



# **PK-12 Athletics Health and Safety Plan Template**

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The decision to resume sports-related activities, including conditioning, practices and games, is within the discretion of a school entity's governing body. Each school entity must develop and adopt an Athletics Health and Safety Plan aligning to the PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools prior to conducting sports-related activities with students. The plan must include the provisions of this guidance, be approved by the local governing body of the school entity, and be posted on the school entity's publicly available website. School entities should also consider whether the implementation of the plan requires the adoption of a new policy or revision of an existing policy.

Each school entity should continue to monitor its Athletics Health and Safety Plan throughout the year and update as needed. All revisions should be reviewed and approved by the governing body prior to posting on the school entity's public website.

## Athletics Health and Safety Plan Summary: **City of Erie School District**

Anticipated Launch Date: **July 14<sup>th</sup>, 2020**

Use these summary tables to provide your local education community with a detailed overview of your Athletics Health and Safety Plan. School entities are required to post this summary on their website. To complete the summary, copy and paste the domain summaries from the Athletics Health and Safety Plan tables above.

### Facilities Cleaning, Sanitizing, Disinfecting, and Ventilation

Requirement(s)	Strategies, Policies and Procedures
<p><b>* Cleaning, sanitizing, disinfecting, and ventilating learning spaces, surfaces, and any other areas used by students (i.e., restrooms, drinking fountains, locker rooms, and transportation)</b></p>	<p>Each facility will have its own disinfection checklist which will be completed daily with inspections conducted by on-site and district level supervisors. Electrostatic sprayers will be used in all district facilities to ensure adequate disinfectant coverage. Facilities will also be cleaned and disinfected between uses. Communal and other high use areas will be equipped with cleaning supplies so common equipment such as weight machines can be disinfected between use. Ventilation will be monitored on a regular basis by facilities staff to ensure proper airflow.</p>

### Social Distancing and Other Safety Protocols

Requirement(s)	Strategies, Policies and Procedures
<p><b>* Protocols for social distancing student athletes and staff throughout all activities, to the maximum extent feasible</b></p> <p><b>* Procedures for serving food at events including team meetings and meals</b></p> <p><b>* Hygiene practices for student athletes and staff including the manner and frequency of hand-washing and other best practices</b></p>	<p>Head coaches and assistant coaches will be required to conduct workouts in “pods” of student-athletes not to exceed 14 with the same students always working out together. Virtual team meetings when possible (if in person- social distancing rules apply). Only approved coaches/athletes are permitted to attend practices. Appropriate physical distancing will be maintained in communal spaces, on sidelines/bench during practices, conditioning and game events based on current federal, state, and local guidance. Tape and/or other markings will be used as a guide for physical distancing.</p> <p>In accordance with the universal masking order issued by the Pennsylvania Secretary of Health on July 1, 2020, all students and staff will be required to wear face coverings. Coaches will be</p>

Requirement(s)	Strategies, Policies and Procedures
<p><b>* Posting signs, in highly visible locations, that promote everyday protective measures, and how to stop the spread of germs</b></p> <p><b>Identifying and restricting non-essential visitors and volunteers</b></p> <p><b>Limiting the sharing of materials and equipment among student athletes</b></p> <p><b>Staggering the use of communal spaces (i.e., locker rooms, weight rooms, etc.)</b></p> <p><b>Adjusting transportation schedules and practices to create social distance between students</b></p> <p><b>Limiting the number of individuals in athletic activity spaces and interactions between groups of student athletes</b></p> <p><b>Other social distancing and safety practices</b></p>	<p>responsible for enforce mask rules.-Coaches alone shall be permitted to touch equipment including training discs, cones, bags, etc. Activities that increase the risk of exposure to saliva will be prohibited, including chewing gum, spitting, licking fingers, and eating sunflower seeds. Hand sanitizing stations will be installed through athletic facilities and athletes will be instructed on washing hands before every practice/event. Routinely during the course of the practice student athletes will be given an opportunity to wash their hands. During games and competitive events, the use of hand sanitizing stations will be utilized by all competitors. In weight room facilities, the machines will be disinfected with alcohol wipes between every use by a different individual. All athletes will be responsible for disinfecting the equipment they would have just used.</p> <p>The number of individuals transported on each vehicle will be minimized as much as possible and masks will be required at all times. There will be no difference between safety protocols and social distancing based on age ranges. Coaches, athletic trainers, building administration will be trained on the protocols for social distancing between student athletes. Training will be provided prior to the start of the sports season and will be conducted either online or in person.</p>

