## DCSAA Guidelines for Athletic Participation

**Objective**

This document is intended to provide guidance for schools to consider with their stakeholders in designing return-to-activity protocols in accordance with Executive Orders issued by the Mayor of the District of Columbia and Directives issued by the DC Department of Health.

**Belief Statements**

The DCSAA believes the safety and health of student-athlete athletes is vital for our member schools to begin re-engagement, skill development, practice and competitions.

The DCSAA believes it is essential to the physical, emotional, and mental well-being of student-athletes to return to physical activity and athletic competition as soon as deemed safe.

The DCSAA believes that prior to allowing use of facilities, schools must review facility use agreements, especially in the areas of sanitation requirements and liability.

**Points of Emphasis**

**Key Strategies:** Frequent, effective hand hygiene; social distancing of at least 6 feet; frequent disinfecting of high touch areas; avoid touching of the face; development of plans specific to each school’s venues and facilities.

No spectators allowed for Re-Engagement, Skill Development, Practice or Competition phases.

Any individual meeting the following criteria may not be present or participate:

- Individuals who have been in close contact within the past 14 days with any individual awaiting COVID-19 test results
- Individuals with any symptoms of or exposure to persons with COVID-19 within the past 14 days
- Anyone who has participated in travel to a high-risk state, country, or territory within the past 14 days
- Anyone with confirmed COVID-19

Administrators and coaches must emphasize the need for all coaches and participants who have signs or symptoms of illness to stay home and consult with their healthcare provider to decrease risk of viral transmission, as they may transmit the virus to vulnerable individuals. Vulnerable individuals are defined as, but not limited to: people age 65 years and older and others with serious underlying health conditions: cancer, chronic kidney disease, COPD, heart conditions, immunocompromised state from solid organ transplant, obesity, severe obesity, sickle cell disease, smoking, type 2 diabetes mellitus. This list is not all-inclusive, and individuals should consult with their healthcare provider to determine personal risk factors.

Certified Athletic Trainers are very important to resumption to athletics post-COVID-19. We strongly encourage their involvement during all stages.

Current pre-season conditioning and acclimatization models assume that student-athletes have deconditioned during the stay at home orders. Therefore, the intensity and duration of training must be moderated and monitored upon return. It is strongly recommended that student-athlete athletes participate in only one session per day during Stage One – Guidance.

Stages are in accordance with guidelines published by the Mayor of the District of Columbia and are subject to change.

### General Activity Description

<table>
<thead>
<tr>
<th>DCSAA Re-Engagement</th>
<th>DCSAA Skill Development</th>
<th>DCSAA Practice</th>
<th>DCSAA Competition</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Individual Conditioning Workouts</strong></td>
<td><strong>Skill Development</strong></td>
<td><strong>Official Practice</strong></td>
<td><strong>Competition</strong></td>
</tr>
<tr>
<td>Maintain Physical Distancing</td>
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</tr>
<tr>
<td>No Contact with Others</td>
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<td>Low Contact with Others</td>
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<td>No Sharing Equipment</td>
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### Facilities Cleaning

- Adequate cleaning schedules must be created and implemented for all athletic facilities. Bathrooms, if opened, must be disinfected after use.

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Athletic training facilities (non-medical) may be utilized if adhering to the cleaning, occupancy limits, and physical distancing requirements. DC DOH Guidelines can be found here: https://coronavirus.dc.gov/

Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility must be cleaned and disinfected (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.). A list of EPA approved disinfectants can be found here: https://bit.ly/2FsVbNY

Hand sanitizer (containing >60% alcohol) must be plentiful and available to individuals as they move from place to place

Ensure expired sanitizers are not used.

Appropriate clothing/shoes must always be worn to minimize sweat from transmitting onto equipment/surfaces.

Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam must be covered.

Weight equipment must be cleaned and disinfected thoroughly before and after each person’s use of equipment.

Student-athletes must be encouraged to shower and wash their workout clothing immediately upon returning home.

Once facilities are cleaned individuals must wash their hands for a minimum of 20 seconds with water and soap; or, in the absence of a hand washing station, hand sanitizer may be used before touching any surfaces or participating in workouts.

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Appropriate clothing/shoes must always be worn to minimize sweat from transmitting onto equipment/surfaces.

Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam must be covered.

Weight equipment must be cleaned and disinfected thoroughly before and after each game

Student-athletes must be encouraged to shower and wash their uniforms immediately upon returning home.

Once facilities are cleaned individuals must wash their hands for a minimum of 20 seconds with water and soap; or, in the absence of a hand washing station, hand sanitizer may be used before touching any surfaces or participating in workouts.

Entrance/ Exit Strategies

Consider strategies to prevent groups from gathering at entrances/exits to outdoor spaces to limit crossover and contact, including staggering starting/ending times.

Consider posting CDC signage at entrances / exits to outdoor spaces to limit crossover and contact, including staggering starting/ending times.

