



**2020-21 HEALTHY AT SPORTS
STAGE 1 (SEGMENT 1 AND 2)
RETURN TO PERSONAL INTERACTION
JUNE 1 TO JUNE 14
STAGE 2 (SEGMENT 3)**

RETURN TO PREPARATION JUNE 15 TO AUGUST 23

**SPORTS AND SPORT-ACTIVITIES GUIDANCE FOR HIGH
SCHOOLS AND MIDDLE SCHOOLS
EFFECTIVE JUNE 1, 2020
REVISED- 6/11/2020 FOR 6/15/2020
REVISED 7/10/2020 FOR 7/13/2020 TO 8/23/2020**

FOUNDATIONAL PRINCIPLES

FUNDAMENTAL PREMISE

- This document provides regulatory information as well as guidance for KHSAA member schools. All allowances in this document will not exceed the allowances permitted by the Department of Health through confirmation with the Governor's office, and any regulatory declarations from the Kentucky Department of Education.
- All of these allowances and restrictions are directly resultant from the Covid-19 pandemic, are outside of KHSAA Bylaw 23, the limitation of seasons, and are not covered under the normal school year KHSAA Catastrophic Insurance Policy, a policy that has never traditionally covered out of season activity.
- **Where there are perceived or real differences between this document and any other document being reviewed, this document shall govern.**

BACKGROUND

- This document is intended to provide guidance for KHSAA member schools and affiliated member schools to consider with their stakeholders in designing return-to-activity protocols in accordance with state and county restrictions. It allows for a coordinated reopening following the initial stay at home orders and may also be used if conditions dictate the need for increased restrictions in the future.
- From the CDC, (May 19, 2020 in referring to its Consideration for Schools) all schools should remember that, "Implementation should be guided by what is feasible, practical, acceptable, and tailored to the needs of each community."
- Each sports-specific list of allowances within the four segments defined thus far by the Governor are listed in the table below.
- The entirety of the content of the Governor's order and youth sports parameters is listed online at <https://go.aws/2XfCZy8>. This link should be reviewed routinely in case of potential revision by the Governor's office.
- This document recognizes that throughout this pandemic, the situation has been extremely fluid, and to say it is ever-changing would be an understatement.

AUTHORITY, APPLICATION AND SPECIFIC ACTIONS

- The KHSAA, though originally formed as a private entity, should be considered a state actor within the context of KRS 156.070 and 702 KAR 7:065 as the designee of the Kentucky Board of Education. On Friday, May 22, the Governor of the Commonwealth issued guidance for the restart of youth sports, including a timeline for activity for the period between June 15 and the end of June.
- While the KHSAA can autonomously act in some areas, as a state actor, it cannot override an order of the Governor without significant risk. As such, the first action of the Board was to adopt a position statement complying with the Governor's orders as we attempt a restart of sports and sport-activities in the Commonwealth.

- The Board of Control affirmed at its meeting on May 28 that for the periods defined within any published order of the Governor during this pandemic, all KHSAA timelines must not contradict and shall be congruent with such order(s).
- Monitoring of these guidelines is solely at the local level prior to the beginning on any practice periods for specific seasonal competition (i.e. normally July 15 for high schools in most fall sports, and stipulated middle schools in football as well).
- Reports of violations will be reported to local school authorities for action as a matter of institutional control, as well as, if appropriate, the KYcovid19 violation reporting hotline for further administration.
- At its meeting on May 28, 2020, the Board of Control confirmed by a unanimous vote that KRS 156.070 gives it no authority to waive the annual physical exam and confirmed that there will be no waiver of this requirement and that all students continue to be required have such exam performed and signed by a physician, physician assistant, advanced practice registered nurse, or chiropractor (if performed within the professional's scope) prior to participation including practice.
- At its meeting on May 28, 2020, the Board of Control confirmed by majority vote to approve the waiver of Bylaw 24, Sec. 3 (Dead period) for 2020 only in order to comply with the Governor's Youth Sports order issued May 22, 2020.

IMPORTANCE OF RESTARTING ATHLETIC AND SPORT-ACTIVITIES TO THE WELL BEING OF CHILDREN AND ADULTS

- The KHSAA and all state high school associations believe it is essential to the physical and mental well-being of students to return to physical activity and athletic competition.
- The KHSAA and all state high school associations recognize that all Kentucky students may be unable to return to – and sustain – athletic activity at the same time across the state. There will also likely be variation in what sports and activities are allowed over the next few months.
- While recognizing that district-to-district reopening may lead to perceived inequities, the KHSAA and all state high school associations advocate for returning students to school-based athletics and activities.
- Even more important is the strong relationship that exists between most players and their coaches, a relationship which likely has never been more important to both the athlete and the coach in light of this pandemic.
- The coach is integral in monitoring the health and well-being of all participants and school coaches, due to their immense amount of required education and training. In order to serve as a coach, they are in a unique position to help determine if additional guidance or alternative steps are needed to ensure each participant begins the process of recovery from the physical, mental, psychological and other aspects of this pandemic.