**Monitoring Student Athletes and Staff Health**

Requirement(s)	Strategies, Policies and Procedures
<p><b>* Monitoring student athletes and staff for symptoms and history of exposure</b></p> <p><b>* Isolating or quarantining student athletes, coaching staff, or visitors if they become sick or demonstrate a history of exposure</b></p> <p><b>* Returning isolated or quarantined coaching staff, student athletes, or visitors to school</b></p>	<p>Coaches, athletic trainers, building administration will be trained on the protocols for monitoring student athletes. This training will be provided prior to the start of the sports season and will be conducted either online or in person. All student athletes, coaches and any others who interact during a sporting event will have a health screening prior to entry into the facility. Temperatures will be taken with temporal no touch thermometers Any individual who is above the CDC recognized 100.4 threshold will not be permitted into the practice/competition. The head coach along with the athletic trainer when available will be</p>

Requirement(s)	Strategies, Policies and Procedures
<p><b>Notifying coaching staff, families, and the public of cancellation of sports-related activities, school closures and other changes in safety protocols</b></p>	<p>responsible for the monitoring and will take place at every event, every facility prior to the participant being permitted in.</p> <p>If any individual becomes ill during a practice or event, the individual will be isolated to lessen the risk of exposure to the remained of the individuals. The athletic trainer or someone from the coaching staff who is trained to assist an ill person will accompany the individual to another area or room. Both individuals will be given appropriate PPE which will reduce the risk of spread. Any individual confirmed to have COVID-19 will be required to follow CDC guidance and protocols before returning to sports activities.</p> <p>When a confirmed case of COVID-19 exists, communication protocol will be implemented. Parents will be notified through the district OneCall system, information will be posted upon the website and through social media. The goal is to maintain transparency to support the health, safety and welfare of students and staff, while supporting parent decision making. Communication strategies will be posted on the district website prior to the start of the 2020-2021 school year.</p>

**Other Considerations for Student Athletes and Staff**

Requirement(s)	Strategies, Policies and Procedures
<p><b>* Protecting student athletes and coaching staff at higher risk for severe illness</b></p> <p><b>* Use of face coverings by all coaches and athletic staff</b></p> <p><b>* Use of face coverings by student athletes as appropriate</b></p> <p><b>Unique safety protocols for student athletes with complex needs or other vulnerable individuals</b></p> <p><b>Management of Coaches and Athletic Staff</b></p>	<p>Coaches and other athletic staff will be required to contact human resources if they are unable to return or are at a higher risk for severe illness. The district will work with both students and staff to provide reasonable accommodations for individuals that are unable to return. In accordance with the universal masking order issued by the Pennsylvania Secretary of Health on July 1, 2020, all students and staff will be required to wear face coverings.</p> <p>Any individual confirmed to have COVID-19 will be required to follow CDC guidance and protocols before returning to sports activities. The district will work with the current coaching staff to have a predetermined list of possible substitutes in the event of an illness.</p>

Requirement(s)	Strategies, Policies and Procedures
	<p>Coaches, athletic trainers, building administration will be trained on the protocols for monitoring student athletes. This training will be provided prior to the start of the sports season and will be conducted either online or in person.</p>

## **Athletics Health and Safety Plan Governing Body Affirmation Statement**

The Board of Directors/Trustees for **City of Erie School District** reviewed and approved the Athletics Health and Safety Plan on **July 27, 2020, as Amended on September 9, 2020**

The plan was approved by a vote of:

**Yes**

**No**

Affirmed on: **September 9, 2020**

By:

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*(Signature of Board President)*

