

# 2020-2021

## Guidelines for Return to Participation

(edition 2 - updated 11/24/2020)

*The modifications outlined in this guide are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.*

*Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.*

*In preparing this document, VHSL staff received input from VHSL and NFHS SMAC committees, the NCAA, the Virginia Department of Health, USA Football, USA Field Hockey, US Lacrosse, USA Wrestling, the National Wrestling Coaches Association, VHSL school administrators, and VHSL coaches advisory committees.*

*During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.*



# Table of Contents

Virginia High School League  
1642 State Farm Blvd.  
Charlottesville, Virginia 22911-8609

Phone: 434-977-8475  
Fax: 434-977-5943  
Web: www.vhsl.org

## Inside

<b>3</b>	VHSL Staff/2020-2021 Executive Committee
<b>4</b>	Guiding Principles
<b>5-7</b>	2020-2021 Guidance for Return to Participation
<b>8</b>	General Guidelines for Cleaning and Disinfecting Athletic Equipment
<b>9</b>	2020-2021 Baseball Recommendations
<b>10</b>	2020-2021 Basketball Recommendations
<b>11</b>	2020-2021 Competition Cheer Recommendations
<b>12</b>	2020-2021 Sideline Cheer Recommendations
<b>13</b>	2020-2021 Cross Country Recommendations
<b>14</b>	2020-2021 Field Hockey Recommendations
<b>15</b>	2020-2021 Football Recommendations
<b>16</b>	2020-2021 Golf Recommendations
<b>17</b>	2020-2021 Gymnastics Recommendations
<b>18</b>	2020-2021 Lacrosse (Boys) Recommendations
<b>19</b>	2020-2021 Lacrosse (Girls) Recommendations
<b>20</b>	2020-2021 Soccer Recommendations
<b>21</b>	2020-2021 Softball Recommendations
<b>22</b>	2020-2021 Swimming & Diving Recommendations
<b>23</b>	2020-2021 Tennis Recommendations
<b>24</b>	2020-2021 Track & Field Recommendations
<b>25</b>	2020-2021 Volleyball Recommendations
<b>26</b>	2020-2021 Wrestling Recommendations
<b>27-28</b>	2020-2021 Return to Competition Adjustments for VHSL Academic Activities

## Appendix

<b>29</b>	Index
<b>30-31</b>	Championships + 1 Guidelines
<b>30-31</b>	Championships + 1 Guidelines
<b>32</b>	Regular Season Contest Limits, 60% Contest Limit, Max. Contest Limit
<b>34-37</b>	2020-21 VHSL Championship +1 Calendar
<b>38</b>	VDH Interim Guidance for Daily COVID-19 Screening of Patrons
<b>39</b>	COVID-19 Screening Protocol: Survey for Patrons
<b>40</b>	Virginia Chapter American Academy of Pediatrics
<b>41</b>	Executive Order 67 (sixth amendment) Recreational Sports
<b>42</b>	Cleaning Guideline Wilson
<b>44</b>	Cleaning Guideline Spalding
<b>45</b>	Phase III Guidelines

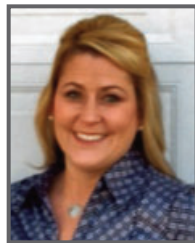
## VHSL Staff



**John W. "Billy" Haun, Ed.D.**  
Executive Director



**Tom Dolan**  
Associate Director



**Kelley Haney**  
Assistant Director/  
Athletics



**Shawn Knight**  
Assistant Director/  
Athletics



**Chris Robinson**  
Assistant Director/  
Athletics



**Darrell Wilson**  
Assistant Director/  
Activities



**Mike McCall**  
Director/Communications



**Hannah Catherine Munro**  
Director/Development



**Dave Hopkins**  
Director/Finance



**Lora Bickley**  
Administrative Assistant/  
Executive Director



**Sharon Condoulis**  
Activities Program Assistant



**Faustina Lee**  
Athletics Program Assistant



**Carrie Little**  
Athletics Program Assistant



**Randi Henry**  
Bookkeeper

## VHSL is educators serving youth at 318 member schools

The Virginia High School League is an alliance of Virginia's public and approved non-boarding non-public high schools that promotes education, leadership, sportsmanship, character, and citizenship for students by establishing and maintaining high standards for school activities and competitions.

Major policies and decisions affecting VHSL programs are determined by a 37-member Executive Committee. Direction is provided by group boards and by region and district councils. Finally, all member principals have oversight at region meetings and at fall and spring membership meetings.

This democratic, decentralized organizational structure provided for maximum local control and assured participation of school leaders as well as the public-at-large.

### 2020-2021 Executive Committee

#### Chairman

Shannon Butler, principal, York

#### Class 6

**Chairman** - Dave Cassady, principal, C.D. Hylton

**Vice Chairman** - Terri Towle, athletic director, Westfield

**Secretary** - Daniel Smith, principal, Lake Braddock

**Delegate At-Large** - Jon Crutchfield, principal, Franklin County

#### Class 5

**Chairman** - Adrienne Blanton, principal, L.C. Bird

**Vice Chairman** - Mike Sipe, athletic director, Potomac Falls

**Secretary** - Dan Hornick, principal, North Stafford

**Delegate At-Large** - Todd Tarkenton, principal, Green Run

#### Class 4

**Chairman** - Dave Spage, principal, Broad Run

**Vice Chairman** - Robert Curd, athletic director, Amherst County

**Secretary** - Howard Townsend, principal, Jamestown

**Delegate At-Large** - Cliff Conway, principal, Courtland

#### Class 3

**Chairman** - Tammy Newcomb, William Byrd

**Vice Chairman** - Dan Forgas, athletic director, Manassas Park

**Secretary** - Robert Dansey, principal, Spotswood

**Delegate At-Large** - Shannon Butler, principal, York

#### Class 2

**Chairman** - Mike Davidson, principal, Marion Senior

**Vice Chairman** - Tommy Golding, athletic director, Martinsville

**Secretary** - Corey McConville, principal, King William

**Delegate At-Large** - Eric Baylor, principal, East Rockingham

#### Class 1

**Chairman** - Chris Stewart, principal, Auburn

**Vice Chairman** - Travis Gray, athletic director, Holston

**Secretary** - Mike Myers, principal, Northampton

**Delegate At-Large** - Ron Proffitt, principal, Altavista

#### Superintendents of Schools

**Region 1** - Eric Jones, Powhatan County Schools

**Region 2** - Aaron Spence, Virginia Beach City Schools

**Region 3** - Dashan Turner, Colonial Beach City Schools

**Region 4** - Tony Brads, Culpeper County Public Schools

**Region 5** - Eric Bond, Augusta County Public Schools

**Region 6** - Mark Jones, Pittsylvania County Schools

**Region 7** - Greg Mullins, Wise County Public Schools

**Region 8** - Charles Berkley, Lunenburg County Schools

#### State Department of Education

Vanessa Wigand, State Department of Education

#### Virginia School Boards Association

James Coleman, Lynchburg City Schools

#### Citizen Representative

DeRocke Croom, Hampton

#### Virginia General Assembly

Jeffrey Bourne, House of Delegates

David Suetterlein, Senate

#### Chairman Elect

Jon Crutchfield, principal, Franklin County

#### Non-Voting Member

John W. "Billy" Haun, Ed.D., executive director, VHSL

## Guiding Principles

Per Centers for Disease Control and Prevention (CDC), the following link is recommended: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

### Participants

There are a number of actions youth sports organizations [which include the VHSL] can take to help lower the risk of COVID-19 exposure and reduce the spread during competition and practice. The more people a child or coach interacts with, the closer the physical interaction, the more sharing of equipment there is by multiple players, and the longer that interaction, the higher the risk of COVID-19 spread. Therefore, risk of COVID-19 spread can be different, depending on the type of activity. The risk of COVID-19 spread increases in youth sports settings as follows:

- ❖ **Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members.
- ❖ **Increasing Risk:** Team-based practice.
- ❖ **More Risk:** Within-team competition.
- ❖ **Even More Risk:** Full competition between teams from the same local geographic area.
- ❖ **Highest Risk:** Full competition between teams from different geographic areas.

If organizations are not able to keep in place safety measures during competition (for example, maintaining social distancing by keeping children six feet apart at all times), they may consider dropping down a level and limiting participation to within-team competition only (for example, scrimmages between members of the same team) or team-based practices only. Similarly, if organizations are unable to put in place safety measures during team-based activities, they may choose individual or at-home activities, especially if any members of the team are at risk.

### Consider watching sports at home rather than attending in-person sporting events

Please visit [CDC Consideration for Youth Sports](#) for more information regarding how to assess risk, promote behavior that reduces spread, maintain healthy environments, and provides tips to prepare for when/if someone becomes sick.

People who attend a sporting event can take action to help lower the risk of COVID-19 exposure and reduce the spread while attending sporting events. The more people someone interacts with, the closer, the longer, and the more frequent the interaction, and the more contact with frequently touched surfaces, the higher the risk of COVID-19 spread. Indoor events pose a greater risk than outdoor events.

The greater the number of sporting events someone attends, the greater the risk of COVID-19 spread. The risk of COVID-19 can be different, depending on the type of sporting event someone attends or the way they participate in the sporting event, as well as the number of COVID-19 cases both where they live and where the sporting event is taking place. The risk [for] COVID-19 increases for spectators [and other attendees] in sporting event settings as follows:

#### Lowest risk

**Watching the sporting event on television or online in your home with members of your household**

#### More risk

**Tailgating or attending a sporting event in your local community when:**

- ❖ The event, including tailgating, is held outdoors
- ❖ All attendees wear masks
- ❖ Attendees are discouraged from yelling, chanting, or singing
- ❖ All attendees stay at least six feet away from people they do not live with
- ❖ Attendees at a community sporting event are from the local area and limited to family and friends of athletes
- ❖ Attendees do not share food or drinks or personal items (e.g., noisemakers) with people they don't live with
- ❖ The sports program has several mitigation strategies (e.g., blocked off seats or rows, visual cues such as floor markings for social distancing, cleaning and disinfection) and messaging in place to prevent or reduce the spread of COVID-19

#### Even More risk

**Tailgating or attending a sporting event in a nearby community when:**

- ❖ The event is held in an open, well-ventilated indoor space
- ❖ Most attendees wear masks
- ❖ Attendees yell, chant, and sing while wearing masks
- ❖ Most attendees stay at least six feet away from people they do not live with
- ❖ Attendees are from the local community
- ❖ Attendees limit their sharing of food and personal items (e.g., noisemakers) with others
- ❖ The sports program has a couple of mitigation strategies and messaging in place to prevent or reduce the spread of COVID-19

#### Highest risk

**Traveling to a different geographic area to attend a sporting event or tailgate when:**

- ❖ The event is held in a confined, poorly ventilated indoor space
- ❖ Attendees do not wear masks
- ❖ Attendees yell, chant, and sing without masks
- ❖ Attendees do not stay at least six feet away from people they do not live with
- ❖ Attendees travel from outside the area to attend the event
- ❖ Attendees freely share their food and personal items (e.g., noisemakers) with people they don't live with
- ❖ The sports program has no modifications or messaging in place to prevent or reduce the spread of COVID-19

### Virginia Department of Health (VDH) Pandemic Metrics

The Virginia Department of Health recommends that schools use the following links to tools and guidance to consider the extent of COVID-19 community transmission: <https://www.vdh.virginia.gov/coronavirus/key-measures/pandemic-metrics/>

This tool was created, in part, to help guide decisions about school programming. The VHSL and other school sports leagues, since they are connected to these school settings, should consider using this information as well, particularly relating to state team travel or for large state events. The VHSL should be prepared to adjust plans in response to changes in extent of community transmission and/or at the recommendation of public health and school officials if that becomes necessary.

## 2020-21 Guidance for Return to Participation

### Masks and Face Coverings

#### Participants

- ❖ Should not be required to wear face coverings while actively engaged in workouts or competitions, however, athletes, coaches, and officials should wear masks to the greatest extent possible.
- ❖ Should wear face coverings that are not distracting.
- ❖ Must wear face coverings when on the sideline, in the dugout, not actively involved in the competitions etc., and especially anytime 3-6 feet of social distancing cannot be maintained.
- ❖ Must wear face coverings when traveling to and from events using school transportation.
- ❖ In cheer, participants are strongly encouraged to wear face coverings.

#### Administrative Staff, and Officials

- ❖ Should not be required to wear face coverings while actively engaged in the competition, however, athletes, coaches, and officials should wear masks to the greatest extent possible. (Example – game officials, ticket takers, timers, and scorers).
- ❖ Must wear face coverings when on the field, in the dugout etc., and especially anytime 6 feet of social distancing cannot be maintained.
- ❖ Must wear facial coverings when at or interacting with, the table i.e. clock operators, scorers, announcers.
- ❖ Must wear face coverings when working as or interacting with, field personnel i.e. chain crew, ball boys, game supervision.

#### Fans, Working Event Staff, Non-Competing Participants, and Coaches:

- ❖ Must wear face coverings at all times.

#### Additional Information

##### The American Academy of Pediatrics

In some cases, cloth face coverings may cause safety concerns, and adaptations or alternatives should be considered. The World Health Organization does not recommend use of a cloth face covering during vigorous exercise, and the CDC cautions that some people who are engaged in high-intensity activity may not be able to wear a cloth face covering. When non-vigorous exercise is being performed and physical distancing is not possible, a cloth face mask should be worn. Cloth face coverings should not be worn in water activities (example, swimming, diving) or in activities where they could pose an injury risk as a result of catching on equipment or accidentally impairing vision during performance of sport (example, gymnastics, cheer). Special considerations may be appropriate when there is an increased risk of heat-related illness. Individuals younger than 2 years old should not wear a cloth face covering.

Younger athletes may find wearing a cloth face mask challenging and may need to be reminded and/or assisted by parents/coaches. People should be reminded not to touch the front of the face mask and remove it from the straps whenever possible. Cloth face coverings should be routinely washed daily in hot water and not reused until cleaned.

##### Evidence for Effectiveness of Masks

Masks are recommended as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the mask coughs, sneezes, talks, or raises their voice. This is called source control. This recommendation is based on what we know about the role respiratory droplets play in the spread of the virus that causes COVID-19, paired with from clinical and laboratory studies that shows masks reduce the spray of droplets when worn over the nose and mouth. COVID-19 spreads mainly among people who are in close contact with one another (within about 6 feet), so the use of masks is particularly important in settings where people are close to each other or where social distancing is difficult to maintain. CDC's recommendations for masks will be updated as new scientific evidence becomes available.



