIRED)
- Pre-game, quarter, halftime, and postgame meetings shall utilize social distance principles. (REQUIRED)
- Individuals (student-athletes, coaches, officials, other athletic personnel) should complete a daily personal health assessment. (RECOMMENDED)

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

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

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

- All students must bring their water bottles. (REQUIRED)
- Water bottles must not be shared. (REQUIRED)
- Food should not be shared. (REQUIRED)



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- Hydration stations (water cows, water trough, water fountains, etc.) must not be utilized. (REQUIRED)
- The KHSAA will recommend the extension of time-outs to ensure that athletes have time to be given a personal water bottle if that is the desired method selected by a school, and officials associations will be instructed to be permissive with this time. (REQUIRED)
- Schools should consider the use of disposable wax-lined paper cups delivered on trays or in carriers instead of personal water bottles and perhaps seek local fast-food restaurants for a donation if it is impractical for personalized water bottles to be used during time-outs. (RECOMMENDED)

PLAYING RULES

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

MEDIA RESTRICTIONS AND CONSIDERATIONS

- Media access may be limited especially if there are limits to capacity. (RECOMMENDED)
- Establish a limit on the number of credentialed media members at each event (number of passes per outlet, priority to those who regularly cover, home/visitor split, etc.). (CONSIDER)
- Encourage media members to RSVP in advance of the game, so that you can allocate space accordingly and grant access to any media on a "waiting list". (CONSIDER)
- Inform the visiting Athletic Director on the number of spaces available for the visiting team media. (RECOMMENDED)
- The press box will be limited to essential personnel only, with all individuals respecting social distancing (consider additional accommodations outside if necessary). (REQUIRED)
- No non-working individual may be in the working press area, including spouses, family members, and others. (REQUIRED)
- The media is restricted to areas outside the team areas. (REQUIRED)
- The media should notify the host school in advance of arrival before practice and games for approval. (RECOMMENDED)
- Media areas should be marked to promote social distancing. (RECOMMENDED)
- Interview opportunities may be limited during the week. (RECOMMENDED)
- Incorporate virtual media availability sessions for weeks with high demand. (CONSIDER)
- Media members will wear masks/face coverings at all times. (REQUIRED)
- Game management should conduct a basic wellness check before entry (temperature, symptoms, exposure, etc.) (RECOMMENDED)
- Staff shall disinfect the press box and working media areas before and after each game. (REQUIRED)
- Assign a staff member(s) to monitor compliance by media members. (RECOMMENDED)
- Meals and concessions offered to the media shall follow established guidelines including pre-packaging with no buffets or open lines. (REQUIRED)
- Press box windows and doors should remain open so as not to restrict air flow. (RECOMMENDED)
- Disseminate as much information online as possible (limit handouts). (RECOMMENDED)
- Avoid bringing coaches and student-athletes into the press box for pregame and postgame interviews. Conduct all interviews in an open-air environment with proper social distancing. (RECOMMENDED)



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- Do not share microphones and headsets as each individual is to have his/her dedicated equipment. (RECOMMENDED)
- Consult with Head Coach and/or Athletic Director before conducting any student-athlete interview to ensure the subject is comfortable with doing so. (CONSIDER)
- Establish operational hours for press box and media work areas, and display with proper signage. (REQUIRED)
- Limit field access to working media members only (those who are actively performing work assignments). (CONSIDER)
- Incorporate easily identifiable credentials to ensure only authorized personnel are in restricted areas. (CONSIDER)
- If radio space is limited to the home team, try to facilitate a shared feed of the home team's broadcast if possible. (CONSIDER)
- Interviews shall only be conducted if social distancing protocols can be followed. (REQUIRED)