COVID-19 GENERAL CONSIDERATIONS

- Prior to allowing use of facilities, schools and other sports organizations should review facility use agreements, especially in the areas of sanitation requirements and liability.
- Limited testing availability, lack of resources for contact tracing, and expanding knowledge of COVID-19 transmission could all result in significant changes to this guidance and the KHSAA and all state high school associations will disseminate more information as it becomes available.
- Administrators and coaches must emphasize the need for all coaches and participants who have signs or symptoms of illness to stay home when ill to decrease risk of viral transmission. "Vulnerable individuals" are defined by the CDC as people age 65 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy.
- Current pre-season conditioning and acclimatization models assume that athletes have deconditioned during the stay at home orders. The current pandemic may result in students being deconditioned for several months. The intensity and duration of training should be moderated upon return and thus the reason for a step-wise approach.
- Parents should be directed to all available research and guidance if they have participation questions about their sons or daughters.

- Due to the near certainty of recurrent outbreaks in the coming months, schools and other sports organizations must be prepared for periodic school closures and the possibility of some teams having to isolate for two or more weeks while in-season.

FURTHER ACTIONS BY THE BOARD OF CONTROL

- Development of additional and future policies regarding practice and/or competition during temporary school closures, the cancellation of contests during the regular season, and parameters for the cancellation or premature ending to post-season events/competitions will be ongoing.
- Stages and segments are in accordance with guidelines published by the Commonwealth of Kentucky and are subject to change.
- At a point in time in the summer, additional decisions will be made regarding an official start for specific fall sports practices.

DEFINITIONS USED IN THIS GUIDANCE

(from the Governor's Healthy at Work Document entitled "Guidance for Youth Sports and Athletic Activities) at <https://go.aws/2XfCZy8>

- "No touch" means no physical contact between youth athletes is permitted. During "no touch" periods, all individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, or after activities unless the contact is for the purpose of safety. During "no touch" periods, scrimmages and games are not permitted.
- "Low touch" means only minimal, necessary contact between youth athletes is permitted.
- "Low sharing" means minimal, necessary sharing of youth sports and athletic activity equipment between youth athletes (e.g. limiting shared items to groups of ten (10) or fewer). Shared equipment must be sanitized between uses to the greatest extent practicable.
- "Medium sharing" means moderate levels of sharing of youth sports and athletic activity equipment between youth athletes (e.g. limiting shared items to groups of fifty (50) or fewer). Shared equipment must be sanitized between uses to the greatest extent practicable.
- "Low Touch, Outdoor Sports"- Baseball, Bass Fishing, Cross Country, Golf, Softball, Tennis, Track and Field, Trap Shooting
- "Low Touch, Indoor Sports"- Archery, Bowling, Esports, Swimming and Diving
- "High Touch, Indoor Sports"- Basketball, Competitive Cheer, Dance, Volleyball, Wrestling
- "High Touch, Outdoor Sports"- Field Hockey, Football, Lacrosse, Soccer

GENERAL GUIDANCE AREAS OF CONSIDERATION

NOTE REGARDING GYMNASIUMS FOR JUNE 15 AND BEYOND (UPDATED JUNE 11, 2020)

- In compliance with the Governor's youth sports order, the use of gymnasiums will be permitted beginning June 15 WITH STRICT SOCIAL DISTANCING GUIDELINES. This period is for small group fitness workouts and exercise and only if approved by the local board of education through the Superintendent and in consultation with your local health department.
- Low-touch and high-touch indoor sports should pay careful attention to the parameters within the block and time frame for those sports as the allowances for high-touch sports are much more restrictive during this period.
- These restrictions are also in place for any outdoor sport that, for whatever reason, has activity in a gymnasium.
- It is HIGHLY recommended that all team activity during these periods be done outside if feasible, with appropriate social distancing guidelines observed.

FACILITIES CLEANING

- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

- Appropriate clothing/shoes should 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 should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

ENTRANCE/EXIT STRATEGIES

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

LIMITATIONS ON GATHERINGS

- No gathering of more than 10 people at a time (inside or outside) prior to June 29.
- Workouts should be conducted in “pods” of students with the same 5-10 students working out together weekly to limit overall exposures.
- Smaller pods can be utilized for weight training.
- There must be a minimum distance of 6 feet between each individual at all times.
- If this is not possible indoors, then the maximum number of individuals in the room must be decreased to obtain a minimum distance of 6 feet between each individual.

PRE-WORKOUT SCREENING

- All coaches and students should be screened daily for signs / symptoms of COVID-19 prior to participating, including a temperature check. Anyone with a temperature of 100.4 degrees should not participate and be sent home.
- Responses to screening questions for each person should be recorded and stored.
- Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.
- Vulnerable individuals should not supervise or participate in any workouts.

