

STAMFORD PUBLIC SCHOOLS



Stamford Public Schools
EXCELLENCE IS THE POINT.



Athletics Handbook Spring 2021

Stamford Public Schools Spring Athletics Handbook
Stamford and Westhill High School Athletics

Updated 3/11/21

Start date: 3/20/21 (Pitchers/Catchers/Conditioning)

3/27/21 - Season Start

This handbook includes general guidelines regarding student-athletes and spring athletics procedures and protocols that will be followed by the athletic programs at both Stamford High School and Westhill High School.

Please note that each school may also implement additional procedures and protocols specific to the individual school campus/athletic program that will allow for a safe and efficient spring athletics season for our student-athletes and coaches.

Pre-participation Physical Exams

In accordance with Connecticut Interscholastic Athletic Conference (CIAC) bylaws, sport physicals are valid for 15 months from the date of the exam for student-athletes participating in spring sports.

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1. Stamford Public Schools will follow the CIAC guidance regarding physical exam requirements.
2. All physical exams must be approved by the School Nurse.
3. Stamford Public Schools will follow all guidelines set forth by the CIAC (the governing body of high school athletics in Connecticut) and approved by the Connecticut State Department of Health.

Face Coverings

In accordance with CDC guidance, “face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease).” (CDC Consideration for Youth Sports, 2020) “Face coverings may be challenging for players (especially younger players) to wear while playing sports.” (CDC Consideration for Youth Sports, 2020) “Face coverings should be worn by coaches, youth sports staff, officials, parents, and spectators as much as possible.” (CDC Consideration for Youth Sports, 2020)

Recognizing the benefits and potential concerns of using face coverings during conditioning and physical activity, the CIAC, in collaboration with the Connecticut State Medical Society, Sports Medicine Committee, recommends:

- i. Cloth or disposable face coverings should be worn throughout each phase, including when engaging in athletic activity, as well as when sitting on the bench, during chalk talk, interacting with an athletic trainer, etc.
- ii. Medical grade face coverings are not necessary. Cloth or disposable face coverings are acceptable.
- iii. Face coverings should not be worn during swimming and while performing on a gymnastics apparatus. However it should be on at all other times while involved in

athletics. In other words, arrive with a mask on, play with a mask on and leave with a mask on.

- iv. Plastic shields covering the entire face shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates. (2020 NFHS Guidance for Opening up High School Athletics and Activities, 2020)
- v. Coaches, officials and other contest personnel should always wear cloth face coverings. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.) (2020 NFHS Guidance for Opening up High School Athletics and Activities, 2020)

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1. Any student-athlete who does not have a mask or face covering will be provided one from the school.

Health Screening

All staff and students are required to self-screen for any observable illness, including cough or respiratory distress (Rules for Operating Schools during COVID-19, 2020). The coach or activity supervisor will supervise a self-assessment with each student to verify upon arrival.

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1. Coaches and student-athletes must stay home if they are sick or if they display any COVID-19 symptoms.
2. Student-athletes must answer 10 self-screening questions before each practice session. These questions will via the QR code phone check in system or may be asked by the Athletic Director or coach upon arrival.
3. Student-athletes will not be allowed to enter conditioning areas until they have been checked in by a member of the coaching staff, trainer or an Athletic Director. (10 question form provided by the CIAC is attached).
4. Student-athletes who do not pass the self-screen assessment, will be sent home and will not be permitted to return to any practice session until cleared by the nurse and/or doctor (a note from a doctor may be required).

Testing and Contact Tracing

As student-athletes return to physical activity, a system of contact tracing and notification has been established in the event that a participant tests positive for COVID-19. In the event that a student-athlete discloses that he/she has tested positive for COVID-19, administration and the local department of health should be immediately notified.

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1. Stamford Public Schools will work with the City of Stamford Health Department provided guidance and procedures for testing and contact tracing.
2. Student-athletes or coaches who test positive for COVID-19 will not be permitted to return to any conditioning, practice sessions or games until cleared by the nurse and/or a doctor (a note from a doctor may be required).

Conditioning, Practice Sessions, and Contests

CAS-CIAC guidelines for a resocialization of interscholastic athletics and activities programs align with guidance published by Governor Lamont's Reopen CT committee on youth sports and the NFHS (NFHS phases are in accordance with guidelines published by the White House and CDC available at

For Student-Athletes:

1. The spring sports season will start March 20 and 27th (depending on the sport) for coaches and student-athletes.
2. Spring sports season is limited to spring athletes only (no conditioning of teams from other seasons will be allowed initially).
3. All student-athletes must have an up-to-date physical and be registered online before being allowed to participate in spring athletics.
4. Each practice session will follow the guidelines set forth by the CIAC. All sessions will be scheduled by the Athletic Director and coach.
5. You must stay home if sick or if you display any COVID-19 symptoms.
6. You must answer 10 self-screening questions before each conditioning session. These questions will be taken via the QR code system used during the fall sports season and be checked by a member of your coaching staff, the trainer or the Athletic Director when you arrive at a practice session. You are not allowed to enter your athletics area until you have been checked in by a member of your coaching staff, the trainer or the Athletic Director. (10 question form provided by the CIAC is attached).
7. If you do not pass the self-screen assessment, you will be sent home and cannot return to any practice session until cleared by the nurse and/or a doctor. You may be required to provide a note from that doctor in order to be allowed back to participate in spring athletics.
8. You must report to the coach, trainer or Athletic Director if you test positive for COVID-19 or have been exposed to someone who has tested positive for COVID-19.
9. You must wear a mask/face covering to and from each practice session and during the practices/games, as well as on the sidelines of all practice and games. The only exception is during active play on the field of play. Boys Volleyball must wear masks at all times during practice and play on the court and off. Additionally anytime a team moves inside to practice - masks must then be worn at all times.
10. You must maintain social distancing before, during, and following each practice session whenever possible (and wear a mask at all times).
11. Physical contact such as high-fives, fist bumps and hugs are prohibited.
12. You must bring your own water, mask and bag to carry items to each practice session.