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**Limitations on Gatherings**

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<th>Conditioning Workouts and Skill Development sessions</th>
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<td>The total number of attendees at any <strong>outdoor conditioning</strong> session shall not exceed 50 people. Sessions should be limited to essential personnel. Dependent upon the maximum occupancy permitted within the area more than 50 persons may be permitted IF they are cohorted and socially distanced. We recommend consulting with your School COVID-19 Response Team and your Athletic Trainer for guidance.</td>
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<td>The total number of attendees at any <strong>outdoor practice</strong> shall not exceed 50 student-athletes. Practice should be limited to essential personnel. The total number of attendees at any <strong>indoor practice</strong> shall not exceed 25% of the posted maximum occupancy permitted within the area in which practice is being held, i.e. court or weight room, or 50 people, whichever is fewer, as long as they maintain the required six feet of social distance. Practice should be limited to essential personnel. We recommend consulting with your School COVID-19 Response Team and your Athletic Trainer for guidance.</td>
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<td>The total number of attendees at any <strong>indoor skill development</strong> session shall not exceed 25% of the posted maximum occupancy permitted within the area in which skill development drills are being held, i.e. court or weight room, or 50 people, whichever is fewer, and should be limited to essential personnel. We recommend consulting with your School COVID-19 Response Team and your Athletic Trainer for guidance.</td>
<td>The total number of attendees at any <strong>indoor competition</strong> shall not exceed 50 people. Competition should be limited to essential personnel.</td>
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<td><strong>Cohorted conditioning sessions</strong> should be conducted in “pods” of 10 or less student-athletes less. Student-athletes should condition together weekly (<strong>same grouping each day</strong>) to limit overall exposures. Records must be maintained of the groupings to facilitate contact tracing, if required.</td>
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**Pre-Workout Screening**

| All coaches and student-athletes should be screened daily for signs / symptoms of COVID-19 | All coaches and student-athletes should be screened daily for signs / symptoms of COVID-19 | All coaches and student-athletes should be screened daily for signs / symptoms of COVID-19 | All coaches and student-athletes should be screened daily for signs / symptoms of COVID-19 |

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**FINAL: Thursday, March 18, 2021**
Individuals at high risk for experiencing severe illness due to COVID-19 should not participate in any skill development session. This includes people with:
- Cancer
- Chronic Kidney Disease
- COPD
- Immunocompromised state

Voluntary conditioning sessions
Student-athletes and staff at high risk for experiencing severe illness due to COVID-19 should not be allowed to participate back until there is a note from their healthcare provider indicating specifically that their symptoms are not due to COVID-19.

Student-athletes, coaches, staff considered vulnerable individuals, or those concerned with contracting COVID-19 must not supervise or participate.

If a student-athlete or staff member develops any of the symptoms above during the session, there should be a process in place that allows them to isolate until it is safe to go home and seek healthcare provider guidance.

Voluntary skill development sessions
Student-athletes and staff at high risk for experiencing severe illness due to COVID-19 consult with their medical provider before participating in any skill development session. This includes people with:
- Cancer
- Chronic Kidney Disease
- COPD

Practice sessions
Student-athletes and staff at high risk for experiencing severe illness due to COVID-19 consult with their medical provider before participating in any skill development session. This includes people with:
- Cancer
- Chronic Kidney Disease
- COPD

Competition
Student-athletes and staff at high risk for experiencing severe illness due to COVID-19 consult with their medical provider before participating in any skill development session. This includes people with:
- Cancer
- Chronic Kidney Disease
- COPD

If a student-athlete or staff member develops any of the symptoms above during the session, there should be a process in place that allows them to isolate until it is safe to go home and seek healthcare provider guidance.

The head coach (or designee) is responsible for collection of the data from each day’s screening. Ideally this would be the same individual each day for consistency.

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Responses to screening questions for each person should be recorded and stored.

The head coach (or designee) is responsible for collection of the data from each day’s screening. Ideally this would be the same individual each day for consistency.

Student-athletes or coaches who have a positive pre-workout screening must not be allowed back until they have a note from their healthcare provider indicating specifically that their symptoms are not due to COVID-19.

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### Solid Organ Transplant
- Obesity & Severe Obesity
- Sickle Cell Disease
- Smoking
- Type II Diabetes Mellitus

Any child or staff member who has a medical condition not on this list but is still concerned about their safety.

### Immunocompromised State
- From solid organ transplant
- Obesity & Severe Obesity
- Sickle Cell Disease
- Smoking
- Type II Diabetes Mellitus

Any child or staff member who has a medical condition not on this list but is still concerned about their safety.

### Face Coverings

*Face coverings with exhalation valves or vents must NOT be worn.*

This type of face covering does not prevent the wearer from transmitting COVID-19 to others.

- Face coverings are required when a student-athlete is physically engaged in conditioning drills and can’t maintain six (6) feet of distance between himself, his peers and coaches.
- Face coverings must always be worn by student-athletes who are not engaged in conditioning drills, coaches, officials and support staff.
- Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for physical activity.
- Face coverings must not be shared.
- Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.
- Artificial noisemakers such as an air horn or a timer system with an alarm, can be used as a signal in place of a traditional whistle.

### Hygiene Practices

- Frequently wash hands with soap and water for a minimum of 20 seconds or use hand sanitizer, especially after touching frequently used items or surfaces.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Avoid touching your face.
- Disinfect frequently used items and surfaces as much as possible.
- Do not share items with anyone (towels, water bottles, etc.)

The use of face coverings while in public is

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<th>Hydration/Food</th>
<th>Locker Rooms &amp; Athletic Training Areas</th>
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<tbody>
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<td>Locker rooms should not be utilized during Re-Engagement. Student-athletes should report in appropriate attire and immediately return home to shower after participation.</td>
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<td>Locker rooms should not be utilized during Practice. Student-athletes should report in appropriate attire and immediately return home to shower after participation.</td>
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<td>Student-athletes should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.</td>
<td>Student-athletes have the option to bring their own water bottle. Water bottles must not be shared. Food should not be shared.</td>
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<td>Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual and all equipment must be disinfecting between each group usage.</td>
<td>Hands Free hydration stations can be used or having a designated person to fill cups can also be used.</td>
<td>Locker rooms should not be utilized during Competition. Student-athletes should report in appropriate attire and immediately return home to shower after participation.</td>
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<td>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</td>
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### Possibility of Positive COVID-19 & Guidance for Close Contacts