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- KHSAA, Bylaw and Policy Revisions/Waivers Due to COVID-19, <https://bit.ly/3j6u8Xo>
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- NFHS, NFHS Guidance for Opening Up High School Athletics and Activities, <https://bit.ly/32mfR1X>
- NATA, Healthy Hydration for Young Athletes, <https://bit.ly/3hxxzUJ>
- KYPGA, Junior Tour Updated Spectator Policy for KYPGA Junior Tour, <https://bit.ly/2EnwyCb>
- KMEA, Guidance for a Return to High School Marching Band, <https://bit.ly/3aWXzIF>
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- NCAA Return to Play Guidance, <https://bit.ly/3m9ez3N>
- CDC, COVID-19 Resource Headquarters Page, <https://bit.ly/3aVIWX7>
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- CDC, Guidance on Retail or Food Service Workers, <https://bit.ly/3jaOcl6>
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- CDC, Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes, <https://bit.ly/2ZiFmR5>
- CDC, Cleaning and Disinfecting Public Spaces, <https://bit.ly/33cRMLs>
- CDC, Considerations for Events and Gatherings, <https://bit.ly/2Zhf1mE>
- CDC, Guidance for Social Distancing, Quarantine, and Self-isolation, <https://bit.ly/2ZdDCIU>
- KDPH, Kentucky Department of Public Health, Primary COVID-19 Site, <https://bit.ly/2Ysaptt>
- Healthy at Work, Requirements for Venues and Event Spaces, <https://bit.ly/2FLLZioA>
- Healthy at Work, Requirements for Restaurants and Bars, <https://bit.ly/32nWISH>
- Google, Chiefs Planet, Chiefs Mahomes and the Chiefs doing a Len Dawson huddle, <https://bit.ly/3aWReNw>
- NOCSEA, Certification to NOCSAE Standards and Add-On Helmet Products, <https://bit.ly/3jbtHet>
- GHK (Golf House Kentucky,) Tournament Operations Protocol COVID-19 Related Guidelines*, <https://bit.ly/34s5Ra7>
- KDE Flagship Reopening Document, Guidance on Safety Expectations and Best Practices for Kentucky Schools (K-12), <https://bit.ly/3eB1jkg>
- KDE, COVID-19 Updates and Information for P-12 Education, <https://bit.ly/3aS3uPh>
- KDE, COVID-19 Considerations for Reopening Schools: Pupil Transportation, <https://bit.ly/3l84FPj>
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Requirements for Public Swimming and Bathing Facilities

In addition to the Healthy at Work [Minimum Requirements](#), **Public swimming and bathing facilities** must meet the requirements below in order to reopen and remain open.

- These requirements replace the Healthy At Work Requirements for Aquatic Centers and Businesses from June 1, 2020 and are applicable to those activities, including exercise, swim lessons, and lifeguard training with groups of 50 or fewer students. If these requirements are followed, they permit pool use for recreation as well.
- Pools must be current on licensing fees and receive opening inspections from their local health department prior to reopening.
- All public swimming and bathing facilities shall continue to comply with the requirements of [902 KAR 10:120](#).
- If a public swimming/bathing facility serves food or operates concessions, it must follow the [Healthy At Work Restaurant Requirements](#).
- Facilities should establish a policy whether to serve visitors who do not adhere to the requirements listed below.

Social Distancing Requirements

Determine maximum bather load with 6-foot social distancing

Public swimming and bathing facilities should take the water surface area and divide by 50 square feet to get your maximum in-pool capacity. For instance, a 2000 square foot pool would have a capacity of 40 people ($2000/50 = 40$) to comply with social distancing requirements and the 2013 Kentucky Building Code assuming they all swim at the same time. Maximum capacity within the entire facility should be calculated at 36 square feet per person to comply with social distancing requirements. Any chairs on deck should be spaced at least 6 feet apart on all sides. Public beaches should also be calculated at 36 square feet per person to comply with social distancing requirements.

Public swimming and bathing facilities must:

- eliminate use of saunas and steam rooms;
- eliminate the use of any waiting areas;
- ensure visitors do not congregate in or around the premises;

Healthy at Work



- modify traffic flow, to the greatest extent practicable, to minimize contacts between employees and visitors;
- prohibit gatherings or meetings of employees of 50 or more during work hours; and
- permit employees to take breaks and lunch outside, in their office or personal workspace, or in such other areas where proper social distancing is attainable.

Public swimming and bathing facilities should:

- provide services and conduct business via phone or Internet to the greatest extent practicable;
- ensure employees use digital files rather than paper formats (e.g., documentation, invoices, inspections, forms, agendas) to the greatest extent practicable;
- communicate with clients and receive payments through contactless payment options (e.g., phone or Internet), to the greatest extent practicable;
- ensure any employees able to perform their job duties via telework (e.g., accounting staff) to continue to telework;
- discourage employees from sharing phones, desks, workstations, handhelds/wearables, or other work tools and equipment to the greatest extent practicable; and
- install floor or wall decals for cashier and other queuing areas to demark safe waiting distances of a six (6) feet minimums.

Swim coaches may be on site, but must maintain a physical distance of at least six (6) feet from their students, other coaches, other swimmers, and spectators at all times, unless the coach is wearing an appropriate face covering.

