



KSHSAA ACTIVITY SPECIFIC RISK MITIGATION CONSIDERATIONS

COVID-19 risk mitigation considerations for each fall activity are detailed in the following pages. These considerations are based on the general pillars detailed in the [Return to Activities document](#). The KSHSAA recommends all schools evaluate these considerations and formulate plans to best mitigate virus transmission risk in their activity programs.

2020 KSHSAA GIRLS GOLF CONSIDERATIONS

Revised 7/22/2020

With support of the NFHS, the KSHSAA Sports Medicine Committee and the KSHSAA Executive Board, we offer this document as guidance to the member schools of the KSHSAA to consider for the 2020 girls golf season. The considerations outlined are meant to decrease potential exposure to respiratory droplets by encouraging physical distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate and reasonable protective equipment. With the considerations the KSHSAA believes these reasonable accommodations will help with risk mitigation for the upcoming golf season.

For as long as group size restrictions and social distancing are in place, the following best practices are recommended on activity specific basis.

Equipment/Facility:

- Golfers have their own equipment.
- If school owned and shared between squads then they need to be cleaned/sanitized after each use.
- Driving range is to be determined by golf course.
- Much of the facility information will come from the golf course.
- If bad weather occurs all should return to their vehicles rather than the clubhouse

Practice:

- Maximize distance and limit groups on one hole/area as much as possible.
- If a team more than 10 is at practice split up areas and rotate “stations.”
- Keep the same groups each day.

Contest warm up:

- Driving range regulations determined by golf course.
- Consider having a rotation of use to limit number on the range at one time and putting green.

Competition (as allowed by Allied Partners of “Back2Golf”):

- The allied partners of golf have produced a “Back2Golf” document that most golf courses are following for events at their course. Document includes what clubhouses should consider based on the phase that they are currently in.
- All events will utilize shotgun start to get all persons out on the course at one time to avoid gatherings in and around the clubhouse.
- If event is scheduled at a 9-hole course, participants shall not exceed 27 participants.
- If event is scheduled at an 18-hole course, participants shall not exceed 54 participants. (Numbers are based on 3 participants per hole.)

KSHSAA Protocol modifications:

- Postseason will utilize tee times. Teams will not arrive until 45 minutes until their scheduled tee time.
- Communicate the details of the event prior to the day of the event. This way schools can plan their arrival and competition with minimal gatherings to discuss the event details.
- At the conclusion of the event no awards ceremony will take place. Record/sign your scorecard and submit to event manager. Event manager will communicate results with schools and delivery of awards appropriately. Set up an outdoor area to sign the scorecard.
- If severe weather delays the event, participants shall go to their car. Avoid large gathering indoors.
- Athletes should provide their own water bottle.
- KSHSAA will consider waiving the requirement for a marker this year in the postseason.

End of Match:

- in lieu of handshakes, please develop and utilize an appropriate sign of respect and sportsmanship that does not include handshake or other physical contact; suggestions include head nod, chest thump, salute, etc.

2020 GIRLS TENNIS CONSIDERATIONS

Revised August 12, 2020

KSHSAA RETURN TO SCHOOL ACTIVITIES – ACTIVITY SPECIFIC RISK MITIGATION STRATEGIES

With support of the NFHS, the KSHSAA Sports Medicine Committee and the KSHSAA Executive Board, we offer this document as guidance to the member schools of the KSHSAA to consider for the 2020 GIRLS TENNIS season. The considerations outlined are meant to decrease potential exposure to respiratory droplets by encouraging physical distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate and reasonable protective equipment. With the considerations the KSHSAA believes these reasonable accommodations will help with risk mitigation for the upcoming GIRLS TENNIS season.

GENERAL CONSIDERATIONS:

- Follow screening recommendations (See General Guidelines).
- Social distancing is to be practiced by players, spectators, officials, etc. Individuals unable to be 6 feet apart are to wear a mask.
- Players should wash hands and wear a mask before and after each match.

OFFICIAL/ROVING UMPIRE: USTA Officials used at State Tournaments.

- Will practice social distancing, sanitize hands regularly and wear a mask.
- Will not be expected to monitor social distancing of players and coaches.

EVENT STAFF/MANAGER:

- Wear a facial mask throughout the event.
- Emphasize that everyone (coaches, players and spectators) are expected to practice social distancing and are encouraged to wear a mask.
- When reporting results after a match, practice social distancing at score table & wear a mask.
- Provide signage about social distancing, wearing masks and other COVID-19 protocols.

COACHES, ATHLETIC TRAINERS:

- Practice social distancing. Wear a mask and avoid contact with players unless injured.

EQUIPMENT/FACILITY:

- Remove all score devices on each court to prevent touching.
- Provide a player seat on each side of the court near net pole. Player(s) will use the same chair(s) during the match. Clean after each match.
- Provide signage about social distancing, wearing masks by spectators, coaches, players not playing, etc.
- Provide hand sanitizer and wipes at score table for players to use after reporting match score.

TENNIS BALLS:

- **USE THREE BALLS OR SIX BALLS – NOTE: ADDITIONAL TENNIS BALLS MAY BE NEEDED FOR EVENT.**

Although unlikely, it's possible that a tennis ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease. Take extra precautions to keep safe:

- Open two cans of tennis balls that do not share the same number on the ball. NOTE: If they do, re-mark one set with a different number or letter.
- Each player/doubles pair will take one set of numbered balls.
- Proceed with play, making sure to pick up your set of numbered tennis 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 racquet head or feet to advance the ball to the other side of the court.

NOTE: Because 2 cans of tennis balls will be used per match, it is expected that the tennis balls can be used in more than 1 match. Coaches are reminded to have extra cans of tennis balls on hand.

PLAYER EQUIPMENT:

- Players should disinfect their racket handles after each match.
- Players should bring their own water containers and towels and avoid sharing with others. Make sure they are **CLEARLY MARKED**.
- Players should clean /wash clothing, braces, etc. after each practice/competition.

MASKS

- Players may wear masks in competition but are not required to do so.
- Masks should be appropriate/school approved and solid color is preferred.
- When players and coaches are not able to remain 6' apart (exception: doubles pair during competition), the wearing of a mask is strongly recommended.

PRACTICE:

- Practice social distancing by staying on player side of the net
- Use "your tennis balls" (see Tennis Balls section).

CONTEST WARM UP:

- See "Practice".
- Continue to use racket spin method for determining side of court, first serve. Maintain social distancing.
- Avoid touching gates, fence, etc. if possible.

COMPETITION (AS ALLOWED BY USTA & KSHSAA MODIFICATIONS):

- Tennis not an NFHS rules writing sport. We follow USTA rules with KSHSAA modifications.
- Avoid participation in large tournaments. Schedule quads or smaller sized groupings with area schools.
- Play match as intended – players switch ends (go to opposite sides of the court), use "their chair" throughout the match (see equipment).
- When/if players split sets, coaches may approach players but must maintain at least 6 feet.
- See Tennis Balls
- If a ball from another court comes on court, send it back with a kick or with your racket.
- In absence of scoring devices, players will announce the set score at the beginning of each game and set.

KSHSAA PROTOCOL MODIFICATIONS:

- Possible modifications at postseason tournaments-introductions, awards, etc.

END OF MATCH:

- In lieu of handshakes, please develop and utilize an appropriate sign of respect and sportsmanship that does not include handshake or other physical contact; suggestions include head nod, hand pat on heart, high 5 gesture, salute, racket clap, etc.
- Winning player/pair will take tennis balls to score table and provide match score.

2020 KSHSAA CROSS COUNTRY CONSIDERATIONS

Revised 7/22/2020

KSHSAA Return to School Activities – Activity Specific Risk Mitigation Strategies

With support of the NFHS, the KSHSAA Sports Medicine Committee and the KSHSAA Executive Board, we offer this document as guidance to the member schools of the KSHSAA to consider for the 2020 cross country season. The considerations outlined are meant to decrease potential exposure to respiratory droplets by encouraging physical distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate and reasonable protective equipment. With the considerations the KSHSAA believes these reasonable accommodations will help with risk mitigation for the upcoming cross country season.

