



## MAC COVID-19 Competition Regulations

Last Updated: August 19, 2020

This document will serve as guidelines for Coaches, Administrators and other essential personnel on the guidelines and procedures that are required during Metro Athletic Conference competition during the 2020-21 school year.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and venue to help prevent the spread of the virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These Recommendations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your state.

Recommendations for Parents: (A family's role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home)
- Provide personal items for your child and clearly label them.
- Make sure clothing is washed/cleaned after each practice and competition.
- Disinfect your student's personal equipment after each practice and competition.

### General Game-Day Procedures

#### Athletic Training Room/Athletic Healthcare

- All student-athletes should wear a face mask/covering at all times while in the host site athletic training facility.
- Host site athletic training room should not be available for visiting team pregame and postgame treatments.
- If team is not traveling with an Athletic Trainer:
  - Be considerate of additional contact that will be required and provided by the host site.
  - Complete all taping/bracing at home if possible.
  - Host site AT should be contacted prior to trip, and a plan should be formulated on space and procedures for completing any taping and abiding by appropriate hand washing/sanitation activities upon entry and exit and any time they have come in contact with something possibly contaminated.
- Limit number of occupants in the athletic training room at any given time to those on the same team and maintain appropriate physical distancing. This will be dependent upon size of the athletic training room and determined by appropriate staff, should be posted outside the room, monitored and limits enforced. A designated waiting area outside of the athletic training room should be marked with appropriate physical distancing.

- If treatment or rehabilitation of a student-athlete requires use of a taping table or an exam table, the table should be protected and disinfected after each time it is used, regardless of physical barrier used.
- Treatment/taping tables should be appropriately distanced a minimum of six feet apart.
- Consider, weather permitting, taping be performed in an outside environment.
- Clean and disinfect frequently touched surfaces at least daily (more frequently is recommended) and shared objects between each use. Efforts should be made to utilize premade ice bags that can be picked up individualized by the student-athletes that need them to avoid multiple contact with the ice machine and ice scooper. Bags should be left in an open cooler, if possible, to avoid lid/handle contamination.

### Hydration

- Visiting teams should bring their own water jugs and instruct their students to bring their own water bottles.
- Visiting teams may be able to fill water up at host site, if pre-arranged among the schools.

### Game Day Face Masks/Coverings

- Masks/face coverings should be worn when traveling to and from transportation vehicles and designated team facilities.
- Masks/face coverings should be worn while in transit.
- Masks/face coverings should be worn when entering host facilities, including host team Athletic Training Room, and on the field of play during any pre-warm up walkthrough which does not require increased demand on the student-athletes' cardiorespiratory system (i.e. pre-game walking of the field in football).
- Masks/face coverings should be worn by student-athletes while on the sidelines/benches and not actively engaged in competition "field of play."
- Masks are not to be shared.
- Teams must implement an effective plan to allow student-athletes to wear masks/face coverings while in bench areas but quickly remove mask/face covering to enter "competition" and keeping individualized masks/face coverings separate and isolated in a container or plastic bag when not in use.
- Officials/referees should utilize masks/face coverings as long as this will not directly impede the effective completion of their duties and responsibilities.
- Coaches and game day personnel (Sports Medicine staff, film crews, ball crews, etc.) should always utilize masks/face coverings.
- The following are acceptable reasons to not wear a mask as outlined by the Ohio Department of Health:
  - Facial coverings in the setting are prohibited by law or regulation.
  - Facial coverings are in violation of documented industry standards.
  - Facial coverings are not advisable for health reasons.
  - Facial coverings are in violation of documented safety policies.
  - There is a functional (practical) reason to not wear a facial covering.

### Locker Rooms

- Locker rooms will be unavailable at the host site for **visiting teams**. Home team locker room usage should follow any School District policies and procedures.
- Visiting teams should arrive dressed to play and should expect to bring all belongings to the competition site or leave them on the team bus.
- Restroom facilities will be designated for use by the visiting school and communicated to coaches upon arrival.
- Emergencies/special circumstances should be pre-arranged among schools to accommodate any specific needs.

## **Officials**

- Gameday officials must self screen prior to arrival at the contest facility.
- Game officials should come dressed and ready to officiate.
- Restroom facilities will be assigned for gameday official use only and communicated to the officials when they arrive by the host site.
- Accommodations for officiating crew should be made by host site and communicated to officials prior to the event.