There is absolutely no sharing of water bottles or any other personal items allowed. If you do not have a mask you will be provided one.

13. All events may be cancelled in the event of inclement weather. Announcements of cancellations will be communicated on the athletics website and on social media.

14. You must comply with and follow all of the Governor's Executive Orders, City of Stamford Health Department directives, and the guidance set forth in this document.

For Parents:

1. You must keep your child home from any spring athletics sessions in the event they show any COVID-19 symptoms.
2. You must report to the school nurse, coach and Athletic Director if your child has tested positive for COVID-19 or has been exposed to someone who has tested positive for COVID-19.
3. Your child must have an up-to-date physical and be registered online before being allowed to participate in spring athletics.
4. You must comply with and follow all of the Governor's Executive Orders, City of Stamford Health Department directives, and the guidance set forth in this document.

For Coaches:

1. The spring sports season will begin March 20 and 27th (depending on the sport) for coaches or student-athletes.
2. Spring sports season is limited to spring athletes only (no conditioning of teams from other seasons will be allowed initially).
3. Each practice session will follow the guidelines set forth by the CIAC. All sessions will be scheduled by the Athletic Director and coach.
4. You must stay home if sick or if you display any COVID-19 symptoms.
5. You must answer 10 self-screening questions before each conditioning session. These questions will be taken via the QR code system used in the fall season and be checked by a member of your coaching staff, the trainer or the Athletic Director when you arrive at a practice session. You are not allowed to enter your athletics area until you have been checked in. (10 question form provided by the CIAC is attached).
6. If you do not pass the self-screen assessment, you must go home and cannot return to any practice session until cleared by the nurse and/or doctor. You may need to provide a note from that doctor in order to be allowed back to participate in spring athletics.
7. You must wear a mask/face covering to and from each practice session/game and during each session
8. You must adhere to social distancing guidelines as much as possible between student-athletes and other coaches.
9. You will record and maintain data for each practice session/game in regards to attendance for contact tracing purposes if needed.
10. Physical contact such as high-fives, fist bumps and hugs are prohibited.
11. Any equipment used requires prior approval from the Athletic Director. All equipment used will be sanitized by a coach, trainer or Athletic Director, with city provided cleaning products, at the end of each session (which has been approved by Stamford Department of Health).

12. Coaches will schedule and monitor use of the locker rooms to ensure mask and required social distancing rules are enforced.

13. All student-athletes must have an up-to-date physical and be registered online before being allowed to participate in spring athletics.

14. You must report to the Athletic Director and school nurse if you test positive for COVID-19, if one of your student-athletes tests positive for COVID-19, or if you or a student-athlete (if information is known) have been exposed to someone who has tested positive for COVID-19.

15. You must comply with and follow all of the Governor's Executive Orders, City of Stamford Health Department directives, and the guidance set forth in this document.

Additional Information:

1. There will be a coach and/or the Athletic Director on duty for all spring athletics practice sessions.

2. AEDs will be available for use during the spring athletics.

3. All practice sessions must take place only during each groups' assigned time and on the athletic space assigned to it by the Athletic Director. Schedules will be coordinated with each school's administration and coaches, as well as with the Facilities Department.

4. In the event of an injury to a student-athlete, all normal procedures and protocols will be followed.

5. Student-athletes who do not follow the guidelines and protocols will be removed from participation until a date decided by the Athletic Director.

6. There will be access to water (student-athletes are required to bring their own water bottles) and masks will be available for student athletes who are unable to bring their own.

CIAC Spring Consideration of DPH Guidance in Consultation with the CSMS Sport Medicine Committee

In alignment with CT DPH guidance for spring sports, consideration of masking wearing and rule changes have led to the following COVID-19 mitigating strategies, which were developed in consultation with the CSMS Sports Medicine Committee and each representative CIAC sport committee. The CSMS Sports Medicine Committee does not have any data to confirm the necessity or effectiveness of wearing masks while actively competing. Recent research reviewed by the CIAC supports that mask wearing, particularly in outdoor activities with intermittent or infrequent contact, may not be necessary [Watson et al., 2021 <https://www.medrxiv.org/content/10.1101/2021.01.19.21250116v1.full.pdf> & Jones et al., 2021 (<https://bjsm.bmj.com/content/bjsports/early/2021/02/10/bjsports-2020-103714.full.pdf>)].