For all activities, starting with the fall season (and year-round activities), the following risk mitigation protocols are suggested/required. For as long as group size restrictions and social distancing are in place, the following best practices are recommended on activity specific basis.

Activity: **Cross Country**

Transportation Considerations: Adhere to BOE policies for transportation to/from practices and contests; clean vehicles before and after each usage; suggestions include single individual per bus seat; staggered bus seating as available; parent support for transporting own child (if within BOE policy);

Locker Room Considerations: Adhere to local school policy for usage; cleaning before and after each usage; suggestions include staggered use by teams of locker rooms; maintaining consistent groupings of students in locker room; clothes cleaned after use; equipment cleaned before storing;

Concessions Considerations: Follow CDC guidelines. Consider only bottle drinks and pre-packaged items. Limit cash sales, use credit card.

Crowd Size/Limits Considerations: Consider only allowing a certain number of spectators from each school. May want to consider no spectators.

Admission/Ticketing Considerations:

- Consider cashless admission utilizing digital tickets.

Competition/Scheduling Considerations:

- Schools should consider smaller meets (Quads & Tris) vs. large invitational tournaments.
- Schools should consider having Varsity meets on one day and sub-varsity meets on another.
- Schools should consider not traveling so far to meets.
- Consider a reduced number of competitions.

Athlete Considerations:

- Each student is responsible for their own supplies.
- Each student has their own marked water bottle/jug.
- Students should not share clothing/shoes.
- Students should have hand sanitizer.
- Students should wash hands frequently.

Officials Considerations:

- Follow social distancing guideline during: Pre-Post Meet conferences with coaches; clerking at the start line; during tabulation of results.
- Wear a face covering whenever possible. May want to consider clear shield.
- Bring personal hand sanitizer.
- Bring their own water bottle.
- Don't share equipment.
- Consider using electronic whistle.
- Do not shake hands.
- Use a megaphone or loudspeaker for commands

Event Staff Considerations:

- Wear face coverings whenever possible.
- Bring personal hand sanitizer.
- Use gloves when handling equipment.
- Social distancing of 6 feet should be maintained.
- No shaking hands, hugging, high fives.
- Bring their own water bottle.
- Limit contact with runners at finish line area.

Equipment/Facility Considerations:

- Clean and disinfect frequently touched surfaces.
- Consider using finish corrals and FAT timing to distance runners at the finish.
- If no FAT timing system is available consider alternative means of finish place and time to address congestion at the finish line.
- Consider using image based equipment at finish to assist with picking place to avoid congestion.
- Consider staggered start times per team.
- Course measured at least 6 feet wide for as much of course as possible.
- Consider teams running – record times, and leave before next team comes and runs same course and records times.
- Consider having wider starting boxes and further apart. Teams in every other box.
- Team tents areas limited to only members of the team.
- Spread team tent areas apart so there is at least 6 feet of separation.
- Regular cleaning & disinfecting of restroom and port-a-potties per health department guidelines.
- Provide hand sanitizer.

Practice Considerations:

- Consider conducting workouts in “pods” of the same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Health screening prior to practice. (see general guidelines)
- Keep accurate records of who attends practice – days and times.
- Consider temperature checks prior to practice. (see general guidelines)
- Athletes are responsible for their own supplies.
- Athletes bring their own water bottle/jug.
- Covered face clothes are permitted.
- Consider limiting the number of students coming to practice.
- Runners should remain 6 feet apart.

Contest warm up Considerations:

- Teams should stay together, don’t intermingle with other schools.
- No pre-race huddles.
- Maintain social distancing of 6 feet.
- Consider wearing mask other than times of physical exertion.

Competition Considerations:

- Widen course – at minimum 6 feet.
- Limit the number of spectators per student.
- Limit the number of runners per race or entries per school.
- Spectators should wear masks.
- Coaches should wear masks.
- Face coverings are permitted for runners.
- Consider having runners wear facemasks, in the starting box, until start of race and then remove.
- Competitors may wear face covering prior to race starting and then take it off after race has started.
- Athletes bring their own water bottle.
- Athletes are responsible for their own supplies.
- Recommend staggering starts to allow fewer runners per race.
 - Possible alternative starts – interval starts, “wave” starts vs. mass starts.
 - If “wave” starts are used – consider having all #1 runners be the first wave, #2 runners be the 2nd wave, #3 runners the 3rd wave, etc.
 - If interval starts (runners start one at a time at timed intervals) are used with 15-20 second intervals – consider starting the #1’s first, followed by #2’s, etc. Bibs match the start order.
 - If interval starts (runners start one at a time at timed intervals) are used with 15-20 second intervals - consider having runners from the same school going every interval. Bibs match the start order.
- Consider no awards ceremony. Provide medals and trophies to coach to distribute.

End of Race Considerations:

- In lieu of handshakes, please develop and utilize an appropriate sign of respect and sportsmanship that does not include handshake or other physical contact; suggestions include head nod, chest thump, salute, etc.
- At completion of race return to team tent area, don't mingle.
- Use water from individual cups or from personal water bottle

KSHSAA BOYS SOCCER

8-12-20

2020-21 CONSIDERATIONS

For COVID-19 Risk Mitigation at In-Person Competitions & Practices

With support of the National Federation of State High School Associations (NFHS), the Kansas State High School Activities Association (KSHSAA) Sports Medicine Advisory Committee (SMAC), and the KSHSAA Executive Board, we offer this document as guidance to the member schools of the KSHSAA to consider for the 2020-21 Boys' Soccer Season. The considerations outlined are meant to decrease potential exposure to respiratory droplets by encouraging physical distancing, limiting participation in administrative tasks to essential personnel, and allowing for appropriate and reasonable protective equipment. The KSHSAA believes these considerations will help with risk mitigation during the upcoming boys' soccer season.

Always be in compliance with the most up-to-date state, local, and school health guidelines/protocols.

Competition Scheduling/Contracts Considerations:

- School Administrators/Soccer Coaches should prepare to be flexible with contracts regarding late cancellations of schools/teams given current health status of schools/team members. If a team is unable to compete due to health concerns/COVID-19, no forfeit will be required. May reschedule contest; otherwise, no contest takes place.
- Schedule/host schools/teams from a closer geographical area; reduce travel from other regions of Kansas and surrounding states.
- Consider not scheduling/hosting or participating in multi-team invitational tournaments.
- For any tournaments, consider playing first round games at higher seed sites instead of at one common site to reduce number of schools/teams at one site.
- Allow for competitions to take longer due to safety/sanitation protocol.
- Consider scheduling only one competition per week.
- Consider alternate game nights for various levels (non-varsity and varsity).
- Consider playing a reduced regular season schedule; not required to play 16 games.

Transportation Considerations:

Adhere to local Board of Education/District policies for transportation to/from practices and contests; clean/sanitize vehicles before and after each usage; considerations include single individual per bus seat; staggered bus seating as available; parent support for transporting own child (if within BOE policy).

Locker Room Considerations:

Adhere to local school policy for usage; cleaning before and after each usage; suggestions include staggered use by teams of locker rooms; maintaining consistent groupings of students in locker room; clothes cleaned after use; equipment cleaned before storing.

Concessions Considerations:

Follow CDC guidelines. Consider only bottle drinks and pre-packaged items.

Admission/Ticketing Considerations:

Consider cashless admission utilizing digital tickets.

Competition Hosting Considerations:

Pre-Competition Health Screen and Temperature Check

- Consider having each individual involved (workers, officials, students, coaches) completing a health screening/questionnaire and a temperature check immediately prior to a competition. These could either be done off-site under the supervision of each participating school or on-site as schools arrive and check in.
- Health screening/questionnaire including temperature should be turned in by all individuals.

