

SCHSL Phase 1.5 Return of High School Sponsored Team Sports Guidelines

Objective	This document is intended to provide guidance for schools to consider with their stakeholders in designing return-to-activity protocols in accordance with state and county restrictions. It allows for a coordinated reopening following the initial stay at home orders and may also be used if conditions dictate the need for increased restrictions in the future.		
Foundational Statements	<p>The SCHSL believes it is essential to the physical and mental well-being of students to return to physical activity and athletic competition.</p> <p>The SCHSL recognizes that all South Carolina students may be unable to return to – and sustain – athletic activity at the same time across the state. There will also likely be variation in what sports activities are allowed over the next 9 to 12 months.</p> <p>While recognizing that county-by-county reopening may lead to inequities, the SCHSL advocates for returning students to school-based athletics to operate in any and all situations where it can be done safely.</p> <p>Prior to allowing use of facilities, schools should review facility use agreements, especially in the areas of sanitation requirements and liability.</p>		
Points of Emphasis	<p>Limited testing availability, lack of resources for contact tracing, and expanding knowledge of COVID-19 transmission could all result in significant changes to this guidance. The SCHSL will disseminate more information as it becomes available.</p> <p>Administrators and coaches must emphasize the need for all coaches and participants who have signs or symptoms of illness to stay home when ill to decrease risk of viral transmission. “Vulnerable individuals” are defined as people age 60 years and older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy.</p> <p>Current pre-season conditioning and acclimatization models assume that athletes have deconditioned during the stay at home orders. The current pandemic may result in students being deconditioned for several months. The intensity and duration of training should be moderated upon return.</p> <p>Due to the possibility of recurrent outbreaks in the coming months, schools be prepared for the possibility of some teams having to quarantine for two or more weeks while in-season. Development of policies is recommended regarding practice and/or competition during temporary school closures, the cancellation of contests during the regular season, and parameters for the cancellation or premature ending to post-season events/competitions.</p>		
	Phase 1.5	Phase 2	Phase 3
Facilities Cleaning	<p>Adequate cleaning schedules should be created and implemented for all athletic facilities.</p> <p>Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).</p> <p>Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts.</p> <p>Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.</p> <p>Appropriate clothing/shoes should always be worn to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.</p> <p>Athletes must be encouraged to shower and wash their workout clothing immediately upon returning to home.</p>	To Be Determined	To Be Determined
Entrance/Exit Strategies	Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times.	To Be Determined	To Be Determined

<p>Limitations on Gatherings</p>	<p>No gathering of more than 16 people for Fall Sports and 10 people for Winter and/or Spring sports. This limitation includes athletes, coaches, and staff (inside or outside).</p> <p>Workouts should be conducted in “groups” of athletes with the same athletes working out together weekly to limit overall exposures. Consider smaller groups for weight training.</p> <p>Groups are to be separated by facilities (one group per facility).</p> <p>There must always be a minimum distance of 6 feet between each individual. If this is not possible in enclosed areas, then the maximum number of individuals in the room must be decreased to obtain a minimum distance of 6 feet between each individual.</p>	<p>To Be Determined</p>	<p>To Be Determined</p>
<p>Pre-Workout Screening</p>	<p>All athletes, coaches, and staff should be screened daily for signs/symptoms of COVID-19 prior to participating, including a temperature check. Anyone with a temperature of 100.4 degrees or greater should not participate and be sent home.</p> <p>Responses to screening questions for each person should be recorded and stored.</p> <p>Any person with positive symptoms reported should not be allowed to participate, should self-isolate, contact their primary care provider or other health-care professional and not be allowed to return until tested for the COVID-19 virus and receive a result of NEGATIVE or have been cleared by a healthcare provider other than an athletics trainer.</p>	<p>To Be Determined</p>	<p>To Be Determined</p>
<p>Face Coverings</p>	<p>State, local or school district guidelines for face coverings should be strictly followed.</p> <p>In the absence of guidelines to the contrary, we recommend that:</p> <p>Face coverings be worn by athletes when participating in a sports drill that requires less than the minimum 6 ft. social distancing or when not participating in the sports activity.</p> <p>Coaches and staff should always wear face coverings during the workout sessions. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.)</p> <p>Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.</p>	<p>To Be Determined</p>	<p>To Be Determined</p>
<p>Hygiene Practices</p>	<p>Wash your hands with soap and water or use hand sanitizer, especially after touching after use by each group used items or surfaces.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.</p> <p>Disinfect after use by each group used items and surfaces as much as possible.</p> <p>Strongly consider using face coverings while in public, and particularly when using mass transit</p>	<p>To Be Determined</p>	<p>To Be Determined</p>
<p>Hydration/Food</p>	<p>All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.</p>	<p>To Be Determined</p>	<p>To Be Determined</p>
<p>Travel</p>	<p>Keep it local and avoid cross county travel when possible, especially if counties are in different phases. Consider limiting the number of riders on a bus or van to address social distancing and/or encourage athletes to ride with family members to venues.</p>	<p>To Be Determined</p>	<p>To Be Determined</p>
<p>Locker Rooms and Athletic Training Areas</p>	<p>Locker rooms should not be utilized during Phase 1.5. Students should report in appropriate attire and immediately return home to shower after participation. No students allowed in training area unless Athletics Trainer is present.</p>	<p>To Be Determined</p>	<p>To Be Determined</p>