Cleaning and Disinfecting Requirements

Public swimming and bathing facilities must:

- ensure their facilities, including locker rooms, common areas, breakrooms and restrooms are properly and frequently cleaned and ventilated;
- ensure cleaning and sanitation of frequently touched surfaces (i.e., fitting rooms, doors, PIN pads, and common areas) with appropriate disinfectants such as EPA registered household disinfectants, diluted household bleach solution, and alcohol solutions containing at least 60% alcohol;
- provide hand sanitizer, handwashing facilities, tissues and waste baskets in convenient locations to the greatest extent practicable;

- encourage visitors to properly wash their hands when they arrive at the facility; and
- establish a cleaning and disinfecting process that follows CDC guidelines when any individual is identified, suspected, or confirmed COVID-19 case.

Public swimming and bathing facilities should:

- ensure disinfecting wipes or other disinfectant are available at shared equipment;
- advise swimmers to not share towels or equipment that has not been properly disinfected;
- encourage patrons to bring their own seating to reduce use of communal of seating;
- frequently sanitize any chair or other shared furniture or objects;
- require patrons to arrive in their swim attire to reserve use of the facilities for restroom purposes only;
- only permit patrons to shower at the facility if it can routinely and adequately clean and sanitize the showers and locker rooms on a frequent basis; and
- ensure any retail items or products that are touched by visitors but not purchased are set aside and appropriately cleaned prior to returning to sales shelves. Businesses should refer to CDC cleaning guidelines for guidance.

Personal Protective Equipment (PPE) Requirements

Public swimming and bathing facilities must:

- ensure appropriate face coverings and other personal protective equipment (PPE) are used by employees whenever social distancing >6 feet may be compromised so long as such use does not jeopardize the employees' health or safety – lifeguards shall NOT wear masks while on duty as it is a safety hazard; and
- ensure their employees wear face masks for any interactions between visitors and co-workers or while in common travel areas of the business (e.g., aisles, hallways, stock rooms, breakrooms, bathrooms, entries and exits).
- pursuant to Executive Order 2020-586 and 902 KAR 2010E, which are attached to this document, all public swimming and bathing facilities must ensure that all customers, vendors, contractors, and any other member of the public who enters the premises wear a face covering so long as they are not subject to any of the exemptions listed in the Executive Order.

If any person attempts to enter the public swimming and bathing facility without a face covering, the public swimming and bathing facility must inform them of the requirement to wear a face covering. If the individual refuses and is not subject to any of the exemptions listed in the Executive Order, the individual must not be permitted entry onto the premises.

Healthy at Work



If an individual who was previously wearing a face covering removes it while on the premises and not subject to any of the exemptions listed in the Executive Order, the public swimming and bathing facility must ask them to put it back on. If the individual refuses to do so, the public swimming and bathing facility must not provide them service and must ask them to leave.

Public swimming and bathing facilities who fail to follow these requirements of the Executive Order will be subject to a fine and may also be subject to an order from a local health department or the Labor Cabinet requiring immediate closure.”

Employees are not required to wear face masks while alone in personal offices or if doing so would pose a serious threat to their health or safety.

Training and Safety Requirements

Public swimming and bathing facilities must place conspicuous signage at entrances and throughout the store alerting staff and customers to the required occupancy limits, six feet of physical distance, policy on face coverings, good hygiene practices.

Public swimming and bathing facilities should, to the greatest extent practicable, implement hours where service can be safely provided to clients at higher risk for severe illness per [CDC guidelines](#).

¹The Healthy at Work Requirements for Public Swimming and Bathing Facilities shall apply to those facilities defined under 902 KAR 10:120, Section 2(46). The regulation states: "Public swimming and bathing facilities" or "facility" means any natural or artificial body or basin of water which is modified, improved, constructed, or installed for the purpose of public swimming or bathing under the control of any person and includes, but is not limited to, the following:

- (a) Beaches;
- (b) Swimming pools, wading pools, wave pools;
- (c) Competition swimming pools and diving pools;
- (d) Water slides and spray pools; and
- (e) Spas, therapeutic pools, hydrotherapy pools, and whirlpools.

It includes those operated by communities, subdivisions, apartment complexes, condominiums, clubs, camps, schools, institutions, parks, mobile home parks, hotels, recreational areas, or similar public facilities. It does not include any of the above facilities which are at private single family residences intended only for the use of the owner and guests.



