



Pennsylvania Interscholastic Athletic Association

Return to Competition: Individual Sport Considerations

Referencing Orders and Guidelines from the Following Resources:

National Federation of State High School Associations

Pennsylvania Department of Education

Pennsylvania Department of Health

Sports Medicine Advisory Committee



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Return to Competition: General Considerations for All Sports



Pennsylvania Interscholastic Athletic Association (PIAA)
National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)

The Pennsylvania Interscholastic Athletic Association (PIAA), drawing on the expertise of the National Federation of State High School Associations (NFHS), Pennsylvania Department of Education (PDE), Pennsylvania Department of Health (DOH) and PIAA Sports Medicine Advisory Committee (SMAC), offers this document as guidance on how PIAA member schools may consider approaching the “Return to Competition” for high school athletics in Pennsylvania. While we all remained concerned about the dangers of COVID-19, PIAA believes it is essential to the physical and mental well-being of high school students across the Commonwealth that efforts be made to return to physical activity and athletic competition where that can occur in a reasonably safe environment.

With that goal in mind, PIAA offers these considerations for the 2020-2021 school year on “Return to Competition” (at this time the PIAA individual sport considerations are just for fall sports). The considerations outlined in this document are meant to decrease potential exposure of COVID-19 to a degree that competition can occur. As we continue to gain more information about the virus and receive continued feedback from the Governor’s Office, Department of Health, and Department of Education, these documents may be adjusted or even suspended to adapt to an ever-changing environment.

PIAA is committed to maximizing the athletic opportunities for student-athletes across the entire Commonwealth and will remain flexible in considering that certain sports may be impacted differently and post-season play may need to be modified.

Based on currently known information, the PIAA Sports Medicine Advisory Committee believes that **STRICT ADHERENCE** by schools and teams to their school-adopted plans and the Governor’s School Sports Guidance should provide a reasonably safe environment for student-athletes to participate in interscholastic athletics as currently scheduled. Participation in High School sports is voluntary for both the individuals and the schools.

Protect Yourself, Protect Others, Protect the Season

GENERAL CONSIDERATIONS (APPLY TO ALL SPORTS):

- Individuals (student-athletes, coaches, officials, and other athletic personnel) should complete a personal health assessment daily.
 - If your temperature is 100.4 or higher, individual is showing symptoms or is sick, stay home.
 - Cover your mouth and nose with a tissue when coughing or sneezing.
 - Adhere to school adopted plans if you begin to show symptoms.
- Regularly and thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
 - Make sure to emphasize to all participants the importance of washing hands or using hand sanitizer before, during, and after competitions.
- Schools are recommended to ensure that your 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. (Please use recommendations by the ball manufacturer)
- Social distancing of at least 6 feet should be maintained at all times, where feasible. No hugging, high fives, shaking hands, or fist bumps for support/encouragement.
 - Social distancing should be maintained during the National Anthem and on sidelines.
 - 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.
- Individuals are required to wear face coverings in accordance with the Secretary of Health's order on July 1st, 2020, unless they meet the exceptions under Section 3 of this order.
 - Everyone must wear a face covering, such as a mask, unless they fall under an exception listed in Section 3 of the Order. Coaches, athletes and spectators (if permitted) must wear face coverings, unless they are outdoors and can consistently maintain social distancing of at least 6 feet.
 - Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings when on the sidelines, in the dugout, etc. and anytime 6 feet of social distancing is not possible.
 - There are no color restrictions on face coverings; however face coverings must adhere to the Restriction on Advertisements or Sponsors Names on Uniforms policy, as adopted by the PIAA Board of Directors.
- **Have a hydration plan and ability 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.**
- If a positive COVID-19 case is determined, follow their school safety plans, Department of Health, CDC, and local health guidelines in determining the plan of action.

CONSIDERATIONS FOR STUDENT-ATHLETES:

- Teams should consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing and not share clothing. Individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.