## 2020-21 Guidance for Return to Participation

### Locker Room

Host schools should be responsible for providing a clean environment for all visiting teams to dress and have pre-game meetings. When possible, the area should be large enough to maintain social distancing.

If locker/dressing rooms are not large enough to maintain social distancing, visiting teams may want to consider traveling dressed and/or limiting travel team numbers.

#### General Guidelines for all Locker Room Situations

- ❖ Prior to an individual or groups of individuals entering the locker room, hard surfaces within that locker room should be wiped down and sanitized (chairs, training tables, furniture etc.).
- ❖ Any equipment kept in student lockers should be cleaned out nightly by the athlete to allow for proper cleaning and sanitization. i.e. Soft clothing items will be taken home daily. Items such as helmets and shoulder pads may remain.
- ❖ Staff, coaches and student/athletes must wear face coverings while inside locker rooms, meeting rooms and training rooms.
- ❖ Every effort will be made to alternate smaller groups through the locker room to minimize exposure with other athletes. Coaches will devise plans based on the number of athletes and the space available. Entrances will be monitored by coaches.
- ❖ Student athletes are to dress as rapidly as possible to minimize time in the locker room.
- ❖ Social distancing measures will be in effect throughout all locker rooms.
- ❖ Athletes will not be required to wear a mask in the shower area.
- ❖ Hand sanitizing stations must be available.
- ❖ Athletes will leave the locker once cleaned and changed – no congregating.

### School Transportation

#### Phase 2 and 3 School Bus Guidance from the Virginia Department of Education

*Physical distance should be created between children on school buses when possible (e.g. seat children one per seat, every other row and/or staggered, aisles and windows) limiting capacity as needed to optimize distance between passengers. If three to six feet of distance cannot be maintained, wearing of face coverings is strongly encouraged and may help reduce disease transmission. Children (such as siblings) living together may sit together on the bus, and assign seating where possible. If possible, given the age of students, weather conditions, etc., consider opening windows to improve ventilation.*

#### VHSL Return to Participation Guidelines

##### Requirements Applying to Everyone

- ❖ Passengers and driver are required to wear masks at all times while traveling via school transportation.
- ❖ Team parties must follow school health and VDH guidelines with respect to seat occupancy distancing.
- ❖ All passengers will follow any identified entrance and exit plans established in school health plans. It is recommended that loading of the bus should occur from back to front and unloading occur front to back.
- ❖ Team parties may not exceed the maximum number of passengers established within school health and VDH guidelines.
- ❖ All individuals are responsible for keeping individual equipment with them at all times. Community storage of equipment on the bus should be avoided.
- ❖ Passengers must occupy the same seats both going to and returning from an event trip.
- ❖ When possible seats should be sanitized upon arrival at the event and once the bus returns from an event and all passengers and equipment have been removed.
- ❖ At no point should passengers pass around or share food or drink items.

## 2020-21 Guidance for Return to Participation

*The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.*

### Return to Participation

#### General Considerations Applying to all Participants:

- ❖ Individuals associated with any events should complete a personal health screening daily and should stay home if they are experiencing symptoms consistent with COVID-19 or are in close contact with someone with COVID-19. **(A sample screening tool can be found in the Appendix of this document).**
- ❖ Individuals should be educated on the need to thoroughly wash their hands regularly with soap and water for at least 20 seconds and/or use at least a 60% alcohol based hand sanitizer before, during and after any activity.
- ❖ Facility staff should ensure that facilities have been properly sanitized and have hand sanitizer and disposable masks available when they host events.
- ❖ Facilities should be cleaned and disinfect frequently touched surfaces and practice/game equipment including balls. Contact equipment manufacturers for specifics on proper cleaning protocols for their equipment (some valuable information regarding some manufacturer requirements may be found later in this document).
- ❖ Social distancing of 6 feet should be maintained, when possible. There should be no hugging, high fives, handshakes or fist bumps. Additionally:
  - Pre and postgame handshakes will be eliminated.
  - Pregame meetings, if necessary and/or required should be limited to essential personnel with every attempt to maintain the social distancing guidelines observed.
  - Postgame award ceremonies should be eliminated.
  - Whenever possible social distancing must be maintained on all sidelines.
  - Outdoor activities may require extending bench areas.
  - Indoor activities may require the use of bleachers or multiple levels of seating.
  - All fans stay at least 6 feet from people they do not live with.
  - Capacity limits will be enforced.
- ❖ Participants and coaches should bring and use their own water bottle. Each group should have a hydration plan and ability to provide water to those within that group in a safe manner should they not have their own water bottle. Host schools should ensure visiting teams have safe access to water for their participants.
- ❖ If a positive COVID-19 case is determined, schools must follow their safety plan as well as adhere to Virginia and local Department of Health guidelines in determining a comprehensive plan of action.
- ❖ Where applicable score sheets/books should be handled only by the scorer.
- ❖ If writing implements are a necessary part of an event, they should be sanitized and not shared with anyone.
- ❖ Prior to and after games, individuals must refrain from congregating in groups.

#### Considerations Applying to Student Participants/Coaches/Host Administrators:

- ❖ Each student should be responsible for their own equipment/supplies. There should be no sharing of clothing or community laundering of workout supplies. There should be daily cleaning of all workout clothing/towels.
- ❖ All schools, teams and facilities MUST have a well-rehearsed Emergency Action Plan in place for every sport and every venue prior to any event taking place.
- ❖ Hand sanitizer should easily be available in sufficient quantities at all events/practices.
- ❖ Athletes MUST tell coaches immediately when they are not feeling well. Additionally, athletes should stay home if they are experiencing symptoms consistent with COVID-19 or are in close contact with someone with COVID-19.
- ❖ Student-athletes should keep mouth guards in their mouth throughout the competition. If the mouth guard is taken out, proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should be washed/disinfected before doing so.
- ❖ All participants should bring and use their own water bottle.
- ❖ Coaches/Administrators must communicate all guidelines in a clear manner to students and parents.
- ❖ Coaches should consider, and administrators should strongly encourage, conducting workouts in “pods” of the same students, always training and rotating together in practice to ensure less exposure if someone develops an infection.
- ❖ Coaches must keep accurate records of those athletes and staff who attend each practice in case contact tracing is necessary.
- ❖ Schools should consider limiting game day squad sizes for social distancing purposes.
- ❖ Coaches should make sure the team brings their own medical supplies.
- ❖ Parents/Guardians should inform coaches if the participant has been exposed to someone who is known to have COVID-19.
- ❖ The local health department should be consulted if COVID issues arise in your area.
- ❖ Coaches and school staff should be trained on school specific procedures regarding how to prepare and respond if someone gets sick, as outlined in each school divisions health plan.

## General Guidelines for Cleaning and Disinfecting Athletic Equipment

*The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.*

### Return to Participation

Jerseys, cleats, shin guards, shoulder pads, gear bags...they all harbor germs and bacteria.

It's good to know the same regular bleach that sanitizes your laundry can also clean and disinfect sports equipment. Any equipment with a hard, nonporous surface (think plastic, nylon, and even painted wood and polyurethane coatings) can be wiped down with a bleach and water solution, making it a great choice to kill bacteria, including MRSA.

#### Materials needed:

- ❖ Regular Bleach
- ❖ Measuring cup
- ❖ Plastic dishpan
- ❖ Gloves
- ❖ Sponge
- ❖ Clean white towels
- ❖ Lingerie bags

#### Procedure:

1. Measure  $\frac{1}{2}$  cup bleach, and add it to 1 gallon cool water in a plastic dishpan.
2. Wearing gloves, use the sponge to apply the bleach and water solution to hard, non-porous sports equipment. Reapply as needed to keep the surface wet for 5 minutes.
3. After 5 minutes, rinse with clean water.
4. Hang equipment to air dry; alternately, lay on a clean towel or prop up to air dry.

#### Here's how to sanitize laundry with regular bleach.

1. For high efficiency clothes washers, add  $\frac{1}{3}$  cup bleach along with your favorite detergent; use the bleach dispenser if your clothes washer has one.
2. For traditional deep-fill clothes washers, add  $\frac{2}{3}$  cup bleach along with your favorite detergent.
3. Ensure that the bleach contacts the load for 10 minutes.

#### DO

Wipe mud off of cleats before treating with the disinfecting bleach and water solution.

#### DON'T

Forget your gym bag—if it's nylon or polyester, it can be machine washed. Just add a few towels along with the bag to help balance the load, and wash as directed above.

See Appendix for specific ball cleaning guidelines from Spalding & Wilson.



## 2020-2021 Baseball Recommendations

*The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.*

### Return to Competition

- ❖ Each team provides sanitized balls (1 dozen minimum) while on defense.
  - Sanitize used balls after the game.
  - Sanitize bases after each contest.
  - Players are not permitted to leave the dugout area to congratulate players when scoring or after home runs. The number of individuals in the dugout is dependent on the size of dugout. Players and coaches must maintain at least 6 feet of social distance. NFHS rules allow for dugouts/designated warm up areas to be extended to provide for social distancing.

### Recommendations for Coaches

- ❖ Lineups should be handed to the umpire by a coach, and the umpire will verbally approve or ask any questions about the lineup. Recommended for lineup cards exchanged team to team and teams to scorekeeper to be shared via photo or text.
- ❖ Maintain 6' distance between coaches and umpires.
- ❖ No seeds, gum or spitting.

### Recommendations for Players

- ❖ No seeds, gum or spitting.
- ❖ Players should clean and sanitize equipment after each game
  - Sanitize used balls after the game.
  - Maintain 6' distance between players and umpires.
  - No sharing of water bottles.
  - Appropriately clean batting helmets between each player's use.
  - Appropriately clean catcher's equipment between each player's use.
  - Appropriately clean bats between each player's use.
  - No physical contact (High fives, chest bumps, hand slaps, etc.).
  - Prohibit licking of fingers and wiping them off. Pitchers are not permitted to put their hands to their mouths or blow into their hands prior to pitching the ball. "Time" is called, and this will be a "no pitch." Any umpire is permitted to make this call. The ball should be called dead immediately and it will be a "no pitch." Ball goes to the dugout for sanitizing, pitcher sanitizes hands before play continues.
- ❖ Pitchers cannot wear white or gray cloth facial coverings.

### Notes

- Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.
- During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.

## 2020-2021 Basketball Recommendations

*The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.*

### Return to Competition

#### Basketball Rules Recommendations

- ❖ Pregame Protocol: Limit attendees to the referee and the head coach or their designee from each team with each coach standing on the center circle on each side of the division line.
  - All individuals maintain a social distance of 6 feet or greater at the center circle.
- ❖ Team Benches: Social distancing should be practiced when possible. Below are some suggestions.
  - Limit the number of bench personnel to observe social distancing of 6 feet or greater.
  - If possible, place team benches opposite the spectator seating.
  - Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
  - Create separation between the team bench and spectator seating behind the bench if possible.
  - Use the first level of the bleachers as overflow for team personnel.
  - Limit contact between players when substituting.
- ❖ Officials Table
  - Limit the number of bench personnel to observe social distancing of 6 feet or greater.
  - The host should sanitize the table before the game and at half time.
  - Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
  - Limit seats at the table to essential personnel which includes scorers and timer with a recommended distance of 6 feet or greater between individuals.

#### Basketball Rules Interpretations

- ❖ Equipment and Accessories
  - Basketball
    - ❑ Ball given to officials in the locker room, where it is sanitized as recommended by the ball manufacturer and not used for warm-ups.
    - ❑ The host school should ensure that the ball is sanitized during time-outs and between quarters.
    - ❑ Sanitizer should be provided by the host team at the table.

#### Expectations for all games

- ❖ Jump Ball
  - The jump ball will be eliminated with the visiting team receiving the first possession of the game.
  - To start an overtime period, coin toss will determine which team is awarded the ball.
- ❖ No spectators will occupy the first row of bleachers so as to maintain 6 feet social distancing from the bench area and court.
- ❖ Cheerleaders will maintain, at all times, 6 feet social distancing from other squad members as well as members of the team and officiating crew.
- ❖ When team personnel occupy the rows in the bleachers, maintain at least one row between them and any spectators.

### Notes

- ❑ Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.
- ❑ During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.

## 2020-2021 Competition Cheer Recommendations

*The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.*

### Return to Competition

#### Spirit Rules Book Modifications

- ❖ Cheerleading General Risk Management (2-1-14 & 16)
  - Participants should be appropriately spaced on the mat to ensure proper social distancing, when practicable.

#### Spirit Considerations and Modifications

- ❖ Cheerleading Apparel / Accessories (3-1-1)
  - Cheerleaders must wear face coverings while not actively performing on the mat.
  - Examples of face coverings to consider. This is not an exhaustive or definitive list.
    - ☐ Coverings that are held in place with over-the-head straps using Velcro or other breakaway type connections.
    - ☐ Full head coverings.
    - ☐ Coverings that minimize the chance of having fingers caught in them.

#### Skill Restrictions

- ❖ It is ultimately the decision of the individual school district whether stunting occurs or not.
- ❖ Stunting with face coverings should only take place in consultation with school administration, and with the consent of all those involved (cheerleaders and parents).
- ❖ Teams must abide by the following restrictions:
  - No cradles
  - No twist ups or twist downs
  - No spinning skills
  - No basket tosses
  - No inversions
  - No transitional stunts
  - No pyramids
  - No tumbling into a stunt
- ❖ Stunting that IS permitted:
  - Preps and prep level stunts
  - Extensions and awesomes
  - Single-leg stunts
  - Dismounts must be Bump Down or Pop Down only
- ❖ Reminder: No stuntwork can occur while out-of-season. Under Phase 3 Guidelines, Foot social distancing is required.

#### Additional Recommendations

- ❖ Coaches should be sure to follow stunt progressions with all cheerleaders.
- ❖ Stunt groups should remain consistent, in the same “pods,” for practices and/or performances.
- ❖ Stunt groups should work together for no more than 10 minutes at a time, to minimize the time spent in close contact and allow proper hand sanitizing, etc.
- ❖ In the case of a “pod” member’s absence, that individual’s group or “pod” is ground bound for that day, to reduce potential cross contamination between stunt groups. Do NOT substitute group members between groups.
- ❖ Build in breaks during practices and/or performances to sanitize.
- ❖ Consult your mat manufacturer regarding appropriately sanitizing your mats appropriately (i.e., what cleaners, frequency, etc.).

### Notes

- ☐ Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.
- ☐ During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.