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<td>Hand sanitizer or hand washing stations should be readily available for student-athletes and coaches to use periodically during skill development sessions.</td>
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<td>Anyone who has been in close contact with a person who is positive for COVID-19 must not enter the facility until they have completed their quarantine period without becoming symptomatic or being diagnosed with COVID-19. These individuals are strongly advised to stay at home.</td>
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<tr>
<td>Anyone awaiting a COVID-19 test result must not enter the facility until their result comes back negative. Anyone who has tested positive must complete a 14-day quarantine regardless of subsequent negative test. Anyone deemed a close contact must also complete a 14-day quarantine, regardless of a negative test.</td>
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<td>Individuals who report they are not experiencing symptoms but report close contact with a confirmed COVID-19 case should stay at home and should not be allowed at school through the 14-day quarantine period.</td>
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<td>Anyone who indicates symptoms on the Daily Health Screen or is identified as having a fever of 100.4 degrees Fahrenheit or greater should be assumed to be positive until cleared by an appropriate medical provider.</td>
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<td>Individuals who meet any of the following may not participate or be present:</td>
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<td>Confirmed COVID-19 positive (with or without symptoms)</td>
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<td>Anyone associated with team activities who returns to the District after traveling to a place other than Maryland, Virginia or a low-risk state or country must either limit daily activities for 14 days upon returning OR limit daily activities and get tested for COVID-19 within 3-5 days after returning to DC. Refer to Coronavirus 2019 (COVID-19): Guidance for Travel Last updated November 6, 2020.</td>
<td>• Close contact within the past 14 days with an individual awaiting COVID-19 test results</td>
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<td>Medical clearance is required for any individual that has a positive COVID-19 diagnosis or is quarantined for possible COVID-19.</td>
<td>• Close contact within the past 14 days with an individual awaiting COVID-19 test results</td>
</tr>
<tr>
<td>Notify school point of contact or Athletic Trainer immediately.</td>
<td></td>
</tr>
</tbody>
</table>

These individuals must stay home and consult with their healthcare provider. They will not be allowed to re-engage in athletics until the following criteria have been met:
- At least fourteen (14) days have passed since symptoms first appeared.
- At least 24 hours have passed since resolution of fever without the use of fever-reducing medications.
- The individual has improvement in symptoms (e.g., cough, shortness of breath).
- Medical clearance is required for any individual that has a positive COVID-19 diagnosis or is quarantined for possible COVID-19.

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Notify school point of contact or Athletic Trainer immediately.
**Confmed Positive COVID-19 Test**

<table>
<thead>
<tr>
<th>Confirmed Positive COVID-19 Test</th>
<th>Schools must notify DC Health when:</th>
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<th>Schools must notify DC Health when:</th>
</tr>
</thead>
</table>
| - A staff member notifies the school they tested positive for COVID-19  
- If a student-athlete or parent of a student-athlete notifies the school a student-athlete tested positive for COVID-19.  
- Notify DC Health by submitting an online form on our website: dchealth.dc.gov/page/covid-19-reporting-requirements under the section “Non-Healthcare Facility Establishment Reporting.”  
- Select “Non-healthcare facility establishment seeking guidance about an employee, patron, or visitor that reported testing positive for COVID-19 (epidemiology consult/guidance).”  
- An investigator from DC Health will follow-up in 24-48 hours to all appropriately submitted notifications.  
- DC Health will instruct schools on dismissals and other safety precautions in the event a known positive COVID-19 individual came in close contact with others at school. | - A staff member notifies the school they tested positive for COVID-19  
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- An investigator from DC Health will follow-up in 24-48 hours to all appropriately submitted notifications.  
- DC Health will instruct schools on dismissals and other safety precautions in the event a known positive COVID-19 individual came in close contact with others at school. |

**Suspected Exposure to COVID-19 via Team Member**

| Suspected Exposure to COVID-19 via Team Member | Anyone exposed (i.e. the entire pod) to someone suspected of having COVID-19 or who tests positive for COVID-19 will be sent home immediately to quarantine until told otherwise.  
If the original person tests negative the pod may return.  
If the original person tests positive members of the pod may return if they remain asymptomatic for the duration of their quarantine period. | Anyone exposed to someone suspected of having COVID-19 or who tests positive for COVID-19 will be sent home immediately to quarantine until told otherwise.  
If the original person tests negative the pod may return.  
If the original person tests positive members of the pod may return if they remain asymptomatic for the duration of their quarantine period. | Anyone exposed to someone suspected of having COVID-19 or who tests positive for COVID-19 will be sent home immediately to quarantine until told otherwise.  
If the original person tests negative the pod may return.  
If the original person tests positive members of the pod may return if they remain asymptomatic for the duration of their quarantine period. | Anyone exposed to someone suspected of having COVID-19 or who tests positive for COVID-19 will be sent home immediately to quarantine until told otherwise.  
If the original person tests negative the pod may return.  
If the original person tests positive members of the pod may return if they remain asymptomatic for the duration of their quarantine period. |

**FINAL:** Thursday, March 18, 2021
### Locate Testing Sites

<table>
<thead>
<tr>
<th>Description</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anyone in need of a test should locate a testing site and stay home until you obtain your test results.</td>
<td><a href="https://coronavirus.dc.gov/testing">https://coronavirus.dc.gov/testing</a></td>
</tr>
<tr>
<td>Anyone in need of a test should locate a testing site and stay home until you obtain your test results.</td>
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</tr>
</tbody>
</table>

### Student-athletes Return to Participation Protocol (RTPP)

- Please understand for your child’s safety, he/she will remain out of participation until they have been cleared by an appropriate medical provider (MD, DO, NP) and completes the RTPP. Returning a student-athlete before this happens may predispose them to another type of injury.
- To begin the Return to Play Protocol (RTPP) it may be recommended that the patient have a normal ECG.
- Medical clearance is required for any individual that has a positive COVID-19 diagnosis or is quarantined for possible COVID-19. That person must be 14 days symptom free.