FACE COVERINGS

- State, local or school district guidelines for cloth face coverings should be strictly followed with no deterrents against those who desire to wear them.
- Cloth face coverings should be considered acceptable.
- There is no need to require or recommend N95 or “medical grade” masks for physical activity.
- Any student who prefers to wear a cloth face covering should be allowed to do so.
- Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.
- Coaches, officials and other contest personnel may wear cloth face coverings at all times and are strongly encouraged to wear cloth face coverings especially whenever physical distancing is not possible. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.)

HYGIENE PRACTICES

- Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
- Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.
- Disinfect frequently used items and surfaces as much as possible.
- Strongly consider using face coverings while in public, and particularly when using mass transit

HYDRATION/FOOD

- All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

SPECIFIC WEIGHT ROOM GUIDANCE DURING ALL SEGMENTS

- Prioritizing the health and safety of all students and staff should remain the focus of each KHSAA member school and affiliated middle school. These requirements should be followed when conducting voluntary strength and conditioning sessions:

- Schools should be guided by the information contained in state guidance for fitness centers/gyms (not gymnasiums) but gyms that are permitted to reopen on June 1, listed at <https://go.aws/3dcbkDL>
- It is the responsibility of each KHSAA member school to comply with the above requirements.
- Each person entering the facility should have their temperature checked upon arrival with any individual with a temperature registering 100.4 degrees or above not be permitted to stay
- Hands should be washed or hand sanitizer used prior to entering the facility and touching any equipment
- Restrooms if opened should be sanitized before use and at the conclusion of the workout
- 2 people maximum on any one piece of equipment
- Spotters should wear a cloth mask or cloth face covering
- Maintain social distance by being 6 feet apart
- Follow gathering CDC and state guidelines for groups of 10 or less students
- Groups of 10 or less should be pre-determined
- Once groups determined, students may not switch from one group to another
- Interaction between groups must be avoided
- Sessions can only include weightlifting, running, and exercises designed to promote physical fitness.
- Sport-specific drills are not permitted unless permitted during that time frame by the Governor's order, and sport-specific equipment may not be used.
- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC
- Each piece of equipment should be disinfected between each user of the equipment
- Hands should be washed or hand sanitizer used every 30 minutes
- Any equipment used should be disinfected every 30 minutes
- No shared hydrating bottles, towels, gloves, or any other personal equipment is permitted
- Coaches or other supervisory adults should wear a cloth mask or cloth face covering

KHSAA GUIDELINES – LOW TOUCH, OUTDOOR SPORTS- BASEBALL, BASS FISHING, CROSS COUNTRY, GOLF, SOFTBALL, TENNIS, TRACK AND FIELD, TRAP SHOOTING

Segment 1

June 1 to June 14 - KHSAA member high schools and all Kentucky middle schools

SEGMENT PARAMETERS

- Coronavirus Dead Period Shifts to Local School System Control.
- All activity on a member school (or affiliated middle school) campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department.
- Focus of member schools and affiliated member schools should be on acquiring appropriate PPE, signage and other cleaning supplies per CDC guidelines as well as contacting local health department to share plans and a process for communication as necessary, and analyzing the ability of the school or school system to adhere to adopted local guidelines developed in compliance with all other guidance.
- Restrictions remain in place for practice and competition (or simulated competition) per the Governor's order on youth sport. However, in person, face to face meetings may be conducted.
- School coaches and representatives can have face-to-face contact with students, but no practices are allowed.
- All published social distancing guidelines should be required if such activity is conducted and all references to Social Distancing shall include the CDC guidance as well as the Governor's guidance contained in the May 22 Youth Sports Guidelines, and any locally supplemented requirements.

BASS FISHING EXCEPTIONS

- Participating in Bass Fishing (or other fishing events) shall be governed by the Governor's guidelines for conducting tournaments that is effective June 1, 2020, listed at <https://go.aws/2ZJ0rW5>

Segment 2

June 15 to June 28 (unless further altered by the Governor or the KHSAA Board of Control) - KHSAA member high schools and all Kentucky middle schools

SEGMENT PARAMETERS

- All activity on a member school (or affiliated middle school) campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department.
- All published social distancing guidelines should be required if such activity is conducted and all references to Social Distancing shall include the CDC guidance as well as the Governor's guidance contained in the May 22 Youth Sports Guidelines, and any locally supplemented requirements
- Coaches may conduct activity that complies with the Governor's Youth Sport Orders for this type of sport.
- All involvement by students is voluntary without repercussion for failure to attend
- No activity can be a condition for inclusion on a future roster
- Competition or simulated competition cannot be conducted
- All activity may not simulate game competition, including variations in the number of players per side.
- Sessions must focus on skill development and general conditioning as well as instruction without game formations
- Sessions may focus on weight training provided the guidance for weight training rooms is compliant.
- During this period, all groups should be compliant with the guidance for groups of ten (10) or fewer, online at <https://go.aws/3ddCtWS>.
- All coaches should be instructed to wear cloth masks/face coverings at all times in the presence of students and maintain social distancing guidelines at all times.