## 2020-2021 Sideline Cheer Recommendations

*The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.*

### Return to Competition

#### Spirit Rules Book Modifications

- ❖ Cheerleading General Risk Management (2-1-14 & 16)
  - Participants should be appropriately spaced on the mat to ensure proper social distancing, when practicable.

#### Spirit Recommendations and Modifications

- ❖ Cheerleading Apparel / Accessories (3-1-1)
  - Cheerleaders must wear face coverings, while cheering at indoor events.
  - Examples of face coverings to consider. This is not an exhaustive or definitive list.
    - ☐ Coverings that are held in place with over-the-head straps using Velcro or other breakaway type connections.
    - ☐ Full head coverings.
    - ☐ Coverings that minimize the chance of having fingers caught in them.

#### Skill Restrictions

- ❖ It is ultimately the decision of the individual school district whether stunting occurs or not.
- ❖ Schools DO NOT have to stunt
- ❖ Stunting with face coverings should only take place in consultation with school administration, and with the consent of all those involved (cheerleaders and parents).
- ❖ Stunting with face coverings is permitted after a team has completed the 20-day minimum practice requirement (MPR). As a reminder, the MPR applies to the team as well as any individual involved in stunting.
- ❖ In addition to wearing masks, teams must abide by the following restrictions:
  - No cradles
  - No twist ups or twist downs
  - No basket tosses
  - No inversions
  - No transitional stunts
  - No pyramids
  - No tumbling into a stunt
- ❖ Stunting that **IS** permitted:
  - Preps and prep level stunts
  - Extensions and awesomes/Cupies
  - Single-leg stunts
  - Dismounts must be Bump Down or Pop Down only
- ❖ **NO stunting at basketball Games**
  - Cheerleaders will maintain at all times 6-foot social distancing from other squad members as well as members of the participating teams and officiating crews.

#### Additional Recommendations

- ❖ Coaches should be sure to follow stunt progressions with all cheerleaders.
- ❖ Stunt groups should remain consistent, in the same “pods,” for practices, games, and/or performances.
- ❖ Stunt groups should work together for no more than 10 minutes at a time, to minimize the time spent in close contact and allow proper hand sanitizing, etc.
- ❖ In the case of a “pod” member’s absence, that individual’s group or “pod” is ground bound for that day, to reduce potential cross contamination between stunt groups. Do NOT substitute group members between groups.
- ❖ Build in breaks during practices, games, and/or performances to sanitize.
- ❖ Consult your mat manufacturer regarding appropriately sanitizing your mats appropriately (i.e., what cleaners, frequency, etc.).

### Notes

☐ Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.

☐ During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.

## 2020-2021 Cross Country Recommendations

*The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.*

### Return to Competition

#### General Recommendations

- ❖ Cross-country meets should use staggered, wave or interval starts.
- ❖ Finish:
  - Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
  - With no FAT timing system, consider alternative means of finish place and time to address congestion at finish line.
  - Consider using image-based equipment at finish to assist with picking place to avoid congestion.
- ❖ Clean and disinfect frequently touched surfaces and exercise equipment.
- ❖ Pre and Post Event Ceremony: Establish cross-country specific social distancing meet protocols including the elimination of handshakes before and after the meet. Event results should not be posted but available online and/or email results to coaches. Awards will be picked up by the coach prior to team departure.

#### Rule Modification for the 20-21 school year

- ❖ 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.

#### Recommendations for Coaches

- ❖ Communicate your guidelines in a clear manner to students and parents.
- ❖ Conduct workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- ❖ Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

#### Recommendations for Student-Athletes

- ❖ Consider making each student-athlete responsible for their own supplies.
- ❖ Student-athlete should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- ❖ Student-athletes should tell coaches immediately when they are not feeling well.

### Notes

- Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.
- During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.

## 2020-2021 Field Hockey Recommendations

*The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.*

### Return to Competition

#### Field Hockey Rule Recommendations

- ❖ Pre-game meeting (2-1-4c)
  - Limit attendees to one coach from each team and the head official.
  - Ensure the pre-game meeting is away from the sideline and all individuals.
  - Maintain a social distance of 6 feet.
- ❖ Scoring Table (2-2-2)
  - Limit to essential personnel and maintain a social distance of 6 feet.
- ❖ Team benches (1-2-4k)
  - Extend player and coach's box to the ensure proper social distancing of 6 feet.

#### Recommendations for Coaches

- ❖ Communicate your guidelines in a clear manner to students and parents.
- ❖ Consider conducting workouts in "pods" of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- ❖ Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

#### Recommendations for Student-Athletes

- ❖ Consider making each student responsible for their own supplies
- ❖ Student Athletes 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.
- ❖ Bring your own water bottle.

### Notes

- Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.
- During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.



## 2020-2021 Football Recommendations

*The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.*

### Return to Competition

#### Football Rule Recommendations

- ❖ Team Box (rule 1-2-3g)
  - The team box will be extended on both sides of the field to the 20-yard lines, in order for more social distancing space for the teams.
  - Maintain social distancing of at least 6 feet at all times while in the team box.
  - Do not share uniforms, towels, other apparel, or equipment.
- ❖ Ball (Rule 1-3-2)
  - The ball should be cleaned and sanitized throughout the contest, as recommended by the ball manufacturer.
  - The ball holders should maintain social distancing of at least 6 feet at all times during the contest.
- ❖ Face Masks [(Rules 1-5-1a, 1-5-3c(4))]
  - Plastic shields covering the entire face (unless integrated into the facemask and attached to the helmet and clear without the presence of any tint) shall not be allowed during the contest.
- ❖ 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 Specification.
- ❖ Charged Time-outs and Authorized Conferences
  - A single charged time-out may be extended to a maximum of two minutes in length.
  - The authorized conference for the charged time-out should take place between the 9-yard marks and not the sideline for social-distancing purposes. (It would be permissible for more than one coach to be involved in this conference and for technology to be used.)
  - Each game official and player should have their own beverage container brought.
- ❖ Intermission Between Periods 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. Situations warranting an extended intermission include sanitizing balls, hydration of players and officials, etc.

#### Additional Recommendations

- ❖ Gloves are permissible for all coaches and team staff and for all game administration officials.
- ❖ If available, dressing facilities for game officials and teams should be large enough for them to use social-distancing protocols and should be properly cleaned and sanitized prior to their arrival.
- ❖ Pregame meeting and coin toss should only include a coach from each team and an official.

### Notes

- Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.
- During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.

## 2020-2021 Golf Recommendations

*The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.*

### Return to Competition

#### Recommendations for Coaches

- ❖ Communicate your guidelines in a clear manner to students and parents.
- ❖ Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- ❖ Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

#### Recommendations for Student Athletes

- ❖ Consider making each student responsible for her/his own clubs and gloves.
- ❖ Student Athletes should wear their own appropriate clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every practice and match.
- ❖ Student Athletes should adhere to local rules in order to restrict touchpoints such as flagsticks and bunker rakes.
- ❖ Hand sanitizer should be plentiful at all contests and practices.
- ❖ Athletes should tell coaches immediately when they are not feeling well.
- ❖ Bring your own water bottle.

#### Additional Recommendations for Competition

- ❖ Social distancing measures should be in place in all practice areas which may result in limited space.
- ❖ Players should be courteous and limit their time in the practice areas to allow everyone the opportunity to warm up.
- ❖ Players should remain at least 6 feet away from each other and the official scorer at all times while in the scoring area.

### Notes

- Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.
- During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.

## 2020-2021 Gymnastics Recommendations

*The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.*

### Return to Competition

#### Equipment Recommendations

- ❖ 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.

#### Recommendations for Coaches

- ❖ Communicate your guidelines in a clear manner to students and parents.
- ❖ Consider conducting workouts in “pods” of same students always training and rotating together 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.
- ❖ Athlete safety is paramount and 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.

#### Recommendations for Student-Athletes

- ❖ Consider making each student athlete responsible for their own supplies.
- ❖ Student athletes 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.
- ❖ Student-athletes should use hand sanitizer immediately following each of their competition events.
- ❖ Remove common chalk bowls.
- ❖ Social distancing should be in practice while waiting for a turn on the apparatus or moving from one event to another.
- ❖ Athletes should tell coaches immediately when they are not feeling well.

### Notes

- Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.
- During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.

## 2020-2021 Boys Lacrosse Recommendations

*The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.*

### Return to Competition

#### Boys Lacrosse Rules Adjustments for the 2020-21 School Year

- ❖ Scoring Table (3-6-1, 3-7-1), and the Field (1-1-4a)
  - Limit to essential personnel only at the table. Event personnel need to observe a social distance of 6 feet.
  - Both team's player and coaches boxes will be expanded to ensure proper social distancing of 6 feet among team personnel.
- ❖ Equipment and protective clothing (1-9-2)
  - Clear, molded, and non-rigid face shields approved by the helmet manufacturer are allowed.
- ❖ Penalty Enforcement (7-1-1)
  - If there is a violation, blow the whistle quick and award ball. Award ball according to alternate possession. Contested loose balls will result in a quick whistle and awarding the ball according to alternate possession.
- ❖ Pre-Game Meeting (4-1-1)
  - Limit attendees to one coach from each team and lead official.
  - Ensure the pre-game meeting is away from sideline and all individuals maintain a social distance of 6 feet.
  - Eliminate handshakes following pre-game meeting and at the conclusion of the game.

#### Boys Lacrosse Rules Recommendations

- ❖ Table Personnel
  - Limit to essential personnel only at the table. Event personnel need to observe a social distance of 6 feet.

#### Points of Emphasis and Pre/Post Game Requirements

- ❖ Pregame
  - Pre-game stick and equipment checks will be completed by one official per team. Each team will place their sticks on their restraining line during pre-game meeting. One official will check sticks per team. Recommend glove use by the officials for stick checks. Players return to collect their own stick after pre-game check is completed.
  - No line up. Coaches to relay information to their teams.
  - Team bench areas should be clearly marked to remind players of proper location.
- ❖ Postgame
  - Teams stay in their team areas, no running onto the field for dog piles.

### Notes

- Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.
- During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.

## 2020-2021 Girls Lacrosse Recommendations

*The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.*

### Return to Competition

#### Girls Lacrosse Rules Recommendations

- ❖ Pre-Game Meeting (3-5-3)
  - Limit attendees to one coach from each team and lead official.
  - Ensure the pre-game meeting is away from sideline and all individuals maintain a social distance of 6 feet.
- ❖ Scoring Table (3-6-1, 3-7-1), and the Field (1-1-4a)
  - Limit to essential personnel only at the table. Event personnel need to observe a social distance of 6 feet.
  - Both team's player and coaches' boxes will be expanded to ensure proper social distancing of 6 feet among team personnel.
- ❖ Substitution and Sideline Protocol (1-1-4h thru l, 4-7-3, 4-7-4)
  - Ensure that players substituting, coaches, and the table personnel are maintaining social distancing.
  - Split sub box so that each team subs in from their own half of the sub box.
  - If available, recommend that a penalty area be marked off that allows social distancing between penalized players, substitutes, and the table personnel.

#### Girls Lacrosse Rule Adjustments for the 2020-21 School Year

- ❖ 8 Meter Positioning (10-1 PENALTIES 4)
  - Only one player per hash on 8-meter setup, the existing rule that allows the defense to adjacent hashes remains in force.
- ❖ Equipment and protective clothing (2-4-1, 2-7-3, 2-9-5)
  - Players and officials may wear gloves and long undergarments.
  - Pre-game stick and equipment checks will be completed by one official per team. Each team member will stand with their sticks on their restraining line during pre-game meeting. The player will be responsible for dropping the ball into their stick while official observes. Both players and officials should maintain 6-foot distance between them. Recommend glove use by the officials for stick checks.

### Notes

- Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.
- During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.

## 2020-2021 Soccer Recommendations

*The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.*

### Return to Competition

#### Soccer Rules Requirements for 2020-21

- ❖ Pregame Conference (5-2-2d)
  - Limit attendees to head referee or center referee and the head coach from each team.
  - Move the location of the pregame conference to center of the field. All individuals maintain a social distance of 6 feet.
- ❖ Ball Holders (6-1)
  - Schools should carefully consider the use of ball holders. If they are used, they should be spaced out properly, observing 6 feet of social distancing.
- ❖ Team Benches (1-5-1)
  - Encourage bench personnel to observe social distancing of 6 feet.
  - Extend player and coaches area to ensure proper social distancing of 6 feet.
- ❖ Drop-ball Restart (9-2-1)
  - The drop-ball restart has been suspended and the referee will instead award an indirect free kick to whichever team is deemed to be in possession (must follow the 2020 NFHS rule change).
- ❖ Indirect and Direct Free Kicks (12-2, 3, 4, 5, 6 and 7)
  - On all indirect and direct free kicks, players from opposing teams must remain at least 3 feet from each other (an arm's length). This will eliminate the traditional wall involving two teams (defensive players only) so that there is no jostling for position in front of the goalkeeper. By rule, they will need to provide 10 yards from the ball prior to the kick.
- ❖ Substitution Procedures (3-4)
  - Maintain social distancing of 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the centerline.
- ❖ Officials Table (6-2; 6-3)
  - Limit to essential personnel, which includes home team scorer and timer with a recommended distance of 6 feet between individuals.
- ❖ Game Clock
  - Stop the clock at the first natural stoppage after the 20:00 mark of each half to allow for sanitation of hands, game balls and for water break.

#### Soccer Rules Interpretations

- ❖ Rule 4-1 Equipment and Accessories
  - Gloves are permissible.
- ❖ Rule 4-1 Legal Uniform
  - Long sleeves are permissible. (4-1-1).
  - Long pants are permissible. (4-1-1).
  - Under garments are permissible but must be of a similar length for the individual and a solid like color for team. (4-1-1d).

### Notes

- Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.
- During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.



## 2020-2021 Softball Recommendations

*The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.*

### Return to Competition

#### Each team provides sanitized balls (6 balls minimum) while on defense

- ❖ Sanitize used balls after the game.
- ❖ Sanitize bases after each contest.