### Return to Participation Protocol Following a COVID-19 Diagnosis and/or Quarantine

<table>
<thead>
<tr>
<th>RTP Phase</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>● Student-athlete has been symptom free for 14 days</td>
</tr>
<tr>
<td></td>
<td>● ECG Performed (if prescribed by the doctor or preferred by parent)</td>
</tr>
<tr>
<td></td>
<td>● Cleared by physician</td>
</tr>
<tr>
<td></td>
<td>● Activities of daily living</td>
</tr>
<tr>
<td></td>
<td>● Student-athlete completes above criteria without excessive fatigue or breathlessness</td>
</tr>
<tr>
<td>2</td>
<td>● Student-athlete is symptom free</td>
</tr>
<tr>
<td></td>
<td>● 15 minutes of aerobic exercise (walking, light jogging, stationary cycle, no resistance training) at &lt;70% of MHR</td>
</tr>
<tr>
<td></td>
<td>● Student-athlete completes above criteria without excessive fatigue or breathlessness</td>
</tr>
<tr>
<td>3</td>
<td>● Student-athlete is symptom free</td>
</tr>
<tr>
<td></td>
<td>● 30-45 minutes of moderate activity (e.g. simple movement activities such as running drills) at &lt;80% of MHR</td>
</tr>
<tr>
<td></td>
<td>● Student-athlete completes above criteria without excessive fatigue or breathlessness</td>
</tr>
<tr>
<td>4</td>
<td>● Student-athlete is symptom free</td>
</tr>
<tr>
<td></td>
<td>● 45-60 minutes of sports specific aerobic activity (including warm up) at &lt;80% of MHR</td>
</tr>
<tr>
<td></td>
<td>● Student-athlete completes above criteria without excessive fatigue or breathlessness</td>
</tr>
<tr>
<td>5</td>
<td>● Student-athlete is symptom free</td>
</tr>
<tr>
<td></td>
<td>● Return to play with no restrictions</td>
</tr>
<tr>
<td></td>
<td>● Student-athlete completes above criteria without excessive fatigue or breathlessness</td>
</tr>
</tbody>
</table>

### General Considerations

- If the LEA is offering a hybrid model of in-person learning, it is strongly recommended that student-athletes, who’s season is about to begin practice, chose to attend school via the “Virtual Option”. This will allow student-athletes who meet the academic and attendance requirements the opportunity to practice and play with their teammates. If a student-athlete from a sport specific team tests positive for COVID-19, the mitigation efforts will be contained within the team and not the general student-athlete population. It is also recommended that member schools explore creating “athletic pods” during their sports season, i.e. basketball teams, for example, may gather at a designated school space (i.e. gym), attend classes via a virtual learning model, be monitored by appropriate school based coaching staff, conduct practice and exit the facility without comingling with the general student-athlete population.

**FINAL: Thursday, March 18, 2021**
Make sure to emphasize to all participants the importance of washing hands or using hand sanitizer before, during and after practice(s)/competition(s).

Schools must ensure facilities have been properly sanitized and have hand sanitizer and disposable masks readily available for practices and contests.

Clean and disinfect frequently touched surfaces and equipment including balls.

No hugging, high fives, shaking hands, or fist bumps.

Social distancing should be maintained during the National Anthem and on the sidelines.

In accordance with the DC Department of Health (DOH) guidance as activities are allowed responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, individuals must wear acceptable face coverings, unless players are unable to tolerate a face covering for the physical activity (e.g. practicing, playing); provided, however, that coaches, athletic trainers, and other individuals who are not directly engaged in physical activity are required to wear a face covering. Acceptable face coverings for COVID-19 include but are not limited to cloth-based face coverings and disposable masks that cover both the mouth and nose. **Face coverings with exhalation valves or vents must NOT be worn.** This type of face covering does not prevent the wearer from transmitting COVID-19 to others (source control).

Outdoor sports may need to extend bench areas to permit social distancing. Indoor sports may need to use bleachers or multiple levels of seating to ensure social distancing. Schools should consider using tape or paint as a guide for student-athletes and coaches.

Have a hydration plan to provide water to student-athletes and coaches in a safe manner. Coordinate with visiting teams to ensure that they have safe access to water for their participants.

Practice/competition site – **Only essential personnel should be permitted on the practice/competition site as authorized.** These are defined as athletes, coaches, athletic trainers/medical personnel, and officials (competition), etc.

No scrimmages or friendlies with any "outside" school team.

Media – Media members should contact host school administrators prior to arriving at games to plan appropriate entry, workspace and determine school policies.

Personal Items – It is recommended that each student-athlete bring their own bag for personal items. All personal items should remain in the bag when not in use. Bags should be placed in a predetermined area six (6) feet apart for the duration of the practice or game.

In accordance with the DC DOH guidance, as activities are allowed, responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor during conditioning, skill development, practice and competition. Coaches, athletic trainers, and other individuals are required to wear a face covering. **Acceptable face coverings for COVID-19 include but are not limited to cloth-based face coverings and disposable masks that cover both the mouth and nose.** **Face coverings with exhalation valves or vents must NOT be worn.** This type of face covering does not prevent the wearer from transmitting COVID-19 to others (source control).

Student-athletes are encouraged to develop healthy habits including, but not limited to, a balanced diet, proper sleep hygiene, and adequate hydration.

Teams should consider making each student-athlete responsible for their own supplies.

Student-athletes should wear their own appropriate workout/competition clothing and not share clothing.

Individual clothing and towels should be washed and cleaned after every practice.