- Student-Athletes should keep their mouth guards in their mouth throughout the competition. If the mouth guard is taken out proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so.
- Student-athletes are encouraged to develop healthy habits including, but not limited to, a balanced diet, adequate sleep, and proper hydration.
 - Healthy eating and attention to hydration is especially important for student-athletes to enhance training capacity and reduce the risk of illness and injury.
- Bring and use your own water bottle.
 - High school athletes are at increased risk for dehydration. It is important that you drink enough fluid before, during and after practice and competition.
 - Student-athletes should follow established guidelines for hydration.
 - Please see National Athletic Trainer Association (NATA) Resource:
 - [Healthy Hydration For Young Athletes](#)
- Student-athletes are encouraged to shower as quickly as possible after practice and games.

CONSIDERATIONS FOR COACHES:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Coaches should limit game day squad sizes for social distancing purposes.
- Coaches are reminded to wear proper coaching attire per weather conditions.
- Coaches should bring their own water bottle(s) and follow established guidelines for hydration.

CONSIDERATIONS FOR PARENTS/GUARDIANS:

(A family’s role in maintaining safety guidelines for themselves and others):

- 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 on individual athletes on the team who may be at a higher risk for severe illness.
- Provide personal items for your child and clearly label them.
- Disinfect your student’s personal equipment after each game or practice.
- Be prepared with face coverings for members of your family if permitted to attend events.
- Inform coaches if your student-athlete has been exposed to someone who is known to have COVID-19.

CONSIDERATIONS WHEN 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.
- Have a plan in place if someone begins to show symptoms.

CONSIDERATIONS WHEN HOSTING A COMPETITION:

- Make sure to have an administrative contact (cell number and email address) for all events.
- Communicate ahead of time with the incoming schools and officials about procedures, policies and guidelines.
 - Examples to be covered include but not limited to, the following:
 - Parking;
 - Where to enter facility;
 - What equipment should the visiting team bring;
 - Water availability;
 - Bench area seating (how many players can be accommodated to maintain social distancing);
 - Locker room availability and resources;
 - Emergency action plans;
 - How will game day paperwork be handled (electronic exchange of information is preferred).
- Make sure facilities have been properly sanitized before the visiting team has arrived.
 - Have hand sanitizer and disposable masks readily available.
- Clean and disinfect frequently touched surfaces and equipment including balls.
- Have a plan in place if someone begins to show symptoms.
- If your school will require anyone to execute a liability waiver before entering the premises, that requirement and document should be provided to all persons in advance so that it may be reviewed.

GATHERING LIMITATIONS:

- In the [All Sports Guidance](#) document which was released by the Governor's Office on June 10th and most recently updated on September 6th. All sports-related gatherings must conform with the [amended guidelines on safe gathering limits released by the Department of Health](#) on October 6, 2020 (effective 10/9/2020). Under the new amendment, venues hosting events or gatherings must determine their established occupancy limit as defined by the National Fire Protection Association (NFPA) Life Safety Code and then apply the attendee calculator to determine how many attendees are permitted to attend the event or gathering.

CONSIDERATIONS FOR SPECTATORS:

- Spectators are permitted.
- All sports-related gatherings must conform with the [amended guidelines on safe gathering limits released by the Department of Health](#) on October 6, 2020 (effective 10/9/2020). Under the new amendment, venues hosting events or gatherings must determine their established occupancy limit as defined by the National Fire Protection Association (NFPA) Life Safety Code and then apply the attendee calculator to determine how many attendees are permitted to attend the event or gathering. Please see the [All Sports Guidance](#) from the Governor's Office.
 - Seating areas, including bleachers, must adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household. To assist with proper social distancing, areas should be clearly marked.

- Everyone age 2 or older must wear face coverings (masks or face shields) at all times, unless they are outdoors and can consistently maintain social distancing of at least 6 feet, or fall under an exception listed in Section 3 of the Secretary of Health’s Order on Universal Face Coverings.
- Caregivers or spectators should not enter the field of play or bench areas.
- Non-essential visitors, spectators, and volunteers should be limited when possible, including activities with external groups or organizations. Parents should refrain from attending practices, or volunteering to assist with coaching.
- Caregivers and coaches should assess levels of risk based on individual athletes on the team who may be at a higher risk for severe illness.
- Caregivers should monitor their children for symptoms prior to any sporting event. Children and athletes who are sick or showing symptoms must stay home.