## **Passes**

- **MAC League passes will be accepted at all contests.**

## **Spectators**

- Spectators are limited to 2 spectators per competitor, and also 2 spectators per band member and cheerleader at football games (home band only).
- Spectators are required to wear a face covering.
- Spectators are required to socially distance in the stands.
- All tickets are \$5 for HS events and \$3 for MS events.
- All ticket sales are to be conducted as a pre-sale at the team's own school in whatever form the school chooses (for example: Ravenna tickets both home and away are always purchased through Ravenna Athletic department.)
- Must have a ticket or MAC League pass to enter facility.
- No ticket sales at the event.

## **Athlete/Coach Pre-Screening**

- Screening Procedures:
  - Accepted Temperature less than 100.4 F. Taking into account the potential for environmental factors causing an elevated temperature.
  - Should the temperature be elevated, it is appropriate to isolate the individual and recheck the temperature after 5-to-10 minutes of sitting in a cool environment.
  - Symptom check (based on form/finalforms)
  - Note that due to the variability and potential unreliability of temperature checks, should give more consideration to symptom check.
- Athletes should be pre-screened at their home school/departure location prior to departure to the host site.
- Home site coaching staff should make the effort to screen their student athletes prior to the bus departure of visiting school, in case of cancellation.
- Any individual exhibiting any symptoms is prohibited from play until cleared by a physician.
- All screenings must be documented on an approved screening form or in FinalForms for contact tracing purposes.
- Documentation of screening procedure should be sent to the administrator at the host site.

## **General Coaching/Team Personnel Guidelines**

- Limit individuals in travelling party to those directly involved with the game.
- Masks required by all game day staff and coaching staff at all times.
- Coaches should pre-screen themselves for symptoms upon arrival to their school prior to student arrival.

- Coaches should be proactive and communicate league expectations and guidelines to their students, parents and staff members.

## **Sport Specific Guidelines**

### **Cross Country**

With the support from the NFHS Track and Field Rules Committee and the Ohio High School Athletic Association, the recommendations and requirements outlined below are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

### **Return to Competition General Guidelines:**

- Social distancing of at least 6 feet should be maintained at all times when not competing. No hugging, shaking hands, or fist bumps for support/encouragement.
- Meets should use staggered, wave or interval starts.
- Possible Rule Modifications:
  - 8-1-3a: 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.
    - With no FAT timing system consider alternative means of finish place and time to address congestion at finish line.
    - Consider using image-based equipment at the finish to assist with picking place to avoid congestion.
- Clean and disinfect frequently touched surfaces and equipment.
- Spectators are required to wear masks and socially distance themselves from others.
- Expectations for Coaches:
  - Communicate league guidelines in a clear manner to students and parents.
  - Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
  - Coaches must adhere to all face mask requirements that the host site's county has set forth. Recommendations for Students:
  - Hand sanitizer should be plentiful at all contests and practices.
  - Encourage athletes to tell parents/coaches immediately when they are not feeling well.
  - Cloth face coverings are permitted.
  - Bring your own water bottle and tell students to do the same.
- **Expectations for Officials:**
  - Bring personal hand sanitizer.
  - Wash hands frequently
  - Don't share equipment.
  - Follow social distancing guidelines when...
    - Conducting pre and post meet conferences
    - Clerking at the start line
    - Tabulations and posting of results.
  - Consider using electronic whistle.