ANDY BESHEAR
GOVERNOR

EXECUTIVE ORDER

Secretary of State
Frankfort
Kentucky

2020-996
December 3, 2020

STATE OF EMERGENCY

WHEREAS, the novel coronavirus (COVID-19) is a respiratory disease causing mild to very severe illness, including death, and many cases of COVID-19 have been confirmed in the Commonwealth; and

WHEREAS, I declared on July 9, 2020, through Executive Order 2020-586 that Kentuckians were required to wear face coverings in many public places to fight the continued spread of COVID-19 for the reasons set forth in that Order; and

WHEREAS, I renewed that Order: on August 8, 2020, through Executive Order 2020-651; on September 4, 2020, through Executive Order 2020-750; on October 6, 2020, through Executive Order 2020-856, and; on November 4, 2020, through Executive Order 2020-931; and

WHEREAS, data from the University of Oxford show an inverse correlation between the number of COVID-19 mitigation measures taken by a state, such as a face covering mandate, and the seriousness of the virus's third spike within that state;

WHEREAS, the Centers for Disease Control and Prevention conducted a study of Kansas's face covering mandate, wherein the 24 counties who complied with the mandate experienced a 6% decrease in new COVID-19 infections but the 81 counties who opted out of the mandate experienced a 100% increase in new COVID-19 cases;

WHEREAS, the Kentucky Constitution and Kentucky Revised Statutes, including, but not limited to, KRS Chapter 39A, empower me to exercise all powers necessary to promote and secure the safety and protection of the civilian population; and

WHEREAS, under those powers, I declared by Executive Order 2020-215 on March 6, 2020, that a State of Emergency exists in the Commonwealth and the State of Emergency continues:



ANDY BESHEAR
GOVERNOR

EXECUTIVE ORDER

Secretary of State
Frankfort
Kentucky

2020-996
December 3, 2020

NOW, THEREFORE, I, Andy Beshear, Governor of the Commonwealth of Kentucky, by virtue of authority vested in me pursuant to the Constitution of Kentucky and KRS Chapter 39A, do hereby Order and Direct the following:

1. For the purposes of this order, a “face covering” is a material that covers the nose and mouth and is secured to the head with ties, straps, or loops over the ears, or is wrapped around the lower face. It can be made of a variety of materials, including cotton, silk, or linen, and ideally has two or more layers. Face coverings may be factory-made, homemade, or improvised from household items such as scarfs, bandanas, and t-shirts. Guidance on how to make a face covering at home is available at: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.html>.
2. The provisions of this Order shall apply to members of the public in Kentucky. Existing sector specific requirements mandating face coverings for employees of entities in the Commonwealth remain in effect and are available online at: <https://healthyatwork.ky.gov>.
3. People in Kentucky must cover their nose and mouth with a face covering when they are in the following situations that represent a high risk of COVID-19 transmission:
 - a. While inside, or waiting in line to enter, any: retail establishment; grocery store; pharmacy; hair salon/barbershop; nail salon/spa; tattoo parlor; child care facility; restaurant or bar (when not seated and consuming food or beverage); health care setting, or; any other indoor public space in which it is difficult to maintain a physical distance of at least six feet from all individuals who are not members of that person’s household;
 - b. While waiting for or riding on public transportation or paratransit, or while riding in a taxi, private car service, or ride-sharing vehicle, or driving any of the above while customers are present; or
 - c. While in outdoor public spaces in which the person cannot maintain a physical distance of six feet from all individuals who are not members of



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Secretary of State
Frankfort
Kentucky

2020-996
December 3, 2020

the person's household and is not otherwise covered by previously issued guidance.

4. The following are exempt from wearing face coverings:
- a. Children who are age 5 or younger;
 - b. Any person with disability, or a physical or mental impairment, that prevents them from safely wearing a face covering;
 - c. Any person who is deaf or hard of hearing and is actively communicating, or any person who is actively communicating with someone who is deaf or hard of hearing, and is able to maintain a safe distance of six feet from all individuals who are not members of that person's household;
 - d. Any person engaged in work that a state or federal regulator has concluded would make wearing a face covering a risk to their health or safety;
 - e. Any person who is seated and actively consuming food or beverage at a restaurant, bar, or other establishment that offers food or beverage service;
 - f. Any person who is obtaining a service that requires temporary removal of the face covering in order to perform the service;
 - g. Any person who is required to temporarily remove their face covering to confirm their identity or for security or screening purposes;
 - h. Any person who is giving a speech or broadcast to an audience and is able to maintain a safe distance of six feet from all individuals who are not members of the person's household;
 - i. Any person who is in a swimming pool, lake, or other body of water;
 - j. Any person who is exempt from wearing a face covering under guidance provided by the