Cleaning/Sanitizing

- Have hand sanitizer, disinfectant wipes, sanitizing cleaners in each team's locker room, officials' room, team bench areas on field, and scorer/officials' table on field.
- Clean/Sanitize locker rooms, officials' room, team bench areas, and scorer/officials' table before and after each use.
- Encourage all involved individuals to use hand sanitizer or wash hands before, during, and after a competition.
- Consider cleaning/sanitizing of restrooms and other common areas before, during, and after a competition.
- Clothes/Uniforms (including pinnies) and towels cleaned/washed after each use.
- Athletes should not share pinnies, towels or any other equipment/supplies. Label with names.
- Shin guards cleaned/sanitized after each use by the athletes.
- Balls cleaned/sanitized before and after each game. Also, during the game, ball holders can clean/sanitize balls. See Ball-Cleaning Guidelines. Easiest method is simply wiping down balls with disinfectant wipes.

Masks

- Communicating to workers and participating schools current mask regulations for state/county/school.
- Ask all involved to have their own mask. Have extra masks on hand for workers/participants.
- Consider having individuals in team bench areas and at the scorer/officials' table to wear masks.
- Masks can be placed in players' personal bags in the team bench areas when they enter into play.
- Neck gaiters are allowable.
- Consider having plexiglass/clear plastic barrier in front of ticket/admissions and concessions workers.
- If allowing spectators to attend, consider having them wear masks at all times.

Social Distancing

- Consider extending team bench areas and officials' table area if needed up to the penalty areas and may mark off 6 feet sections to help with social distancing.
- Consider having team bench areas on opposite sides of the field and possibly at diagonals to minimize interactions with sideline official.
- Ball Holders should maintain 6 feet social distancing from others.
- **Spectator considerations** may include not allowing any, limiting numbers, marking off 6 feet sections in bleacher seating, removing bleachers and asking spectators to bring their own chairs to use in specified/marked areas.

Food/Beverages

- Bottled beverages with names on them are recommended. Each participant should have their own drink container.

Soccer Rules Considerations:

Pregame Conference (NFHS Rule 5-2-2d)

- 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.

Substitution Procedures (NFHS Rule 3-4)

- 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 (NFHS Rule 6-2; 6-3)

- Limit to essential personnel which 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.

Pre and Post Match Ceremony Considerations:

- 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/high-fives/fist bumps.

Soccer Rules Interpretations:

Legal Uniform (NFHS Rule 4-1)

- Long sleeves are permissible.
- Long pants are permissible.
- Under garments are permissible but must be of a similar length for the individual and a solid like color for team.

Equipment and Accessories (NFHS Rule 4-2)

- Cloth face coverings are permissible.
- Gloves are permissible.

Officials Uniform and Equipment (NFHS Rule 5-3)

- By state association adoption, long-sleeved shirt/jackets are permissible.
- Electronic whistles are permissible (supplies are limited).
 - Choose a whistle whose tone will carry outside.
 - Fox 40 Mini
 - Fox 40 Unisex Electronic – 3 tone
 - Ergo-Guard – 3 tone – orange
 - Windsor – 3 tone – grey
 - Check the market for other choices.
- Cloth face coverings are permissible.
- Gloves are permissible.
- May consider asking officials to come dressed to competitions (locker room not provided).
- Have a separate restroom for officials when possible.
- Best scenario is to provide a separate room for officials that is large enough to allow social distancing of 6 feet and allow officials access to a shower.
- Any food/beverages provided to officials should be prepackaged/bottled or ask officials to bring their own.

Practice Considerations:

- Consider conducting workouts in “pods” of the same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Health screening prior to practice. (see general guidelines)
- Keep accurate records of who attends practice – days and times.
- Consider temperature checks prior to practice. (see general guidelines)
- Athletes are responsible for their own supplies. Label items with names.
- Athletes bring their own water bottle/jug labeled with name.
- No sharing of towels, pinnies, shin guards, etc. Wash and disinfect items after each use.
- Covered face cloths are permitted and should be worn except during conditioning (6 feet apart) and active play. Coaches/managers/trainers should wear at all times.
- Consider limiting the number of students coming to practice.
- Practice social distancing (6 feet apart) whenever possible even during team meetings.
- Refer to cleaning/sanitizing considerations provided in this document.

2020 GIRLS GYMNASTICS CONSIDERATIONS

Revised July 22, 2020

KSHSAA RETURN TO SCHOOL ACTIVITIES – ACTIVITY SPECIFIC RISK MITIGATION STRATEGIES

With support of the NFHS, the KSHSAA Sports Medicine Committee and the KSHSAA Executive Board, we offer this document as guidance to the member schools of the KSHSAA to consider for the 2020 GYMNASTICS season. The considerations outlined are meant to decrease potential exposure to respiratory droplets by encouraging physical distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate and reasonable protective equipment. With the considerations the KSHSAA believes these reasonable accommodations will help with risk mitigation for the upcoming GYMNASTICS season.

GENERAL CONSIDERATIONS:

- Screening (See General Guidelines).
- Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
- Consider wearing a cloth facial covering for non-coaching staff, coaching staff, and student athletes.
 - Student athletes should consider wearing cloth facial covering while in the facility and when moving from each apparatus, but not while participating on the equipment as the mask could come off, move, or become a distraction and increase the risk of injury.
- Social distancing should be in practice while waiting for a turn on the apparatus or moving from one event to another. Communicate gym policies clearly to participants and parents.
- Everyone should wash and sanitize their hands before entering and leaving the gym and must wash/sanitize their hands between rotation to different events.

GYMNASTS:

- Consider making each student responsible for their own supplies
- Students should wear their own appropriate workout clothing (do not share clothing), and 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.
- See GYM BAG -P2-3-GYM

OFFICIALS/JUDGES:

- Bring personal hand sanitizer. Wash hands frequently.
- Don't share equipment.
- Follow social distancing guidelines.
- Space judges 3-6 feet apart at judging tables.
- Do not shake hands and follow pre and post meet ceremony guidelines established by state associations.
- Judges and meet personnel may wear face coverings.

COACHES, EVENT STAFF:

- Communicate your guidelines in a clear manner to students and parents.
- Athlete safety is paramount. Coaches should not be restricted from spotting an athlete if necessary, to protect the athlete from injury.
- Expectations regarding spotting or alternative teaching/coaching methods should be clearly communicated repeatedly during practice.
- Follow CDC guidelines regarding social distancing.
- Follow the CDC guidelines for cleaning and disinfecting the building.
- Coaches may wear gloves when adjusting equipment.

EQUIPMENT/FACILITY:

- Contact equipment manufacturers for specifics on proper cleaning protocols for their equipment. Continued use of disinfectant chemicals may reduce the life of the product. The application of disinfectant chemicals may have unintended results and place the gymnast at risk of injury.
- Remove common chalk bowls. Chalk bowls frequently become talking places for athletes. Gymnasts will need to provide their own chalk container.
- Equipment should be wiped down with a dry, clean towel between rotations. DO NOT apply a liquid or disinfecting agent. Towels should not be re-used.

PRACTICE:

- Consider conducting workouts in "pods" of same students always training and rotating together on apparatus 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.

KSHSAA PROTOCOL /MODIFICATIONS:

- Limit the size of events to quads or less, if possible
- Opening March – maintain social distancing.
- Postseason Meet Awards - Will space gymnasts 6' apart when presenting awards.
- Coach will give their gymnast their award.

END OF MATCH:

- In lieu of handshakes, please develop and utilize an appropriate sign of respect and sportsmanship that does not include handshake or other physical contact; suggestions include head nod, chest thump, salute, etc.