LOW TOUCH OUTDOOR SPORTS NOTES

- Practices are limited to socially distanced, no touch, low sharing skills training without game simulations or competitions.
- As a low-sharing period, shared equipment must be eliminated where possible and as such, there should be no sharing of bats, catching gear, gloves, tennis rackets or other frequently touched items.
- Balls should be rotated out as frequently as possible with minimal sharing and wiped with sanitized as frequently as feasible.
- Batons should be rotated out as frequently as possible with minimal sharing and wiped with sanitized as frequently as feasible.
- Different than high-touch sports, once it is felt that athletes are physical able to stand the rigors of practice, standard practice drills may be executed (infield, fungo to the outfield, double plays, tennis serve and volley, track starts, etc.) provided these can be done in compliance with social distancing guidelines.

BASS FISHING EXCEPTIONS

- Participating in Bass Fishing (or other fishing events) shall be governed by the Governor's guidelines for conducting tournaments that is effective June 1, 2020, listed at <https://go.aws/2ZJ0rW5>

Segment 3

June 29 to August 2 (unless further altered by the Governor or the KHSAA Board of Control) - KHSAA member high schools and affiliated middle schools

SEGMENT PARAMETERS

- All activity on a member school (or affiliated middle school) campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department.
- All published social distancing guidelines should be required if such activity is conducted and all references to Social Distancing shall include the CDC guidance as well as the Governor's guidance contained in the May 22 Youth Sports Guidelines, and any locally supplemented requirements
- Coaches may conduct activity that complies with the Governor's Youth Sport Orders for this type of sport.
- All involvement by students is voluntary without repercussion for failure to attend
- No activity can be a condition for inclusion on a future roster
- Off campus participation by enrolled or formerly rostered participants with or without the presence of a school coach (whether or not coaching) shall be unlimited.
- During this period, all groups should be compliant with the guidance for groups of fifty (50) or fewer, online at <https://bit.ly/2XUMiUt>.
- All coaches should be instructed to wear cloth masks/face coverings at all times in the presence of students and maintain social distancing guidelines at all times.
- All officials/umpires should consider the feasibility and practicality of wearing cloth masks/face coverings during competition.

LOW TOUCH OUTDOOR SPORTS NOTES

- Any competition is at the discretion of the school and are unofficial and outside of any limitation of seasons for the KHSAA
- In baseball and softball, balls should be rotated out as frequently as possible with minimal sharing and wiped with sanitized as frequently as feasible.
- In track and field, batons should be rotated out as frequently as possible with minimal sharing and wiped with sanitizer as frequently as feasible.
- For baseball and softball, specific rules and play accommodations are recommended including:
 - The placement of the plate umpire behind the mound;
 - The movement of base coaches to ensure they are able to maintain social distancing (without gaining a competitive advantage or interfering with the game);
 - Rotating the ball out as frequently as possible and wiping it between innings;

- No sharing of equipment (bats, gloves, catchers gear, etc);
- No community water coolers;
- No spitting, chewing gum, or sunflower seeds;
- Individual teams should use their own set of baseballs or softballs; and
- Social distancing in dugouts and in stands.

BASS FISHING EXCEPTIONS

- Participating in Bass Fishing (or other fishing events) shall be governed by the Governor's guidelines for conducting tournaments that is effective June 1, 2020, listed at <https://go.aws/2ZJ0rW5>

Segment 4

July 13 to August 2 (unless further altered by the Governor or the KHSAA Board of Control) - KHSAA member high schools and all Kentucky middle schools

TBD

KHSAA GUIDELINES – LOW TOUCH, INDOOR SPORTS- ARCHERY, BOWLING, ESPORTS, SWIMMING AND DIVING

Segment 1

June 1 to June 14 - KHSAA member high schools and all Kentucky middle schools

SEGMENT PARAMETERS

- All activity on a member school (or affiliated middle school) campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department.
- Coronavirus Dead Period Shifts to Local School System Control.
- Focus should be on acquiring appropriate PPE, signage and other cleaning supplies per CDC guidelines as well as contacting your local health department to share plans and a process for communication as necessary, and analyzing the ability of the school or school system to adhere to adopted local guidelines developed in compliance with all other guidance.
- Restrictions remain in place for practice and competition (or simulated competition) per the Governor's order on youth sport. However, in person, face to face meetings may be conducted.
- School coaches and representatives can have face-to-face contact with students, but no practices are allowed.
- All published social distancing guidelines should be required if such activity is conducted and all references to Social Distancing shall include the CDC guidance as well as the Governor's guidance contained in the May 22 Youth Sports Guidelines, and any locally supplemented requirements.