ANDY BESHEAR
GOVERNOR

EXECUTIVE ORDER

Secretary of State
Frankfort
Kentucky

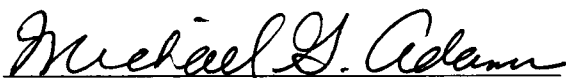
2020-996
December 3, 2020

Kentucky High School Athletics Association or under guidance for athletic activities at institutions of higher education;

- k. Any person who is engaged in a lawful activity where federal or state law prohibits wearing a face covering.
5. Failure to follow the requirements provided in this Order and any other Executive Order and any Cabinet Order, including but not limited to the Orders of the Cabinet for Health and Family Services, is a violation of the Orders issued under KRS Chapter 39A and must result in a loss of access to a business's services. Failure to follow the requirements could also subject a person or entity to penalties as authorized by law.
6. All local, county, and city government offices and agencies are encouraged to adopt or incorporate the requirements provided in this Order.
7. Nothing in this Order should be interpreted to interfere with or infringe on the powers of the legislative and judicial branches, or other constitutional officers to perform their constitutional duties or exercise their authority. However, the legislative and judicial branches, and other constitutional officers, are encouraged to adopt or incorporate the requirements provided in this Order.
8. This Order is effective at 5:00 p.m. on December 3, 2020, for a period of 30 days, and is subject to renewal.



ANDY BESHEAR, Governor
Commonwealth of Kentucky



MICHAEL G. ADAMS
Secretary of State

RECEIVED AND FILED

DATE

12/4/2020

MICHAEL G. ADAMS
SECRETARY OF STATE

COMMONWEALTH OF KENTUCKY

BY

Sarah M. Dungen



**2020-21 Healthy at Sports
Stage 3- Performance
Return to Competition: Individual
Sport Considerations**

**OFFICIALS AND
OFFICIATING GUIDANCE**

OFFICIALS AND OFFICIATING GUIDANCE

CROSS-REFERENCE TO OTHER GUIDANCE

- While this section deals with guidance for contest officials, all involved in the athletic program are expected to reference all guidance standards, including the many that may be non-sports specific.
- It is in the best interest of all officials to be familiar with all aspects of the guidance documents for Stage 3.
- Guidance is broken into three areas:
 - REQUIRED- These standards are required at all sanctioned contests.
 - RECOMMENDED- These standards are best practices during all contests during the pandemic and are therefore recommended for all contests.
 - CONSIDER- While these items are also best practices during this time, local site discretion should be exercised to determine if these items are practical and feasible for use at the contest.
- Differences in the guidance are necessitated by the difference in sports, facilities, and geographic areas, which are pronounced during normal years, and magnified this school year.
- Ensure that you have studied all of the documents on the individual pages of this guidance for the sports in which you are licensed.

LICENSING

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

ADVANCE OF GAME DAY

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

GAME DAY

- Take your temperature in the morning and then again before leaving home/work for a contest.
- If greater than 100.4F, notify your assigner and the school administrator immediately that you will not be able to fulfill the assignment. (REQUIRED)
- Identify the host school administrator and local association for assistance in dealing with any issues (REQUIRED)
- Officials are not the "mask" police for fans and spectators; the host school administrator shall manage adherence. (REQUIRED)
- Officials are expected to use the online incident form to report any non-compliance with public health standards by anyone observed who is not in the team boxes or on the playing field. (REQUIRED)



**2020-21 Healthy at Sports
Stage 3- Performance
Return to Competition: Individual
Sport Considerations**

**OFFICIALS AND
OFFICIATING GUIDANCE**

- Officials are expected to both enforce (via the Unsportsmanlike Conduct rule) and use the online incident form to report any non-compliance with public health standards by anyone in the team boxes or on the playing field. (REQUIRED)
- Officials are advised to come dressed to officiate. (RECOMMENDED)
- Upon arrival at the contest site, wash/sanitize hands regularly. (REQUIRED)
- Review sport-specific pre- and post-contest protocol (anthem, handshakes, etc.) (REQUIRED)
- If you do not feel well and COVID-19 symptoms are present, notify the contracted school, your crew members, assigner, and stay at home. (REQUIRED)
- Do not share equipment, uniforms, towels, etc. (REQUIRED)
- Bring your drinks. (REQUIRED)
- Following the conclusion of a contest, leave the contest area, and do not interact with others. (REQUIRED)
- Pre-contest official crew meetings should be held outside when possible and where social distancing is easier to execute. (RECOMMENDED)
- Face coverings shall be worn by officials during pre-contest responsibilities. (REQUIRED)
- The officials/scorer's table is limited to home team essential personnel exclusively and is to be socially distanced. (REQUIRED)
- Visiting team personnel are not deemed essential and need to find an alternative socially distanced seating location. (REQUIRED)