The CIAC will utilize the same mask protocols in the spring as it did in the fall. Mask should be worn at all time when not actively competing. This includes coaches, players, officials, game workers, and spectators. Boys volleyball players, as an indoor sport, are required to wear a mask during active competition. This is aligned with the manner in which girls volleyball in the fall and winter indoor sports competed. Outdoor spring sports athletes are not required to wear a mask during active competition, however, may wear a mask if they so choose. Mask wear will be continuously reviewed with DPH and is subject to change

Sport	Indoor/Outdoor	Masks During Active Competition	Masks When Not Actively Competing	Rule Changes
Baseball	Outdoor	No	Yes	See Baseball Section
Golf	Outdoor	No	Yes	See Golf Section
Boys Lacrosse	Outdoor	No	Yes	See Boys Lacrosse Section (face offs)
Girls Lacrosse	Outdoor	No	Yes	See Girls Lacrosse Section
Tennis	Outdoor	No	Yes	See Tennis Section

Track and Field	Outdoor	No	Yes	See Track and Field Section
Boys Volleyball	Indoor	Yes	Yes	See Boys Volleyball Section
Softball	Outdoor	No	Yes	See Softball Section

Hydration Requirements

During practice sessions, student-athletes are required to come to the session with water and a water bottle for each session. Athletes who do not have a water bottle or suitable hydration beverage and container may be asked to leave campus and will not be allowed to participate in that day’s practice. If a student does not have access to a water bottle they should speak to their coach or the Athletic Director prior to the season and accommodations will be made.

Water Dispensing

During conditioning sessions only coaches may use the water dispensing systems that will be provided to refill water bottles for student-athletes. Student-athletes must have their own water bottle and are not permitted to refill their own water bottles.

When dispensing water, each coach must:

1. Wear gloves and a mask/face covering.
2. Only fill water bottles of student-athletes and coaches who have their own water bottles. There will be no drinking directly from the water refill station.
3. Ensure that student-athletes/coaches are also wearing a mask/face covering when

having their water bottle filled.

The following schedule identifies start dates and contest dates for each spring sport.

A list of CIAC staff responsible for spring sport committees can be found in the CIAC handbook (https://www.casciac.org/pdfs/ciachandbook_2021.pdf).

Sport	First Practice Date	First Contest Date	Max. Number of Regular Season Games	Max. Number of Games Per Week	Last Date to Count Tournament	Minimum Number of Games to Qualify	CIAC Tournament
Baseball	March 27 March 20—Pitchers and Catchers	April 10	20	3	May 27	10	Begin June 1 Finals June 11/12
Golf	March 27	April 10	16	3	June 2	8	All Classes June 7,8,9 Open TBA
Lacrosse	March 27	April 10	16	*2	May 26	8	Begin June 1 Finals June 12

Tennis	March 27	April 10	20	3	May 26	10	(Boys)Class May 28, 29 June 1, 2, 3 Open June 5, 7,8 (Girls) Class May 28, 29 June 1, 2, 3 Ind. June 5, 7, 8,9
Track	March 27	April 10	16	2	May 26	1	Class June 1,2,3 Open June 7 Decathalo n TBA Heptathalo n TBA
Boys Volleyball	March 27	April 10	20 3 of 20 may be non-cou nting multi-te am	3	May 27	10	Begin June 1 Finals June 10

			tournaments				
Softball	March 27	April 10	20	3	May 27	10	Begin June 1 Finals June 11/12

*Three (3) games can be scheduled in a week four times during the regular season.

Any equipment that is used throughout conditioning and the spring season must be maintained and sanitized in accordance with the ReOpen CT sector rules for sport:

https://portal.ct.gov/-/media/DECD/Covid_Business_Recovery-Phase-2-1/CTReopens21_Sports_FitnessCenters3321.pdf

All efforts should be made to schedule games within the state of Connecticut. In accordance with DECD sector rules, games vs. out-of-state schools may be considered to the extent that they are scheduled for the purpose of reducing travel based on geographic location and that such scheduling is allowed by the out-of-state school's interscholastic governing body and state rules.

Member schools may schedule league and/or non-league games in the spring season. Geographic location should be a primary consideration in scheduling. Tournaments are allowed in accordance with the governor's statement and multi-team events are not prohibited for intermittent, infrequent, and non-direct contact sports, per DPH March 5th guidance.

Student-athlete conditioning should be a priority when considering scheduling scrimmages and games. All sports teams and individual athletes must have a minimum of ten (10) physical/exertional practice days with their school before the date of the first scheduled competition. No team/athlete shall practice/compete with their school more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy. Teams must have a minimum of three days of practice prior to holding a full team scrimmage. All scrimmages should be held with schools located geographically close to one another.

Teams with a winning percentage equal to or higher than the qualifying level in their sport that are unable to play the minimum number of games due to COVID-related reasons will be considered for inclusion in the state tournament on a case-by-case basis.

For a Sport by Sport breakdown of mitigation strategies please refer to the CIAC spring Sports Plan (pages 6-26). Click link below for details

<http://www.casciac.org/pdfs/CIACSpringSportsPlanApproved3-10-2021v2.pdf>

(This can also be found at the end of this document).

Return to play after a COVID-19 diagnosis and quarantine per CIAC/state DPH:

Quarantine Requirements

Per DPH (1-8-21), “Recently, the Centers for Disease Control and Prevention (CDC) published new risk-based guidance and procedures for shortening the required quarantine period for individuals identified as close contacts of a known COVID-19 case. As a result, DPH has revised its guidance as well to include options for reducing quarantine periods in some situations from the traditional 14 days. While there are some cities that allow for a shorter quarantine period Stamford DOH requires that SPS continue the 14 day process. For clarification, it is DPH’s position that a return to athletics should include the full 14-day quarantine period. This means that a student-athlete must wait the full 14-days prior to returning to athletics.