John C. Harkins

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*(Print Name of Board President)*

## Appendix A:

### GENERAL CONSIDERATIONS (APPLY TO ALL SPORTS):

- Individuals (student-athletes, coaches, officials, and other athletic personnel) should complete a personal health assessment daily.
  - If your temperature is 100.4 or higher, individual is showing symptoms or is sick, stay home.
  - Cover your mouth and nose with a tissue when coughing or sneezing.
  - Adhere to school adopted plans if you begin to show symptoms.
- Regularly and thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
  - Make sure to emphasize to all participants the importance of washing hands or using hand sanitizer before, during, and after competitions.
- Schools are recommended to ensure that your facilities have been properly sanitized and have hand sanitizer and disposable masks readily available for practices and contests.
- Clean and disinfect frequently touched surfaces and equipment including balls. (Please use recommendations by the ball manufacturer )
- Social distancing of at least 6 feet should be maintained at all times, where feasible. No hugging, high fives, shaking hands, or fist bumps for support/encouragement.
  - Social distancing should 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 bleachers or multiple levels of seating to ensure social distancing.
- Individuals are required to wear face coverings in accordance with the Secretary of Health's order on July 1st, 2020, as may be amended, replaced or updated, unless they meet the exceptions under Section 3 of this order.
  - Everyone must wear a face covering, such as a mask, unless they fall under an exception listed in Section 3 of the Order. Coaches, athletes and spectators (if permitted) must wear face coverings.
  - Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings when on the sidelines, in the dugout, etc. and anytime 6 feet of social distancing is not possible.
  - There are no color restrictions on face coverings; however face coverings must adhere to the Restriction on Advertisements or Sponsors Names on Uniforms policy, as adopted by the PIAA Board of Directors.
- Have a hydration plan and ability to provide water to student-athletes and coaches in a safe manner. Coordinate with visiting Teams to ensure that they have safe access to water for their participants.
- If a positive COVID-19 case is determined, follow their school safety plans, Department of Health, CDC, and local health guidelines in determining the plan of action.

### **CONSIDERATIONS FOR STUDENT-ATHLETES:**

- Teams should consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing and not share clothing.
- 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.
- Student-Athletes should keep their mouth guards in their mouth throughout the competition.
  - If the mouth guard is taken out proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so.
- 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 is especially important for student-athletes to enhance training capacity and reduce the risk of illness and injury.
- Bring and use your own water bottle.
  - High school athletes are at increased risk for dehydration. It is important that you drink enough fluid before, during and after practice and competition.
  - Student-athletes should follow established guidelines for hydration.
  - Please see National Athletic Trainer Association (NATA) Resource:
    - Healthy Hydration For Young Athletes
- Student-athletes are encouraged to shower as quickly as possible after practice and games.

### **CONSIDERATIONS FOR COACHES:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Coaches should limit game day squad sizes for social distancing purposes.
- Coaches are reminded to wear proper coaching attire per weather conditions.
- Coaches should bring their own water bottle(s) and follow established guidelines for hydration.

### **CONSIDERATIONS WHEN TRAVELING TO A COMPETITION:**

- Make sure to communicate with the host school prior to the competition to discuss plans.
- Follow all policies and guidelines the host school has communicated.
- Make sure your team is bringing its own medical supplies and emergency action plans.
- Have a plan in place if someone begins to show symptoms.

### **CONSIDERATIONS WHEN HOSTING A COMPETITION:**



- Make sure to have an administrative contact (cell number and email address) for all events.
- Communicate ahead of time with the incoming schools and officials about procedures, policies and guidelines.
  - Examples to be covered include but not limited to, the following:
    - Parking;
    - Where to enter facility;
    - What equipment should the visiting team bring;
    - Water availability;
    - Bench area seating (how many players can be accommodated to maintain social distancing);
    - Locker room availability and resources;
    - Emergency action plans;
    - How will game day paperwork be handled (electronic exchange of information is preferred).
- Make sure facilities have been properly sanitized before the visiting team has arrived.
  - Have hand sanitizer and disposable masks readily available.
- Clean and disinfect frequently touched surfaces and equipment including balls.
- Have a plan in place if someone begins to show symptoms.
- If your school will require anyone to execute a liability waiver before entering the premises, that requirement and document should be provided to all persons in advance so that it may be reviewed.