- Do not shake hands and follow pre and post-game ceremony guidelines established by state associations.
- Officials should adhere to all face mask requirements of the Metro Athletic Conference.
- **Before the Event:**
  - Participating schools responsible for individual temperature check and health questions for all their athletes and coaches before departure from school
  - Spectators must wear masks when outside their private vehicles and maintain 6 feet social distance. Athletes need to be safe during the race, therefore observation of runners must be 6 feet away from course.
  - It is required that when not in competition areas or when preparing for, warm-up, or cooling down from competition that all athletes wear masks
  - All coaches, officials, and workers will be masked throughout the day and those in close contact with others will be gloved (changing gloves frequently)
  - It is recommended that all attending carry personal hand sanitizer and maintain social distancing when possible
  - Each runner is allowed to have no more than 2 spectators at the meet.
  - If an Athlete is not running that day, then they need to stay home
  - Warm-ups need to take place away from the starting area keeping social distance. The official will call you to the starting boxes.
- **Starting Area:**
  - Starting line boxes wider to accommodate better spacing between runners
  - Extra spacing between team boxes
  - Each starting box will be 10 feet with a 6 foot space between boxes
  - Runners will not be brought out by starter to give instructions—this will be accomplished through information in the coach's packet
  - Runners will not be held on starting line for more than 10 seconds
  - Teams will be limited in the number of starters (runners) in each race. There will be a varsity girls and boys race and 2 open races.
  - Only runners are allowed in the starting area.
  - Runners are to leave nothing behind at the start of the race. No team trash cans in the starting area.
- **During the Race:**
  - Close visual monitoring of athletes by all officials, workers, and athletic trainers
  - Athletes will be encouraged not to purposely touch or assist other runners during competition
  - Runners will have their mask with them at all times
  - Runners should social distant wherever it is possible, during the race
- **After the Race:**
  - Finish chute will be fan shaped into 4 separate finish zones
  - All finish workers will be masked and gloved
  - Only licensed and properly dressed medical personal will touch athletes in need of attention
  - Bottled water should be only hydration available for all finishers in general. Schools must bring their own water coolers if they wish to refill bottles. Water supply could be provided by host site for filling up coolers, upon request from visiting schools.
  - A Certified Athletic Trainer will be on site and available as needed.

- All surfaces that have potential for physical contact will be frequently sanitized
- All competitors will be continuously encouraged not to purposely touch other competitors and/or officials, and to keep moving through the recovery area to the exit
- After exiting the chutes encourage your athletes to continue walking, we cannot have a mass gathering at the end like in the past.
- Soon as all athletes have completed their races from your school, you can leave.

## **Football**

- Roster size is limited to 60 players.
- Pre-travel Protocol:
  - Visiting school contact opponents concerning game day protocols by Tuesday.
  - Communication between head coaches and athletic directors in regards to travel and accommodations.
  - Travel itineraries are to be shared at this time.
  - Host school provides maps, diagrams to be shared that will layout the school's facilities.
  - Visiting schools should detail how many busses, departure time and number of students and staff traveling. Also disclose the number of staff requested to be in the press box.
  - Specific ingress and egress information will be provided for every attendee of the contest.
- Travel Protocol:
  - Bus passengers will wear masks, and follow ODH transportation policies.
  - Wear game pants to games on the bus/pod whenever possible.
  - Each athlete carries other equipment in travel bag
  - Athletes are responsible for their own equipment/water bottle
  - Set travel itinerary so there is minimal time before the game whenever possible.
  - Busses/pods disembark to assigned pod areas with coaches supervision with social distancing protocols in effect.
  - Coaches supervise restroom use for each bus/pod.
- Post Game Travel Protocol:
  - Bus/pod with coaches supervision return to pod arrival location.
  - Coaches supervise restroom break by pod.
  - Load busses/pods with coaching attendance (athletes ride on same bus to and from game)
  - Locker rooms not available for visiting schools.

## **Home Team**

- Pregame Considerations:
  - Participants must not exhibit signs or symptoms of COVID-19 within the past 72 hours prior to competition.
  - Athletes and staff are required to have a game day temperature checks administered by staff and complete a game day COVID-19 symptom questionnaire.
  - Game Day documents must be kept on File in the Athletic Director's Office till completion of season.

- Flyers and signs that are available at [coronavirus.ohio.gov](https://coronavirus.ohio.gov) to promote good hand hygiene and respiratory etiquette will be posted throughout the game site.
- Varsity football only: Locker rooms will open:
  - 1 hour 45 min. before kickoff for player requiring medical attention (taping)
  - 1 hour 30 min for player that do not require taping
  - Use of locker rooms before the game should be kept to a minimum. Utilize outdoor areas around the field when possible.
  - Hand Sanitizer and/or wipes should be placed in locker rooms.
  - Each Player must have his own water bottle, the bottle can be filled from a central location. Trainer or designee will be responsible for water bottle refills.
  - Pregame, during, and after the game, all team personnel shall refrain from sharing towels, water, apparel or equipment.
- Coin toss:
  - Limit attendees to the referee, umpire and one designated representative from each team. Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6 feet.
  - No handshakes prior to and following the coin toss.
  - Maintain social distancing of 6 feet while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, individuals handling the balls during the game and team personnel.
  - For the overtime procedure, use the same procedure as used at the start of the contest for the coin toss.
- Players should have 4 t-shirts – Plastic bags should be provided for the player to put shirts in when changed. One for pre-game, first half, second half, and post-game.
- During Game:
  - Team box will be extended from ten-yard line to ten-yard line so social distancing can be maintained on sideline.
  - Benches or chairs may be used on the sidelines that maintain the social distance guidelines.
  - Only Team members can be in the team box. Everyone that is a team member and not in a uniform must have a team box pass. (Injured player with jersey only will count as uniform)
  - Team personnel will be responsible for sanitizing footballs per sideline.
  - Warm-ups should be reduced to minimum time needed.
  - Footballs will be rotated and sanitized as often as possible during the game.
  - Timeouts
    - Coaches will meet players at the bottom of numbers on the field, players will social distance during timeouts.
    - Every 6 minutes of game clock time there will be a two minute break. Timeout protocols will be utilized during these breaks (Rationale for the 6 minute break is to eliminate continuous contact for 15 minutes).
    - Players will sanitize their hands during timeouts.
    - Halftime