The following guidance and protocols issued by the Connecticut State Department of Education and State Department of Public Health may be referenced when responding to specific COVID-19 scenarios that may occur with school reopening for the 2020-2021 school year. That guidance and protocols can be found at: <https://portal.ct.gov/-/media/SDE/COVID-19/Addendum-5-Interim-Guidance-for-Responding-to-COVID-19-Scenarios-in-CT-School-Districts.pdf>. If a student tests positive for COVID-19, the school/district must be notified immediately and local DOH must be contacted. The local DOH will direct the appropriate process.

Guidance On Return-to-Play after COVID-19 Infection (Please note the following guidance was developed in consultation with the CSMS Sports Medicine Committee and is informed by AAP COVID-19 Interim Guidelines. While this guidance references a potential gradual return after 10-days, the DPH updated guidance to CIAC requires a 14-day period prior to any return of a COVID-19 quarantined student to athletics.*)**

The following recommendations are informed by the AAP COVID-19 Interim Guidelines:

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>

Returning to play after COVID-19 positive test:

COVID-19 can affect the heart and lungs of the person infected. One uncommon but serious complication of COVID-19 is a heart condition called myocarditis. Myocarditis is an inflammation of the heart muscle (myocardium). Myocarditis can affect the heart muscle and the heart's electrical system, reducing the heart's ability to pump and causing rapid, abnormal heart rhythms (arrhythmias) which can cause cardiac arrest. Exercise can increase the likelihood

of permanent heart damage in myocarditis, and also increase the possibility of arrhythmias and sudden cardiac death. Student athletes who have tested positive for COVID-19 should follow the guideline noted below to decrease risk of developing complications from COVID-19 infection.

What to do if a participant had COVID-19 or has it during the season?

In a COVID-19 positive child who is either **asymptomatic** or **mildly symptomatic** (<4 days of fever >100.4°F, short duration of myalgia, chills, and lethargy) should not exercise until they are cleared by a licensed medical provider. The licensed medical provider will perform a history with emphasis on cardiopulmonary symptoms and complete physical examination. If this evaluation is normal, no further testing is warranted. The patient may then begin a gradual return to play after 10 days have passed from date of the positive test result and at least 24 hours without symptoms off-fever reducing medications. If the licensed medical provider identifies any new or concerning history or physical examination findings at this visit, appropriate further testing or consultation should be ordered and participation will not be allowed until that testing is completed and found to be normal. Written documentation of medical clearance for return to sport should be provided by the medical provider.

Children with **moderate** symptoms of COVID-19 (≥4 days of fever >100.4°F, myalgia, chills, or lethargy or were in a hospital not an intensive care unit), should not exercise until they are cleared by a licensed medical provider. In addition to a history and complete physical exam appropriate additional testing should be ordered as determined by examination. Consultation or referral to a cardiologist is recommended and they may request further, more extensive, testing. If cardiac evaluation is normal, gradual return to physical activity may be allowed after 10 days have passed from the date of the positive test result, and at least 10 days of symptom resolution has occurred off fever-reducing medicine. Written documentation of medical clearance for return to sport should be provided by the medical provider.

For patients with **severe** COVID-19 symptoms (ICU stay and/or on a ventilator) or **multisystem inflammatory syndrome in children (MIS-C)**, it is recommended they be restricted from exercise for a minimum of 3 months. The student athlete should be evaluated by a licensed medical provider for a history and complete physical examination. In addition, they should be referred to a cardiologist prior to resuming training or competition. In addition to the initial evaluation and work-up student athletes should have a coordinated evaluation at the time of returning to play for final clearance. Written documentation of medical clearance for return to sport should be provided by the medical provider.

A graduated return-to-play protocol can begin once an athlete has been cleared by a licensed medical provider (cardiologist for **moderate** to **severe** COVID-19 symptoms) and feels well when performing normal activities of daily living. The progression should be performed over the course of a 7-day minimum. Consideration for extending the progression should be given to student athletes who experienced **moderate** COVID-19 symptoms as outlined above. If the student athlete experiences any symptoms of chest pain, palpitations, syncope, shortness of

breath or exercise intolerance, during this return to play protocol, they should stop exercise and inform their medical provider.

The following progression was adapted from Elliott N, et al, infographic, *British Journal of Sports Medicine*, 2020:

Stage 1: Day 1 and Day 2 - (2 Days Minimum) - 15 minutes or less: Light activity (walking, jogging, stationary bike), intensity no greater than 70% of maximum heart rate. NO resistance training.

Stage 2: Day 3 - (1 Day Minimum) - 30 minutes or less: Add simple movement activities (eg. running drills) - intensity no greater than 80% of maximum heart rate.

Stage 3: Day 4 - (1 Day Minimum) - 45 minutes or less- Progress to more complex training - intensity no greater than 80% maximum heart rate. May add light resistance training.

Stage 4: Day 5 and Day 6 - (2 Days Minimum) - 60 minutes -Normal training activity - intensity no greater than 80% maximum heart rate.