### Softball Rules Recommendations

- ❖ Face Shields (1-7-1, 1-8-4)
  - Per guidance from the NFHS Sports Medicine Advisory Committee, plastic shields covering the entire face (unless integrated into the facemask and attached to a helmet) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.
- ❖ Additional Equipment (1-8)
  - Facial coverings must be of one color, not distracting, and no designs.
  - Pitchers cannot wear optic yellow cloth facial coverings.
- ❖ Pregame Conference (2-14-2)
  - Limit attendees to one coach from each team plus the umpires. Coaches should stay outside the width of the batter's box at home plate, maintaining at least 6 feet of distance between each person.
- ❖ Substitutions (3-3-3)
  - The verbal exchange should occur at least 6 feet from the coach to scorer and opposing team when making lineup changes.
- ❖ Coaching (3-5-1 NOTE)
  - Umpires do not handle equipment on the field during play. Contact with the game balls should be as limited as possible.
- ❖ Coaching (3-5-3, 3-6-14)
  - Coaches who wish to discuss a rule or a ruling on the field must maintain at least 6 feet of physical distance from the umpire.
- ❖ Coaching (3-5-2)
  - Base coaches must stay 6 feet from a runner at all times after suspension of play.
- ❖ Bench and Field Conduct (3-6-6)
  - Players are not permitted to leave the dugout area to congratulate players when scoring or after home runs. The number of individuals in the dugout is dependent on the size of dugout. Players and coaches must maintain 6 feet of social distance. NFHS rules allow for dugouts and designated warm up areas to be extended to provide for social distancing.
- ❖ Charged Conferences (3-7-1, 3-7-2, 3-7-3)
  - Coaches holding defensive conferences must stay on the home plate side of the pitcher's circle and the player or players must be on the opposite of the pitcher's circle maintaining the 6 feet distance. No more than 2 players plus the pitcher is allowed. Only one coach is permitted during the conference. If a coach visits the pitcher, all other players should stay outside the pitching circle.
- ❖ Exchange of Lineup Cards (4-2-1b)
  - Lineups should be handed to the umpire, and the umpire will verbally approve or ask any questions about the lineup.
  - Recommended for lineup cards exchanged team to team and teams to scorekeeper to be shared via photo or text.
- ❖ Infractions by the Pitcher (6-2-2)
  - Prohibit licking of fingers and wiping them off. Pitchers are not allowed to put their hands to their mouths or blow into their hands prior to pitching the ball. This will be a "no pitch." Any umpire is permitted to make this call. The ball should be called dead immediately and it will be a "no pitch." Ball goes to the dugout for sanitizing, pitcher sanitizes hands before play continues.
- ❖ Plate Umpire (10-2-1)
  - Plate umpire should stand deeper than normal to call balls and strikes.
- ❖ Equipment and Apparel (10-4-2)
  - Cloth facial coverings must be of one color and not distracting and no designs. Umpire may wear disposable glove and masks.

### Additional Recommendations

- ❖ No seeds, gum or spitting.
- ❖ Players should clean and sanitize equipment after each game.
- ❖ Social distancing on the bench and/or dugout.
- ❖ No sharing of water bottles.
- ❖ Appropriately clean batting helmets between each player's use.
- ❖ Appropriately clean catcher's equipment between each player's use.
- ❖ Appropriately clean bats between each player's use.
- ❖ No physical contact (High fives, chest bumps, hand slaps, etc.).

### Notes

☐ Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.

☐ During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.

## 2020-2021 Swimming & Diving Recommendations

*The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.*

### Return to Competition

#### Swimming & Rules Recommendations

- ❖ Conduct (1-3-2)
  - Require athletes to arrive at venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for 6 feet of social distancing.
- ❖ Lap Counting (2-7-6, 3-4)
  - Only one person per lane should be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices.
- ❖ Pre-Meet Conference (3-3-6, 4-2-1d)
  - Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use P.A. system or starting system microphone to allow participants to hear but keep them properly separated.
- ❖ Referee and Starter (4-2, 4-3)
  - Various rules require interactions between officials, coaches and athletes. Alternative methods of communications include utilization of the P.A. system, hand signals or written communication.
- ❖ Notification of Disqualification (4-2-2d, e)
  - Notification shall occur from a distance via use of hand signals or electronic notification such as text message.
- ❖ Meet Officials (4-8, 4-10, 4-11, 4-12, 4-13)
  - Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location. Develop alternative methods for submitting entries (3-2) and movement of non-electronic information. Require a distance of 6 feet between individuals seated at the desk/table.
- ❖ Timers (4-9)
  - Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing.
- ❖ Submission of Entries to Referee (5-2)
  - Alternative forms of entry submission can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries.
- ❖ Relay Takeoff Judges and Relays (8-3)
  - Require all takeoff judging from the sides of the pool. Space relay swimmers apart from one another. Timers and relay takeoff judges should wear cloth facial coverings.
- ❖ Diving Officials (9-6)
  - Alternative methods for submitting entries (3-2) and movement of non-electronic information will be required. Recommendations include a distance of 6 feet between individuals seated at the desk/table. Create a 6 feet space between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform.

#### Additional Recommendations

- ❖ Swimming Warm-up Areas
  - Establish multiple sessions for warm-up periods to limit number of swimmers per lane. Restrict the number of swimmers in competition area. Limit number of swimmers per lane during warm-up and warm-down periods.
- ❖ Diving Warm-up Areas
  - Limit number of divers during warm-up by creating multiple sessions. During competition, divers may not approach the board until their turn to compete. Hot tubs should not be permitted. Dive order sheets should be posted in multiple areas to reduce number of divers viewing at the same time.
- ❖ Teams Seating and Lane Placement
  - When practicable, assign lanes with physical distancing in mind.
- ❖ Preparing Athletes for Competition
  - Athlete clerking areas should be eliminated.

### Notes

- Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.
- During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.

## 2020-2021 Tennis Recommendations

*The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.*

### Return to Competition

#### Recommendations for Players

- ❖ When you play doubles, avoid all incidental contact, NO whispering to each other from a close distance to strategize.
- ❖ Avoid touching your face after handling a ball, racquet or other equipment. Wash your hands promptly if you have touched your eyes, nose or mouth.
- ❖ Avoid sharing food, drinks or towels.
- ❖ Use your racquet/foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls.
- ❖ Remain apart from other players when taking a break.
- ❖ If a ball from another court comes to you, send it back with a kick or with your racquet.
- ❖ Avoid use of the locker room or changing area.
- ❖ Leave the court as soon as reasonably possible.
- ❖ No extra-curricular or social activity should take place. No congregating after play.
- ❖ All players should leave the facility immediately after play is complete.
- ❖ Protect against infections:
  - Clean and wipe down your equipment, including racquets and water bottles. Do not share racquets or any other equipment such as wristbands, grips, hats and towels.
  - Use new balls and a new grip, if possible.
  - If you need to sneeze or cough, do so into a tissue or upper sleeve.
  - Arrive as close as possible to when you need to be there.
  - Avoid touching court gates, fences, benches, etc. if you can.
- ❖ If there is a scoring device, only one player should monitor it during the match.

#### Additional Recommendations

- ❖ Use four or six balls.
  - An additional precaution that can be taken for safety when playing:
    - ❑ Open two cans of tennis balls that do not share the same number on the ball.
    - ❑ Take one set of numbered balls, and have your playing partner take a set of balls from the other can.
    - ❑ Proceed with play, making sure to pick up your set of numbered balls only. Should a ball with the other number wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball to the other side of the court.

### Notes

- ❑ Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.
- ❑ During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.

## 2020-2021 Track & Field Recommendations

*The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.*

### Return to Competition

#### General Recommendations

- ❖ Shot Put and Discus events should enforce social distancing for all athletes and officials.
  - To limit contact: athletes should provide their own implements (that pass inspection) and retrieve their own implements after all throws.
  - If athletes cannot provide their own implements, then it is recommended that implements be sanitized between each use.
- ❖ Long and Triple Jumps should enforce social distancing for all athletes and officials.
- ❖ Sprint, Hurdle, relay events run entirely in lanes, may use every other lane to assist with distancing.
  - Blocks should be disinfected after each heat / race.
  - Recommend not using baskets at start line for apparel.
- ❖ Middle Distance and distance races on the track of 800m and longer (any event not run entirely in lanes) are considered moderate risk activities if conducted under normal circumstances.
- ❖ Event results should not be posted but available online and/or email results to coaches. Awards will be picked up by the coach prior to team departure.

#### Rule Adjustments for the 2020-21 School Year

- ❖ Rule 5-10-5 Current rule: The baton is the implement, which is used in a relay race and is handed by each competitor to a succeeding teammate. Gloves are not permitted in relay events.
  - States may permit the use of gloves for this year.
  - Schools can bring their own batons, or they should be disinfected after each heat/race.
- ❖ High Jump and Pole Vault should enforce social distancing for all athletes and officials.
  - To lower the risk of these events meets can cover pits by a tarp that is removed and disinfected after each athlete (therefore multiple tarps needed to keep event moving).
  - Rules 6-4-11 and 6-5-24: events may consider alternate ways to conduct the vertical jumps. Lowering the cross bar after competition has begun may be one-way events may modify rules. With small numbers of competitors, events may wish to jump each athlete to completion.
  - To limit contact: athletes should not share vaulting poles.

#### Recommendations for Coaches

- ❖ Communicate your guidelines in a clear manner to students and parents.
- ❖ Conduct workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- ❖ Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

#### Recommendations for Student-Athletes

- ❖ Consider making each student-athlete responsible for their own supplies.
- ❖ Student-athletes should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- ❖ Student-athletes should tell coaches immediately when they are not feeling well.
- ❖ Bring your own labeled water bottle.

### Notes

- Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.
- During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.

## 2020-2021 Volleyball Recommendations

*The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.*

### Return to Competition

#### Volleyball Rule Adjustments for the 2020-21 School Year

- ❖ Prematch 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 prematch conference to behind scorer table. If space is not available, conduct meeting in front of scorer table. All four individuals maintain a social distance of 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 prematch 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.
    - During the coaches meeting, both coaches will be asked if a disadvantage exists to remain on the same playing end. If one coach feels it does, teams will continue to alternate playing ends, while the team bench remains the same, i.e., coach will be coaching opposite their team. If both agree no advantage exists, they will remain through out the match on the end where play began.
  - Limit bench personnel to observe social distancing of 6 feet.
- ❖ 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 center court with coaches and the second referee maintaining the appropriate social distance of 6 feet. A coin toss, called by the home team, will decide serve/receive.

#### Volleyball Rules Recommendations

- ❖ Substitution Procedures (2-1-7, 10-2-1, 10-2-3, 10-2-4)
  - Maintain social distancing of 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.
- ❖ Officials Table (3-4)
  - Limit to essential personnel which includes home team scorer, libero tracker, and timer with social distance of 6 feet between individuals.

#### Volleyball Officials Manual Recommendations

- ❖ Pre and Post Match
  - Establish volleyball specific social distancing match protocols.

#### Volleyball Rules Interpretations

- ❖ Rule 4-1 Equipment and Accessories
  - 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)]
  - Under garments are permissible, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom. [4-2-1h (3), 4-2-1i (2)]

### Notes

- Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.
- During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.

## 2020-2021 Wrestling Recommendations

*The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.*

### Return to Competition

#### General Recommendations

- ❖ Have hand sanitizer and wipes available at the table.
- ❖ Wash stations or sanitizer at mat side.
- ❖ If writing implements are used, they should be sanitized and not shared with anyone.
- ❖ Participate/host smaller events (duals and tri's only, quads will be evaluated on a case-by-case basis depending on venue).
- ❖ Wrestling mat(s) should be cleaned before, during, and after event.
- ❖ Organize weigh-ins and skin checks must follow social distancing requirements in the designated area at one time.
- ❖ If spectators are not allowed, wrestlers should sit in bleachers for physical distancing guidelines. If not, chairs should be placed 6 feet from the mat and be spaced in a safe physical distancing manner.
- ❖ Event results should not be posted but available online and/or email results to coaches. Awards will be picked up by the coach prior to team departure.

#### Recommendations for Coaches

- ❖ One coach will be allowed to sit in the wrestler's corner throughout the match.
- ❖ Eliminate handshakes post-match.
- ❖ Conduct workouts in "pods" of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.

#### Recommendations for Wrestlers

- ❖ Equipment used such as wrestling headgear, shoes, braces, kneepads should only be worn by one individual and not shared. Equipment should be cleaned before, during, and after practice or competition.
- ❖ Stagger weight classes, so not everyone is in chairs mat-side.

#### Guidelines for Practice

- ❖ Due to space and physical distancing concerns, schools may consider use of other parts of the building for practice i.e. cafeteria to allow mat space.
- ❖ The total number of attendees wrestlers/coaches should not exceed 2 per 144 sq. ft - 225 sq. ft. (12 x 12 - 15 x 15 area).
- ❖ Schools should monitor room temperature of wrestling practice space. Note that warmer room temperatures create the ability for increased bacterial/viral growth.
- ❖ Signage should be posted that no one with a fever or symptoms of COVID is permitted.
- ❖ Coaches or ATCs should conduct daily temperature checks prior to start of practices.
- ❖ Wrestlers should be paired in groups of four creating a training pod. Coaches should track pods to insure athlete are remaining in assigned pod.
- ❖ Wrestler should only be exposed to one teammate in their pod during a practice. These training pods should remain the same for a minimum of two weeks and are used for training and skill development.
- ❖ Schools should take mandatory breaks every 10 minutes to allow wrestlers to sanitize and wash hands.
- ❖ Schools should consider conducting multiple practices each day or every other day practices to keep athletes separate.
- ❖ Live wrestling and competition should be limited in the practice space.
- ❖ Limit who enters the practice space daily.

#### Wrestling Rule Adjustments for the 2020-21 School Year

- ❖ Rule 2-2-2 - During competition, one coach will be allowed in a chair mat side.
- ❖ Rule 3-3 - Signatures will no longer be required on score sheets, a verbal acknowledgment will be accepted and the scorer notes such acknowledgment.
- ❖ Rule 5-13 - Wrestlers do not have to appear on the mat to be awarded a forfeit.
- ❖ Rule 6-1 - Regular matches in dual meets or tournament competition, shall consist of three periods with the first period being one minute and the second and third shall be two minutes in length.
- ❖ Rule 6-5-2 - The referee shall not declare the winner by raising the winning wrestler's hand.

### Notes

❑ Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.

❑ During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.