- Halftime will be a period of 12 minutes. Officials will contact teams at the 9 minute mark.
- Teams must be on the field at the 12 minute mark. A 3 minute warm up period will follow.
- Locker room not available during halftime. Teams will go to respective endzones during halftime.

### **Visiting Team**

- The above protocols will apply to visiting teams with the following additions.
- Travel dressed and ready to play. No locker rooms available for visiting schools.
- Carry Shoulder Pads, Helmets and cleats.
- Avoid use of the locker room when possible.
- Locker rooms should be used for things like:
  - Restroom breaks
  - Hazardous weather
  - IF locker rooms are used for games, teams will dress in groups.
    - The number of each group will be determined by the size of the locker room and number of players that can dress and maintain social distance.

### **Post Game Considerations:**

- No Handshakes after the game.
- Post game meeting on field with social distance protocols for instructions.
- Players are to exit the field immediately after post game meeting, and prepare to ride home. DO NOT go to the sidelines and talk with family or friends.
- Dirty cloth will be placed in a bag for the ride home.
- All clothes will go home with players when they return to school unless school is laundering cloth.
- Locker room will be sanitized following the departure of team members.
- Schools that launder uniforms or pay to have them laundered must place uniforms in closed containers.

### **Officials**

- Guidelines will be addressed by the OHSAA and the local officials associations. Volunteers
- Press Box, Chain Gang, Ticket Sellers and Takers, etc. will be the responsibility of the Home Team administration.
- **Officials' halftime location in both good and inclement weather up to the host site and should be communicated upon arrival.**

### **Crowd Management**

- Patterns for fan movement will be determined by the home team administration following CDC guidelines and clearly marked.

### **Concession Stands**

- All food must be prepared and served using restaurant guidelines.
- Prepackaged food should be used when possible.

### **Spectators**

- Spectators must conduct symptom assessment on game day prior to arrival at facility.
- Anyone experiencing symptoms must stay home.
- Six-foot social distancing must be maintained between individuals.
- Fans must exit following the game. No congregating before or after games is permitted.
- Spectators must wear face coverings at all times.



- Non-Bleacher Setting:
  - Any areas not designated as bleachers, spectators must maintain social distancing guidelines.
  - Standing along fence lines is prohibited.

## **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.
- No touch rule – players should refrain from high fives and other physical contact with teammates, opposing players, coaches, officials, and fans.
- Everyone should have his own beverage container that is not shared.
- Cloth face coverings are permissible for all coaches and team staff and for all game administration officials.
- Gloves are permissible for all coaches and team staff and for all game administration officials.
- 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.
- Public address announcements will be made periodically before, during, and after the contest to follow the guidelines set forth by the CDC.
- Continuous clock will be an option at the discretion of both Head Coaches in the first half if all OHSAA guidelines for a continuous clock are met.

## **Girls/Boys Soccer**

- 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 maintain a social distance of 6 feet.
  - Suspend handshakes prior to and following the Pregame Conference.
- Ball boys should be reserve players/substitutes, must be social distancing of 6 feet
- Roster size is limited to 22 players
- Team Benches
  - Bench personnel to observe social distancing of 6 feet.
  - Masks required when students/staff are in the team bench area.
- 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.
  - Clock stops on substitutions to allow for unmasking/masking procedure of students coming on/off the field.
- Officials Table

- Limit to essential personnel which includes home team scorer and timer with a recommended 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.
- Provide hand sanitizer at officials table
- Pre and Post Match Ceremony
  - Suspend the pregame world cup introduction line and send players to their field positions with bench personnel lined up on the touch line (6 feet apart) for introductions.
  - Suspend post game protocol of shaking hands.
- Soccer Rules Interpretations
  - Cloth face coverings are permissible.
  - Gloves are permissible.
  - Need to have balls sanitized throughout game
- Halftime for officials in good and inclement weather up to host school and should be communicated upon arrival.