CONSIDERATIONS FOR MEDIA:

- Media are permitted but are counted toward gathering limitations.
- The media must make contact with the school prior to attending to make appropriate arrangement for attendance.
- Media members should complete a personal health assessment daily.
 - If temperature is 100.4 or higher, individual is showing symptoms or is sick, stay home.
- Media are required to wear face covering in accordance with the Secretary of Health’s order of July 1st 2020, unless they meet exceptions under Section 3 of that order.
- Media availability may be limited especially if there are limits on capacity.
- Media should be restricted to areas outside of the team areas.
- Interview request may be limited and should be accommodated only if social distancing protocols can be followed.
- Locker room access and access to student-athletes should be monitored or limited on a case by case basis and, if it occurs, media must wear face coverings while in a building and maintain social distancing in all locations.
- Press box availability may be limited.

CONSIDERATIONS FOR GAME DAY WORKERS:

- Individuals are required to wear face coverings in accordance with the Secretary of Health’s order of July 1st, 2020, unless they meet the exceptions under Section 3 of this order.

Return to Competition: General Considerations for Officials



Pennsylvania Interscholastic Athletic Association (PIAA)
National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)

OFFICIALS

STAFF LIAISON: Pat Gebhart

These considerations are meant to cover officials in all sports while keeping in mind that protocols may be different in each sport and adjustments may need to be made.

OFFICIALS' GUIDELINES WHEN RETURNING TO OFFICIATE:

Officials are not responsible for monitoring activities on the sidelines, such as social distancing, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the coaching staff and school personnel.

CONTACT THE HOST SCHOOL:

- Contact should be made with school athletic administration leading up to the contest about (1) school expectations, (2) to determine where you should enter the host school's property and (3) to obtain other information that you or the school may want to communicate to each other prior to your arrival.
 - Officiating crews should designate one crew member to contact the host school and provide information to other members of the crew.
- Request separate and secured parking areas away from other participants.
- Request hand sanitizer be available at scorer's table, if applicable, and use it between periods and during time outs. (Officials are encouraged to bring their own in the event none is available.)
- Conversations should occur with the host school administration regarding the size of changing areas or locker rooms to ensure social distancing can occur.
- When possible officials should come to contests fully dressed in uniform.

GENERAL OFFICIAL GUIDELINES:

- Be prepared to have your temperature taken and a health screening conducted upon arrival at school campus.
- You may also be asked to sign a liability waiver by the school. While not a PIAA requirement, it may be a host site requirement. You should inquire the host school before arriving whether that requirement exists and, if so, request an opportunity to review the document in advance. If you are unwilling to sign it, you should decline the engagement. You should not wait until arriving on site to ask to see the waiver or to inform the school that you will not sign it.
- Upon conclusion of the contest, leave the contest area and do not interact with others.
- Officials must pay special attention to playing rules that require distances between players during play.

- Reminders should be issued for situations that involve hygiene (spitting, etc.).
- Maintain distance from players if an altercation occurs and minimize the times you are within 6 feet of others.
- Be aware of the location of medical personnel while you are on school property.
- Limit the exchanging of documents between yourself and others.
- Once the contest begins, avoid conversations within 6 feet with coaches.
- Wash your hands frequently. When in doubt about wearing a mask – put it on.
- Officials' Uniforms and Equipment.
 - Electronic whistles are permissible.
 - Choose a whistle whose tone will carry outside.
 - Be aware of the increased risk of inadvertent whistles.
 - Face coverings by participants are permitted.
 - Gloves may be worn by contestants.
 - Bring your own towels and hygiene materials. Do not share them with others.
- Individuals are required to wear face coverings in accordance with the Secretary of the Pennsylvania Department of Health's order on July 1st, 2020, unless they meet the exceptions under Section 3 of this order.
 - Officials are not required to wear face coverings while officiating a contest, but they are permitted. You should seriously consider wearing a face covering when officiating. Coverings must be worn when entering the host site and while inspecting the contest site prior to the contest.
 - There are no color restrictions on face coverings; however face coverings must adhere to the Restriction on Advertisements or Sponsors Names on Uniforms policy, as adopted by the PIAA Board of Directors.