### **GATHERING LIMITATIONS:**

- In the Preliminary School Sports Guidance document which was released by the Governor's Office on June 10th and updated on July 15th, any sports-related activities in Yellow or Green phased counties must adhere to the gathering limitations set forth by the Governor's Plan for Phased Reopening (25 in yellow, 250 outdoors and 25 indoors in green). During the Yellow and Green phases of reopening, sports-related activities at the PK-12 level are limited to student athletes, coaches, officials, and staff only.

### **CONSIDERATIONS FOR MEDIA:**

- Media members should complete a personal health assessment daily.
  - If temperature is 100.4 or higher, individual is showing symptoms or is sick, stay home.
- The media must make contact with the school prior to attending to make appropriate arrangement for attendance.
- Media availability may be limited especially if there are limits on capacity.
- Media should be restricted to areas outside of the team areas.
- Interview request may be limited and should be accommodated only if social distancing protocols can be followed.
- Media are required to wear face covering in accordance with the Secretary of Health's order of July 1st 2020, unless they meet exceptions under Section 3 of that order.

- Locker room access and access to student-athletes should be monitored or limited on a case by case basis and, if it occurs, media must wear face coverings while in a building and maintain social distancing in all locations.
- Press box availability may be limited.

### **CONSIDERATIONS FOR GAME DAY WORKERS:**

- Individuals are required to wear face coverings in accordance with the Secretary of Health's order of July 1st, 2020, unless they meet the exceptions under Section 3 of this order.

## **SPORT SPECIFIC CONSIDERATIONS**

### **CROSS COUNTRY:**

#### **CROSS COUNTRY RULE CONSIDERATIONS:**

- Schools are encouraged to comply with NFHS Rule 8-5, that events contested with 4 or fewer teams be limited to a maximum of 12 participants from each team.
- Cross country meets should consider using staggered, wave or interval starts.
- Possible Rule Modifications:
  - Consider widening the course to at least 6 feet at its narrowest point.
- Finish:
  - Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
  - If no FAT timing system is available, consider alternative means of finish place and time to reduce congestion at finish line. If sticks are used for determining place, disposable sticks are recommended by race.
  - Consider using image-based equipment at finish line to assist with picking place and reducing congestion.

### **PRE AND POST RACE CEREMONY:**

- Pre and Post Race Ceremony: Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the race.
- The use of team tents on site is discouraged.
- Teams are expected to provide individual water for their athletes and discourage the use of water stations and open cups.

### **FOOTBALL:**

## **FOOTBALL RULES CONSIDERATIONS:**

### **TEAM BOX:**

- The team box may be extended on both sides of the field to the 10-yard lines (for players only) in order for more social-distancing space for the teams.
- Teams should reduce game rosters to allow for more social distancing on sidelines.
  - Where feasible, extend the 2-yard sideline belt to 5 yards.
  - Maintain social distancing of 6 feet at all times while in the team box.
- Do not share uniforms, towels and other apparel and equipment.

### **BALL:**

- The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
- The ball holders should maintain social distancing of 6 feet at all times during the contest.
- Clean the ball on a ball rotation to the sidelines. Have ball individuals wear gloves and be supervised and directed by an adult staff member or member of coaching staff.

### **FACE MASKS:**

- Cloth face coverings are permitted.
- Plastic shields covering the entire face (unless integrated into the face mask and attached to the helmet and clear without the presence of any tint) are not allowed during the contest.
- Face shields – It is recommended that teams promote their use by players. Face shields may be worn for play as well as on the sidelines.

### **TOOTH AND MOUTH PROTECTORS:**

- Student-Athletes are recommended to keep their mouth guards in their mouth throughout the competition. If the mouth guard is taken out proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so.

### **GLOVES:**

- Gloves are permitted but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specification.