GYMNASTS BAG - SUPPLIES NEEDED FOR YOUR PERSONAL GYM BAG

1. A reusable **cloth facial coverings/mask** – The mask, must be worn when entering the building and anytime you leave the gym. Once you have entered the workout area, you can put your mask into a baggie inside your gym bag. However, you must abide by the at least 6' apart rule at all times while in the workout area.
2. **Grips, wristbands** and any **braces** that are normally used during practices will stay in your gym bag.
3. Include a **travel size spray bottle** filled with water to spray your grips. Be sure to keep the spray bottle inside a **Ziploc bag** in case it leaks.
4. **Personal bottle of hand sanitizer** = less chance of possible cross contamination and less time standing around waiting to use a shared gym bottle – be sure to have this inside a **Ziploc bag**, in case it leaks. This will be used before each event and when exiting the building.
5. **Disinfectant wipes** for personal use to disinfect your feet – can be alcohol wipes. These will be used when entering, after each event and before exiting.
6. **1 ½" white athletic tape** and any other tape you normally use during practice.
7. **Fingernail clippers** – flat edge instead of round because they are for cutting rips
8. **Personal water bottles** for drinking– the water fountains will not be in use because of CDC guidelines. Bring two bottles if you think you will drink that much water. **CLEARLY MARK WITH NAME & DO NOT SHARE WITH OTHERS.**
9. Your shoes will also be stored in your gym bag, in a separate compartment or bag that is inside your gym bag. Preventing possible cross contamination with other items in the gym bag.
10. A **Gallon size freezer Ziploc bag** or plastic container big enough to get your hands into. Each gymnast will be given chalk for their personal use. There will not be any shared chalk buckets available in the gym.

Everything inside the gym bag must be disinfected after every practice/meet – before you return to the gym again. Be sure the disinfectant doesn't contain bleach - it could ruin your bag. Be sure to spray the inside and the outside of the bag as well. This is for everyone's protection; we don't want to take a chance of carrying any potential virus back and forth.

2020 GIRLS VOLLEYBALL CONSIDERATIONS

Revised August 10, 2020

KSHSAA RETURN TO SCHOOL ACTIVITIES – ACTIVITY SPECIFIC RISK MITIGATION STRATEGIES

With support of the NFHS, the KSHSAA Sports Medicine Committee and the KSHSAA Executive Board, we offer this document as guidance to the member schools of the KSHSAA to consider for the 2020 VOLLEYBALL season. The considerations outlined are meant to decrease potential exposure to respiratory droplets by encouraging physical distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate and reasonable protective equipment. With the considerations the KSHSAA believes these reasonable accommodations will help with risk mitigation for the upcoming VOLLEYBALL season.

OFFICIALS & EVENT PERSONNEL:

- Coaches and other event personnel must wear masks.
- Schools should have officials' information and team info in order to track contacts (officials may be accessible through Arbiter.)
- Officials will arrive onsite in their officiating attire; a locker room will not be provided.
- A separate bathroom should be provided for officials when possible.
- Officials should bring their own food and water container CLEARLY MARKED.
- Officials may but are not required to wear a mask while working but will wear a mask between matches.
- Electronic whistles are allowed, but not required.
- Officials should provide their own pen to sign the lineup sheets and score book.
- Scorer's table – scorekeeper, libero tracker and scoreboard operator should be 3- 6 feet apart when possible and wear masks.
- Officials will not be expected to monitor physical distancing; each person is responsible.
- Cleaning supplies should be available on site. Host schools will be responsible for cleaning score table, team benches, and officials stand between matches.

GAME EQUIPMENT, EQUIPMENT, FACILITY:

- The officials stand should be cleaned after each match.
- Nets, standards and officials stands should be cleaned and sanitized after set up and before each match. They should be cleaned before storage.
- Ball carts, net padding, etc. should be cleaned with a disinfectant at the end of the day.
- Schools will provide their own volleyballs for warm-up. The host school will provide ball carts for use.
- Volleyballs should be cleaned at the end of the day. Clean game balls should be rotated into the match at the end of each game/set. **SEE BALL CLEANING INFO.**
- Team benches should be cleaned at the end of each match (NOTE: teams will not change benches unless the officials deem a disadvantage to a team). Should they switch sides, benches will need to be disinfected and players/personnel will observe social distancing and wear masks.

PLAYER CLOTHING, EQUIPMENT

- Clothing/towels/knee pads should be washed and cleaned after every workout & competition.
- Player braces, equipment, etc. should be cleaned after each use/wearing.
- Players should provide their own water bottle and towel **CLEARLY MARKED WITH THEIR NAME** (don't share with others)

BALL CLEANING INFO:

- The use of sanitizing wipes inclusive of bleach or similar disinfectant have proven to be effective against emerging viral pathogens. However due to the porous surface of the leather and composite volleyballs, tests have not confirmed the ability to kill the novel coronavirus. When using the wipes, it is suggested to place the wipe in one hand while thoroughly rotating the ball to ensure cleaning of the entire surface.
- Once the entire surface has been cleansed, the ball will need to dry prior to being placed back in use. Please note due to the chemical properties in the wipes, some of the ink on the ball may be removed.

- **Alcohol wipes have resulted in damage to the product and are not recommended at this time.**

Here's an example cleaning regimen with soap, water, and two towels:

- Add 1 tablespoon of mild dish soap into a 1-gallon container.
- Fill the container with warm water until you've got a soapy mixture.
- Wet your first towel with the soapy water, wring out excess water, and gently wipe down entire surface of the ball for at least 30 seconds.
- Re-wet your first towel with plain warm water, wring out excess water, and wipe off excess soap from the ball's surface.
- Rub your second, dry towel on the surface to wipe and dry off the ball.
- Let the ball air out overnight.
- **Please note this is not a recommended practice for regular use when the need for sanitizing volleyballs is not a concern. It is not recommended using bleach and alcohol-based cleaning products, or excessively frequent cleanings, as those may degrade ball covering material and ball markings, and impact overall ball performance.**

PRACTICE:

- Consider work-outs in "pods" of the same students using the same balls.
- Players will follow general guidelines outlined in this document.
- Players should practice social distancing as often as possible.
- After practice and competition, players will wash their hands, wear face masks and practice social distancing.

CONTEST WARM UP:

- Match warm-up will be conducted as stated in the KSHSAA Volleyball Manual (20/10 minutes).
NOTE: Schools may adjust the warm-up time but will follow the warm-up stages/steps outlined on page 20-21 of the 2020-2021 KSHSAA Volleyball Manual.

COMPETITION (AS ALLOWED BY NFHS RULES):

- No pre-game and post-game handshakes/high-fives/fist bumps.
- Each team is responsible for its own hand sanitizer and its own med kit.
- Masks will be worn during the pre match conference (R1, R2 and team coaches). Captains will not attend.
- Players and team personnel on the team bench will practice social distancing within 20' and wear masks.
- Only athletes will touch the balls. Players will retrieve stray balls. Ball should be set on the floor during a timeout.
- A sanitized back up ball should be available at the score table (someone needs to be designated to sanitize the ball(s).) See ball cleaning info.
- Players would need to use hand sanitizer before entering and when exiting the court during substitutions or with libero; no hand touching allowed during substitutions (sanitizer could be set up on a chair at end of bench.)
- Each school is responsible to bring towels to wipe up sweat off the floor; host schools are recommended to provide a roll of paper towels at the scorer's table.
- Players should avoid huddles after each dead ball. Officials will issue delay of game if prolonged.