Segment 2

June 15 to June 28 (unless further altered by the Governor or the KHSAA Board of Control) - KHSAA member high schools and all Kentucky middle schools

NOTES

- Additional guidance and accommodation for competition in all sports and sport-activities is forthcoming

SEGMENT PARAMETERS

- All activity on a member school (or affiliated middle school) campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department.
- All published social distancing guidelines should be required if such activity is conducted and all references to Social Distancing shall include the CDC guidance as well as the Governor's guidance contained in the May 22 Youth Sports Guidelines, and any locally supplemented requirements
- Coaches may conduct activity that complies with the Governor's Youth Sport Orders for this type of sport.
- All involvement by students is voluntary without repercussion for failure to attend
- No activity can be a condition for inclusion on a future roster
- Competition or simulated competition cannot be conducted
- All activity may not simulate game competition, including variations in the number of players per side.
- Sessions must focus on skill development and general conditioning as well as instruction without game formations
- During this period, all groups should be compliant with the guidance for groups of ten (10) or fewer, online at <https://go.aws/3ddCtWS>.
- Sessions may focus on weight training provided the guidance for weight training rooms is compliant.
- All coaches should be instructed to wear cloth masks/face coverings at all times in the presence of students and maintain social distancing guidelines at all times.

GYMNASIUM/FACILITY NOTES REGARDING LOW-TOUCH INDOOR SPORTS

- No more than eleven individuals (10 players and one coach, 9 players and 2 coaches, etc.) should be permitted in any small group during this segment.

- Each entire group (or groups) shall remain together (intact as a cohort group) including coaches if stations or other shifting of larger teams is involved in the activity.
- If groups are subdivided into multiple groups, those groups cannot change through the session.
- In order to preserve cohorts and minimize multi-group interaction, there is no use of “stations” during this segment, where an adult coach might remain stationary and groups of athletes rotate to work with that particular coach or individual.
- Shared equipment is not permitted in this segment.
- Racks of common equipment should not be available.
- All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, or after activities unless the contact is for the purpose of safety.

ESPORTS EXCEPTIONS

- Esports Competition may use campus facilities in accordance with local Board of Education policies and all games using the Kentucky K-12 Internet network must explicit permission as required by form ES101.

BOWLING EXCEPTIONS

- Participating in Bowling shall be governed by the Governor’s guidelines for conducting tournaments that is effective June 1, 2020, listed at <https://go.aws/2MLpMa4>

Segment 3

June 29 to August 2 (unless further altered by the Governor or the KHSAA Board of Control) - KHSAA member high schools and affiliated middle schools

NOTES

- Additional guidance and accommodation for competition in all sports and sport-activities is forthcoming

SEGMENT PARAMETERS

- All activity on a member school (or affiliated middle school) campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department.
- All published social distancing guidelines should be required if such activity is conducted and all references to Social Distancing shall include the CDC guidance as well as the Governor’s guidance contained in the May 22 Youth Sports Guidelines, and any locally supplemented requirements
- Coaches may conduct activity that complies with the Governor’s Youth Sport Orders for this type of sport.
- All involvement by students is voluntary without repercussion for failure to attend
- No activity can be a condition for inclusion on a future roster
- Off campus participation by enrolled or formerly rostered participants with or without the presence of a school coach (whether or not coaching) shall be unlimited.
- During this period, all groups should be compliant with the guidance for groups of fifty (50) or fewer, online at <https://bit.ly/2XUMiUt>.
- All coaches should be instructed to wear cloth masks/face coverings at all times in the presence of students and maintain social distancing guidelines at all times.
- All officials/umpires should consider the feasibility and practicality of wearing cloth masks/face coverings during competition.

ESPORTS EXCEPTIONS

- Esports Competition may use campus facilities in accordance with local Board of Education policies and all games using the Kentucky K-12 Internet network must explicit permission as required by form ES101.

BOWLING EXCEPTIONS

- Participating in Bowling shall be governed by the Governor’s guidelines for conducting tournaments that is effective June 1, 2020, listed at <https://go.aws/2MLpMa4>

Segment 4

**July 13 to August 2 (unless further altered by the Governor or the KHSAA Board of Control) -
KHSAA member high schools and all Kentucky middle schools**

TBD

KHSAA GUIDELINES – HIGH TOUCH, INDOOR SPORTS- BASKETBALL, COMPETITIVE CHEER, DANCE, VOLLEYBALL, WRESTLING

Segment 1

June 1 to June 14 - KHSAA member high schools and all Kentucky middle schools

SEGMENT PARAMETERS

- Coronavirus Dead Period Shifts to Local School System Control.
- All activity on a member school (or affiliated middle school) campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department.
- Focus should be on acquiring appropriate PPE, signage and other cleaning supplies per CDC guidelines as well as contacting local health department to share plans and a process for communication as necessary, and analyzing the ability of the school or school system to adhere to adopted local guidelines developed in compliance with all other guidance.
- Restrictions remain in place for practice and competition (or simulated competition) per the Governor's order on youth sport. However, in person, face to face meetings may be conducted.
- School coaches and representatives can have face-to-face contact with students, but no practices are allowed.
- All published social distancing guidelines should be required if such activity is conducted and all references to Social Distancing shall include the CDC guidance as well as the Governor's guidance contained in the May 22 Youth Sports Guidelines, and any locally supplemented requirements.