Student-athletes are encouraged to keep their mouth guards in their mouth throughout practice/competition, when allowed. If this is not possible, proper disinfection of the mouth guard should be performed prior to reinserterion. Hands should also be washed or disinfected before doing so.

Student-athletes should be advised to bring and use their own water bottle.

Student-athletes should drink enough fluid before, during and after practice/competition.
**Considerations for Coaches**

- Student-athletes are encouraged to shower at home as quickly as possible after practice/competition.
- No hugging, high fives, shaking hands, or fist bumps.
- Student-athletes should tell coaches/athletic trainers immediately when they are not feeling well.

**Considerations for Coaches**

- In accordance with the DC DOH guidance, as activities are allowed, responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor. Coaches, athletic trainers, and other individuals are required to wear a face covering. Acceptable face coverings for COVID-19 include but are not limited to cloth-based face coverings and disposable masks that cover both the mouth and nose. *Face coverings with exhalation valves or vents must NOT be worn. This type of face covering does not prevent the wearer from transmitting COVID-19 to others (source control).*

- Communicate guidelines in a clear and consistent manner to student-athletes, parents, and caregivers.

- Consider conducting workouts in “cohorts” of same student-athletes always training and rotating together in practice to ensure more limited exposure if someone develops an infection.

- Coaches should limit game day squad sizes for social distancing purposes. Only fully eligible student-athletes should be permitted on the sidelines, in locker rooms, etc.

- Keep accurate records of those athletes and staff who attend each practice and game/contest in case contact tracing is needed.

- Coaches should bring their own water bottle(s) and follow established guidelines for hydration.

- No hugging, high fives, shaking hands, or fist bumps.

**Considerations for Parents/Guardians**

- In accordance with DCPSA guidance, all parties must ensure a distance of at least six feet is always maintained, whether indoor or outdoor.

- Individuals must wear acceptable face coverings, unless unable to tolerate a face covering for medical reasons. Acceptable face coverings for COVID-19 include but are not limited to cloth-based face coverings and disposable masks that cover both the mouth and nose. *Face coverings with exhalation valves or vents must NOT be worn. This type of face covering does not prevent the wearer from transmitting COVID-19 to others (source control).*

- Parents/Guardians should monitor their children of any symptoms prior to any sporting activities. Children who are sick or showing symptoms must stay home. (If there is doubt stay home).

- Parents/Guardians and coaches should assess levels of risk based for their individual student-athletes and make decisions regarding participation accordingly.

- Provide personal items for your child and clearly label them.

- Disinfect your student-athlete’s personal equipment after each game or practice.

**Considerations for School Administrators**

- Local Education Agencies (LEA) have the autonomy to administer their respective athletic programs as they deem appropriate.

- Schools should limit game day team/roster sizes for social distancing purposes. Only fully eligible student-athletes should be permitted on the sidelines, in locker rooms, etc.

- The determination of modified, junior varsity, varsity teams is made by individual LEAs.

**TRAVELING TO A COMPETITION**

- Make sure to communicate with the host school prior to the competition to discuss plans.

- Follow all policies and guidelines the host school has communicated.

- Make sure your team is bringing its own medical supplies and emergency action plans.

- Students should be advised to bring additional shirts or clothing to easily change into. Locker rooms and showers will not be available for use.
HOSTING A GAME OR CONTEST

No Spectators allowed

Make sure to have an administrative contact (cell number and email address) for all events.

Communicate ahead of time with the incoming schools, event personnel (i.e. scorekeepers, timers, announcers) and officials about procedures, policies, and guidelines.

Examples to be covered include but not limited to the following:
- Parking
- Where to enter the facility
- What equipment should the visiting team bring
- Water availability
- Bench area (how many players can be accommodated to maintain social distancing)
- Locker room availability
- Fan allowances and requirements
- Restroom availability
- Emergency action plans
- How will game day paperwork be handled (electronic exchange of information is preferred)

Make sure facilities have been properly disinfected before the visiting team arrives.
- Have hand sanitizer and disposable masks readily available

It is recommended to make frequent announcements prior to and during the competition pertaining to face covering and social distancing requirements.

Clean and sanitize frequently touched surfaces and equipment, including balls.

<table>
<thead>
<tr>
<th>General Activity Description</th>
<th>Re-Engagement</th>
<th>Skill Development</th>
<th>Official Practice</th>
<th>Competition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>Conditioning and tee work. Players should not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another student-athlete using the same balls, they should be collected and cleaned individually.</td>
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<td>First Day of Practice: March 18, 2021</td>
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</tr>
<tr>
<td></td>
<td>Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.</td>
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</tr>
</tbody>
</table>

First Day of Practice: March 18, 2021

Conditioning, individual or team-based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices.

SEE ATTACHED COMPETITION GUIDANCE
<table>
<thead>
<tr>
<th>Activity</th>
<th>Instructions</th>
<th>First Day of Practice</th>
<th>SEE ATTACHED COMPETITION GUIDANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheerleading</td>
<td>Conditioning and individual technique/choeography work. Student-athletes may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible if physical distancing is adhered to.</td>
<td>First Day of Practice: March 18, 2021</td>
<td>SEE ATTACHED COMPETITION GUIDANCE</td>
</tr>
<tr>
<td>Cross Country</td>
<td>Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).</td>
<td>Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).</td>
<td>SEE ATTACHED COMPETITION GUIDANCE</td>
</tr>
<tr>
<td>Dance/Drill</td>
<td>Conditioning and individual technique/choeography work. Student-athletes may not practice/perform partner or group stunts. Jumps, dance, tumbling without contact are permissible if physical distancing is adhered to.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Football</td>
<td>Conditioning and individual drills. A player should not participate in drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies / donuts / sleds. Protective equipment prohibited.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flag Football</td>
<td>Conditioning and individual drills. A player should not participate in drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Golf</td>
<td>Maintain appropriate physical distancing 6 feet apart.</td>
<td>First Day of Practice: March 18, 2021</td>
<td>SEE ATTACHED COMPETITION GUIDANCE</td>
</tr>
<tr>
<td>Lacrosse</td>
<td>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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boy's &amp; Girls</td>
<td>Conditioning, individual ball skill drills, each player has own ball, feet only (no heading/use of hands), no contact.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soccer</td>
<td>Conditioning, individual ball skill drills, each player has own ball, feet only (no heading/use of hands), no contact.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Softball</td>
<td>Conditioning and tee work. Players should not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to</td>
<td>First Day of Practice: March 18, 2021</td>
<td>SEE ATTACHED COMPETITION GUIDANCE</td>
</tr>
</tbody>
</table>
another student-athlete using the same balls, they should be collected and cleaned individually.