Stage 5: Day 7 - Return to full activity/participation (i.e., - Contests/competitions).

The following schedule identifies start dates and contest dates for each spring sport.

Sport by Sport information

Baseball

General Guidelines:

1. Have hand sanitizer and wipes available at the field.
2. Have stations where hands can be washed or sanitizer can be used in each dugout.
3. Host should disinfect the bench/dugout prior to competition.
4. Everyone wears masks entering the ballfield/ athletic complex.
5. Host team will provide the game balls. Each team will use their own set of game balls while on defense and keep them throughout the game. Game balls will be sanitized as needed.
6. Athletic Directors/School Medical personnel should evaluate pre-existing health conditions.
7. Host schools should email visiting schools and umpires ground rules or other guidelines that must be followed at the host site.

Guidelines for Coaches:

1. Coaches must wear masks on and off the field.
2. In the pregame meeting maintain proper social distance between players and umpires.
3. Eliminate post-game handshakes.
4. No seeds, gum or spitting.

Guidelines for Players:

1. No seeds, gum or spitting.
2. Players must clean and sanitize equipment after each use and game.
3. Social distancing on the bench and/or dugout must be implemented per DPH guidelines. Players must wear masks in the dugout.
4. No sharing of water bottles.
5. When social distancing is not possible during dead ball situations, players must wear masks, this includes meetings at the mound.
6. Eliminate post game handshakes.
7. Eliminate pre-game handshakes with coaches/umpires.

8. Carrying hand sanitizer is permissible.

Guidelines for Umpires:

1. Bring personal hand sanitizer. Wash hands frequently
2. Umpires will not keep game balls during the game. Each team will keep the game balls they are using on defense.
3. The umpires must wear a face mask on the field. (This will be re-evaluated throughout the season.)
4. Clean equipment after each game.
5. Must follow social distancing guidelines. Umpires will maintain proper social distance when talking to others (players, coaches, other umpires) at plate meeting.
6. No pre and post-game handshakes.

Golf

1. COURSES All students and coaches must know and adhere to modifications in place at the golf courses.
2. FACE COVERINGS All event attendees including coaches, athletes, meet personnel, athletic trainers and spectators are required to wear face masks when social distancing cannot be maintained. Players may remove face masks when actively playing.
3. DISTANCING All players, coaches and non-playing team personnel must remain a minimum of 6 ft. distance at all times. No gatherings inside of club facilities should take place before, during or after the match unless seeking shelter from severe weather. Removal of face coverings is permitted during competition but must be returned to the face anytime players need to be within six feet of each other. Players should be especially cautious of small or narrow areas i.e. bridges or narrow walkways as well as travel from the green to the next tee
4. PRACTICE – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This includes additional spacing between athletes while stretching, warming up, chatting, changing drills, etc. Athletes must maintain spacing, and there should be no congregating of athletes while running drills. Workouts, when possible could be conducted in ‘pods’ of athletes, with the same 5-10 athletes always working out together. Ideally athletes should not move between pods for the entire season. This ensures more limited exposure if someone develops an infection. Records should be kept of who is in each group, each day.
5. BENCHES – No benches should be used during practice. Players’ items should be separated for personal items, at least 6 feet apart. Benches should be permitted only during matches with six feet of distancing required between participants.
6. PERSONAL ITEMS – It is recommended that each athlete bring their own gym bag for personal items OR use a compartment in their golf bag for personal items. All personal items should remain in the bag when not in use. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice. Bag items should include masks, hand sanitizer, towels, water bottles, warm-up clothing, tape, inhalers, additional shoes etc.. Players should bring re-sealable plastic bags.
7. TEAM HANDSHAKES – Athletes shall NOT exchange handshakes, fist bumps, elbow bumps etc. before, during or following practices and competitions.
8. PRE-AND POST MATCH – Only required team personnel should be involved in pre and post match meetings. Participants must maintain 6 ft. distance and wear face coverings.

9. EQUIPMENT AND SUPPLIES – There should be no shared equipment or supplies such as balls, tees, gloves etc.

10. COACHES RESPONSIBILITIES - Prior to each match, visiting coaches should send a list of participants to the home coach. The home coach should send a copy of the local rules to the opposing coach to eliminate the need for any handouts, other than scorecards.

11. SCORECARDS -

- When directed to, each group of players will move to the 1st tee, remaining socially distanced. Scorecards and pencils will be handed out to players by the home coach who will wear protective gloves during the process. Each player will receive a scorecard as the Marker for another player's score and should also note his/her own hole by hole score as well. At no time will players exchange score cards.
- Single tee starts should be staggered, at a minimum of 10 minutes between groups to support social distancing.
- Social distancing must be maintained throughout the round and all Covid-19 course regulations followed. Coaches are encouraged to travel throughout the golf course during the match to ensure that all participants are following all safety guidelines.
- At the conclusion of each round, the Marker will put his/her signature on the scorecard that has been kept with the other player's score. The Marker and the player will then report to a designated scoring area and hand the scorecard to one of the coaches who will be recording the scores. The player will then verbally confirm his/her score. Throughout this process, social distancing should be maintained, and face coverings should be worn. The coach will be wearing protective gloves to receive the scorecards.

CSGA COVID GUIDELINES: <https://www.csgalinks.org/content/csga/csga-covid-19-resources>

Boys Lacrosse

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Boys Lacrosse Rules Committee offers this document as guidance on how state associations can consider modifications to the NFHS Boys Lacrosse Rules Book. 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.