Segment 2

June 15 to June 28 (unless further altered by the Governor or the KHSAA Board of Control) - KHSAA member high schools and all Kentucky middle schools

SEGMENT PARAMETERS

- All activity on a member school (or affiliated middle school) campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department.
- All published social distancing guidelines should be required if such activity is conducted and all references to Social Distancing shall include the CDC guidance as well as the Governor's guidance contained in the May 22 Youth Sports Guidelines, and any locally supplemented requirements.
- Coaches may conduct activity that complies with the Governor's Youth Sport Orders for this type of sport.
- All involvement by students is voluntary without repercussion for failure to attend.
- No activity can be a condition for inclusion on a future roster.
- Competition or simulated competition cannot be conducted
- All activity may not simulate game competition, including variations in the number of players per side.
- Sessions must focus on skill development and general conditioning as well as instruction without game formations.
- Sessions may focus on weight training provided the guidance for weight training rooms is compliant.
- During this period, all groups should be compliant with the guidance for groups of ten (10) or fewer, online at <https://go.aws/3ddCtWS>.
- All coaches should be instructed to wear cloth masks/face coverings at all times in the presence of students and maintain social distancing guidelines at all times.

TRYOUT EXCEPTION FOR CHEER AND DANCE (VALID ONLY JUNE 15 TO JULY 12)

- Each school may establish its Bylaw 23 "Tryout" window for sport-activities (i.e. Sideline Cheer, Competitive Cheer and Dance) during this segment, and if that is utilized, there will be no additional tryout allowed prior to the official start of practice as defined within Bylaw 23 (unless further altered by the Board of Control).

- As a high-touch sport or sport-activity, the Sideline Cheer, Competitive Cheer and Dance tryouts may be done virtually or in person if the only person involved in the tryout is the prospective member of the team without additional support, bracing or stunting partner.
- Sideline Cheer, Competitive Cheer and Dance squads desiring tryouts to involve partners for support, bracing or stunting may not be held until the official start of practice as defined within Bylaw 23 (unless further altered by the Board of Control).
- Because no activity during this period can be mandatory, squads holding tryouts during this period should plan an additional tryout segment once the official limitation of seasons periods begin.

NOTES REGARDING BASKETBALL, VOLLEYBALL AND OTHER INDOOR SPORTS

- No more than eleven individuals (10 players and one coach, 9 players and 2 coaches, etc.) should be permitted in any small group during this segment.
- Each entire group (or groups) shall remain together and intact as cohort groups) including coaches during that session.
- If groups are subdivided into multiple groups, those groups cannot change through the session.
- In order to preserve cohorts and minimize multi-group interaction, there is no use of “stations” during this segment, where an adult coach might remain stationary and groups of athletes rotate to work with that particular coach or individual.
- Shared equipment is not permitted in this segment. Racks / baskets of balls should not be available.
- If individual opportunities are desired for dribbling, shots, etc, the athlete should utilize their own ball or should be assigned a ball to be used by that player and only that player for the entire session (and sanitized routinely), and another party acting as a rebounder or retriever should not be permitted.
- This period is specifically no-touch per the guidelines and as such, there is no opportunity for physical contact between athletes, or between coaches and athletes and no opportunity for multiple individuals to be in one-on-one, two-on-two or another iteration of person vs. person activity, even in skill development.
- All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, or after activities unless the contact is for the purpose of safety.

Segment 3

June 29 to August 2 (unless further altered by the Governor or the KHSAA Board of Control) - KHSAA member high schools and affiliated middle schools

NOTES:

- Additional guidance and accommodation for competition in all sports and sport-activities is likely forthcoming.
- For wrestling, allowable activities include conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (as long as physical distancing is adhered to).

SEGMENT PARAMETERS

- All activity on a member school (or affiliated middle school) campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department.
- All published social distancing guidelines should be required if such activity is conducted and all references to Social Distancing shall include the CDC guidance as well as the Governor’s guidance contained in the May 22 Youth Sports Guidelines, and any locally supplemented requirements.
- Coaches may conduct activity that complies with the Governor’s Youth Sport Orders for this type of sport.
- All involvement by students is voluntary without repercussion for failure to attend.
- No activity can be a condition for inclusion on a future roster.
- Competition cannot be conducted in any form.
- All activity may not simulate game competition, including variations in the number of players per side.

- Sessions must focus on skill development and general conditioning as well as instruction without game formations.
- Sessions may focus on weight training provided the guidance for weight training rooms is compliant.
- During this period, all groups should be compliant with the guidance for groups of fifty (50) or fewer, online at <https://bit.ly/2XUMiUt>.
- All coaches should be instructed to wear cloth masks/face coverings at all times in the presence of students and maintain social distancing guidelines at all times.