PLAYING RULES

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

RULES REQUIREMENTS

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

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

- Long sleeves are permissible provided there are no color restrictions in the specific sport.
- Long pants are permissible.
- Undergarments are permissible but must be of similar length for the individual and solid color for the crew unless otherwise specified.
- Mask/face coverings are permitted without color restrictions.
- Air horns/electronic whistles are permitted and officials should choose a whistle whose tone will carry outside such as:
 - Fox 40 Mini -
 - Fox 40 Unisex Electronic – (3 tone) -
 - Ergo-Guard - (3 tone) - orange
 - Windsor - (3 tone)

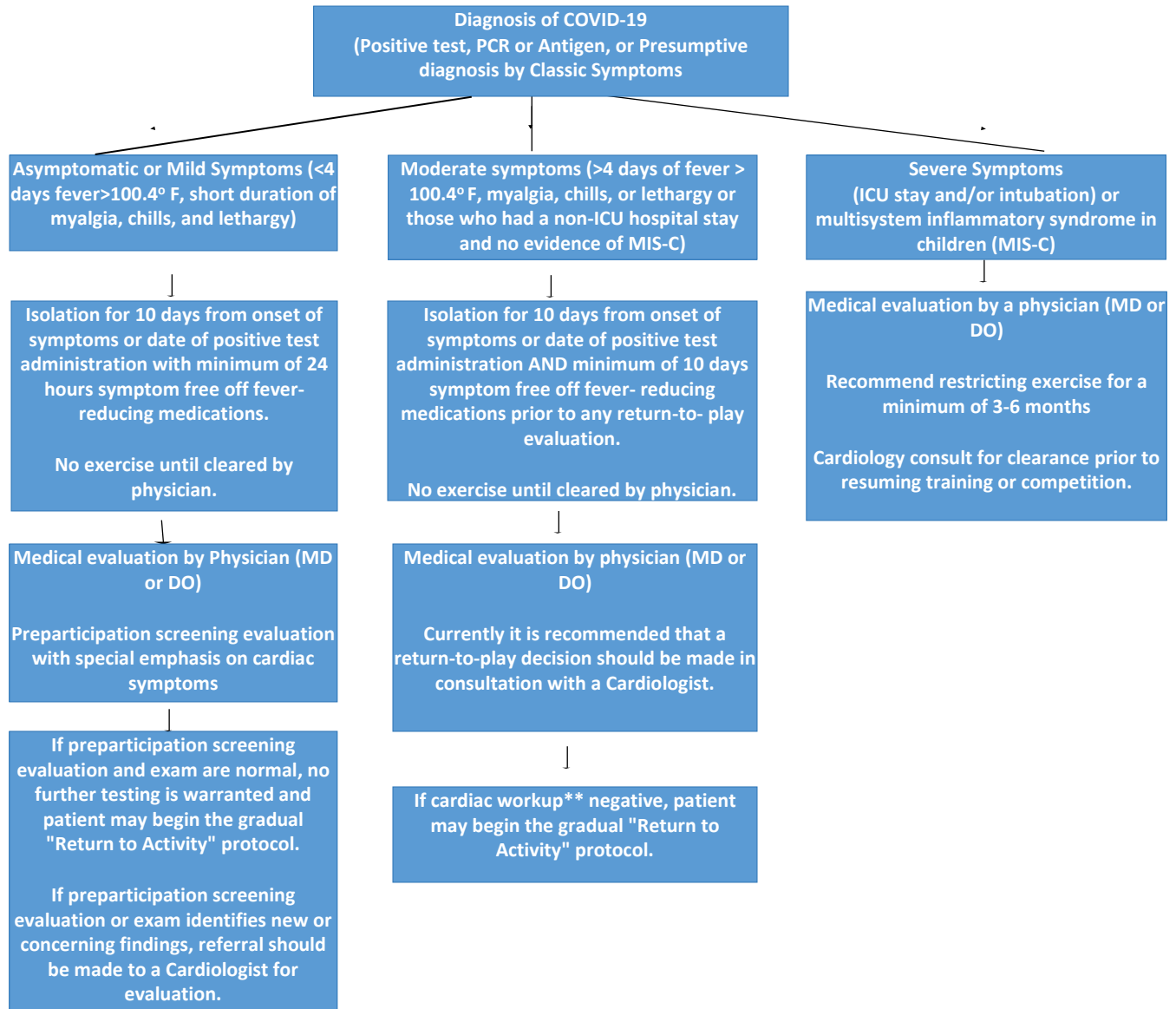


**2020-21 Healthy at Sports
Stage 3- Performance
Return to Competition: Individual
Sport Considerations**

**OFFICIALS AND
OFFICIATING GUIDANCE**

- Check the market for other choices.
- Gloves are permitted.
- Headsets for communication are permitted.
- Officials should not be required to wear jackets during pre-game field/court/player/warm-up observation.

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



1) Drezner J.A., et al. (2020). Cardiopulmonary Considerations for High School Student-Athletes During the COVID-19 Pandemic: NFHS-AMSSM Guidance Statement." *Sports Health Available Free Online at <https://journals.sagepub.com/doi/full/10.1177/1941738120941490>. (Updated August 2020)*

2) Cardiac Considerations for Student-Athletes during the COVID-19 Pandemic Available Free Online at https://www.amssm.org/Content/pdf_files/COVID19/NCAA-COVID-19-Algorithm-12-AUG-2020.pdf

* based on the COVID-19 Interim Guidance:Return to Sports from the American Academy of Pediatrics, 12/4/2020

** Cardiac workup may include: ECG, hs-Troponin, Echocardiogram, Holter monitor, exercise stress testing or cardiac MRI

**KMA Committee on Sports Medicine:
Return to Activity (RTA) Protocol After COVID-19 Infection**

Any return to play should be preceded by a gradual and progressive return to physical exertion. Athletes should complete the progression below without the development of cardiopulmonary symptoms (chest pain, chest tightness, palpitations, shortness of breath, excessive fatigue, lightheadedness, pre-syncope, or syncope).

Monitor the student-athlete closely for the development of any symptoms during this active progression. If any symptoms develop, the athlete should stop exertion immediately and be referred back to the evaluating physician for consideration of additional evaluation, including cardiology consultation, before resuming activity.

- **Stage 1: (2-Days Minimum)** Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training.
- **Stage 2: (1-day minimum)** Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate.
- **Stage 3: (1-day minimum)** Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.