1. **Boys Lacrosse Rules Book Modifications: The Field (1-2-7):** The Scorer's Table.
 - a. *Provide adequate spacing for 6-foot social distancing between individuals.*
2. **Boys Lacrosse Rules Book Modifications: The Field (1-2-8):** Players' and Coaches' box.
 - a. *Extend the players' box to 30 yards total in order to ensure proper social distancing.*
3. **Boys Lacrosse Rules Book Modifications: Player Equipment (1-9-2):** Optional Equipment, Face Shields.
 - a. *Clear, molded, and non-rigid face shields approved by the helmet manufacturer are allowed.*
4. **Boys Lacrosse Rules Book Modifications: Players, Coaches, and Other Game Personal:** Overall Suggestion.
 - a. *Coaches and officials should attempt to maintain social distancing whenever possible during a game including stick checks, official's meetings, etc.*
5. **Boys Lacrosse Rules Book Modifications: Facing Off (4-3-1, 2, and 3):** Starting Play with Facing Off.
 - a. *See diagram and narrative below*

<p>1. Faceoff Official places the ball on the spot where the faceoff will take place at the centerline. Players will stand 6ft from ball on opposite sides of the centerline.</p>	
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<p>2. The Official will back away 6-8ft from the ball. Official will verbally use “DOWN” command for players to step forward and take their positions.</p> <p>*Faceoff Players will not be allowed to place their knee on the ground. they will be required to have both feet on the ground. This will allow players to move quicker from the down position.</p> <p>*Modification – this is a technique now used in the NCAA for less contact, faster, quick faceoffs</p>	
<p>3. When the player’s crosses are in position, the Official will verbally use the “SET” command, so players do not move. The Official will immediately blow the whistle for the faceoff to start.</p>	

6. **Boys Lacrosse Rules Book Modifications: Penalty Enforcement (7-1-1):** Procedure.

a. *If there is a violation, blow the whistle quick and award ball if there is going to be a group together (officials discretion)*

7. **Points of Emphasis and Pre/Post Game Considerations:** Pregame equipment checks should be conducted after the players have placed their equipment on the field and left the field. Officials then may inspect the equipment and blow the whistle to alert the teams to get their equipment and find the results of the equipment check.

a. Pregame

- i. No equipment inspections prior to the game – Goalkeepers (new NOCSAE guideline) or field players.
- ii. Masks for coaches and officials during coach meetings/certification.
- iii. No line up. Coaches to relay information to their teams.
- iv. No meeting with faceoff players (if performed).
- v. Meeting with Captains: One captain for each team, official wears a mask, captains stay apart, official shows coin result to each captain.
- vi. Officials must wear a mask when instructing table personnel. Table personnel must wear a mask.
- vii. Minimize table personnel – official scorer and timekeeper, visiting team personnel should be at their team bench and not at the table. Extend the table if needed.
- viii. Team bench areas should be more clearly marked to remind players of proper location.

b. Postgame

- i. No handshakes.
- ii. Teams stay in their team areas, no running onto the field for pile-on celebrations.

Girls Lacrosse

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS/USL Girls Lacrosse Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations 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.

1. **Girls Lacrosse Rules Considerations**

o ***Pre-Game Meeting (3-5-3)***

§ Limit attendees to one coach one player 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. Mask use by coach, player and official is required during the meeting.

§ Eliminate handshakes following pre-game meeting and at the conclusion of the game.

o ***Equipment and protective clothing (2-4-1, 2-7-3, 2-9-5)***

§ Players and officials may wear gloves and long undergarments. Mask policy – refer to Face Coverings under Additional Considerations for Spring Sports Season in the CIAC 2021 Spring Sports Plan.

§ Umpires will not perform a pre-game stick check. Coaches are certifying they are legal at the coaches' meeting. During the game, teams have two stick check requests they can utilize, if desired.

o ***Table Personnel (3-6-1, 3-7-1)***

§ Limit to essential personnel only at the table. Statisticians or visiting scorer personnel are not essential. Home team scorer and timer are essential.

o ***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. (12 yards total – 5 yard area for each team with a 2 yard buffer at the 50 yard line).

§ Penalty area must be marked off with cones that allow social distancing between penalized players, substitutes, and the table personnel.

§ Players may be extended to end line on their side of the field.

General Guidelines

1. Hand sanitizer and wipes available at the courts.
2. The host should disinfect benches or seats at the site.
3. Everyone must wear masks when entering the court areas.
4. Host team will provide the tennis balls.
5. Athletic directors / school medical personnel should evaluate all pre-existing and current health conditions.
6. Refuse containers should be available on site.

Guidelines for Coaches

1. Coaches must wear masks at all times.
2. Coaches must maintain social distance from all others.
3. No handshakes at any time.
4. No gum chewing, spitting or other unsanitary practices are permitted.
5. No pre- or post-game team meetings at the site.
6. Check with the host site ahead of time for any protocols that may apply to that facility.
7. Arrive at the assigned time and leave immediately upon the conclusion of your student-athletes competition.
8. Take individual water bottles, towels, etc.