TRYOUT EXCEPTION FOR CHEER AND DANCE (VALID ONLY JUNE 15 TO JULY 12)

- Each school may establish its Bylaw 23 “Tryout” window for sport-activities (i.e. Sideline Cheer, Competitive Cheer and Dance) during this segment, and if that is utilized, there will be no additional tryout allowed prior to the official start of practice as defined within Bylaw 23 (unless further altered by the Board of Control).
- As a high-touch sport or sport-activity, the Sideline Cheer, Competitive Cheer and Dance tryouts may be done virtually or in person if the only person involved in the tryout is the prospective member of the team without additional support, bracing or stunting partner.
- Sideline Cheer, Competitive Cheer and Dance squads desiring tryouts to involve partners for support, bracing or stunting may not be held until the official start of practice as defined within Bylaw 23 (unless further altered by the Board of Control).
- Because no activity during this period can be mandatory, squads holding tryouts during this period should plan an additional tryout segment once the official limitation of seasons periods begin.

GYMNASIUM NOTES REGARDING BASKETBALL, VOLLEYBALL AND OTHER INDOOR SPORTS

- Groups of fifty (50) or fewer are permitted, divided into subgroups with no more than eleven individuals (10 players and one coach, 9 players and 2 coaches, etc.).
- Shared equipment is permitted in this segment per the guidelines, but with frequent sanitization
- As feasible, if individual opportunities are desired for dribbling, shots, etc, the athlete should utilize their own ball or should be assigned a ball to be used by that player and only that player for the entire session (and sanitized routinely).
- This period is specifically low-touch, medium sharing per the guidelines and as such, there is only minimal, necessary physical contact permitted between athletes, or between coaches and athletes.
- All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, or after activities unless the contact is for the purpose of safety.

Segment 4

July 13 to August 2 (unless further altered by the Governor or the KHSAA Board of Control) - KHSAA member high schools and all Kentucky middle schools

TBD

KHSAA GUIDELINES – HIGH TOUCH, OUTDOOR SPORTS- FIELD HOCKEY, FOOTBALL, LACROSSE, SOCCER

Segment 1

June 1 to June 14 - KHSAA member high schools and all Kentucky middle schools

SEGMENT PARAMETERS

- Coronavirus Dead Period Shifts to Local School System Control.
- All activity on a member school (or affiliated middle school) campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department.
- Focus should be on acquiring appropriate PPE, signage and other cleaning supplies per CDC guidelines as well as contacting your local health department to share plans and a process for communication as necessary, and analyzing the ability of the school or school system to adhere to adopted local guidelines developed in compliance with all other guidance.
- Restrictions remain in place for practice and competition (or simulated competition) per the Governor's order on youth sport. However, in person, face to face meetings may be conducted.
- School coaches and representatives can have face-to-face contact with students, but no practices are allowed.
- All published social distancing guidelines should be required if such activity is conducted and all references to Social Distancing shall include the CDC guidance as well as the Governor's guidance contained in the May 22 Youth Sports Guidelines, and any locally supplemented requirements

Segment 2

June 15 to June 28 (unless further altered by the Governor or the KHSAA Board of Control) - KHSAA member high schools and all Kentucky middle schools

NOTES

- Additional guidance and accommodation for competition in all sports and sport-activities is forthcoming
- Additional Guidance for Football practices beginning June 15 will be forthcoming

SEGMENT PARAMETERS

- All activity on a member school (or affiliated middle school) campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department.
- All published social distancing guidelines should be required if such activity is conducted and all references to Social Distancing shall include the CDC guidance as well as the Governor's guidance contained in the May 22 Youth Sports Guidelines, and any locally supplemented requirements
- Coaches may conduct activity that complies with the Governor's Youth Sport Orders for this type of sport.
- All involvement by students is voluntary without repercussion for failure to attend
- No activity can be a condition for inclusion on a future roster
- Competition or simulated competition cannot be conducted.
- All activity may not simulate game competition, including variations in the number of players per side.
- Sessions must focus on skill development and general conditioning as well as instruction without game formations
- Sessions may focus on weight training provided the guidance for weight training rooms is compliant.
- All coaches should be instructed to wear cloth masks/face coverings at all times in the presence of students and maintain social distancing guidelines at all times.

HIGH-TOUCH SPORTS NOTES

- No more than eleven individuals (10 players and one coach, 9 players and 2 coaches, etc.) should be permitted in any small group during this segment.
- Each entire group (or groups) shall remain together and intact as a cohort group) including coaches for the duration of the session.

- If groups are subdivided into multiple groups, those groups cannot change through the session.
- In order to preserve cohorts and minimize multi-group interaction, there is no use of “stations” during this segment, where an adult coach might remain stationary and groups of athletes rotate to work with that particular coach or individual.
- Shared equipment is not permitted in this segment. Racks / baskets of balls should not be available.
- If individual opportunities are desired for throwing (without a receiver), kicks, etc, the athlete should utilize their own ball or should be assigned a ball to be used by that player and only that player for the entire session (and sanitized routinely), and another party acting as a receiver or retriever should not be permitted.
- This period is specifically no-touch per the guidelines and as such, there is no opportunity for physical contact between athletes, or between coaches and athletes and no opportunity for multiple individuals to be in one-on-one, two-on-two or another iteration of person vs. person activity, even in skill development.
- All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, or after activities unless the contact is for the purpose of safety.