Swimming
Swimmers should maintain appropriate physical distancing 6 feet apart. Do not share lanes. Relays must maintain physical distancing between individuals, no grouping (i.e., starts and finishes). No sharing of implements / equipment. Padded equipment should be cleaned between uses.

Ultimate Disc
Conditioning and individual drills. A player should not participate in drills with a single disc that will be handed off or passed to other teammates. Contact with other players is not allowed.

Volleyball
Conditioning, individual ball handling drills, each player has own ball. A player should not use a single ball that others touch or hit in any manner.

Wrestling
Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (if physical distancing is adhered to).

Additional Resources/ Links
- [https://coronavirus.dc.gov/](https://coronavirus.dc.gov/)
- CDC Considerations for Youth Sports
- CDC Recommendations Regarding the Use of Cloth Face Coverings
- NFHS Guidance for Opening Up High School Athletic and Activities
- NCAA Core Principles of

<table>
<thead>
<tr>
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<th>Instructions</th>
<th>First Day of Practice:</th>
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</tr>
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<tbody>
<tr>
<td>Swimming</td>
<td>Swimmers should maintain appropriate physical distancing 6 feet apart. Do not share lanes. Relays must maintain physical distancing between individuals, no grouping (i.e., starts and finishes). No sharing of implements / equipment. Padded equipment should be cleaned between uses.</td>
<td>March 18, 2021</td>
<td></td>
</tr>
<tr>
<td>Tennis*</td>
<td>Conditioning, no sharing of balls, each player may use own can of balls to serve and uses racket to pass other balls (singles only), ball machine use by individuals only. Players may do individual drills, wall volleys.</td>
<td>March 18, 2021</td>
<td></td>
</tr>
<tr>
<td>Track &amp; Field*</td>
<td>Runners should maintain at least 6 feet of distancing between individuals, no grouping (i.e., starts and finishes). No sharing of implements / equipment. Padded equipment should be cleaned between uses.</td>
<td>March 18, 2021</td>
<td></td>
</tr>
<tr>
<td>Ultimate Disc</td>
<td>Conditioning and individual drills. A player should not participate in drills with a single disc that will be handed off or passed to other teammates. Contact with other players is not allowed.</td>
<td>Not allowed at this time</td>
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</tr>
<tr>
<td>Volleyball</td>
<td>Conditioning, individual ball handling drills, each player has own ball. A player should not use a single ball that others touch or hit in any manner.</td>
<td>Not allowed at this time</td>
<td>Not allowed at this time</td>
</tr>
<tr>
<td>Wrestling</td>
<td>Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (if physical distancing is adhered to).</td>
<td>Not allowed at this time</td>
<td>Not allowed at this time</td>
</tr>
</tbody>
</table>
### COMPETITION CONSIDERATIONS

- The following guidelines and considerations are general and should be used as guidelines to minimize risk of disease transmission.
- These considerations may be altered based on recommendations by the DC Board of Health and COVID-19 data. These alterations may be made at any time with little notice.
- More detailed recommendations may be provided as the start of each season approaches.

<table>
<thead>
<tr>
<th>BASEBALL</th>
<th>The DC DOH has determined that baseball is a low risk sport (sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can’t be cleaned between participants).</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>BASEBALL GENERAL CONSIDERATIONS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Have hand sanitizer and wipes available at the field.</td>
</tr>
<tr>
<td>- Have wash stations or sanitizer at each dugout.</td>
</tr>
<tr>
<td>- No one touches the score sheet except the scorer.</td>
</tr>
<tr>
<td>- Sanitize the bench/dugout prior to competition.</td>
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<tr>
<td>- If fans are allowed, staggered seating required.</td>
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<tr>
<td>- Check fans temperatures prior to entering spectator area.</td>
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<tr>
<td>- Each team provides sanitized balls (buckets) while on defense.</td>
</tr>
<tr>
<td>- Have a bucket of dirty balls available so they can be sanitized after the game.</td>
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<tr>
<td>- Sanitize the bases after each contest.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CONSIDERATIONS FOR COACHES:</th>
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</thead>
<tbody>
<tr>
<td>- Facial coverings are required on and off the field.</td>
</tr>
<tr>
<td>- No lineup card exchange.</td>
</tr>
<tr>
<td>- Eliminate handshakes post-game.</td>
</tr>
<tr>
<td>- Maintain six feet of distance between student-athletes and umpires.</td>
</tr>
<tr>
<td>- No seeds, gum, spitting or phlegm.</td>
</tr>
<tr>
<td>- Evaluate and note pre-existing health conditions.</td>
</tr>
</tbody>
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<th>CONSIDERATIONS FOR STUDENT-ATHLETES:</th>
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</thead>
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<tr>
<td>- No seeds, gum, spitting or phlegm.</td>
</tr>
<tr>
<td>- Don’t share equipment.</td>
</tr>
<tr>
<td>- No touching of baseballs.</td>
</tr>
<tr>
<td>- No lineup card exchange.</td>
</tr>
<tr>
<td>- The plate umpire should wear a face mask behind the plate.</td>
</tr>
<tr>
<td>- Clean equipment after each game.</td>
</tr>
<tr>
<td>- Follow social distance guidelines. Consider six feet minimum distance when talking to others (players, coaches, or other umpires) at plate meetings.</td>
</tr>
</tbody>
</table>
- Do not shake hands and follow pre- and post-game ceremony established by the DCSAA.
- Evaluate and note pre-existing health conditions.
- Carry hand sanitizer.
- If the pitcher puts his/her hands to their mouth off the mound and touches the ball, “Time” is called, a new ball is inserted and the pitcher must sanitize their hands before throwing the next pitch.