Guidelines for Players

1. No gum chewing, spitting or other unsanitary practices.
2. Clean and sanitize racquets before and after each match.

3. Clearly verbalize the score before each point.
4. Maintain social distancing when changing ends of the court and when taking a break. Crossover in a clockwise direction.
5. Do not shake hands after a match. Offer a verbal “good match” or a racquet tap at the end of a match.
6. Wear a mask at all times, except when active on the court.
7. Do not share water bottles, towels, or other items.
8. Be on time for matches and depart the court immediately after the match concludes.
9. Headbands, wristbands, and caps are recommended to avoid contact with the face.
10. Hand sanitizer is to be used after a match concludes.
11. When playing doubles, coordinate with partners to maintain physical distancing.
12. Players should remain positive and refrain from any outbursts, and loud exclamations.

Track and Field (Boys and Girls)

Athletes may remove their mask during competition. Athletes must wear a mask after completing competition.

Each facility will provide schools with specific procedures while using the facility, which must be followed.

Guidelines for Student-Athletes

1. Each student is responsible for his/her own equipment.
2. Student-athletes must 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.
3. Students must come dressed appropriately to compete in all events. Sweats or other non-essential equipment will not be allowed at the start line.
4. Hand sanitizer will be utilized at all contests and practices.
5. Athletes must tell their coaches immediately when they are not feeling well.
6. Face coverings must be worn at all times, except during competition.
7. Each student-athlete must bring his/her own labeled water bottle.
8. Absolutely no spitting, nose blowing, or other similar action will be permitted in any capacity including or around garbage cans within the facility.

Guidelines for Coaches

1. Communicate to your district/school Covid-19 guidelines in a clear manner to students and parents, which should include wellness checks for each practice and competition.
2. Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
3. Coaches will be allowed to assist their athletes in setting marks in the following events: pole vault, long jump, Triple jump, and high jump. Coaches must leave the area once competition begins.
4. Coaches must always wear face coverings.

Guidelines for Officials

1. Bring personal hand sanitizer. Wash hands frequently.
2. Follow social distancing guidelines
 - Pre- and post-meet conferences
 - Clerking at the start line
 - Tabulations and posting of results

3. Do not shake hands and follow pre- and post-game ceremony guidelines established by state associations.
4. Officials personnel must always wear face coverings. (This will be re-evaluated throughout the season.)

Events Guidelines for All Meets:

1. Student-athletes are required to wear a facial covering when not actively competing.
2. Site personnel will enforce social distancing for all athletes and officials.
3. To limit contact, athletes will provide their own implements (that pass inspection) and retrieve their own implements after all throws when instructed by an official.
4. If athletes can't provide their own implements, then it is recommended that implements be sanitized between each use.
5. Long jump, triple jump will enforce social distancing for all athletes and officials.
6. High jump, pole vault will enforce social distancing for all athletes and officials.
7. The facility will set a measuring tape. The measuring tape will stay on the runway throughout the competition for long jump, triple jump, and pole vault.
8. Athletes who are on the same team may share equipment, which must be sanitized between use.
9. Athletes must sanitize properly after every event.

*If traditional Invitational Meets are allowed, all of these guidelines will apply.

Softball

General Guidelines

1. Have hand sanitizer and wipes available at the field.
2. Have stations where hands can be washed or sanitizer can be used in each dugout.
3. Host should disinfect the bench/dugout prior to competition.
4. Everyone wears masks entering the ballfield/ athletic complex.
5. Spectator guidelines will be in accordance with your local DPH and district officials which will include the staggering of spectator seating and the number of spectators, which will be allowed.
6. Host team will provide the game balls. Each team will use their own set of game balls while on defense and keep them throughout the game. Game balls will be sanitized as needed.
7. Athletic Directors/School Medical personnel should evaluate pre-existing health conditions.
8. Host schools should email visiting schools and umpires ground rules or other guidelines that must be followed at the host site.

Guidelines for Coaches

1. Coaches must wear masks on and off the field.
2. In the pregame meeting and all other meetings, maintain proper social distance between coaches and umpires.
3. Eliminate pre-game and post-game handshakes.
4. No seeds, gum or spitting.
5. No post game team meetings are permitted on the playing field.
6. Only one coach is permitted during the conference. If a coach visits the pitcher, all other players should stay outside the pitching circle.

Guidelines for Players

1. No seeds, gum or spitting.
2. Players must clean and sanitize equipment after each use and game.
3. Social distancing on the bench and/or dugout must be implemented per DPH guidelines. Players must wear masks in the dugout.
4. No sharing of water bottles and no communal water jugs.
5. When social distancing is not possible during dead ball situations, players must wear masks, this includes meetings in the circle.
6. Eliminate post game handshakes.

7. Carrying hand sanitizer is permissible.

Guidelines for Officials

1. Bring personal hand sanitizer. Wash hands frequently
2. Umpires will not keep game balls during the game. Each team will keep the game balls they are using on defense.
3. Umpires must wear a solid color face mask with no design on the field. (Will be re-evaluated throughout the season.)
4. Clean equipment after each game.
5. Must follow social distancing guidelines. Umpires will maintain proper social distance when talking to others at all times, (players, coaches, other umpires).
6. No pre and post-game handshakes.
7. Plate umpire may stand deeper than normal to call balls and strikes.