### **Girls Tennis**

#### **Equipment:**

- Players should not share racquets, uniforms, towels, tennis balls, clothing, etc. Must have your own equipment. Players are encouraged to have extra rackets as there is no sharing of equipment.
- Each player will be responsible to bring ample water for each match and practices as schools cannot supply water and use water coolers. Players should NOT be sharing water.
- If possible, each player should have their own bottle of sanitizer.
- Avoid team snacks, ask each player to be prepared to bring something for themselves and no sharing.

#### **Masks**

- Athletes and coaches will wear a mask before leaving school while being transported to the event.
- Coaches will wear masks at all times
- Players will be asked to wear masks at all times. Players should wear a mask until they get to their assigned court.
- When a player's match ends, they will need to put on a mask.
- Athletes and coaches will wear a mask when leaving a match while being transported back to school.

#### **Visiting Team Arrival:**

- Players & Coaches need to be wearing masks. Players also should be dressed and ready to play when arriving.
- Designated area should be marked off (with social distancing) for the opposing team to make their camp when they arrive. This area should not be around spectator areas if possible.
- Visiting team should arrive as close to the start time as possible. Enough time to stretch, bathroom, etc.

- No pre-match warm-up, only restroom break and stretching. Players will warm up with their opponent after the spin of the racquet. You may go beyond the 10-minute limit.
- No team introductions will take place. Players will be assigned courts and then start warm-ups.

### **Pre-Match**

- Players should wear a mask until they get to their assigned court.
- Players should report directly to their assigned court and meet their opponent.
- Players and teams should place bags at opposite net posts, or along the fence (the fence posts are 12 ft apart).
- No shaking hands before the match.
- Match tennis balls should be placed on the court prior to the match announcements.
  - Players from the home team will mark their own tennis balls, while the coach (wearing gloves) will mark the visiting team's tennis balls. Each player will receive two tennis balls per match. No new balls will be issued for a third set.
- Spinning of the racquet will take place like normal (just opponent on opposite sides of the net, social distanced).
- 7. Warm-up can go beyond the 10-minute limit, as long as it is at a reasonable length.

### **Match**

- During on court play avoid touching the tennis balls from adjacent courts with your hands when at all possible. Return balls that come onto your court with your racquet or your foot.
- Only serve with the tennis balls marked with your markings.
- Players are encouraged to use hand sanitizer on each changeover since they will have touched the tennis balls on their court.
- Players change sides by walking on opposite sides.
- During the match, home team players should be the only ones changing the scorecards.
- After the match has ended the player keeping score will sanitize the scorecards.
- No high fives, or any contact with team members during a match. Racquet touches are ok.
- Avoid touching net, net posts, fences, benches, etc. if you can.
- Avoid touching your face after handling a tennis, a racquet or other equipment. Wash your hands promptly if you have touched your eyes, nose or mouth.
- Remain apart (6ft) from other players when taking a break.
- There can still be continuous coaching, but must be done outside the fence. No coaches on the court during a match unless called out there for a dispute.

### **Post-Match**

- When match is complete, players come to the net to tap racquets and say good match. They will also confirm the score and home team will report the score to their coach.
- Wash your hands thoroughly or use hand sanitizer after the completion of the match.
- No extra-curricular or social activity should take place. No congregation after playing. Leave the court as soon as reasonably possible.
- Players will bring their own tennis balls off the court and place them in a bucket where they can be sanitized for future use at practice. (this could be an individual school item).

- Players must have a mask on before exiting the tennis courts.
- When players are done with their match, they are encouraged to watch their teammates matches, however they need to adhere to the social distancing policies, and wear masks.