NFHS RULES MODIFICATIONS & NFHS RETURN TO COMPETITION RECOMMENDATIONS:

1. VOLLEYBALL RULES CONSIDERATIONS

- **Pre-match Conference (1-2-4a; 1-6-2; 1-6-3; 2-1-10; 5-4-1h, k; 5-6-1; 7-1-1; 7-1-1 PENALTIES 1; 9-1a; 12- 2-3)**
 - Limit attendees to one coach from each team, first referee and second referee.
 - Move the location of the pre-match conference to the officials stand with one coach and one referee positioned on each side of the net. All four individuals maintain a social distance of 3 to 6 feet.
 - Suspend the use of the 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.
 - Suspend roster submission at the pre-match conference. Rosters are submitted directly to the officials' table before the 10-minute mark.
- **Team Benches (5-4-4b, 9-1-2, 9-1-2 NOTE, 9-3-3b)**
 - Suspend the protocol of teams switching benches 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.
 - Limit bench personnel to observe social distancing within 20ft. available.
 - Limit bench occupants to essential personnel.
- **Deciding Set Procedures [1-2-4b, 5-4-4c, 5-5-3b(26), 9-2-3c]**
 - Move the location of the deciding set coin toss to the officials stand 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 and side only if disadvantage switching.
 - Suspend the protocol of teams switching benches 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.

➤ **Substitution Procedures (2-1-7, 10-2-1, 10-2-3, 10-2-4)**

- 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 (3-4)**

- 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.

2. VOLLEYBALL OFFICIALS MANUAL CONSIDERATIONS

➤ **Pre and Post Match Ceremony**

- Establish volleyball specific social distancing match protocols including the elimination of handshakes before and after the match.
- Pre-match protocol = 2 whistles: 1. When directed by R1, starters to their end line; 2. Direct players on court to take their positions (same signal as in past).
- After non-deciding set = 3 whistles; 1. Violation/point; 2. End of set signal; 3. Return to bench.
- Post-match protocol = 3 whistles: 1. Violation/point; 2. R1 signals "End of Match"; Players will utilize an appropriate sign of respect and sportsmanship directed to their opponent. 3. Players are directed to their team bench.

3. VOLLEYBALL RULES INTERPRETATIONS

➤ **Rule 4-1 EQUIPMENT AND ACCESSORIES**

- Cloth face coverings are permissible. (4-1-4)
- Gloves are permissible. (4-1-1)

➤ **Rule 4-2 LEGAL UNIFORM**

- Long sleeves are permissible. (4-2-1)
- Long pants are permissible. (4-2-1i (1))

KSHSAA SCHEDULING MODIFICATIONS/RECOMMENDATIONS:

- Regular season – Schools should avoid participation in large tournaments; recommend that contest groupings be quad size or smaller; recommend that participating teams be league or other neighboring schools.
- Tournaments may be reformatted into pools to keep teams separate. 4 matches or more = 5 points.
- KSHSAA point system will still be utilized. Reminder that a tournament is a multiple team event involving more than 4 teams and usually results in a winner being declared. Quads (4 teams, 3 matches) played anytime and on a Saturday = 3 points.
- Postseason – Modifications will be made as conditions allow – introductions, awards, etc.

END OF MATCH:

- In lieu of handshakes, please develop and utilize an appropriate sign of respect and sportsmanship that does not include handshake or other physical contact; suggestions include head nod, hand pat on heart, high 5 gesture, salute, etc.

2020 KSHSAA FOOTBALL CONSIDERATIONS

Updated 8/10/20

With support of the NFHS, the KSHSAA Sports Medicine Committee and the KSHSAA Executive Board, we offer this document as guidance to the member schools of the KSHSAA to consider for the 2020 football season. The considerations outlines 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 and reasonable protective equipment. With the considerations the KSHSAA believes these reasonable accommodations will help with risk mitigation for the upcoming football season.

1. GENERAL CONSIDERATIONS:

- ❖ Before, during and after a practice or contest, players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands as often as possible.
- ❖ Always maintain social distancing guidelines while on the sideline, the practice field, and the field of play, when possible.
- ❖ Everyone should have their own beverage container (identifiable water bottle) that is not shared. Disposable cups are a consideration, if not handled by too many people.
- ❖ Face coverings are permissible and recommended for all coaches and team and game administration officials. School district policy should be followed.
 - **(Updated 8/10/20)** Gaiter (pull-up) style face coverings may pose a risk of neck/tracheal/laryngeal injury if grabbed from behind and used to drag a player down. Therefore, the KSHSAA recommends these style of coverings NOT be worn during competition or Live Action team activities.
- ❖ Gloves are permissible for all coaches, team staff, and game administration officials.
- ❖ **Keep non-essential personnel off the sidelines and practice fields throughout a contest and practice.**
- ❖ If available, dressing facilities for game officials and teams should be large enough for them to use social distancing guidelines and should be properly cleaned and sanitized prior to their arrival each day. **Schools should consider using staggering locker room guidelines to minimize the number of athletes entering, dressing, and leaving the locker room at one time.**
- ❖ The schools should establish a protocol on cleaning and sanitizing of all player equipment (helmets, shoulder pads, etc.), and locker room on a routine basis to mitigate risk. Participants can be required to clean their own equipment daily, as the protocol from the school.
- ❖ Encourage, educate, and stress the importance of behavioral patterns that mitigate the spread, so each athlete has an opportunity to start and finish the 2020 season.
- ❖ **The line-to-gain crew (chain crew) should always wear face coverings.**
- ❖ Huddle formations should be modified. Huddles should not be formed in a circle, but in rows. Not huddling helps a great deal with social distancing.
- ❖ **For 2020, Jamborees are discouraged. Not having a jamboree will limit one exposure to help with the season ahead. If you choose to compete in a Jamboree, then we will permit them to be two teams, three teams or four teams for 2020 only.**

2. PRACTICE CONSIDERATIONS:

- ❖ Practice may look different then it has over the years. Using best practice to mitigate exposure, as stated in the general guidelines is a valuable step.

- ❖ Maintain static small groups when possible.
- ❖ Limit the amount of team activities.
- ❖ Maintain social distancing guidelines when not involved in direct activity.
- ❖ No non-essential personnel should be on the practice field.
- ❖ Face coverings should be worn by coaches and essential personnel unless social distancing guidelines are being met.
- ❖ Follow the water bottle considerations.

3. GAME - FOOTBALL RULE CONSIDERATIONS:

❖ TEAM BOX (Rule 1-2-3g)

- The team box may be extended on both sides of the field to the 10-yard lines (**for players only**) to provide more social distancing space for the team.
- Always maintain social distancing of 6 feet while in the team box.
- Do not share uniforms, towels and other apparel and equipment.

❖ BALLS (Rule 1-3-2)

- The football should be cleaned and sanitized before, throughout and after each practice and competition as recommended by the ball manufacturer.
- The game ball holders should always maintain social distancing guidelines during a contest.

❖ FACE MASKS / FACE COVERINGS {Rule 1-5-1a, 1---5-3c (4)}

- Face coverings are permitted to be worn directly over the mouth and nose.
- **(Updated 8/10/20)** Gator (pull-up) style face coverings may pose a risk of neck/tracheal/laryngeal injury if grabbed from behind and used to drag a player down. Therefore, the KSHSAA recommends these style of coverings NOT be worn during competition or Live Action team activities.
- Approved plastic splash guards are permitted by must be NOCSA and NFHS approved and be clear without the presence of any tint.
- If at any time during the game, a face shield becomes damaged or does not function as designed, then the individual player should be sent out for a minimum of one play to remedy the issue. If the individual can remedy the issue, without delay, then they can stay on the field, just like a helmet coming unsnapped.
- **(Updated 8/10/20)** The following helmet face shields are permissible for competition and compliant with NFHS rules:
 1. Schutt Sports - Flexible 2-piece "Splash Shield" (Clear).
 2. Actuated Medical, Inc. - Polycarbonate 2-piece face shield (Clear).

Schools should check with their helmet manufacturer prior to attaching any face shield to a helmet to ensure the NOCSAE certification will remain valid with the addition of the face shield.

❖ GLOVES (Rule 1-5-2b)

- Gloves are permissible but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specifications.
- Gloves should be cleaned and sanitized after each practice and competition.

❖ **TOOTH AND MOUTH PROTECTORS (Rule 1-5-1d)**

- Tooth and mouth protectors should be cleaned and sanitized after each practice and competition.
- Should never be shared
- Should be handled as few times as possible with your hands. Keep them in your mouth.