- **Stage 4: (2-days minimum)** Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate.
- **Stage 5: Return to full activity**

**RTA Protocol adapted from Elliott N, et al. Infographic. British Journal of Sports Medicine, 2020.*

Disclaimer: This document is provided for physicians who may evaluate and treat student-athletes diagnosed with COVID-19 infection. The information contained herein is based on the compilation and summary of expert recommendations of national and international sports medicine organizations.

The Kentucky Medical Association (KMA) is not engaged in rendering medical advice or professional services and expresses no opinion as to the feasibility, applicability, or impact to your particular practice. References and links to third parties do not constitute an endorsement or warranty by the KMA, and KMA hereby disclaims all express and implied warranties of any kind. The information is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. Instead, appropriate professional judgment, consultation with specialists and other resources, independent verification, and individualization of patient care should guide physicians in patient diagnosis and treatment decisions. Therefore, the use of this information is voluntary, and reliance on it should only be undertaken after an independent review of its accuracy, completeness, efficacy, and timeliness.



KHSAA COVID-19 Return to Play Form

(as recommended by KMA Committee on Medical Aspects of Sports for use by MD or DO)

If an athlete has tested positive or was presumed positive for COVID-19 based on symptoms, he/she should rest from physical activity for at least ten days from the time of onset of symptoms or date of administration of a positive test. He/she must then be cleared for progression back to activity by an approved health care provider (MD/DO). Any return to activity should follow the recommended Return to Play (RTP) Progression described below.

Athlete's Name: _____ DOB: _____ Date of Positive Test: _____

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

Date of Evaluation: _____

Criteria to return to be completed by MD or DO. (Please check below as applies)

- Ten days have passed since the onset of symptoms (or positive test)
- All symptoms (cough, shortness of breath, fever ($\geq 100.4F$), etc.) have resolved for at least seven days without the use of fever-reducing medication AND
- The athlete was not hospitalized due to the COVID-19 infection and its effects.
- PLUS Cardiac screen negative for myocarditis/myocardial ischemia (All answers below must be NO)

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

NOTE: If any cardiac screening question is positive OR if the athlete had greater than mild symptoms (>4 days of fever $\geq 100.4F$, myalgia, chills, or lethargy OR those who had a hospital admission OR evidence of MIS-C) during the illness, current recommendations are that a return-to-play decision is made in consultation with a cardiologist. See algorithm for more information.