## 2020-2021 Return to Competition Adjustments for VHSL Academic Activities

*The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.*

### Return to Competition

#### Theatre Recommendations

- ❖ Theatre Rules Adjustments
  - 101-1-1 (b) – Set and Strike time will be adjusted to 7 minutes 30 seconds to allow for social distancing of cast and crew during those times.
- ❖ Theatre Rules Interpretation and Recommendations
  - 101-6-5 – Sets should be evaluated and only pieces deemed essential should be used, to limit the amount of surfaces and potential contact points.
  - 101-1-1 (b) – 101-6-7 – Casts and crews should maintain their own costumes and make-up, not assist others, and separate all costume pieces and make-up per individual.
- ❖ Judging Criteria Consideration
  - 101-7-2 – Judges must consider blocking decisions relative to prevailing guidance on social distancing measures in place at the time of a performance, and not judge down as a result of those decisions.
  - 101-7-3 – Judges must consider face coverings if currently recommended as a mitigation strategy, and how that may effect characterization or interpretation; and not judge down as a result of those mitigation measures.
- ❖ Facility Use
  - Social distancing and mitigation strategies required by local school policy shall be followed and enforced during all phases of an event.
  - If spectators are allowed in venues, seating must be clearly marked and separated by school affiliation. The festival director will assign seating areas for spectators and only those seats will be used for the duration of the event.
  - Cleaning materials must be provided in control rooms, and crews using these spaces must thoroughly clean the area before and after each use. Gloves are permissible for use while in the control room.
- ❖ Event Modifications
  - Assign load-in times to schools.
  - Each cast and crew will be given a designated dressing room, there will not be a shared “green room” used.
  - Suspend the general gathering of all casts and crews at the start of the event to cover logistics and reminders. Instead, cover necessary information during a briefing prior to each school’s “technical walkthrough.”
  - Consider suspending the judge talk-back during the awards ceremony, and limit that event to awards only. Consider offering schools the opportunity for a virtual talk-back with a judge at a later date, if the judge is willing.

#### Forensics Recommendations

- ❖ Forensics Rules Adjustments
  - 113-3-5 – For the 2020-21 competition year only, speakers must have a printed copy of their manuscript at each event, and must be prepared to produce it to the Tab Room if requested.
- ❖ Forensics Rules Interpretations and Recommendations
  - 111-4-4 – If multiple competition rooms are used for a single category, the competitor grouping should remain in the same room for each round, and judges will change. This will limit exposure potential across groupings.
  - 112-5-2 – Multiple copies of questions should be prepared and disposed of after each contestant draws their questions and disposed of after selection is made.
  - 112-5-3 – Extemp prep rooms should have designated areas or each contestant identified, and each contestant will return to the same area to prep subsequent rounds. If this is not possible, areas used must be cleaned between rounds.
  - 112-5-5 and 114-2-4 – Participants must provide their own note cards and writing implements, which can be visually inspected by the judge or prep room monitor.
  - 114-2-2 – Packets of the three topics should be prepared for each speaker, and once they have chosen their topic from the draw, the packet should be discarded.
  - 114-2-5 – If all speakers cannot be safely distanced based on current physical distancing requirements, a second room may be used to hold contestants until all speakers have concluded for the round.
  - 115-9-1 and 115-10-1 – Physical distancing guidelines must be adhered to during all phases of the presentation. Judges may not score down a duo for perceived distancing concerns.
- ❖ Judging Criteria Consideration
  - The use of face coverings may not factor into a judge’s decision or scoring.
- ❖ Facility Use
  - Attendance will be limited to registered competitors, coaches, judges and meet personnel.
- ❖ Event Modification
  - There will be no large gathering of competitors, judges and coaches at the start of the competition. Reminders and competition information will be disseminated electronically.

- Consider limiting the awards ceremony to competitors only given venue size and physical distancing requirements currently in place.

## Debate

- ❖ Debate Rules Adjustments
  - None.
- ❖ Debate Rules Interpretations and Recommendations
  - 116-4-1 – Members of the two-speaker team must observe current physical distancing guidelines during all phases of the debate.
  - 116-6-3 – Chambers should be limited to the number of representatives who can safely fill a room given current physical distancing requirements. This may require two rooms for any competition over 16 representatives.
  - 116-7-1 – Members of the two-speaker team must observe current physical distancing guidelines during all phases of the debate.
- ❖ Judging Criteria Consideration
  - Judges may not score down an individual or team for the wearing of masks.
- ❖ Facility Use
  - If podiums are to be used, they should not be shared. Directors are encouraged to have speakers speak from separated areas and observe all current physical distancing requirements throughout all phases of the debate.
- ❖ Event Modification
  - There will be no large gathering of competitors, judges and coaches at the start of the competition. Reminders and competition information will be disseminated electronically.
  - Consider limiting the awards ceremony to competitors only given venue size and physical distancing requirements currently in place.

## Scholastic Bowl

- ❖ Scholastic Bowl Rules Adjustments
  - None.
- ❖ Scholastic Bowl Rules Interpretations and Recommendations
  - 126-7-1 and 126-9-8 – Members of each team must be appropriately physically distanced during all phases of the match. During the directed questions round, teammates may confer verbally or non-verbally to the extent they are comfortable. The captain need not designate another team member to answer, as any member may answer a directions question. Electronic devices may not be used.
  - 126-9-9 – Any member of the team to which the question was directed, may answer after buzzing in and being recognized.
  - 126-9-9(3) – If the team to which the question was directed answers incorrectly, any member of the opposing team may buzz in, be recognized, and must begin their answer within the remainder of the designated time or immediately if the buzzer (timer) has already sounded.
  - 126-13-1 – Limit the number of tournament staff needed to effectively deliver the competition, while observing current physical distancing requirements. Consider limiting or eliminating spectators as needed.
- ❖ Facility Use
  - Teams should bring their own pencils and clean scratch paper, which must be presented on tables or desks prior to the match and visually inspected by the Quizmaster, to ensure no notes or printing is present.
  - Cleaning supplies should be available for team members to clean buzzers and their immediate area prior to the start of the match. Players should clean buzzers and their immediate area once the match concludes.
- ❖ Event Modification
  - There will be no large gathering of competitors, judges and coaches at the start of the competition. Reminders and competition information will be disseminated electronically.
  - Consider limiting the awards ceremony to competitors only given venue size and physical distancing requirements currently in place.

## Appendix

---

Virginia High School League  
1642 State Farm Blvd.  
Charlottesville, Virginia 22911-8609

Phone: 434-977-8475  
Fax: 434-977-5943  
Web: [www.vhsl.org](http://www.vhsl.org)

---

## Index

<b>30-31</b>	.....Championships + 1 Guidelines
<b>32</b>	.....Regular Season Contest Limits, 60% Contest Limit, Max. Contest Limit
<b>34-37</b>	.....2020-21 VHSL Championship +1 Calendar
<b>38</b>	.....VDH Interim Guidance for Daily COVID-19 Screening of Patrons
<b>39</b>	.....COVID-19 Screening Protocol: Survey for Patrons
<b>40</b>	.....Executive Order 67 (sixth amendment) Recreational Sports
<b>42</b>	.....Virginia Chapter American Academy of Pediatrics
<b>43</b>	.....Cleaning Guideline Spalding
<b>44</b>	.....Cleaning Guideline Wilson
<b>46</b>	.....Phase III Guidelines



## VIRGINIA HIGH SCHOOL LEAGUE

1642 State Farm Blvd., Charlottesville, VA 22911

Phone: 434-977-8475 Fax: 434-977-5943

[www.vhsl.org](http://www.vhsl.org)

# Championships +1

## Regular Season

See Calendars Pages 3 - 4

- Sideline Cheer has been moved from Season 2 to Season 1 to accommodate the beginning of the yearly calendar. These teams serve as an auxiliary group for any sport team sponsored by a member school.
- Each sport will play 60% of the normal contests allowed
- For the 2020-21 school year no district may intentionally disadvantage a member school relative to scheduling. A school may request of its district to fill their schedule with non-district opponents. All District decisions relative to scheduling require the unanimous approval of the district.  
Penalty for failure to comply: Intentional violations of the scheduling rule will result in the offending district schools being ineligible for post-season participation.
- Football will have 7 dates to play 6 games.
  - 1 - 02/22
  - 2 - 02/27
  - 3 - 03/05
  - 4 - 03/12
  - 5 - 03/19
  - 6 - 03/26
  - 7 - 04/02
- Any game not played due to COVID-19 issues will be treated as a game “not played” versus a forfeit.
- Regular season academic events do not have a calendar. Schools/teams may participate in these activities throughout the regular school year per local school approval.
- Dead Periods:
  - Season 1: 12/07 - 12/19
  - Season 2: 02/04 - 02/20
  - Season 3: 04/12 - 04/24

## Championships

Every sport will hold a state championship

- The calendar allows for one week of region tournaments and one week for a state tournament-semi-finals and finals.
- Teams not participating in region tournaments will be allowed to schedule 1 additional game/contest that must be completed by the region deadline
- Each region will advance 1 team to the state tournament in all sports. Team state championships will be hosted by the team at the top of the bracket if the venue meets VHSL State Tournament Site Requirements, otherwise the game will be hosted in a facility in the geographic area that meets the requirements.
- State Championships will be one day events when possible to eliminate team/school expense, overnight accommodations, meet COVID safety requirements for indoor facilities
- Wrestling will be 8- person brackets and 1-day state tournaments.
- Cross Country will advance to state competition based on region finish – 2 teams and top 3 individuals
- Indoor Track will qualify the top 3 region finishers in each event (Standards will not be used for the 2020-2021 state meet).
- Outdoor Track will qualify the top 4 region finishers in each event (Standards will not be used for the 2020-2021 state meet).
- Swimming & Diving will qualify the top 4 region finishers in each event (Standards will not be used for the 2020-2021 state meet).
- Golf(boys) will qualify 1 team and 3 individuals per region
- Golf(girls) will qualify through zone qualifiers, there will be no automatic qualifiers
- Gymnastics will be one team per region and top 3 individuals per region for each event (inclusive of all-around) and the top 2 all-around finalists per region. Qualifying standards will not be used for the 2020-2021 state meet.
- Class 3 – 4 Theatre state championships has been scheduled to coincide with the Class 5 – 6 Theatre state championships.

## Region/District Responsibilities

- Districts will create all district schedules and create protocols for handling situations for games affected by COVID-19.
- Districts/Regions will be responsible for implementing all guidelines and recommendations approved by the VHSL Executive Committee that are designed to decrease exposure to COVID-19 and protect student-athletes, coaches, officials, game administration and fans. (VHSL staff will work with athletic directors/principals, SMAC, and coach advisory committees to create these guidelines and recommendations).



Sports

Regular Contest  
Limits

60% Contest  
Limit

Maximum Contest  
Limit per player  
Regardless of  
Level

<b>Basketball</b>	22	14	14
<b>Gymnastics</b>	10	6	6
<b>Indoor Track</b>	10	6	6 with each individual team member allowed 2 sanctioned events that count toward their 6
<b>Sideline Cheer</b>	N/A	N/A	N/A
<b>Swim and Dive</b>	10	6	6
<b>Wrestling</b>	12	8	8 with each individual team member allowed 2 sanctioned events that count toward their 8. In girls they will be allowed 3 additional all girl sanctioned invitational events
<b>Competition Cheer</b>	5	3	3
<b>Cross Country</b>	10	6	6 with each individual team member allowed 2 sanctioned events that count toward their 6
<b>Field Hockey</b>	16	10	10
<b>Football</b>	10	6	6 with a maximum of 24 or





Sports	Regular Contest Limits	60% Contest Limit	Maximum Contest Limit per player Regardless of Level
--------	------------------------	-------------------	--

<b>Golf</b>	12	8	8 with girls being allowed 3 additional all girl sanctioned invitational events
<b>Volleyball</b>	20	12	12 dual matches; or 10 duals and 1 invitational event; or 8 duals and 2 invitational events
<b>Baseball</b>	20	12	12
<b>Lacrosse</b>	14	9	9
<b>Soccer</b>	16	10	10
<b>Softball</b>	20	12	12
<b>Tennis</b>	16	10	10
<b>Track &amp; Field</b>	10	6	6 with each individual team member allowed 2 sanctioned events that count toward their 6

## VHSL Championship + 1 Calendar 2020-21

(Adopted September 17, 2020)

MPR (minimum practice requirements)

SEASON 1 DEAD PERIOD		Dec. 7-19	
SEASON 1 WINTER SPORTS	WEEK	DAY	2020-21
BASKETBALL	8-day MPR; Contests Limits = 14		
First Practice	Week 23	Mon.	Dec. 7
First Contest	Week 25	Mon.	Dec. 21
Region Start Date	Week 32	Mon.	Feb. 8
Region Deadline	Week 32	Sat.	Feb. 13
State Semifinals	Week 33	Tues.	Feb. 16
VHSL Championships (Finals)	Week 33	Sat.	Feb. 20
GYMNASTICS	8 - day MPR; Contests Limits = 6		
First Practice	Week 24	Mon.	Dec. 14
First Contest	Week 26	Mon.	Dec. 28
Region Start Date	Week 31	Mon.	Feb. 1
Region Deadline	Week 31	Sat.	Feb. 6
VHSL Championships	Week 32	Fri.-Sat.	Feb. 12-13
INDOOR TRACK	8 - day MPR; Contests Limits = 6		
First Practice	Week 24	Mon.	Dec. 14
First Contest	Week 26	Mon.	Dec. 28
Region Start Date	Week 31	Sat.	Feb. 6
Region Deadline	Week 33	Sat.	Feb. 20
VHSL Championships	Week 36	Mon./Tues./Wed.	Mar. 1-3
SIDELINE CHEER	20-day MPR for each individual		
First Practice	Week 23	Mon.	Dec. 7
Stunting at games	Week 27	20-day Ind.PR	
Season Ends	End of school year		
SWIM & DIVE	8 - day MPR; Contests Limits - 6 meets		
First Practice	Week 24	Mon.	Dec. 14
First Contest	Week 26	Mon.	Dec. 28
Region Start Date	Week 31	Mon.	Feb. 1
Region Deadline	Week 31	Sat.	Feb. 6
VHSL Championships	Week 32	Sat.	Feb. 13
WRESTLING	8-day MPR; Contest Limits = 8 (Individuals limited to 2 sanctioned events that count toward their 8 (must follow WCP) Girls allowed 3 additional all girl sanctioned invitational events. WCP window begins Monday, Dec. 7.		
First Practice	Week 24	Mon.	Dec. 14
First Contest	Week 26	Mon.	Dec. 28
Region Start Date	Week 31	Mon.	Feb. 1
Region Deadline	Week 32	Sat.	Feb. 13
VHSL Championships	Week 33	Thurs./Fri./Sat.	Feb. 18-20

## VHSL Championship + 1 Calendar 2020-21 (Adopted September 17, 2020)

MPR (minimum practice requirements)