❖ **CHARGED TIME-OUTS & AUTHORIZED CONFERENCES (Rule 2-6-2, 3-5-3, 3-5-8)**

- All charged time-outs will be two minutes in length. This is to facilitate proper individual hydration getting individual water bottles to players and for coaching. Per rule, play may resume earlier if both teams are ready for play.
- The authorized conference for charged time-outs should take place between the 7 or 9-yard marks and not on the sideline for social distancing purposes. It will be permissible for more than one coach to be involved in these conferences and for technology to be used.
- Each game official, player and coach should have their own beverage container (water bottle) brought out to them on the field. Disposable cups could also be used, but there should be consideration given to the number of people handling these cups. Each school should develop a system to provide water to officials. Considerations may be to have ball boys or designated chain gang members to deliver water to officials at appropriate times, or to station the water bottles for all officials behind each goal post.

❖ **INTERMISSION BETWEEN PERIOD AND AFTER SCORING (Rule 3-5-7)**

- 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.

4. FOOTBALL GAME OFFICIALS CONSIDERATIONS:

❖ **GAME OFFICIALS UNIFORM AND EQUIPMENT**

- Electronic whistles are permissible but not required (supplies are limited). The tone should carry outside.
- Face coverings are permissible, but not required.
- Gloves are permissible, but not required.
- Do not share uniforms, towels, water bottle and other apparel and equipment.

❖ **PREGAME CONFERENCE, COIN TOSS AND OVERTIME PROCEDURES**

- For the coin toss, limit attendees to the referee, umpire and no more than two representatives from each team. You are permitted to forego the pre-game coin toss in the middle of the field if the coin toss has already taken place.
- The coin toss should take place in the center of the field with designated individuals maintaining social distancing requirements.
- No handshakes prior to and following the coin toss.
- Maintain social distancing 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, please use the same procedures as used at the start of the contest for the coin toss.

❖ **LOCKER ROOMS**

- School should communicate locker room availability to officials in advance. Whenever possible, schools should provide adequate space for social distancing to be maintained while officials change before and after a game. In addition, shower facilities need to be offered to officials, so proper hygiene guidelines can be met to mitigate the spread of the virus back to their homes.

❖ **SIDELINES**

- The sidelines should be clear for you to work the game. Officials need to make sure coaches are in their coaching box and players are in their designated areas, as social distancing guidelines are vital for the mitigation of the spread. Coaches should not need to be told to be in their designated areas. No exceptions!

5. PRE AND POST GAME CONSIDERATIONS:

- ❖ Suspend the pregame protocol of shaking hands during introductions.
- ❖ Suspend the postgame protocol of shaking hands.
- ❖ in lieu of handshakes, please develop and utilize an appropriate sign of respect and sportsmanship that does not include handshake or other physical contact; suggestions include head nod, chest thump, salute, etc.

6. TRAVEL:

- ❖ Follow school district guidelines and protocols.
- ❖ Consider face coverings for all individuals. This includes players, coaches, student managers and the bus driver. Mitigating the spread is important with the longer time together on a bus.

7. MEDIA:

- ❖ Follow the guidelines and stay out of the player box and coaches box areas of the field. Therefore, media should not be on the sideline from the 10-yard line to the opposite 10-yard line.
- ❖ Face coverings should be worn when social distancing guidelines cannot be met.

2020 KSHSAA SPIRIT CONSIDERATIONS (8-21-20)

With support of the KSHSAA Executive Board, the KSHSAA Sports Medicine Committee, and the results from the NFHS Aerosol Disbursement Study, we offer this document as guidance to the member schools of the KSHSAA to consider for the 2020-21 interscholastic debate season. The considerations outlined are meant to decrease potential exposure to respiratory droplets by encouraging physical distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate and reasonable protective equipment. With the considerations the KSHSAA believes these reasonable accommodations will help with risk mitigation for Spirit during this school year

NFHS Risk Factors for Activities

Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Examples: Wrestling, football, boy's lacrosse, competitive cheer & dance (stunting, physical contact with squad members)

Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, alpine skiing, sideline cheer/dance performances (6 foot distancing with masks)

Judges:

- Chairs should be 6 feet apart for everyone sitting at the judging and tabulation tables.

Event Staff:

- Make sure all county and USD guidelines for COVID-19 are followed by all attendees.

Equipment/Facility:

- Both warmup and performance mats should be cleaned/sanitized between each group's warmup and performance.
 - Check with mat manufacture for guidelines on cleaning mats.
- Public restrooms should be cleaned once per hour
- Locker rooms (squad area) should be assigned and one squad per area.
- Follow all county and USD guidelines for COVID-19

Practice/Sideline Cheer:

- Clean mats and practice surfaces between each practice
 - Check with mat manufacture for guidelines on cleaning mats.
- Wash hands frequently and social distance when available.
- Hand sanitizer with at least 60% alcohol should be readily available.
- Maintain common partners, small static groups
- Follow all county and USD guidelines for COVID-19
 - Social distancing of 6 feet, masks, and group size

- If your school is in a mask mandated area, no stunting should occur at practice, game or competition per *NFHS rule.
- Masks strongly suggested for outdoor games and practices

Competition (as allowed by NFHS Rules):

- Clean mats and practice surfaces between each practice
 - Check with mat manufacture for guidelines on cleaning mats.
- Face coverings are recommended for everyone in attendance.
- 6' Social Distancing for all attendees when possible.

NFHS Rules modifications:

1. Spirit Rules Considerations

- Cheerleading and Dance General Risk Management (2-1-14, 2-1-16):
Sideline and playing surface placement during game. Participants should be appropriately spaced on the court, field or sideline to ensure proper social distancing.
- *Cheerleading Apparel / Accessories (3-1-1): Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible. Masks may be worn but are not required.
No masks may be worn in routines that involve stunting. Any mask worn during a routine that does not involve stunting but involves tumbling must be taped and secure.
- *Dance Apparel / Accessories (4-1-1): Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible. Masks may be worn but are not required.
No masks may be worn in routines that involve stunting. Any mask worn during a routine that does not involve stunting but involves tumbling must be taped and secure.

2. Other Spirit Considerations

- Cheerleading and Dance General Risk Management: Judge placement during adjudicated performance and competition. Judges, officials, adjudicators, etc. should be appropriately spaced to ensure proper social distancing.

KSHSAA Protocol modifications:

- TBD after the NFHS aerosol disbursement study is complete.

End of Match:

- In lieu of handshakes, please develop and utilize an appropriate sign of respect and sportsmanship that does not include a handshake or other physical contact; suggestions include head nod, chest thump, salute, etc.

The NFHS Aerosol Disbursement Study has provided the KSHSAA with performing arts preliminary results. We can draw a parallel with Spirit Activities (chanting cheers) and theatre speaking performances with high volumes. These activities create aerosol less than coughing, but more than talking. Please consider following the mitigation strategies below to help lower risk.

- Outdoor practices and competitions are preferred with masks and distancing (6' x 6')

When dealing with multi-layer masks:

- Wash your hands before putting on your mask
- Place it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Wear a mask correctly for maximum protection

Air Flow

- Outdoor is best
 - Open air
 - Tenting from elements
- Indoor air filtration
 - HEPA – Size of Room
 - Filtration Certification
 - CADR - Clean Air Delivery Rate
 - AHAM Certification - Association of Home Appliance Manufacturers
- Air Change Rate Per Hour (ACH)
 - 3 ACH is the standard used for the modeling presented
 - Increased ACH recommended if possible
- ASHRAE Guidelines - American Society of Heating, Refrigerating and Air-Conditioning Engineers

Resources

- [Main NFHS Coalition Page](#)
- [FAQ Page](#)
- Blog- [Submit a question](#)
- The University of Colorado Boulder has developed a risk assessment tool: <https://tinyurl.com/covid-estimator>
- [ASHRAE](#)

Next round of information

- Improving chamber performance
- Developing specialized emissions estimation capability
- Testing a recorder
- Narrowing the types of instruments we will study next and increasing study on mitigation

2020-21 KSHSAA (Online Only) Spirit Rules Meeting and Exam

- Required annually for all 7-12 head Spirit coaches
- Available August 17 - October 4

2020 KSHSAA DEBATE CONSIDERATIONS (8-10-20)

With support of the KSHSAA Executive Board, the KSHSAA Sports Medicine Committee, and the results from the NFHS Aerosol Disbursement Study, we offer this document as guidance to the member schools of the KSHSAA to consider for the 2020-21 interscholastic debate season. The considerations outlined are meant to decrease potential exposure to respiratory droplets by encouraging physical distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate and reasonable protective equipment. With the considerations the KSHSAA believes these reasonable accommodations will help with risk mitigation for the upcoming Debate season.