**CONSIDERATIONS FOR UMPIRES:**
- Bring personal hand sanitizer. Wash hands frequently.
- Don’t share equipment.
- No touching of baseballs.
- No lineup card exchange.
- Clean equipment after each game.
- Follow social distance guidelines. Consider six feet minimum distance when talking to others (players, coaches, or other umpires) at plate meetings.
- Do not shake hands and follow pre- and post-game ceremony established by the DCSAA.
- Evaluate and note pre-existing health conditions.

**CONSIDERATIONS FOR PARENTS/CAREGIVERS:**
- Make sure your child and immediate household and immediate household members are without symptoms of illness before participating in practice and/or meets. If there is doubt, stay home.
- Provide personal items for your child and clearly label them.

Sanitize your student-athletes’ personal equipment after each practice/game.

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**CROSS COUNTRY**

The DC DOH has determined that cross country is a low risk sport (sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors).

**CROSS COUNTRY RULE CONSIDERATIONS:**
- Schools are encouraged to comply with NFHS Rule 8-5: that events contested with 4 or fewer teams be limited to a maximum of 12 participants from each team.
- Cross country meets should consider using staggered, wave or interval starts.

**Possible Rule Modifications:**
Consider widening the course to at least 6 feet at its narrowest point.
- Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
- If no FAT timing system is available, consider alternative means of finish place and time to reduce congestion at finish line. If sticks are used for determining place, disposable sticks are recommended by race.
- Consider using image-based equipment at finish line to assist with picking place and reducing congestion.

**PRE AND POST RACE CEREMONY:**
- Pre and Post Race Ceremony: Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the race.
- The use of team tents on site is discouraged.
- Teams are expected to provide individual water for their athletes and discourage the use of water stations and open cups.

**CONSIDERATION FOR CROSS COUNTRY OFFICIALS:**
- Please review the General Considerations for Officials.
- Follow social distancing guidelines:
  ✓ Pre and Post Meet conferences.
  ✓ Clerking at the start line.
  ✓ Tabulations and posting of results.
- Consider using electronic whistle.

**CONSIDERATIONS FOR PARENTS/CAREGIVERS:**
- Make sure your child and immediate household and immediate household members are without symptoms of illness before participating in practice and/or meets. If there is doubt, stay home.
- Provide personal items for your child and clearly label them.
- Sanitize your student-athletes’ personal equipment after each practice/game.

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**GOLF**

The DC DOH has determined that golf is a low risk sport (sports that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors).
COMPETITION CONSIDERATIONS:
- Schools may adhere to local course competition rules in relation to COVID-19 accommodations.
- Social distancing of at least 6 feet should always be maintained. No hugging, shaking hands, or fist bumps.
- Normal golf groups are permitted.
- Limit use of golf shop and retail operations to maintain social distancing guidelines. If social distancing cannot be maintained, golf shop access should be prohibited prior to the competition.
- To limit congestion, limiting field size and starting from one tee only is recommended. Also, consider the expanded spacing of starting times (12 minutes apart for groups of 3 and 15 minutes apart for groups of 4).
- Tees, pencils and ball-markers and sharpies will not be available. Players must bring their own equipment and food/beverage as needed.
- Electronic scoring is permitted for Regular Season competition. The exchange of scorecards by players is discouraged and verbal confirmation of scores may be accepted.
- To limit congestion, it is recommended that a window of time be established for players to access practice facilities before their round based on their starting times.
- It is recommended that practice facilities not be used after the round and that all players be encouraged to depart immediately when finished.

CONSIDERATIONS FOR PARENTS/CAREGIVERS:
- Make sure your child and immediate household and immediate household members are without symptoms of illness before participating in practice and/or meets. If there is doubt, stay home.
- Provide personal items for your child and clearly label them.
- Sanitize your student-athletes’ personal equipment after each practice/game.

**SOFTBALL**

The DC DOH has determined that softball is a low risk sport (sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can’t be cleaned between participants).