### **CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES:**

- A single charged time-out may be extended to a maximum of two minutes in length specifically to allow more time for re-hydration.
- For social-distancing purposes the authorized conference for the charged time-out should take place between the 9-yard marks and not at the sideline. (It would be

permissible for more than one coach to be involved in this conference and for technology to be used.)

- Each game official and player should have their own beverage container.
- Encourage the minimization of offensive and defensive huddles and encourage coaching staffs to utilize other methods of communication with players (such as signals, cards, signs) to minimize grouping.

#### **INTERMISSION BETWEEN PERIODS AND AFTER SCORING:**

- The intermission may be extended to a maximum of two minutes between the first and second and the third and fourth periods and following a try, successful field goal or safety, and prior to the succeeding free kick.

#### **PREGAME, QUARTER, HALF-TIME AND POST GAME CEREMONY:**

- Water bottles are discouraged on the field of play and should be used off the playing surface.
- Coaches are encouraged to hold pre-game, quarter, half-time and post-game meetings socially distant and off the playing surface, where possible.
- No post game of shaking hands.

#### **FINAL CONSIDERATIONS FOR FOOTBALL:**

- Before, during and after the contest, players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands as often as possible.
- Maintain social distancing of 6 feet at all times while on the sidelines and on the field of play when possible.
- Everyone should have their own beverage container that is not shared.
- Cloth face coverings are permitted for all coaches and team staff and for all game administration officials.
- Gloves are permitted for all coaches and team staff and for all game administration officials.
- Try and limit the number of non-essential personnel who are on the field level throughout the contest.
- If available, dressing facilities for game officials and teams should be large enough for them to use social-distancing protocols and should be properly cleaned and sanitized prior to their arrival.

#### **GOLF:**

#### **COMPETITION CONSIDERATIONS:**

- Schools may adhere to local course competition rules in relation to COVID-19 accommodations.
- Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
- Normal golf groups are permitted.
- Limit use of golf shop and retail operations to maintain social distancing guidelines. If social distancing cannot be maintained, golf shop access should be prohibited prior to the competition.
- To limit congestion, limiting field size and starting from one tee only is recommended. Also, consider the expanded spacing of starting times (12 minutes apart for groups of 3 and 15 minutes apart for groups of 4)
- Tees, pencils and ball-markers and sharpies will not be available. Players must bring their own equipment and food/beverage as needed.
- Electronic scoring is permitted for Regular Season competition. The exchange of scorecards by players is discouraged and verbal confirmation of scores may be accepted.
- To limit congestion, it is recommended that a window of time be established for players to access practice facilities before their round based on their starting times.
- It is recommended that practice facilities not be used after the round and that all players be encouraged to depart immediately when finished.

## **SOCCER:**

### **SOCCER RULES CONSIDERATIONS:**

- **PREGAME CONFERENCE:**
  - Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team.
  - Move the location of the pregame conference to center of the field. All individuals should maintain a social distance of 6 feet.
  - No handshakes prior to and following the Pregame Conference.
- **BALL INDIVIDUALS:**
  - Encourage social distancing of 6 feet. When possible, additional game balls may be placed around the outside of the field to limit contact with the ball. Ball holders are encouraged to use their feet or wear gloves to return balls to designated areas or field players.
- **TEAM BENCHES:**
  - Encourage bench personnel to observe social distancing of 6 feet.
  - Team areas may be expanded to promote social distancing.
- **SUBSTITUTION PROCEDURES:**
  - Maintain social distancing of 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line.
- **OFFICIALS TABLE:**
  - Limit to essential personnel who includes home team scorer and timer with a recommend distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.

### **PREGAME, HALF-TIME AND POST MATCH CEREMONY:**

- No pregame world cup introduction line pre-half team huddles on the field. Send players to their field positions with bench personnel lined up on the touch line (6 feet apart) for introductions.
- Water bottles are discouraged on the field of play and should be used off the playing surface. Goalkeepers are encouraged keep a water bottle behind the net for the purpose of wetting their gloves rather than spitting.
- Coaches are encouraged to hold pre-game, half-time and post-game meetings socially distant and off the playing surface, where possible.
- No post game shaking hands.