### **Spectators**

- Spectators will be permitted (2 per competitor), although they need to maintain social distancing and bring their own chairs.
- Spectators can be in a group of immediate/grandparents' family.
- Players, fans, and coaches will immediately leave at the conclusion of the completion of the entire team match.
- Spectators need to adhere to the proper personal protective equipment (PPE) and facemask protocols.
- Spectators must be 10 feet from the fence at all times. This distance will help with the coaching area as coaches are coaching from a distance.
- Masks will be required to be worn by spectators due to the Governors' mask mandate.

### **Weather**

- If it rains during the match, the home team is responsible for turning score into their coach and visiting team will confirm with home coach.
- If rain, coaches will address to their team where they should go (bus, van, cars, pavilion, etc.) and coaches should go there automatically.

Sectional / District Tournament Guidelines will be addressed in the tournament packets.

## **Girls/Boys Golf**

### **Guidelines for Preseason/Post-Season Girls Golf Tournament**

**(Applicable as well to both Boys/Girls League Matches and future League Tournaments)**

The Metro Athletic Conference plans to adhere to the golf guidelines sent out by the Ohio High School Athletic Association (OHSAA) on July 22, 2020 which were developed by the Ohio PGA's Junior Tour guidelines and the United States Golf Association (USGA). Our League plans to follow these guidelines and will update this document if changes are recommended in the future from the OHSAA, Ohio Department of Health, and our local county Health Departments.

### **Golf Competition Requirements for Metro Athletic League**

#### **Prior to Competition:**

- League/host school remains in contact with the host golf course and local health department to determine any guidelines/recommendations/requirements in place.
- League/host school communicates any guidelines/recommendations/requirements to participating schools.
- League/host school communicates with the host golf course on local rules as it pertains to flagsticks/ball retrieval/bunker rakes/bunker rules/etc.
- League/host school communicates local rules to participating schools.
- Determine whether paper scorecards or electronic scoring will be utilized.

- Determine whether temperature checks/other health assessments will be utilized upon arrival.
- Determine practice range and greens schedule to ensure proper social distancing is maintained. Recommended that participating teams be assigned times for their teams to be on the practice greens and practice range.
- Determine whether spectators need to be limited or not permitted at all due to course layout/number of participants/course guidelines/local health department guidelines/etc.
- Create an accurate list of participants and groups should contact tracing be necessary.
- Determine format of play. Shotgun starts are permitted if social distancing can be maintained.

**Arrival to the Golf Course/Facility:**

- Players/schools arrive as close to their assigned practice time as possible.
- A coach should accompany his team to the practice green and practice range to ensure both areas are clear of other teams and to ensure social distancing. It is recommended that masks be worn on the practice green and practice range.
- Players refrain from entering the clubhouse unless communicated entry points and restrooms are stated.
- Maintain social distance at all times.
- Use masks when it is necessary to be in the clubhouse or in other areas of close contact.
- Conduct any temperature checks and/or other health assessments.

**Practice Range and Green:**

- Maintain social distancing at all times. Assign teams a time for them to be on the practice range and practice green to ensure proper distancing can be maintained. By assigning a time for each team, it will limit the number of players and make social distancing more feasible.
- Players should enter the practice areas only during assigned/designated time.
- Avoid as much contact as possible with non-personal items such as practice cup, flags, range balls, etc.
- Only players and coaches are permitted near the practice areas.....no spectators.
- Recommended that masks be worn at both the practice range and practice green since it may be an area of close contact.

**First Tee Procedure:**

- Sanitize prior to or upon arrival to the first tee.
- Maintain proper social distancing at all times.
- Refrain from shaking hands, high-fives, etc.
- If using paper scorecards, sanitize after handing out or picking up.
- If in an area of close contact which makes social distancing difficult, it is recommended that a mask be worn by all players until leaving the area of close contact.

**During the Round:**

- Sanitize when needed.
- Maintain proper social distancing at all times.

- Follow all procedures on local rules regarding flagsticks, bunker rakes, etc.
- Refrain from using benches, ball cleaners, restrooms, and any other common areas or touchpoints.
- Do not touch other players equipment such as clubs, balls, bags, etc.
- Coaches will wear masks when in close contact with the athletes.
- If desired, a player may wear a mask at any time during play.
- Any lunches provided during play will be pre-packaged. If concessions are available on the golf course, players must avoid concession lines/congregation and maintain social distancing. It is recommended that players do not visit the concession area unless absolutely necessary.

