

SCHSL Return of High School Sponsored Team Sports Guidelines

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| Objective | This document is intended to provide guidance for 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. | | |
| Foundational Statements | <p>The SCHSL believes it is essential to the physical and mental well-being of students to return to physical activity and athletic competition.</p> <p>The SCHSL recognizes that all South Carolina 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 activities are allowed over the next 9 to 12 months.</p> <p>While recognizing that county-by-county reopening may lead to inequities, the SCHSL advocates for returning students to school-based athletics to operate in any and all situations where it can be done safely.</p> <p>Prior to allowing use of facilities, schools should review facility use agreements, especially in the areas of sanitation requirements and liability.</p> | | |
| Points of Emphasis | <p>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. The SCHSL will disseminate more information as it becomes available.</p> <p>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 as people age 60 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.</p> <p>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.</p> <p>Due to the possibility of recurrent outbreaks in the coming months, schools be prepared for the possibility of some teams having to quarantine for two or more weeks while in-season. Development of policies is recommended 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.</p> | | |
| | Phase One | Phase Two | Phase Three |
| Facilities Cleaning | <p>Adequate cleaning schedules should be created and implemented for all athletic facilities.</p> <p>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.).</p> <p>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.</p> <p>Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.</p> <p>Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.</p> <p>Athletes must be encouraged to shower and wash their workout clothing immediately upon returning to home.</p> | To Be Determined | To Be Determined |
| 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. | To Be Determined | To Be Determined |

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| Limitations on Gatherings | <p>No gathering of more than 10 people to include athletes, coaches, and staff at a time (inside or outside).</p> <p>Workouts should be conducted in “groups” of athletes with the same athletes working out together weekly to limit overall exposures. Consider smaller groups for weight training.</p> <p>Groups are to be separated by facilities (one group per facility).</p> <p>There must be a minimum distance of 6 feet between each individual at all times. If this is not possible in enclosed areas, then the maximum number of individuals in the room must be decreased to obtain a minimum distance of 6 feet between each individual.</p> | To Be Determined | To Be Determined |
| Pre-Workout Screening | <p>All athletes, coaches, and staff should be screened daily for signs / symptoms of COVID-19 prior to participating, including a temperature check. Anyone with a temperature of greater than 100.3 degrees should not participate and be sent home.</p> <p>Responses to screening questions for each person should be recorded and stored.</p> <p>Any person with positive symptoms reported should not be allowed to participate, should self-isolate, contact their primary care provider or other health-care professional and not be allowed to return until tested for the COVID-19 virus and receive a result of NEGATIVE or have been cleared by a healthcare provider other than an athletics trainer.</p> <p>.</p> | To Be Determined | To Be Determined |
| Face Coverings | <p>State, local or school district guidelines for face coverings should be strictly followed.</p> <p>In the absence of guidelines to the contrary, we recommend that:</p> <p>Face coverings be worn by athletes when not participating in the sports activity.</p> <p>Coaches and staff, officials should wear cloth face coverings at all times during the workout sessions. (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.)</p> <p>Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.</p> | To Be Determined | To Be Determined |
| Hygiene Practices | <p>Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.</p> <p>Disinfect frequently used items and surfaces as much as possible.</p> <p>Strongly consider using face coverings while in public, and particularly when using mass transit</p> | To Be Determined | To Be Determined |
| Hydration/Food | <p>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.</p> | To Be Determined | To Be Determined |
| Travel | <p>Keep it local and avoid cross county travel when possible, especially if counties are in different phases. Consider limiting the number of riders on a bus or van to address social distancing and/or encourage athletes to ride with family members to venues.</p> | To Be Determined | To Be Determined |
| Locker Rooms and Athletic Training Areas | <p>Locker rooms should not be utilized during Phase 1. Students should report in appropriate attire and immediately return home to shower after participation. No students allowed in training area unless Athletics Trainer is present.</p> | To Be Determined | To Be Determined |

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| Weight Rooms | <p>Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.</p> <p>Resistance training should be emphasized as body weight, weight machines, and free weights that do not require a spotter.</p> <p>Free weight exercises that require a spotter cannot be conducted while honoring physical distancing norms. Safety measures in all forms must be strictly enforced in the weight room.</p> <p>Weight rooms should follow physical distancing guidelines. Athletes should be separated by 12ft.</p> | To Be Determined | To Be Determined |
| Physical Activity and Athletic Equipment | <p>There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.</p> <p>Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned at home after every workout.</p> <p>No balls or sports equipment for first 10 days of workouts or 14 calendar days to minimize common contact points. Beginning with 11th day of workouts or 15th calendar day, properly cleaned and sanitized balls and sports equipment may be used. Must maintain 6ft. social distancing.</p> <p>When permissible to use, all athletic equipment, including balls, should be cleaned after each individual use and prior to the next workout.</p> <p>Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.</p> | To Be Determined | To Be Determined |
| General Activity Description | Individual Skill Development and Workouts Maintain Physical Distancing; No Contact with Others No Sharing of Equipment; No Grouping | | |
| Lower Infection Risk Activities | <p>Activities that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors. SCHSL Activities: cross country (with staggered starts), track and field*, swimming*, golf, and tennis Notes: In swimming, relays need to maintain social distance. In track and field, any field event with an implement needs to be cleaned after each use by participants.</p> | | |
| Cross Country | Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes). | To Be Determined | To Be Determined |
| Track & Field | Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes). No sharing of implements / equipment. Padded equipment should be cleaned between uses. | To Be Determined | To Be Determined |
| Swimming | Swimmers should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes). | To Be Determined | To Be Determined |
| Golf | Maintain appropriate physical distancing 6 feet apart. | To Be Determined | To Be Determined |
| Tennis | Conditioning, no sharing of balls, each player may use own can of balls to serve and uses racket to pass other balls (singles only), ball machine use by individuals only. Players may do individual drills, wall volleys and serves. Wipe down rackets and balls after. | To Be Determined | To Be Determined |

| Moderate Infection Risk Activities | | | |
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| Moderate Infection Risk Activities | Activities 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. SCHSL Activities: volleyball, soccer, baseball, softball, and basketball | | |
| Volleyball | Conditioning, individual ball handling drills, each player has own ball. A player should not use a single ball that others touch or hit in any manner. | To Be Determined | To Be Determined |
| Soccer | Conditioning, individual ball skill drills, each player has own ball, feet only (no heading/use of hands), no contact. | To Be Determined | To Be Determined |
| Baseball | Conditioning and tee work. Players should not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually. | To Be Determined | To Be Determined |
| Softball | Conditioning and tee work. Players should not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually. | To Be Determined | To Be Determined |
| Basketball | Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball. | To Be Determined | To Be Determined |
| Higher Infection Risk Activities | | | |
| Higher Infection Risk Activities | Activities that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. SCHSL Activities: football, wrestling, competitive cheerleading, and lacrosse. | | |
| Football | Conditioning and individual drills. A player should not participate in drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and when permitted, there should be no sharing of sports equipment. Protective equipment prohibited. | To Be Determined | To Be Determined |
| Wrestling | Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (as long as physical distancing is adhered to). | To Be Determined | To Be Determined |
| Competitive Cheer | Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible as long as physical distancing is adhered to. | To Be Determined | To Be Determined |
| Lacrosse | Conditioning and individual drills. Contact with other players is not allowed, and when permitted, there should be no sharing of sports equipment. Protective equipment prohibited. | To Be Determined | To Be Determined |