**SOFTBALL RULES CONSIDERATIONS:**
- **Face Shields:** Per guidance from the NFHS Sports Medicine Advisory Committee, plastic shields covering the entire face (unless integrated into the face mask and attached to a helmet) shall not be allowed during the contests. Their usage during practices increases the risk of unintended injury to the person wearing the shield or teammates.
- **Additional Equipment:** Cloth facial coverings are recommended but not required. Facial coverings must be of one color, not distracting and no designs. Pitchers can’t wear optic yellow cloth facial coverings.
- **Pregame Conference:** 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 six feet of distance between each person.
- **Substitutions:** The verbal exchange should occur six feet from the coach to scorer and opposing team when making lineup changes.
- **Coaching:** Umpires do not handle equipment on the field during play. Contact with the game balls should be limited as possible. Base coaches must stay six feet from a runner at all time
- **After suspension of play.**
- **Bench and Field Conduct:** Players are not permitted to leave the dugout are to congratulate players when scoring or after home runs. The number of individuals in the dugout is dependent upon the size of the dugout. Players and coaches must maintain six feet of social distance. NFHS rules allow for dugouts/designated warm up areas to be extended to provide for social distancing.
- **Charged Conferences:** 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 six feet of distance. No more than two players plus the pitcher are allowed. Only one coach is permitted during the conference. If a coach visits the pitcher, all other players should stay outside of the pitching circle.
- **Exchange of Lineup Cards:** Lineups should be handed to the umpire, and the umpire will verbally approve or ask any questions about the lineup. It is recommended that lineup cards be exchanged team to team and teams to scorekeeper to be shared via phone or text.
- **Infractions by the Pitcher:** Prohibit the 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”. The ball will go to the dugout for sanitizing and the pitcher must sanitize their hands before play can continue.
- **Plate Umpire:** The plate umpire should stand deeper than normal to call balls and strikes.
- **Equipment and Apparel:** Cloth facial coverings are recommended but not required. They must be of one color and not distracting. No designs are allowed. Umpires may wear disposable gloves and masks.

**ADDITIONAL UMPIRE CONSIDERATIONS:**
- Base umpires should maintain six feet from any player as a starting position when rotated and/or counter rotated.
- The plate umpire should keep the catcher and batter at a six feet distance when sweeping off the plate.

### CONSIDERATIONS FOR PARENTS/CAREGIVERS:
- Make sure your child and immediate household and immediate household members are without symptoms of illness before participating in practice and/or meets. If there is doubt, stay home.
- Provide personal items for your child and clearly label them.
- Sanitize your student-athletes' personal equipment after each practice/game.

### TENNIS

The DC DOH has determined that Tennis is a low risk (sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can’t be cleaned between participants).

#### TENNIS MATCH CONSIDERATIONS:

**PRE-MATCH CONFERENCE:**
- Limit attendees to any pre-match conference between athletes and coaches. Make sure to maintain social distancing of 6 ft.

**TEAM AREAS:**
- Make sure team personnel observe social distancing of 6 ft.

**DURING MATCHES:**
- Between points, use your racquet or foot to advance the tennis balls back to your opponent. Avoid using your hands when returning balls to another court.
- Maintain physical distancing if changing ends of the court.
- 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.
- When playing doubles, coordinate with your partner to maintain physical distancing, where possible.
- Wash your hands thoroughly or use a hand sanitizer before, during (between sets), and after play.
- Clean and wipe down your equipment, including racquets and water bottles. Use new balls and a new grip, if possible.
- Use only your own towels and water bottles. Avoid sharing food and touching common surfaces such as court gates, fences, benches, etc.

#### TENNIS BALLS:

Although unlikely, it is possible that a tennis ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease. If feasible, as an extra precaution:
- Use four or six tennis balls.
- Mark half of the balls in use and designate those balls to a participant. Each participant will then retrieve only the balls assigned to them.

### TRACK & FIELD

The DC DOH has determined that Track & Field is a low risk sport (sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can’t be cleaned between participants).

#### TRACK & FIELD GENERAL CONSIDERATIONS:
- Shot Put (SP), Discus Throw (DT) should enforce social distancing for all athletes and officials.
- To limit contact: athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws.
- If athletes can’t provide their own implements, then it is recommended that implements be sanitized between each use.
- Long Jump (LJ), Triple Jump (TJ) should enforce social distancing for all athletes and officials.
- High Jump (HJ) should enforce social distancing for all athletes and officials.
- To lower the risk of these events, contest officials can cover pits by a tarp that is removed and sanitized after each athlete (therefore multiple tarps are needed to keep the event moving).
- To limit contact: athletes should not share any equipment.
- Sprint, Hurdle, Relay Events (run entirely in lanes), may use every other lane to assist with distancing.
- Blocks should be sanitized after each heat/race.
- Recommend not using baskets at start line for apparel.
- Recommendations for student to wear a cloth facial covering when not actively competing.
- Middle Distance and Distance Races on track of 800m and longer (any event not run entirely in lanes) are considered moderate risk activities if conducted under normal conditions.
POSSIBLE RULE CHANGE CONSIDERATIONS:
- NFHS 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.
- Leagues may permit the use of gloves for this year.
- Schools can bring their own batons, or they should be sanitized after each heat/race.

CONSIDERATIONS FOR OFFICIALS:
- Bring personal hand sanitizer. Wash hands frequently.
- Don’t share equipment.
- Follow social distancing guidelines.
- Pre and Post Meet Conferences.
- Clerking at the start line.
- Tabulations and posting of results.
- Consider using electronic whistle.
- Do not shake hands and follow pre- and post-game ceremony guidelines established by DCSAA.
- Officials and meet personnel should always wear cloth facial coverings or mask.

CONSIDERATIONS FOR COACHES:
- Communicate your guidelines in a clear manner to students, parents and caregivers.
- Keep accurate records of those athletes and staff who attend each workout/meet in case contact tracing is needed.

CONSIDERATIONS FOR STUDENT-ATHLETES:
- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout/competition clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout/meet immediately upon returning home.
- Hand sanitizer should be plentiful at all workouts and meets.
- Athletes should tell coaches immediately when they are not feeling well.
- Cloth face coverings are permitted.
- Bring your own labeled water bottle.

CONSIDERATIONS FOR PARENTS/CAREGIVERS:
- Make sure your child and immediate household and immediate household members are without symptoms of illness before participating in practice and/or meets. If there is doubt, stay home.
- Provide personal items for your child and clearly label them.
- Sanitize your student-athletes' personal equipment after each practice/game.