## **TENNIS:**

### **TENNIS MATCH CONSIDERATIONS:**

- PRE-MATCH CONFERENCE:
  - Limit attendees to any pre-match conference between athletes and coaches. Make sure to maintain social distancing of 6 ft.
- TEAM AREAS:
  - Make sure team personnel observe social distancing of 6 ft.
- DURING MATCHES:
  - Between points, use your racquet or foot to advance the tennis balls back to your opponent. Also, avoid using your hands when returning balls to another court.
  - Maintain physical distancing if changing ends of the court.
  - Avoid touching your face after handling a ball, racquet or other equipment.
  - Wash your hands promptly if you have touched your eyes, nose or mouth.
  - When playing doubles, coordinate with your partner to maintain physical distancing, where possible.
  - Wash your hands thoroughly or use a hand sanitizer before, during (between sets), and after play.
  - Clean and wipe down your equipment, including racquets and water bottles. Use new balls and a new grip, if possible.
  - Use only your own towels and water bottles. Avoid sharing food and touching common surfaces such as court gates, fences, benches, etc.

### **TENNIS BALLS:**

*Although unlikely, it's possible that a tennis ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease. Here is an extra precaution you can take to keep safe when playing tennis, if feasible:*

- Use four or six tennis balls.
- Open two cans of tennis balls that do not share the same number on the ball.
- Take one set of numbered balls, and have your playing partner take a set of balls from the other can. (Have one player mark their balls for easier identification.)
- Proceed with play, making sure to pick up your set of numbered balls only. Should a ball with the other number wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball to the other side of the court.

## **VOLLEYBALL:**

### **VOLLEYBALL RULES CONSIDERATIONS:**

- **PRE-MATCH CONFERENCE:**
  - Limit attendees to the first referee, head coach, and one captain from each team.
  - Move the location of the pre-match conference to center court with one coach and one referee positioned on each side of the net. All four individuals should maintain a social distance of 6 feet.
  - Suspend roster submission at the pre-match conference. Rosters should be submitted directly to the officials' table before the 10-minute mark.
- **TEAM BENCHES:**
  - Suspend the protocol of teams switching sides/benches between sets.
    - Home team will select their bench prior to the match and remain on the same side for the duration of the match.
  - Team areas may be expanded to promote social distancing outside of playable areas.
- **DECIDING SET PROCEDURES:**
  - Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distance of 6 feet. A coin toss, called by the home team, will decide serve/receive.
  - Suspend the protocol of teams switching sides/benches before a deciding set.
- **SUBSTITUTION PROCEDURES:**
  - Maintain social distancing of 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.
- **OFFICIALS' TABLE:**
  - Limit to essential personnel (which includes home team scorer, libero tracker and timer), with a recommend distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
- **PRE AND POST MATCH CEREMONY:**
  - Establish volleyball specific social distancing match protocols including the elimination of handshakes before and after the match.



### **CHEERLEADING:**

- **Social Distancing needs to be adhered to at all times.**
- **Face Coverings are required and should be:**
  - Snug Fitting;
  - Should not impede vision or movement;
  - Should be soft and pliable with no exposed metal, and should provide adequate ventilation and protection from the spread of particulate matter;
  - Modifications to skills should be considered while wearing face coverings, such as limiting inversions, twisting, and tosses.
- **Considerations for face coverings:**
  - Use coverings that are held in place with over the head straps using Velcro or other breakaway type connections
  - Full head coverings
  - Covering that minimize the change of having fingers caught in them or shifting to impeded any visual sight.
- **No stunts will be permitted at this time.**

### **MARCHING BAND:**

- **Social Distancing needs to be adhered to at all times, 6 feet apart (4 step interval);**
- **Face masks/coverings are required at all times except during workouts, i.e. playing wind instruments.**
- **Individuals must have their own labeled water bottle,**
- **Members of the band will be placed into “pods” and practices will be scheduled to allow for pods to practice independent of each other.**