Boys Volleyball

The successful completion of this season rests with the underlying premise that students, and school personnel remain healthy. To that end, it is imperative that coaches stress with their athletes, the importance of remaining healthy and stemming the spread of COVID-19 through

social distancing, wearing masks, washing hands and face, and by following all the guidelines established by their school and team. Coaches should stress the importance of good health practices while they are with the team and when they are at home and in school. This season depends on students remaining healthy and that requires diligence at all times.

*The CIAC guidelines take precedence. The purpose of this guide is to clarify sport specific guidelines.

REGULAR SEASON

1. **** It is important for the schools to communicate with each other prior to the match. Coaches should discuss:
 - a. The home team spectator policy (who, if anyone, is allowed in the gym as a spectator)
 - b. Bench space
 - c. Gym entrance
 - d. Space to put bags, clothing, etc.
 - e. Locker and rest room availability
 - f. Game balls (who will provide game balls and practice balls; and how will they be sanitized?)
2. Sportsmanship standards remain in place as detailed in the “CIAC Class Act” program and the tournament packet for all regular season and post season contests.
 - a. Officials and teams should refrain from shaking hands and maintain a distance.
 - b. If someone is in violation of social distancing norms, that person should be reported to the coach or the most senior supervisor from the home school.
3. Players should come to the match and leave in uniform. Understand that there will not be locker availability to change before or after the match.
4. “PRE-MATCH PROTOCOL” as detailed in the CIAC Volleyball Tournament packet shall remain the same with the following exceptions:
 - a. Only one team should warm-up at a time during each team’s 6-minute period. The other team should remain off the court and at the bench area during their opponent’s warm-up time. No ball use while the other team is warming up.
 - b. Each team should bring their own set of volleyballs and keep them separate from the other team’s volleyballs.
5. The “COACHES MANUAL FOR CIAC VOLLEYBALL CONTESTS” as defined in the CIAC Volleyball Tournament Packet will remain in place with the following exceptions:

- a. During the national anthem, only the 6 starters and the libero will stand together at the end line. After the National Anthem, the R1 signals the starting players to enter their court. Starters will move down the right side line as normal but instead of going to the net will traverse the 10 ft. line greeting opponents with a hand wave and/or respectful verbal greeting. (This eliminates the handshake greeting at the net.)
- b. During the pregame conference one coach from each team, the first referee and the second referee only will participate. (Students will not participate in the pregame conference.) The conference will be held at center court with one coach and one referee positioned on each side of the net. All four individuals maintain a social distance of 3 to 6 feet. The official will toss the coin and the visiting coach will call heads or tails to determine the first serve.
- c. Coaches will not submit rosters at the pre-match conference. Rosters will be submitted directly to the officials' table before the 11-minute mark on the countdown clock.
- d. Teams will not switch benches between sets. Home team selects the bench and side of court they want to play.
- e. Limit bench personnel to observe social distancing of 3 to 6 feet. (Students who are not in the match and don't fit on the bench should stand or sit in rows behind the bench, maintaining 3 to 6 feet apart.)
- f. SUBSTITUTION PROCEDURES (2-1-7, 10-2-1, 10-2-3, 10-2-4): Maintain social distancing of 3 to 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.
- g. OFFICIALS TABLE (3-4) Limit to essential personnel, wearing face coverings, which includes home team scorer, libero tracker and timer with a recommended distance of 3 to 6 feet between individuals if possible. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location. The visiting score keeper can help the home score keeper but must remain on the visitor bench.
 - i. Hand sanitizer and wipes should be available at the score table.
- h. At the end of the match, players go to their end line as normal but *no hand shaking*.
- i. Minimizing officials handling game balls - the R2 at the start of the set will roll the ball to the 1st server. During substitutions, time-outs, or other stoppage

of play, players will place the ball on their service line until ready to restart game play. [Handling the game balls will be at the discretion of officials.]

j. **** There will be no line judges for the 2021 season.

k. EQUIPMENT AND ACCESSORIES

- i. Cloth face coverings must be worn by ALL players and coaches, at ALL times, at ALL practices and matches.
- ii. Gloves are permissible. (4-1-1) Rule 4-2. (Medical nitrile, form-fitting gloves are recommended.)
- iii. Score tables, game balls, antennas, and officials stand hand contact areas should be sanitized before the contest.
- iv. The home team should have a plan to sanitize the balls as well as they reasonably can.
- v. Eliminate the use of flags and use hand signals when adult lines judges are used.

l. LEGAL UNIFORM:

- i. Long sleeves are permissible. (4-2-1),
- ii. Long pants are permissible. [4-2-1i (1)],
- iii. 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)]

m. 30 SECOND TIMEOUT

- i. For the 2021 season only, teams are allowed one (1) 30-second timeout for each set. This is an additional timeout for each set for each team.
- ii. The purpose of the 30-second timeout is to give teams a chance to catch their breath, when needed, given that they are required to wear a mask during competition. Coaches are urged to use the 30-second time out for this purpose and not as part of strategy.
- iii. Coaches or captains can request the time out from the officials by tapping their shoulders and immediately indicating to the officials that it is a 30-second timeout.

- iv. During the 30-second timeout players can leave the floor and get a drink. Substitutions can take place following the normal process. Students who are not in the game must remain seated on the bench or remain in place if they are in the stands or behind the bench to maintain social distancing.
- v. Officials are going to diligently monitor the players and may delay the serve between points to make sure the students are breathing OK.