#### **Scoring Area:**

- Sanitize upon arrival to the scoring area.
- Recommended to wear a mask in the scoring area as it may be an area of close contact.
- Maintain social distancing guidelines at all times.
- One team and/or group in the scoring area at a time.
- Do not exchange scorecards, but confirm scores verbally.
- If scoring rulings need to be done, they should take place in a secure area away from the scoring area. It is recommended to wear a mask and maintain social distancing when discussing scoring rulings in the secure area.
- Teams and/or groups are to exit the scoring area immediately after scores are posted.

#### **Post Round:**

- No congregating in the scoring area.
- If lunch is being served, teams should sit together, wear masks when entering and leaving the lunch area, and maintain social distancing at all times.
- Teams should return to cars/busses/other open areas after their score is posted or after eating lunch if provided.
- No awards ceremony.

#### **Spectators (if permitted):**

- Arrive as close to tee time as possible for the participant they are watching.
- Refrain from going to practice green/range, tee areas, clubhouse, scoring areas, and other common areas.
- Maintain social distancing at all times.
- If in an area of close contact, a mask is recommended.
- Only congregate with members of their own household and maintain proper social distancing from different household units at all times.
- No congregating after completion of the competition.

#### **Coaches:**

- Communicate guidelines in a clear manner to students and players.
- Ensure social distancing is maintained all all times.
- Keep accurate records of those athletes/staff who attended each practice and the groups they golf in case contact tracing is needed.
- Encourage players to sanitize as needed.
- Sanitize equipment as often as needed.
- Coaches required to wear a mask when working in close contact with the athletes.

### **Student Athletes:**

- Make each athlete responsible for their own supplies.
- Each player should carry their personal hand sanitizer in their golf bag.
- Players need to communicate immediately to their coach if they are not feeling well.
- Players are permitted to wear a mask during competition/practice if an individual prefers to wear one.
- Athletes should bring their own food/water and will not share either with another player.
- If in close contact with another player or coach, a mask needs to be worn.
- Social distancing needs to be maintained at all times during practice and competition

## **Volleyball**

### **Pre-Match Conference**

- Limit attendees to one coach from each team, first referee and second referee. One team captain may attend as well. Cloth masks/face coverings must be worn.
- 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 maintain a social distance of 6 feet. Masks required.
- No coin toss to determine serve/receive. The visiting team will serve first in set 1 and alternate first serve for the remaining non-deciding sets. Officials will determine if a disadvantage is present and a coin-toss may take place for that reason only.
- No roster submission at the pre-match conference. Rosters are submitted directly to the officials' table before the 10-minute mark.

### **Team Benches**

- Roster size is limited to 15 players.
- Teams will not switch benches and courts between sets. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols.
- Officials will determine if a disadvantage is present and communicated at the beginning of the match. Sanitizing chairs in between a switch is recommended.
- Limit bench personnel to observe social distancing of 3 to 6 feet.
- Masks required for all personnel on team benches.

### **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 3 to 6 feet.
- A coin toss, called by the home team, will decide serve/receive.
- Suspend the protocol of teams switching benches/courts before a deciding set.
  - In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols.
  - Officials will determine if a disadvantage is present.
  - Sanitizing chairs in between switch is required.

### **Substitution Procedures**

- Maintain social distancing of 3 to 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 3 to 6 feet between individuals.
- Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location if a scorer's table cannot properly fit this individual at the table with the recommended distances.
- Hand sanitizer available at officials table

### **Pre and Post Match Ceremony**

- Social distancing of at least 6 feet should be maintained during the pre-match ceremony.
- Handshakes and/or fist bumps shall be eliminated before and after the match.

### **GENERAL RECOMMENDATIONS**

- Requirements for Coaches:
  - Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
  - Sanitize equipment as often as time permits, including warm-up balls.
  - If supplying flag for line judge, allow for proper sanitization of flag.
  - Provide visiting team separate ball cart for warm-up balls, if possible.
  - Ensure game balls are switched out throughout contest and sanitized

### **Recommendations for Officials:**

- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Follow social distancing guidelines. Consider six feet minimum distance when carding or talking to others (players, coaches, other officials).
- Electronic whistles are permitted, if an official prefers to use one. Electronic whistles are not required.
- Do not shake hands including in the pre-game and post-game ceremony.
- Use of radios to communicate with partner is permissible.
- Line judges may supply their own flag.
- Cloth face coverings/masks are required when not social distance from others.
- Officials will be shown by AD/site manager where to go between matches