SEASON 2 DEAD PERIOD	Feb. 4-20		
SEASON 2 FALL SPORTS	WEEK	DAY	2020-21
<b>COMPETITION CHEER</b>	20-day MPR per individual; Contest Limits = 3		
First Practice	Week 31	Thurs.	Feb. 4
First Contest	Week 35	Mon.	Mar. 1
Region Start Date	Week 40	Mon.	Apr. 5
Region Deadline	Week 40	Sat.	Apr. 10
VHSL Championships	Week 41	Sat.	Apr. 17
<b>CROSS COUNTRY</b>	8-day MPR; Contest Limits = 6 (Individuals allowed 2 sanctioned events to count towards their 6.)		
First Practice	Week 33	Mon.	Feb. 15
First Contest	Week 35	Mon.	Mar. 1
Region Start Date	Week 41	Mon.	Apr. 12
Region Deadline	Week 41	Sat.	Apr. 17
VHSL Championships	Week 42	Thurs/Fri./Sat.	Apr. 22-24
<b>FIELD HOCKEY</b>	8-day MPR; Contest Limits = 10		
First Practice	Week 33	Mon.	Feb. 15
First Contest	Week 35	Mon.	Mar. 1
Region Start Date	Week 41	Mon.	Apr. 12
Region Deadline	Week 41	Sat.	Apr. 17
State Semifinals	Week 42	Tues.	Apr. 20
VHSL Championships	Week 42	Sat.	Apr. 24
<b>FOOTBALL</b>	15-day MPR; Contests = 6 (20-day MAX prior to 1st contest; 18 practices required for 2nd scrimmage)		
First Practice	Week 31	Thurs.	Feb. 4
First Contest	Week 34	Mon.	Feb. 22
Region Start Date	Week 40	Wed.	Apr. 7
Region Deadline	Week 41	Sat.	Apr. 17
State Semifinals	Week 42	Sat.	Apr. 24
VHSL Championships	Week 43	Sat.	May 1
<b>GOLF (Boys)</b>	No MPR; Contests Limits = 8		
First Practice	Week 33	Mon.	Feb. 15
First Contest	Week 35	Mon.	Mar. 1
Region Start Date	Week 41	Mon.	Apr. 12
Region Deadline	Week 41	Thurs.	Apr. 15
VHSL Championships	Week 42	Mon.	Apr. 19
<b>GOLF (Girls)</b>	No MPR; Contests Limits = 8 (If on boys team, 3 additional girls only events permitted)		
First Practice	Week 33	Mon.	Feb. 15
First Contest	Week 35	Mon.	Mar. 1
Zone Qualifiers	Week 42	Wed.-Thurs.	Apr. 21-22
VHSL Championships	Week 43	Mon.	Apr. 26
<b>VOLLEYBALL</b>	8-day MPR; Contest Limits = 12 (or 10+ Tournament or 8+2 Tournaments; 15 set max per tournament)		
First Practice	Week 33	Mon.	Feb. 15
First Contest	Week 35	Mon.	Mar. 1
Region Start Date	Week 41	Mon.	Apr. 12
Region Deadline	Week 41	Sat.	Apr. 17
State Semifinals	Week 42	Tues.	Apr. 20
VHSL Championships	Week 42	Fri.-Sat.	Apr. 23-24

## VHSL Championship + 1 Calendar 2020-21

(Adopted September 17, 2020)

MPR (minimum practice requirements)

SEASON 3 DEAD PERIOD	Apr. 12-24		
SEASON 3 SPRING SPORTS	WEEK	DAY	2020-21
<b>BASEBALL</b>	8-day MPR; Contest = 12		
First Practice	Week 41	Mon.	Apr. 12
First Contest	Week 43	Mon.	Apr. 26
Region Start Date	Week 50	Mon.	June 14
Region Deadline	Week 50	Sat.	June 19
State Semifinals	Week 51	Tues.	June 22
VHSL Championships	Week 51	Sat.	June 26
<b>LACROSSE</b>	8 - day MPR; Contests Limits = 9		
First Practice	Week 41	Mon.	Apr. 12
First Contest	Week 43	Mon.	Apr. 26
Region Start Date	Week 50	Mon.	June 14
Region Deadline	Week 50	Sat.	June 19
State Semifinals	Week 51	Tues.	June 22
VHSL Championships	Week 51	Sat.	June 26
<b>SOCCER</b>	8 - day MPR; Contests Limits = 10		
First Practice	Week 41	Mon.	Apr. 12
First Contest	Week 43	Mon.	Apr. 26
Region Start Date	Week 50	Mon.	June 14
Region Deadline	Week 50	Sat.	June 19
State Semifinals	Week 51	Tues.	June 22
VHSL Championships	Week 51	Sat.	June 26
<b>SOFTBALL</b>	8 - day MPR; Contests Limits = 12		
First Practice	Week 41	Mon.	Apr. 12
First Contest	Week 43	Mon.	Apr. 26
Region Start Date	Week 50	Mon.	June 14
Region Deadline	Week 50	Sat.	June 19
State Semifinals	Week 51	Tues.	June 22
VHSL Championships	Week 51	Sat.	June 26
<b>TENNIS</b>	8 - day MPR; Contests Limits = 10		
First Practice	Week 41	Mon.	Apr. 12
First Contest	Week 42	Wed.	Apr. 21
Region Start Date	Week 46	Thurs.	May 20
Region Deadline	Week 48	Sat.	June 5
State <del>TEAM</del> Semifinals	Week 49	Mon.	June 7
State Singles - Semi-Final/Final	Week 49	Fri./Sat	June 11-12
State Doubles - Semi-Final/Final	Week 49	Thu/Fri.	June 10-11
VHSL TEAM Championships	Week 49	Thu.	June 10
<b>TRACK &amp; FIELD</b>	8 - day MPR; Contests Limits = 6		
First Practice	Week 41	Mon.	Apr. 12
First Contest	Week 43	Mon.	Apr. 26
Region Start Date	Week 49	Mon.	June 7
Region Deadline	Week 49	Sat.	June 12
VHSL Championships	Week 50	Fri.-Sat.	June 18-19

## VHSL Championship + 1 Calendar 2020-21

(Adopted September 17, 2020)

MPR (minimum practice requirements)

ACTIVITIES	WEEK	DAY	2020-21
<b>THEATRE - <u>Classes 1 &amp; 2</u></b>			
First Level Deadline	Week 40	Sat.	Apr. 10
Next Level Deadline	Week 42	Sat.	Apr. 24
VHSL Championships	Week 44	Sat.	May 8
<b>THEATRE - <u>Classes 3 &amp; 4</u></b>			
First Level Deadline	Week 31	Sat.	Feb. 6
Next Level Deadline	Week 33	Sat.	Feb. 20
VHSL Championships	Weeks 35-36	Thur./Fri./Sat./Mon.	Mar. 4-8
<b>THEATRE - <u>Classes 5 &amp; 6</u></b>			
First Level Deadline	Week 31	Sat.	Feb. 6
Next Level Deadline	Week 33	Sat.	Feb. 20
VHSL Championships	Weeks 35-36	Thur./Fri./Sat./Mon.	Mar. 4-8
<b>SCHOLASTIC BOWL</b>			
First Level Deadline	Week 30	Sat.	Jan. 30
Next Level Deadline	Week 32	Sat.	Feb. 13
VHSL Championships	Week 34	Sat.	Feb. 27
<b>FORENSICS</b>			
First Level Deadline	Week 33	Sat.	Feb. 20
Next Level Deadline	Week 35	Sat.	Mar. 6
VHSL Championships	Week 38	Sat.	Mar. 27
<b>DEBATE</b>			
First Level Deadline	Week 38	Sat.	Mar. 27
Next Level Deadline	Week 40	Sat.	Apr. 10
VHSL Championships	Week 42	Fri.-Sat.	Apr. 23-24
<b>ROBOTICS</b>			
Submission Deadline: April 30			
VHSL Championships	Week 47	Sat.	May 29
<b>FILM FESTIVAL</b>			
Submission Deadline: April 1			
VHSL Championships	Week 48	Sat.	June 5



## VDH Interim Guidance for Daily COVID-19 Screening of Patrons

Businesses and employers can help prevent the spread of COVID-19 by following the CDC's [Interim Guidance for Business and Employers Responding to Coronavirus Disease 2019](#). An important part of that is ensuring ill patrons are not permitted to enter the establishment. Businesses should post signage at the entrance that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment. For businesses **required** to screen patrons prior to admission to the venue/facility, the screening questions (page 2, below) can be used as a guide for assessing patrons. Businesses and patrons should know the [symptoms of COVID-19](#) and follow the CDC guidelines for [what to do if they are sick](#) with symptoms of COVID-19. VDH recommends that ALL businesses develop a plan for healthcare support if a patron becomes ill.

**If a patron answers YES** to any of the symptom screening questions, the business should activate the emergency protocol for COVID-19.

- Immediately isolate the ill person from others and ask that person to wear a facemask or cloth face covering, if not already doing so. Patrons may already be required to wear face coverings under Executive Order [63](#).
- Determine if the person needs medical care.
- Most people with COVID-19 develop [mild to moderate illness](#) and do not require medical care. In these situations, the ill person can be sent home to self-isolate. If the person is not severely ill, but medical care seems indicated, the person should call his or her healthcare provider before visiting the provider's office; if the person does not have a healthcare provider, the person should first call an urgent care center or hospital emergency room.
- If the person is experiencing any medical emergency or emergency warning signs of COVID-19 including, but not limited to, trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, or bluish lips or face, call 9-1-1 immediately and notify the operator that the person might have COVID-19.

### All Patrons Should be Educated\* On:

- Proper [hand hygiene](#);
- Wearing a face covering when entering, exiting, traveling through, and spending time inside businesses according to [Executive Order 63](#);
- Maintaining appropriate physical distance from persons not living in the same household (at least 10 feet for establishments with physical activity, singing, or cheering and at least 6 feet for all other settings);
- Limiting physical contact with others, as much as possible; and
- Limiting contact with surfaces, as much as possible.

\*Education may occur through verbal instruction or signage provided in common areas where all patrons will view the information.

### Additional COVID-19 Resources

- VDH website on COVID-19 [www.vdh.virginia.gov/coronavirus/](http://www.vdh.virginia.gov/coronavirus/)
- [VDH COVID-19 Business Website](#) (with a Business Toolkit that includes signage resources)
- [Executive Order 67](#) and [Phase Three Guidelines for All Business Sectors](#)
- [Persons at Higher Risk for Severe COVID-19](#)



## COVID-19 Screening Protocol: Survey for Patrons

YES or NO, are you currently experiencing any of the following symptoms?	Yes	No
A new fever (100.4°F or higher) or a sense of having a fever	<input type="checkbox"/>	<input type="checkbox"/>
A new cough that you cannot attribute to another health condition	<input type="checkbox"/>	<input type="checkbox"/>
New shortness of breath or difficulty breathing that you cannot attribute to another health condition	<input type="checkbox"/>	<input type="checkbox"/>
New chills that you cannot attribute to another health condition	<input type="checkbox"/>	<input type="checkbox"/>
A new sore throat that you cannot attribute to another health condition	<input type="checkbox"/>	<input type="checkbox"/>
New muscle aches (myalgia) that you cannot attribute to another health condition, or that may have been caused by a specific activity (such as physical exercise)	<input type="checkbox"/>	<input type="checkbox"/>
A new loss of taste or smell	<input type="checkbox"/>	<input type="checkbox"/>
<b>Have you had a positive test for the virus that causes COVID-19 disease within the past 10 days?</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>In the past 14 days, have you had close contact (within about 6 feet for 15 minutes or more) with someone with suspected or confirmed COVID-19?<sup>5</sup></b>	<input type="checkbox"/>	<input type="checkbox"/>

**Patrons who answer YES to any of the patron screening questions should not be permitted to enter the facility.<sup>5</sup>**

<sup>5</sup>Healthcare workers using appropriate personal protective equipment during the care of a COVID-19 patient should not be excluded from the facility based on close contact with a COVID-19 patient.

## COVID 19 Optional Patron Agreement: Infection Control Practices

During your visit, do you agree to:	Yes	No
Immediately notify a staff member if you develop symptoms of COVID-19	<input type="checkbox"/>	<input type="checkbox"/>
Practice proper hand hygiene	<input type="checkbox"/>	<input type="checkbox"/>
Maintain appropriate physical distance between yourself and others, as much as possible (at least 10 feet for establishments with physical activity, singing, or cheering and at least 6 feet for all other settings)	<input type="checkbox"/>	<input type="checkbox"/>
Limit physical contact between yourself and others, as much as possible	<input type="checkbox"/>	<input type="checkbox"/>
Wear a face covering when entering, exiting, traveling through, and spending time inside the venue/facility (unless an exception exists per <a href="#">Executive Order 63</a> )	<input type="checkbox"/>	<input type="checkbox"/>
Limit touching surfaces to only what is necessary	<input type="checkbox"/>	<input type="checkbox"/>





Commonwealth of Virginia  
Office of the Governor

## Executive Order

SIXTH AMENDED NUMBER SIXTY-SEVEN (2020)  
AND  
ORDER OF PUBLIC HEALTH EMERGENCY SEVEN

PHASE THREE TIGHTENING OF CERTAIN TEMPORARY RESTRICTIONS DUE  
TO NOVEL CORONAVIRUS (COVID-19)

### Importance of the Issue

While the Commonwealth's case count per capita and positivity rate remain comparatively low, all five health regions in the Commonwealth are experiencing increases in new COVID-19 cases, positive tests, and hospitalizations. Virginia is averaging 1,500 new COVID-19 cases per day, up from a statewide peak of approximately 1,200 in May. The statewide percent test positivity rate is at 6.5%, an increase from 4.3% approximately one month ago. All five health regions report a positivity rate over five percent and hospitalizations have increased statewide by more than 35 percent in the last four weeks. Case investigation interviews show a pattern of increased socialization with extended (non-household) family members and friends. Recent scientific literature suggests indoor settings contribute to community transmission. Modeling data demonstrates that large gatherings substantially increase transmission of the virus. Although Virginians have done much to mitigate the spread of the virus, it is clear that additional measures are necessary. Accordingly, I order following additional restrictions.

### Directive

Therefore, by virtue of the authority vested in me by Article V of the Constitution of Virginia, by § 44-146.17 of the *Code of Virginia*, by any other applicable law, and in furtherance of Amended Executive Order 51 (2020), and by virtue of the authority vested in the State Health Commissioner pursuant to §§ 32.1-13, 32.1-20, and 35.1-10 of the *Code of Virginia*, the following is ordered:

around any interactive exhibits. Discontinue any interactive exhibits that pose a risk for children to place items in their mouths.