FOOTBALL NOTES:

- No rules specified protective gear (helmets, shoulder pads, extra required gear) may be provided to student athletes.

Segment 3

June 29 to August 2 (unless further altered by the Governor or the KHSAA Board of Control) - KHSAA member high schools and affiliated middle schools

NOTES

- Additional guidance and accommodation for competition in all sports and sport-activities is likely forthcoming

SEGMENT PARAMETERS

- All activity on a member school (or affiliated middle school) campus must be approved by the local board of education through the Superintendent of Schools and in consultation with the local health department.
- All published social distancing guidelines should be required if such activity is conducted and all references to Social Distancing shall include the CDC guidance as well as the Governor’s guidance contained in the May 22 Youth Sports Guidelines, and any locally supplemented requirements
- Coaches may conduct activity that complies with the Governor’s Youth Sport Orders for this type of sport.
- All involvement by students is voluntary without repercussion for failure to attend
- No activity can be a condition for inclusion on a future roster
- Competition or simulated competition cannot be conducted
- All activity may not simulate game competition, including variations in the number of players per side.
- Sessions must focus on skill development and general conditioning as well as instruction without game formations
- Sessions may focus on weight training provided the guidance for weight training rooms is compliant.
- During this period, all groups should be compliant with the guidance for groups of fifty (50) or fewer, online at <https://bit.ly/2XUMiUt>.
- All coaches should be instructed to wear cloth masks/face coverings at all times in the presence of students and maintain social distancing guidelines at all times.

HIGH-TOUCH SPORTS NOTES

- Groups of fifty (50) or fewer are permitted, divided into subgroups with no more than eleven individuals (10 players and one coach, 9 players and 2 coaches, etc.).
- Shared equipment is permitted in this segment per the guidelines, but with frequent sanitization

- As feasible, if individual opportunities are desired for passing, receiving, kicking, etc, the athlete should utilize their own ball or should be assigned a ball to be used by that player and only that player for the entire session (and sanitized routinely).
- This period is specifically low-touch, medium sharing per the guidelines and as such, there is only minimal, necessary physical contact permitted between athletes, or between coaches and athletes.
- All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, or after activities unless the contact is for the purpose of safety.

FOOTBALL NOTES:

- For football, contact with other players is not allowed, and there should be no use of tackling dummies / donuts / sleds.
- No rules specified protective gear (helmets, shoulder pads, extra required gear) may be provided to student athletes.

Segment 4

July 13 to August 2 (unless further altered by the Governor or the KHSAA Board of Control) - KHSAA member high schools and all Kentucky middle schools

TBD



**COVID-19 RETURN TO PARTICIPATION IN SPORTS
AND SPORT-ACTIVITIES GUIDANCE FOR HIGH
SCHOOLS AND MIDDLE SCHOOLS
EFFECTIVE JUNE 1, 2020
REVISED- 6/11/2020 FOR 6/15/2020
REVISED 7/10/2020 FOR 7/13/2020 TO 8/2/2020**

GUIDELINES TO BE OBSERVED

- The current version of the content of the Governor's original order is listed online at <https://go.aws/2XfCZy8>.
- The current version of the 10-person gathering restrictions is listed online at <https://go.aws/3ddCtWS>
- The current version of the 50-person gathering restrictions is listed online at <https://bit.ly/2XUMiUt>
- The current version of the guidance for gyms (not gymnasiums) and weight rooms is listed online at <https://go.aws/3dcbkDL>
- The current version of the guidance for fishing events is listed online at <https://go.aws/2ZJ0rW5>
- The current version of the guidance for bowling events is listed online at <https://go.aws/2ZJ0rW5>

**NON-REGULATORY REFERENCE DOCUMENTS FOR GUIDANCE, CONSIDERATION
AND REVIEW**

- CDC Guidance on Youth Sports – <https://bit.ly/3hit2aX>
- CDC Guidance for Aquatic Centers – <https://bit.ly/3cSQbxd>
- CDC Guidance for Youth Camps – <https://bit.ly/2BY9NDt>
- CDC Guidance on Reopening Schools – <https://bit.ly/3dTITe5>
- NFHS Guidance on Resumption of Sports – <https://bit.ly/2MNqA53>
- NFHS Guidance on Resumption of Marching Band – <https://bit.ly/2BQIJWA>
- KMEA Guidance on Resumption of Marching Bands –
- NATA Guidance on Return to Sport Considerations for Athletic Trainers – <https://bit.ly/2YI0jts>
- NATA Guidance on Telehealth for Athletic Trainers – <https://bit.ly/3dU013o>
- NATA Guidance on Impact of Remote Health Care – <https://bit.ly/3feSIJ6>
- Status of Various States on Athletics Reopening - <https://bit.ly/2UzVThk>