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

Moderate Infection Risk Activities	Activities that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants. SCHSL Activities: volleyball, soccer, baseball, softball, and basketball		
Volleyball	Players within a group may use a shared volleyball. The volleyball may be passed, set, and attacked within the group. No active defensive play at the net may take place within the group. All equipment must be cleaned after use by each group and not shared with other groups.	To Be Determined	To Be Determined
Soccer	Players within a group may use a shared soccer ball. The soccer ball may be passed, kicked, but not headed at this time within the group. No active defensive play may take place within the group. All equipment must be cleaned after use by each group and not shared with other groups.	To Be Determined	To Be Determined
Baseball	Players within a group may use a shared baseball(s). The baseball(s) may be fielded, thrown, and caught within the group. Live batting practice may take place within the group. All equipment must be cleaned after use by each group and not shared with other groups.	To Be Determined	To Be Determined
Softball	Players within a group may use a shared softball(s). The softball(s) may be fielded, thrown, and caught within the group. Live batting practice may take place within the group. All equipment must be cleaned after use by each group and not shared with other groups.	To Be Determined	To Be Determined
Basketball	Players within a group may use a shared basketball(s). The basketball(s) may be dribbled, passed, shot, and rebounded within the group. No active defensive play may take place within the group. All equipment must be cleaned after use by each group and not shared with other groups.	To Be Determined	To Be Determined
Higher Infection Risk Activities	Activities that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. SCHSL Activities: football, wrestling, competitive cheerleading, and lacrosse.		
Football	Players within the group may use a shared football(s). The football(s) may be kicked, fielded, passed, caught, and/or handed-off within the group. No active defensive play may take place within the group when working on offense drills and no active offensive play may take place within the group when working on defensive drills. Handheld dummies and shields may be used when teaching a skill provided those participating wear a face covering or mask. Use of helmets and other protective equipment are prohibited. All equipment must be cleaned after use by each group and not shared with other groups.	To Be Determined	To Be Determined
Wrestling	Wrestling shall remain under phase 1 guidelines. Activities with prolonged player-to-player contact has not been phased in at this point. Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (as long as physical distancing is adhered to). Wipe down mats after each use.	To Be Determined	To Be Determined
Competitive Cheer	Competitive Cheer shall remain under phase 1 guidelines. Partner stunts require prolonged player-to-player contact which has not been phased in at this point. Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible as long as physical distancing is adhered to.	To Be Determined	To Be Determined
Lacrosse	Players within the group may use a shared lacrosse ball(s). The lacrosse ball(s) may be fielded, passed, caught, and/or shot within the group. No active defensive play may take place within the group when working on offense drills and no active offensive play may take place within the group when working on defensive drills. No face-offs may take place. Helmets and other protective equipment are prohibited. All equipment must be cleaned after use by each group and not shared with other groups.	To Be Determined	To Be Determined