- The athlete HAS satisfied the above criteria and IS cleared to start the return to activity procedures (RTP).
- The athlete HAS NOT satisfied the above criteria and IS NOT cleared to return to activity

Medical Office Information (Please Print/Stamp):

Evaluator's Name: _____

Evaluator's Address: _____

Office Phone: _____

Evaluator's Signature: _____

Return to Play (RTP) Procedures After COVID-19 Infection

Athletes must complete the progression below without developing chest pain, chest tightness, palpitations, lightheadedness, pre-syncope, or syncope. If these symptoms develop, the patient should be referred back to the evaluating provider who signed the form. This progression cannot begin before authorization.

- **Stage 1: (2 Days Minimum)** Light activity (walking, jogging, stationary bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training.
- **Stage 2: (1 Day Minimum)** Add simple movement activities (For example, running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate
- **Stage 3: (1 Day Minimum)** Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.
- **Stage 4: (2 Days Minimum)** Normal training activity for 60 minutes or less at intensity no greater than 80% maximum heart rate
- **Stage 5: Return to full activity**

Cleared for Full Participation): _____

ISOLATION PARAMETERS AND EXAMPLE (STUDENT-ATHLETE WITH A POSITIVE TEST)

SYMPTOMS

- Per CDC, the primary symptoms of COVID-19 are- Fever (above 100.4) or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, the new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake and bluish lips or face.

NOTE: Any individual showing signs of trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake and bluish lips or face should seek emergency medical attention immediately!

DAY 1

- For a student-athlete testing positive for COVID-19, Day 1 is the first day of showing symptoms if such student-athlete shows symptoms as listed above.
- For a student-athlete not showing any of the above symptoms but testing positive for the COVID-19, the date of receipt of the positive test results is Day 1.

ISOLATION PERIOD PER CDC (This period may not be shortened by any amount of testing (PCR or other), even if such test produces a negative result)

- The CDC standard isolation period is ten (10) days starting the day after Day 1.
- Isolation for the student using the CDC parameters would be at minimum Day 2 through Day 11.
- Per CDC, for most persons with COVID-19 illness, isolation and precautions can generally be discontinued ten (10) days after symptom onset and resolution of fever for at least 48 hours (without the use of fever-reducing medications) and with improvement of other symptoms.
- This ten (10) day period would then be the minimum isolation period, and no negative test during the interim can shorten this period.
- Per CDC, a limited number of persons with severe illness may produce replication-competent virus beyond ten (10) days that may warrant extending duration of isolation and precautions for up to 20 days after symptom onset; consider a consultation with infection control experts.

INTERIM PERIOD (OPTIONAL)

- Days 12 to Day 15 represent an interim period between the ISOLATION period and the permitted beginning of the Return to Play protocol.
- The interim period should be extended in the event that there has not been resolution of fever for at least 48 hours (without the use of fever-reducing medications) and there has not been improvement of other symptoms
- Practitioners may choose to use this period for additional analysis or diagnostic testing or supplemental rest for the student-athlete; however, the Return to Play protocol may not begin during this period.

STEP-WISE RETURN TO PLAY (REQUIRED) This period may not be shortened, but any and all segments may be extended by order of the attending physician)

- If the isolation and interim periods have been satisfied, and absent any continued symptoms as listed above, and absent a doctor's order for a more extended period, the student-athlete could begin the stepwise return to play protocol on Day 16.
- The return to play protocol is at minimum six days per the KMA recommendation as detailed at <https://bit.ly/3j6k3Jw> and with the authorization of a physician (MD or DO)
 - Step 1: (2-Days Minimum, days 16 and 17 at minimum) Light activity (walking, jogging, stationary bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training
 - Step 2: (1-day minimum, day 18 at minimum) Add simple movement activities (For example, running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate
 - Step 3: (1-day minimum, day 19 at minimum) Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.
 - Step 4: (2-days minimum, days 20 and 21 at minimum) Normal training activity for 60 minutes or less at intensity no greater than 80% maximum heart rate.
 - Step 5: Return to full activity (day 22, including Day 1 with physician authorization (MD or DO).

References:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>

https://education.ky.gov/comm/Documents/Safety%20Expectations_FINAL%20DOC.pdf

<https://khsaa.org/resources/Covid19/CovidResumptionofSports/kma-covid-rtp-algorithm.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>