- g. Practice routine cleaning and disinfection of high contact areas and hard surfaces, including check out stations and payment pads, store entrance push/pull pads, door knobs/handles, dining tables/chairs, light switches, handrails, restrooms, guest lockers, floors, and equipment.
- h. Where possible, install plexiglass barriers in front of commonly used point-of-sale or guest service stations.
- i. Employees working in customer-facing areas are required to wear face coverings over their nose and mouth at all times.
- j. Businesses must promote frequent and thorough hand washing, including by providing employees, customers, visitors, the general public, and other persons to the entering into place of employment with a place to wash their hands. If soap and running water are not immediately available, provide hand sanitizers.
- k. If any such business cannot adhere to these requirements, it must close.

### 13. Recreational Sports

Indoor and outdoor recreational sports activities are permitted, provided participants and organizers of recreational sports activities comply with the following requirements:

- a. The total number of spectators cannot exceed the lesser of **30%** of the occupancy load of the certificate of occupancy for the venue, if applicable, or **25 spectators per field**. Races or marathons may have up to **250** participants, provided staggered starts separate runners into groups of **25** or less.
- b. Conduct screening of coaches, officials, staff, and players for COVID-19 symptoms prior to admission to the venue/facility.

For more information on how to reduce the risk of COVID-19 exposure and spread associated with indoor and outdoor recreational sports activities, consult the Virginia Department of Health's "Considerations for Recreational Sports" webpage, which can be found [here](#).

### 14. Enforcement

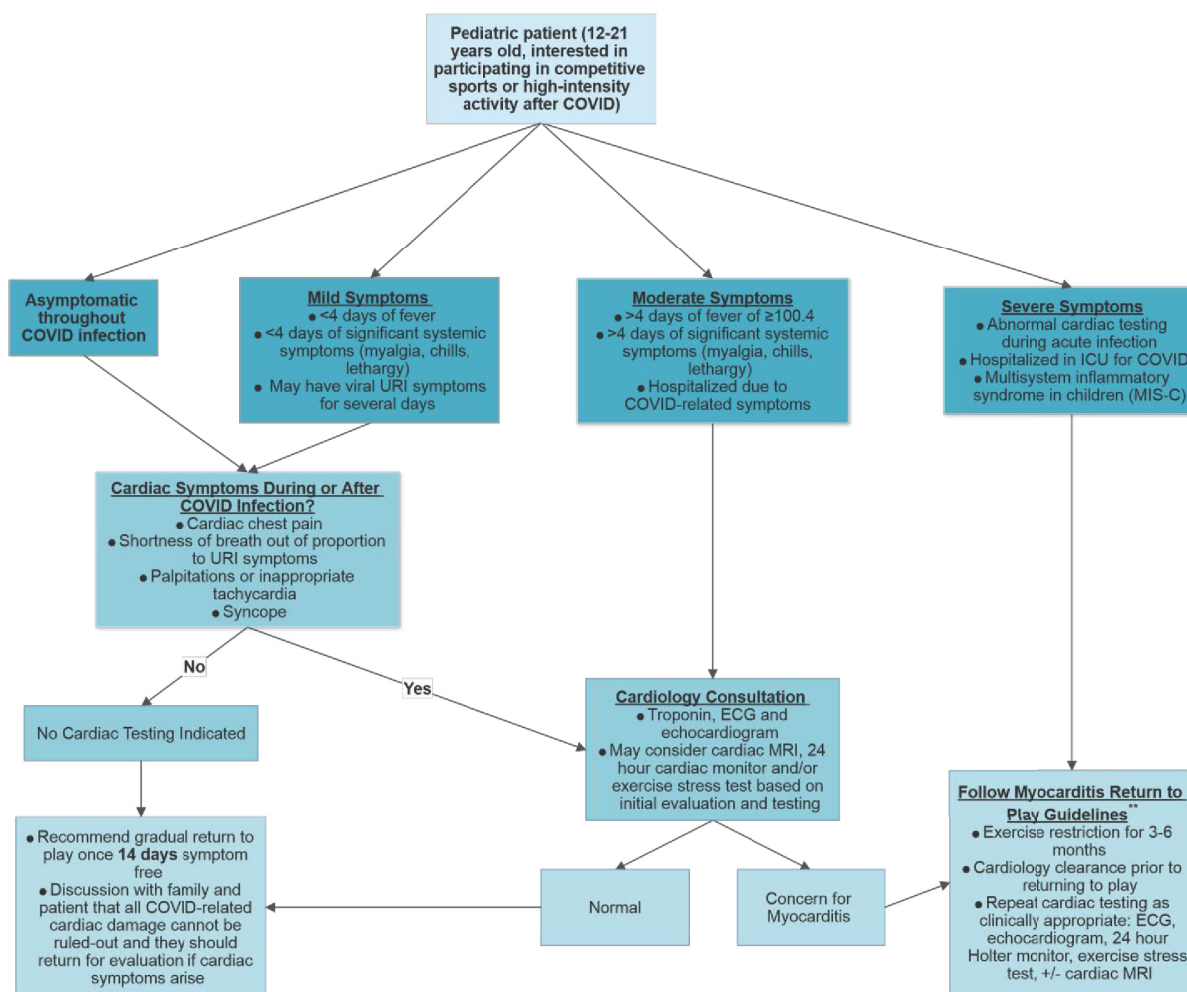
Guidelines for All Business Sectors and the sector-specific guidelines appear [here](#). The Virginia Department of Health shall have authority to enforce section A of this Order. Any willful violation or refusal, failure, or neglect to comply with this Order, issued

## Virginia Chapter

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN®



### Interim Guidance for Return to Play After COVID-19 Infection (Ages 12-21 Years)\*



\*This flow diagram represents interim guidance and general current consensus for returning to sports and physical activity following COVID-19 infection in adolescents and young adults. It is not meant to replace clinical judgement and deviations may be necessary depending on the specific situation. For children under the age of 12, following this guideline may be prudent if the desired physical activity is felt to be especially rigorous.

\*\*Maron BJ, et al. Eligibility and Disqualification Recommendations for Competitive Athletes With Cardiovascular Abnormalities: Task Force 3: Hypertrophic Cardiomyopathy, Arrhythmogenic Right Ventricular Cardiomyopathy and Other Cardiomyopathies, and Myocarditis: A Scientific Statement From the American Heart Association and American College of Cardiology. Circulation. 2015 Dec 1;132(22):e273-80.

\*\*\*This interim guidance was last updated on November 8<sup>th</sup>, 2020.



**Sport Ball** cleaning recommendations follow CDC, state, and local guidelines for health and safety. The following link provides common definitions for Sterilization, Disinfection, and Cleaning in Healthcare Facilities, but may be useful for one attempting to clean a **ball (including; basketball, softball, football, soccer ball, volleyball, and baseball)** with cover material made of leather, composite, or PU leather:

<https://www.cdc.gov/infectioncontrol/guidelines/disinfection/introduction.html>

To ensure applicable health and safety protocols, the user is responsible for determining the best method based on ball covering material, playing environment, and cleaning intervals.

#### Soap and Water Method

- Dirt and debris can be removed by using a damp cloth with soap and water, using moderate pressure.
- Be careful not to oversaturate the ball.
- Allow to air dry.

#### Disinfecting Wipe Method

- Limited disinfecting may be achieved by using a disinfecting wipe and moderate pressure to wipe the entire surface of the ball.
- Be careful not to oversaturate the ball.
- Allow to air dry.

---

We do not recommend 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.

---

We will continue to review all available information and will update our recommendations as new developments occur.



### What chemicals can clean our game balls without altering performance?

Our primary recommendation is to follow CDC, state and local guidelines for health and safety. The following widely accepted definitions are relevant to composite leather, PU leather, and leather game ball care ([CDC reference](#)):

Definitions	Reduces # viruses	Eliminates 99% viruses	Eliminates 100% viruses	Notes
Antibacterial	X			bacteria ≠ virus
Antiviral	✓	not always		
Antimicrobial	✓			virus is a microbe
Clean	✓			removes visible dirt/prepares surface
Disinfect	✓	✓		
Sanitize	✓	not always		
Sterilize	✓	✓	✓	appropriate for hospital settings

There are several different methods for sanitizing and disinfecting composite leather, PU leather, and leather game product. Each customer should utilize the method that fits their health and safety protocols and the playing environment and timing needs.

#### Simple Game Ball Cleaning Method

To clean the ball, players may wish to use dish soap and water. While this practice may be likened to hand washing, note that all soap residue must be rinsed away and that drying time on each ball product may vary. An example cleaning regimen with soap and water includes:

1. Add 1 tablespoon of mild dish soap into a 1-gallon container.
2. Fill bucket with warm water, until a soapy mixture is formed.
3. Wet a first towel with the solution, wring out excess water, and gently wipe down entire product surface for at least 30 seconds.
4. Re-wet towel with plain warm water, wring out excess water, and wipe off excess soap from ball surface.
5. Rub a second, dry towel on the surface to wipe and dry off.
6. Let product air out overnight.

#### Quick Turn Leather Game Ball Cleaning Method

To clean the ball with faster turnaround times, we reference the following recommendations. The CDC released a [list](#) (referred to as 'List N') of effective disinfectants for disabling SARS-CoV-2 (i.e., the virus that causes Covid-19 disease) on hard, nonporous surfaces.

Since our game balls are neither hard nor nonporous, we *cannot assume that 99% of virus particles will be eradicated*, but we believe the CDC's list is a good starting point for greatly reducing virus particles.

It is critical to follow manufacturer and CDC recommendations for the correct application and contact time for each cleaning product to maximize efficacy against SARS-CoV-2. Please note that some products require a wetting time up to 10 minutes to be effective.



Further, we do not recommend using high concentrations of bleach or alcohol to disinfect our products because it can degrade the performance of the product. We also do not recommend using hand sanitizer, which can degrade product performance and is not on the CDC's list N.

Another consideration in cleaning our game ball products is maintaining performance (e.g., grip, pebble, color) over multiple applications. We tested several List N cleaners (up to 5 applications in a 24-hour period) and found they had minimal or no effect on performance:

Cover Material	Game Balls	CDC List N Disinfectants	EPA registration #
Composite Leather	Evo NXT Basketball Solution Basketball Evolution Basketball FIBA 3x3 Basketball OPTX Volleyball K1 Silver Volleyball	Lysol Clean & Fresh Multipurpose cleaner Lonza Disinfectant Wipes Plus BTC 2125 M 10% Solution Clorox Disinfecting Wipes	777-89 6836-336 1839-86 5813-79
Leather	NFL Duke Football K1 Gold Volleyball	BTC 2125 M 10% Solution	1839-86
PU Leather	Forte II Soccer ball Vanquish Soccer ball	Clorox Disinfecting Wipes BTC 2125 M 10% Solution	5813-79 1839-86

While most of the products above can be easily found online for purchase by end consumers, we have identified two possible sources for BTC 2125 M 10% solution (EPA # 1839-86):

- For Individual Orders:
  - Key Supply Company – Warsaw Xtra, [link for online purchase](#), promo code **Wilson** for discount
- For Larger orders:
  - UNX Industries – Ally cleaning solution, contact [terry.hammond@unxinc.com](mailto:terry.hammond@unxinc.com)

Please note that the solvent based cleaners above may leave a residue on the ball or logos depending on method of application and amount used. The cleaning regimen with soap and water specified above may be used intermittently to prevent or reduce buildup of cleaner residue over time.

#### Special Note on Leather Game Balls

For leather game balls, recommendations are limited. Many CDC list N disinfectants we trialed dried out the leather and decreased performance. We are working on alternative solutions for leather goods, but a potential interim solution may be to disinfect the ball and then apply leather conditioner as a secondary step.

#### Next Steps

As coronavirus is an ever-changing situation, we are working to deepen our understanding of various disinfectants and procedures for disinfecting our products without affecting performance. We will share relevant updates with our customers as they become available.

## VHSL Guidelines for Reopening Sports/Activities

<b>Objective</b>	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.
<b>Position Statements</b>	<p>The VHSL believes it is essential to the physical and mental well-being of students to return to physical activity and athletic competition.</p> <p>The VHSL recognizes that all Virginia 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 and activities are allowed over the next 9 to 12 months.</p> <p>While recognizing that county-by-county reopening may lead to inequities, the VHSL advocates for returning students to school-based athletics and activities as directed by state and local guidelines.</p> <p>Prior to allowing use of facilities, schools should review facility use agreements, especially in the areas of sanitation requirements and liability.</p>
<b>Points of Emphasis</b>	<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 VHSL 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.</p> <p>Currently, the 2019-20 VHSL Physical Form expires on June 30, 2020. Therefore, any student-athlete must obtain a physical prior to any athletic participation moving forward dated after May 1, 2020. PPE's are an important way to screen student-athletes for conditions that may expose them to risk of injury, illness, or death due to athletic activity. The VHSL requires annual pre-participation exams prior to any athletic activity.</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. The NFHS is currently involved with several organizations in developing consensus guidelines for the resumption of workouts and practices.</p> <p>Due to the possibility of recurrent outbreaks in the coming months, schools must be prepared for periodic school closures and the possibility of some teams having to isolate 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 postseason events/competitions.</p> <p>Phases are in accordance with guidelines published by the Commonwealth of Virginia and are subject to change. Please note that counties must meet "gating" criteria to establish Phase One and that further criteria must be met to advance from one phase to the next. These criteria will be determined by the Governor's Office and/or VDH/VDOE and should be strictly followed.</p>
<b>Athletic Training Services</b>	<p>Given the coming financial crisis at the state and local levels, the NFHS SMAC fears that athletic trainer positions will be seen as a "luxury" and those positions will be at risk during the budgeting process. It is also assumed that athletic trainers supplied to high schools by hospitals and sports medicine clinics are also at risk as many medical clinics and hospitals have suffered severe revenue loss during the pandemic.</p> <p>Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they can take lead roles in developing and implementing infection control policy throughout the school. Whenever needed, state associations and their SMACs should promote the importance of athletic trainers in high schools and their role in injury evaluation, treatment and risk minimization as well as being a vital component of any return-to-school and athletics plan.</p>
<b>Guiding Principles</b>	<ol style="list-style-type: none"> <li>1. Physical and mental well-being of students.</li> <li>2. Health and safety of all involved in sports: athletes, coaches, sports medicine, volunteers, school officials. Individuals who are at higher risk for severe disease should take extra precautions or sometimes choose not to participate. This includes individuals who: have chronic lung disease, moderate or severe asthma, serious heart conditions, immunocompromised or take immune-suppressant medication, severely obese, diabetes, chronic kidney disease or dialysis, or those over 65 years. CDC Guidelines can be found <a href="#">here</a>.</li> <li>3. There is a near certainty of recurrent outbreaks in the coming months.</li> <li>4. Phases 1, 2, and 3 are based on disease prevalence and community transmission (VHSL Phases match Commonwealth phases). It is possible that a school may move up or down the Phase level. This movement, in either direction, will be dependent upon disease prevalence, community transmission, and guidance from local/state public health officials.</li> <li>5. Permitted activities may fluctuate based on which Phase the school is in. Permitted activities could include: skill-building drills at home, team practice, within-team competition, competition with teams from a specific area, or full competition from different areas.</li> <li>6. Returning to activities should also take into account that most of the student-athletes will be deconditioned. They will require a prolonged acclimatization and progression of intensity of activities. This especially applies to student-athletes with sickle cell trait.</li> </ol>