Festival/Competition Judges/Adjudicators:

- Judges should wear masks and be seated at least 6 feet apart.

Event Staff:

- All staff should wear masks and social distance at least 6 feet apart.
- Conduct check-in by coach only (team does not report to table)

Equipment/Facility:

- Facility bathrooms should be cleaned multiple times throughout the day during all day tournaments.
- For in-person competition, set up rooms to allow social distancing
- Clean rooms between rounds

Practice:

- Masks should always be worn indoors.
- Social distancing of at least 6 feet when possible.
- Classes and practices should be moved outdoors when possible.

Festival/Competition “Virtual”:

- See [KSHSAA Virtual Debate Manual Supplemental](#)

End of event:

- In lieu of handshakes, please develop and utilize an appropriate sign of respect and sportsmanship that does not include a handshake or other physical contact; suggestions include head nod, chest thump, salute, etc.

If the only goal were to stop the coronavirus, school would not be in session. However, schools provide significant growth and learning opportunities that currently outweigh the associated risk. The NFHS, CNDNA and 100+ associations are funding extensive research about the spread of aerosols and preliminary results indicate there are ways to mitigate the risk while still having performing arts classes. Just like in other classrooms, the set-up may be different.

Through the NFHS study, performing arts activities have been found to create aerosol that is less than coughing, but more than talking. The following considerations are effective for music, speech, theatre, and debate activities.

- Outdoor practices and competitions are preferred with masks
- Distancing (6' x 6')
- Extra Ventilation (i.e. HEPA Filters = Air scrubbers)
- Indoor rooms and auditoriums with rehearsals and multiple people performing
 - 30 minute practices and then allow the HVAC system to exchange the air
- Straight chair rows not curved rows, everyone facing the same direction

When dealing with multi-layer masks:

- Wash your hands before putting on your mask
- Place it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Wear a mask correctly for maximum protection

Air Flow

- Outdoor is best
 - Open air
 - Tenting from elements
- Indoor air filtration
 - HEPA – Size of Room
 - Filtration Certification
 - CADR - Clean Air Delivery Rate
 - AHAM Certification - Association of Home Appliance Manufacturers
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Resources

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- The University of Colorado Boulder has developed a risk assessment tool: <https://tinyurl.com/covid-estimator>
- [ASHRAE](#)

Next round of information

- Improving chamber performance
- Developing specialized emissions estimation capability
- Testing a recorder
- Narrowing the types of instruments we will study next and increasing study on mitigation

2020-21 KSHSAA (Online Only) Debate/Speech & Drama Rules Meeting

- Required annually for all 9-12 head Debate/Speech & Drama coaches
- Available August 17 - October 4

2020-21 KSHSAA MUSIC CONSIDERATIONS

(Revised 8-21-20)

With support of the KSHSAA Executive Board, the KSHSAA Sports Medicine Committee, and the results from the NFHS Aerosol Disbursement Study, we offer this document as guidance to the member schools of the KSHSAA to consider for interscholastic music education in 2020-21. The considerations outlined are meant to decrease potential exposure to respiratory droplets by encouraging physical distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate and reasonable protective equipment. With these considerations the KSHSAA believes these reasonable accommodations will help with risk mitigation for music education the upcoming school year.

If the only goal were to stop the coronavirus, school would not be in session. However, schools provide significant growth and learning opportunities that currently outweigh the associated risk. The NFHS, CNDNA and 100+ associations are funding extensive research about the spread of aerosols in classrooms and preliminary results indicate there are ways to mitigate the risk while still having music classes. Just like in other classrooms, the set-up will be different than normal music classes. It is important to note, regular classrooms should follow these mitigations, excluding the instrument specific mitigation.

Schools are public, and thus need to provide a well-rounded education for all students. Music classes using recommended mitigation will help provide an education for all students. Through the NFHS study, performing arts activities have been found to create aerosol that is less than coughing, but more than talking. The following considerations are effective for music classes and continued results lower the risk level from high to normal/low.

- Outdoor music rehearsals and concerts are preferred with masks and bell covers
- Masks should be worn by all students and staff prior to entering the performing arts room.
- Masks should continue to be worn until all students are seated and ready for instruction (example, long rests, sectional work, moving around the room, etc.)
- Woodwinds and Brass should use a mask while playing which includes a small straight slit in a surgical style mask
- Teachers should consider using a portable amplifier to keep their voices at a low conversational volume. Students should also ask questions in a low conversational volume with a mask
- Teachers are assumed to talk the most and as a result should wear the most efficient mask possible that is readily available, which are surgical masks. (N95s are not recommended at this time due to supply chain issues)
- No talking should occur in the room without a mask being properly worn
- Distancing (6' x 6', trombones 6' x 9')
- Bell covers
 - Multi-layers
 - MERV 13 type filter material cut larger than the bell size
 - Surgical mask type material
 - 2 layers of 80 denier hose (nylon & spandex) for a total of 160 denier bell covers
 - Place the MERV 13 type material between the two hose layers or on the inside of both layers and use the hose to hold the filter material in place
 - Something is always better than nothing
 - Non-stretchy material is preferred
- 30 minutes maximum per group rehearsals

- Air ventilation between classes (every 10 minutes during rehearsals and a thorough exchange between rehearsals).
- Extra Ventilation (i.e. HEPA Filters = Air scrubbers)
- Smaller group rehearsals
- Straight rehearsal rows not normal curved rows

Hygiene

- Spit valves emptied onto “puppy pads” or similar pad on the floor away from others and appropriately discarded after each rehearsal
- Handwashing
 - Hand sanitizer should be readily available
 - Soap and Warm water should be available.
 - Hands should be washed after contact with surfaces and others
- Common Areas
 - Should be managed to limit the number of students at a time in the room.
 - Anyone who enters the room should bring a 70% alcohol wipes to wipe all surfaces before and after touching.
 - The wipe should be discarded properly upon leaving the storage area

When dealing with multi-layered masks

- Wash your hands before putting on your mask
- Place it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Wear a multi-layered mask correctly for maximum protection
- Woodwinds and Brass should use a mask while playing which includes a small straight slit in a surgical style mask
- Do not use the woodwind/brass mask outside of rehearsal

Mask Fitting

- Well-fitting mask (Best)
 - No gaps
 - Nose covered
 - Tight around the edges
 - Should leave a mask outline once removed
- Better fitting mask
 - No gaps on the sides
 - Nose covered
 - A fairly good fit around the edges
- Poor fitting mask
 - Gaps on the sides
 - Nose not covered
 - Loose around the edges

Air Flow

- Outdoor is best
 - Open air
 - Tenting from elements
- Indoor air filtration

- HEPA – Size of Room
- Filtration Certification
 - CADR - Clean Air Delivery Rate
 - AHAM Certification - Association of Home Appliance Manufacturers
- Air Change Rate Per Hour (ACH)
 - 3 ACH is the standard used for the modeling presented
 - Increased ACH recommended if possible
- ASHRAE Guidelines - American Society of Heating, Refrigerating and Air-Conditioning Engineers

Resources

- **Facilities:** See [NFHS Return To School Guidance with Music Education](#)
- **Teachers:** See [NFHS Return To School Guidance with Music Education](#)
- **Equipment:** See [NFHS Instrument Cleaning Guidelines](#)
- **Rehearsals:** See [NFHS Return To School Guidance with Music Education](#)
- **Marching Band Festival warm up:** See [NFHS Return To School Guidance with Music Education](#)
- **Marching Band Competition (as allowed by KSHSAA Rules):** See [NFHS Return To School Guidance with Music Education](#)
- **KSHSAA Protocol modifications:** [KSHSAA Summer Marching Band Guidelines](#)
- [Main NFHS Coalition Page](#)
- [FAQ Page](#)
- Blog- [Submit a question](#)
- August 8, 2020 [2nd Round Preliminary Results Webinar](#)
- The University of Colorado Boulder has developed a risk assessment tool: <https://tinyurl.com/covid-estimator>
- [ASHRAE](#)

Next round of information

- Improving chamber performance
- Developing specialized emissions estimation capability
- Testing a recorder
- Narrowing the types of instruments we will study next and increasing study on mitigation

2020-21 KSHSAA Online Music Rules Meeting

- Required annually for all 9-12 head music teachers
- Available August 31 - November 1

KSHSAA SCHOLARS BOWL

7-22-20

2020-21 CONSIDERATIONS

For COVID-19 Risk Mitigation at In-Person Competitions and Practices

With support of the National Federation of State High School Associations (NFHS), the Kansas State High School Activities Association (KSHSAA) Sports Medicine Advisory Committee (SMAC), the KSHSAA Executive Board, and the **Kansas Association of Scholars Bowl Coaches (KASBC) Board**, we offer this document as guidance to the member schools of the KSHSAA to consider for the 2020-21 Scholars Bowl Season. The considerations outlined are meant to decrease potential exposure to respiratory droplets by encouraging physical distancing, limiting participation in administrative tasks to essential personnel, and allowing for appropriate and reasonable protective equipment. The KSHSAA believes these considerations will help with risk mitigation during the upcoming Scholars Bowl Season.

Always be in compliance with the most up-to-date state, local, and school health guidelines/protocol.

Competition Scheduling Considerations:

- School Administrators/Scholars Bowl Coaches should prepare to be flexible with contracts regarding late cancellations of schools/teams given current health status of schools/team members. If a school/team is unable to compete due to health concerns/COVID-19, no forfeit will be required.
- Remind participating schools that substitutions are allowable, even at regionals and state.
- Schedule/host schools/teams from a closer geographical area for invitational tournaments; reduce travel from other regions of Kansas and surrounding states.
- Schedule/host smaller competitions for invitational tournaments; reduce number of schools/teams; consider revisions to traditional tournament formats to allow teams to play each other more than once.
- Allow for competitions to take longer due to safety/sanitation protocol; may need to consider more Saturday tournaments for invitationals.

Transportation Considerations:

Adhere to local Board of Education/District policies for transportation to/from practices and contests; clean/sanitize vehicles before and after each usage; considerations include single individual per bus seat; staggered bus seating as available; parent support for transporting own child (if within BOE policy).

Competition/Tournament Hosting Considerations:

Cleaning/Sanitizing

- Have hand sanitizer, disposable gloves, disinfectant wipes, and sanitizing cleaners in each room/area being used.
- Clean/Sanitize equipment, tables, and chairs between each round or when a new team enters.
- Encourage participants to use hand sanitizer or wash hands before each round.
- Consider cleaning/sanitizing of restrooms and other common areas before, during, and after a competition.

Pre-Competition Health Screen and Temperature Check

- Consider having each individual involved (workers, students, coaches) completing a health screening/questionnaire and a temperature check immediately prior to a competition. These could either be done off-site under the supervision of each participating school or on-site as schools arrive and check in.
- Health screening/questionnaire including temperature should be turned in by all individuals to host. The tournament host will keep track of the records should they be needed for tracking.

Masks

- Communicating to workers and participating schools current mask regulations per local requirements.
- Ask all involved to wear mask/protective face shield. Have masks on hand for workers/participants.
- May consider having plexiglass/clear plastic barrier in front of the moderator, so their mouth may be seen, and they may be clearly heard. This may allow the moderator to not wear a mask when reading questions. Consider clear face shield for moderators rather than masks.
- Remind participants to speak loudly and enunciate clearly when speaking with a mask on.
- If properly social distanced (moderator is 6 feet from participants and the two teams are 6 feet apart), consider masks not being worn by the moderator and/or participants.

Social Distancing

- Team arrival/registration: Only head coach checks in at registration table. Provide coach writing utensils for each participant to keep and use throughout the tournament. School/Team goes directly to their homeroom or designated team area.
- Pre-Competition Welcome/Announcements/Instructions may be made using the school's intercom system, via social media/website, or given to coaches at check-in rather than gathering everyone together in a common area (auditorium/gym).
- Provide clear instructions for transitions (entry/exit of competition rooms and hallways) to maintain 6 feet social distancing.
- Competition Room Arrangement: Place team tables as far apart as possible. Consider using larger rooms and utilize rooms that are spread out through the building to reduce transition congestion in one hallway area or section of the building. Helps with social distancing.
- Results may be shared via electronic tabulation boards, social media/website, and announced using the school's intercom system.
- Any awards may be given directly to a school's coach for them to distribute to their team members.

Homerooms/Team Areas and Food/Beverages

- Provide a homeroom for each school/team to utilize when not competing or designate team areas spread out in a large cafeteria/common area/gymnasium.
- If any hospitality food and beverage items are being provided, they should be pre-packaged and distributed to each school/team separately for consumption in their designated homeroom or team area. May encourage schools/teams to bring their own food and beverage items and not provide any.
- Bottled beverages with names on them are recommended. Each participant should have their own drink container. Water fountains may be off limits in schools.
- **Concessions:** If having, follow CDC guidelines. Consider only bottle drinks and pre-packaged items.

Competition Play Considerations:

- Schedule schools/teams to remain in competition rooms for multiple rounds to reduce exposure and need for sanitizing of buzzers, tables, etc. Encourage teams not to switch sides between rounds.
- **Spectators:** Consider limiting numbers to abide by social distancing requirements (6 feet apart) and set up any spectator seating accordingly in competition rooms. Follow local mask protocol. Consider not allowing spectators.
- Minimize number of room workers to Moderator, Judge/Official Scorekeeper, and Timer/Unofficial Scorekeeper.
- Eliminate room runners and use electronic reporting instead.
- Modify Electronic Devices Rule to allow coaches only to utilize electronic devices to view electronic tabulation boards if available.
- End of Round: Suspend handshaking and physical interactions of schools/teams.

Practice Considerations:

- Consider conducting in-person practices in “pods” of the same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Health screening prior to practice. (see general guidelines)
- Keep accurate records of who attends practice – days and times.
- Consider temperature checks prior to practice. (see general guidelines)
- Students are responsible for their own supplies.
- Athletes bring/have their own beverage container/water bottle.
- No sharing of materials/equipment. Sanitize and disinfect items after each use.
- Covered face cloths/masks are permitted and should be worn by all in accordance with local requirements.
- Consider limiting the number of students coming to practice.
- Practice social distancing (6 feet apart) whenever possible even during team meetings.
- Refer to cleaning/sanitizing considerations provided in this document.

NOTE: The Kansas Association of Scholars Bowl Coaches (KASBC) Executive Board is working with the KSHSAA to develop protocols for **Virtual/Online** Scholars Bowl Competitions as an option or requirement if necessary due to COVID-19 as the school year progresses. *Once these are completed, they will be shared with the KSHSAA Executive Board and/or Board of Directors for approval of any changes regarding the KSHSAA Scholars Bowl Manual and/or the KSHSAA Handbook.*