	VHSL Phase One	VHSL Phase Two	VHSL Phase Three
<b>Facilities Cleaning</b>	No athletics or activities are permitted in Phase 1.	<p>Adequate cleaning schedules should be created and implemented for all athletic facilities. VDH recommends a minimum of every 2 hours and disinfect after every use of any shared equipment.</p> <p>Athletic Training facilities may be utilized if adhering to the cleaning, occupancy limits, and physical distancing. VDH Guidelines can be found <a href="#">here</a>.</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.). A list of EPA approved disinfectants can be found <a href="#">here</a>.</p> <p>Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.</p> <p>Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or use hand sanitizer containing at least 60% alcohol before touching any surfaces or participating in workouts.</p> <p>VDH recommends hand sanitizer be available to individuals as they transfer from place to place, especially entrances/exits.</p> <p>Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered and disinfected. If equipment cannot be thoroughly disinfected it should not be used.</p> <p>Students must be encouraged to shower and wash their workout clothing immediately upon returning home.</p>	<p>Adequate cleaning schedules should be created and implemented for all athletic facilities.</p> <p>Athletic Training facilities may be utilized if adhering to the cleaning, occupancy limits, and physical distancing. VDH Guidelines can be found <a href="#">here</a>.</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.). A list of EPA approved disinfectants can be found <a href="#">here</a>.</p> <p>Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.</p> <p>Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or use hand sanitizer containing at least 60% alcohol before touching any surfaces or participating in workouts.</p> <p>VDH recommends hand sanitizer be available to individuals as they transfer from place to place, especially entrances/exits.</p> <p>Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Students must be encouraged to shower and wash their workout clothing immediately upon returning home.</p>
<b>Entrance/Exit Strategies</b>	No athletics or activities are permitted in Phase 1.	<p>To limit crossover and contact between persons and to prevent groups from gathering, consider separate entrances/exits and staggering starting/ending times for workouts and other athletic activities.</p> <p>Consider posting CDC signage at entrances / exits. See CDC Print Resources link in the Additional Resources/Links/Signage section.</p>	<p>To limit crossover and contact between persons and to prevent groups from gathering, consider separate entrances/exits and staggering starting/ending times for workouts and other athletic activities.</p> <p>Consider posting CDC signage at entrances / exits. See CDC Print Resources link in the Additional Resources/Links/Signage section.</p>
<b>Limitations on Gatherings</b>	No athletics or activities are permitted in Phase 1.	<p>Indoor practices/activities may occur if at least 10 feet of physical distance can be maintained by all persons (including participants, coaches, etc.) at all times. The total number of attendees (including participants, coaches, etc.) cannot exceed the lesser of 30% of the occupancy load of the room in which the activity is being held or 50 persons. No spectators allowed during practices.</p> <p>Outdoor practices/activities are allowable if at least 10 feet of physical distance can be maintained by all persons (including participants, coaches, etc.) at all times. The total number of attendees (including participants, coaches, etc.) cannot exceed the lesser of 50% of the occupancy load of the venue or 50 persons.</p> <p>Workouts should be conducted in "pods" of students/coaches with the same 5-10 students/coaches working out together weekly to limit overall exposure. Smaller pods can be utilized for weight training.</p>	<p>Indoor practices/activities may occur if at least 10 feet of physical distance can be maintained by all persons (including participants, coaches, etc.) at all times. The total number of attendees (including participants, coaches, etc.) cannot exceed the lesser of 50% of the occupancy load of the room in which the activity is being held or 250 persons. No spectators allowed during practices.</p> <p>Outdoor practices/activities are allowable if at least 10 feet of physical distance can be maintained by all persons (including participants, coaches, etc.) at all times. The total number of attendees (including participants, coaches, etc.) cannot exceed the lesser of 50% of the occupancy load of the venue or 250 persons. No spectators allowed during practices.</p> <p>Workouts should be conducted in "pods" of students/coaches with the same 5-10 students/coaches working out together weekly to limit overall exposure. Smaller pods can be utilized for weight training.</p>

	VHSL Phase One	VHSL Phase Two	VHSL Phase Three
<b>Hydration/Food</b>	No athletics or activities are permitted in Phase 1.	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.	All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations may be used for refilling of personal bottles but must be cleaned after each practice or contest.
<b>Travel</b>	No athletics or activities are permitted in Phase 1.	Keep it local and avoid cross county travel when possible, especially if counties are in different phases.	Keep it local and avoid cross county travel when possible, especially if counties are in different phases.
<b>Locker Rooms and Athletic Training Room</b>	No athletics or activities are permitted in Phase 1.	If locker rooms or meeting rooms are used, there must be a minimum distance of 10 feet between each individual at all times. Shower use should not be allowed at schools. Athletes are encouraged to shower and change clothing immediately upon returning home. Athletic Training facilities may be utilized if adhering to the cleaning, occupancy limits, and physical distancing.	If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times. Shower use should not be allowed at schools. Athletes are encouraged to shower and change clothing immediately upon returning home. Athletic Training facilities may be utilized if adhering to the cleaning, occupancy limits, and physical distancing.
<b>Weight Rooms</b>	No athletics or activities are permitted in Phase 1.	Weight equipment should be wiped down thoroughly before and after an individual's use of equipment. Maximum lifts should be limited and power cages should be used for squats and bench presses. Allowable exercises should be individual based. If a spotter is needed, they should stand at each end of the bar. All equipment should be disinfected after each use.	Weight equipment should be wiped down thoroughly before and after an individual's use of equipment. Maximum lifts should be limited and power cages should be used for squats and bench presses. Allowable exercises should be individual based. If a spotter is needed, they should stand at each end of the bar. All equipment should be disinfected after each use.
<b>Physical Activity and Athletic Equipment</b>	No athletics or activities are permitted in Phase 1.	There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students. Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout. Use disposable towels and linens when possible. Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual. Recommend disinfecting all equipment between each group usage. Physical contact such as high-fives, fist bumps, and hugs should not be allowed.	Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout. Use disposable towels and linens when possible. Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual. Recommend disinfecting all equipment between each group usage. Athletic equipment such as bats, balls, sleds, tackling dummies, batting helmets, and catchers gear may be used. Equipment should be disinfected frequently before, during, and after practices. Other equipment, such as wrestling ear guards, football helmets/other pads, lacrosse helmets/gloves/eyewear should be worn by only one individual and not shared.

General Activity Description	No Athletics or Activities are Permitted	Individual Skill Development and Workouts Maintain Physical Distancing; No Contact with Others; No Sharing of Equipment	Individual or Team Based Practice, Skill Building Drills or Conditioning Activities That Allow Physical Distancing at All Times.
<b>Lower Infection Risk Activities</b>	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.		
<b>Golf</b>	No athletics or activities are permitted in Phase 1.	Maintain appropriate physical distancing 10 feet apart.	Maintain appropriate physical distancing 10 feet apart.
<b>Gymnastics</b>	No athletics or activities are permitted in Phase 1.	Conditioning, individual drill or skill development. All equipment and event apparatus should be cleaned after each athlete uses equipment. No chalk bowls are allowed.	Conditioning, individual drill or skill development. All gymnast and team equipment should be disinfected frequently before, during, and after practices. No chalk bowls are allowed.
<b>Swimming</b>	No athletics or activities are permitted in Phase 1.	Relays must maintain physical distancing.	Relays must maintain social distancing.
<b>Tennis</b>	No athletics or activities are permitted in Phase 1.	Conditioning, no sharing of balls, each player may use their own can of balls to serve and use racket to pass other balls (singles only), ball machine use by individuals only. Players may do individual drills, wall volleys and serves. Wipe down rackets, tennis balls, and equipment after each use.	Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices.
<b>Forensics/Debate</b>	No athletics or activities are permitted in Phase 1.	Follow your school's established protocols for physical distancing and mitigation in classroom and performance spaces.	Follow your schools established protocols for social distancing and mitigation in classroom and performance spaces.
<b>Scholastic Bowl</b>	No athletics or activities are permitted in Phase 1.	Follow your schools established protocols for physical distancing and mitigation in classroom and performance spaces.	Follow your schools established protocols for social distancing and mitigation in classroom and performance spaces.
<b>E-sports</b>	No athletics or activities are permitted in Phase 1.	Follow your school's established protocols for physical distancing and mitigation in classroom and performance spaces.	Follow your schools established protocols for social distancing and mitigation in classroom and performance spaces.

General Activity Description	No Athletics or Activities are Permitted	Individual Skill Development and Workouts Maintain Physical Distancing; No Contact with Others; No Sharing of Equipment	Individual or Team Based Practice, Skill Building Drills or Conditioning Activities That Allow Physical Distancing at All Times.
<b>Moderate Infection Risk Activities</b>	Activities that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants <b>OR</b> intermittent close contact <b>OR</b> group sports <b>OR</b> sports that use equipment that can't be cleaned between participants. Note: Volleyball*, Baseball*, Softball*, Gymnastics* Could potentially be considered "Lower Infection Risk" with appropriate cleaning of equipment and use of face coverings by participants.		
<b>Baseball</b>	No athletics or activities are permitted in Phase 1.	Conditioning and tee work. Players should not share gloves or bats or throw a baseball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.	Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices.
<b>Cross Country</b>	No athletics or activities are permitted in Phase 1.	Runners should maintain at least 10 feet of distancing between individuals, with no grouping (i.e., starts and finishes).	Runners should maintain at least 10 feet of distancing between individuals, no grouping (i.e. starts and finishes).
<b>Softball</b>	No athletics or activities are permitted in Phase 1.	Conditioning and tee work. Players should not share gloves or bats or throw a softball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.	Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices
<b>Track &amp; Field</b>	No athletics or activities are permitted in Phase 1.	Runners should maintain at least 10 feet of distancing between individuals, with no grouping (i.e., starts and finishes). No sharing of implements / equipment. Padded equipment should be cleaned after each use by an athlete.	Runners should maintain at least 10 feet of distancing between individuals, with no grouping (i.e. starts and finishes). All athlete, team, and padded equipment should be disinfected frequently before, during, and after practices.
<b>Theatre</b>	No athletics or activities are permitted in Phase 1.	Follow your schools established protocols for physical distancing and mitigation in classroom and performance spaces.	Follow your schools established protocols for social distancing and mitigation in classroom and performance spaces.
<b>Robotics</b>	No athletics or activities are permitted in Phase 1.	Follow your schools established protocols for physical distancing and mitigation in classroom and performance spaces.	Follow your schools established protocols for social distancing and mitigation in classroom and performance spaces.

General Activity Description	No Athletics or Activities are Permitted	Individual Skill Development and Workouts Maintain Physical Distancing; No Contact with Others; No Sharing of Equipment	Individual or Team Based Practice, Skill Building Drills or Conditioning Activities That Allow Physical Distancing at All Times.
<b>Higher Infection Risk Activities</b>	Activities that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.		
<b>Basketball</b>	No athletics or activities are permitted in Phase 1.	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a basketball among the team where multiple players touch the same ball.	Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices.
<b>Competition Cheerleading</b>	No athletics or activities are permitted in Phase 1.	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 at least 10 feet of physical distancing is adhered to.	Conditioning, individual or team based skill development allowed. All team equipment should be disinfected frequently before, during, and after practices.
<b>Field Hockey</b>	No athletics or activities are permitted in Phase 1.	Conditioning, individual drills, each player has her own ball. A player should not use a field hockey ball that others touch in any manner. Goalie equipment should be cleaned after each use and should not be shared.	Conditioning, individual or team based skill development allowed. All team and goalie equipment should be disinfected frequently before, during, and after practices.
<b>Football</b>	No athletics or activities are permitted in Phase 1.	Conditioning and individual drills. A player should not participate in drills with a football that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies / donuts / sleds. Protective equipment prohibited.	Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices. Protective equipment prohibited.
<b>Lacrosse (Boy's and Girl's)</b>	No athletics or activities are permitted in Phase 1.	Conditioning, individual drills, each player has his own ball. A player should not use a lacrosse ball that others touch in any manner. Protective equipment prohibited.	Conditioning, individual or team based skill development allowed. All team and goalie equipment should be disinfected frequently before, during, and after practices. Boys may wear helmets and gloves for safety concerns. Shoulder pads/elbow pads prohibited. Girls may wear eye goggles.
<b>Soccer</b>	No athletics or activities are permitted in Phase 1.	Conditioning, individual ball skill drills, each player has their own ball, feet only (no heading/use of hands), no contact.	Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices.
<b>Volleyball</b>	No athletics or activities are permitted in Phase 1.	Conditioning, individual ball handling drills, each player has their own ball. A player should not use a volleyball that others touch or hit in any manner.	Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices.
<b>Wrestling</b>	No athletics or activities are permitted in Phase 1.	Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (as long as at least 10 feet of physical distancing is adhered to).	Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices.
<b>Event Considerations</b>	No athletics or activities are permitted in Phase 1.	No athletics or activities are permitted in Phase 2.	To be determined.
<b>Additional Resources / Links / Signage</b>	<div> <a href="#">Phase Guidance for Virginia Schools</a>  <a href="#">Summary of Virginia's Phased Return to School Plan</a>  <a href="#">Virginia Department of Health-K12 Resources</a>  <a href="#">Health Plan Guidance</a>  <a href="#">Phase II Plan Submission Form for Public School Division</a>  <a href="#">Instructional Plan Guidance</a>  <a href="#">Instructional Plan Submission Link</a> </div> <div> <a href="#">CDC Considerations for Youth Sports</a>  <a href="#">CDC Recommendations Regarding the Use of Cloth Face Coverings</a>  <a href="#">CDC Print Resources</a> </div> <div> <a href="#">NFHS Guidance for Opening Up High School Athletic and Activities</a>  <a href="#">NCAA Core Principles of Resocialization of Collegiate Sport</a>  <a href="#">White House Guidelines for Opening Up America Again</a> </div>		