GAME DAY:

- Complete a personal health assessment on the day of your contest. If you feel sick – STAY HOME. Notify the contracted schools, your partner(s) and the assignor to let them know.
- Notify site administrator immediately if your temperature is 100.4 or above.
- "Vulnerable individuals" are defined by CDC as people 65 years and older and others with serious underlying health conditions. Officials fitting this description may wish to seek medical advice prior to returning to officiating.
- Communicate with school athletic administrator frequently during the days leading up to your contest about school expectations.
- Upon arrival at the host site and throughout the contest, wash and sanitize your hands frequently.
- When traveling to contests, considerations should be given to limiting carpooling or traveling with other individuals.
- Do not share uniforms, towels, apparel and equipment.
- Maintain social distancing of 6 feet at all times, including while in the locker room and/or on the court/field.
- Bring your own water bottle or rehydration beverages.
- Use a mask when communicating verbally within 6 feet of others.
- In an effort to maintain social distancing, officiating positions may need to be changed in a manner that are not necessarily in conformance with standard officiating mechanics.

- If an official is sent home or unable to officiate for any reason, follow the PIAA policy on “Absence or Withdrawal of Official at Contest”, in the Policies and Procedures section of the PIAA Handbook.

PREGAME CONFERENCE:

- Limit attendees to one official, the head coach from each team, and a single captain from each team, while maintaining social distance.
- Pre-contest official crew meetings should be held outside when possible and where social distancing is more easily accomplished.
- Coin Toss – should involve only the Head Referee (wearing a face covering) and 1 captain and head coach from each team.
- Move the location of the pregame conference to the center of the court/field. All individuals should maintain a social distance of 6 feet.
- No handshakes are permitted.
- Maintain social distancing while performing all pregame responsibilities.
- Encourage bench personnel to observe social distancing of 6 feet.
- Encourage social distancing of 6 feet between substitutes and teammate(s).

OFFICIALS’ TABLE:

- Limit the table to essential personnel, including the home team scorer and timer, with a recommended distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential and may need to find an alternative location. Space availability at the table is a variable in determining the number of individuals permitted at the officials’ table.

PREGAME AND POSTGAME CEREMONY:

- No shaking hands during introductions.
- Traditional pre-game introductions should be altered to ensure social distancing occurs.
- No postgame shaking hands.

PERSONAL RESPONSIBILITIES:

- Training
 - Review current and past year rule and case books.
 - Attend online and in-person meetings to review the rules for the coming year.
 - Start physical training using online video or complete skills alone. If you have been diagnosed with COVID-19, you should be cleared by your medical provider prior to initiating an exercise program.
- Positive COVID-19 Test
 - You should notify the school(s) administration where you officiated and partners of those contests.

UNIFORM OF CONTESTANTS:

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

Return to Competition: General Considerations for Basketball



Pennsylvania Interscholastic Athletic Association (PIAA)
National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)

SPORT: Basketball **STAFF LIAISON:** Jen Grassel

The NFHS has determined that basketball is a moderate 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).

BASKETBALL RULE CONSIDERATIONS:

- ***Pregame Protocol (2019-2021 NFHS Officials Manual, page 16, 1.8)***
 - Limit attendees to the referee, head coach, and one captain from each team with each coach standing on the center circle on each side of the division line.
 - All individuals maintain a social distance of 6 feet or greater at the center circle.
 - Suspend handshakes prior to and following the Pregame Conference.
- ***Team Benches (1-13-1)***
 - ***Social distancing should be practiced when possible. Below are some suggestions.***
 - Limit the number of bench personnel to observe social distancing of 6 feet or greater.
 - Place team benches opposite the spectator seating.
 - Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
 - Create separation between the team bench and spectator seating behind the bench.
 - Limit contact between players when substituting.
 - Substitutes shall report to the scorer's table but in the event there is more than one substitution, they may sit at the end of the scores table closest to their bench to maintain social distancing.
 - Coaches and Athletes should adhere to the current Pennsylvania Secretary of the Department of Health [Order](#) of July 1, 2020.
 - ***Officials Table (2-1-3)***
 - The host should sanitize the table before the game and at half time.
 - Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
 - Limit seats at the table to essential personnel which includes home team scorer and timer with a recommend distance of 6 feet or greater between individuals. Other personnel (visiting scorer, statisticians, media, etc.) may not be deemed

- essential personnel and consider an alternate location for them.
 - Table personnel should adhere to the current Pennsylvania Secretary of the Department of Health [Order](#) of July 1, 2020.
- **Pre and Post Game Ceremony**
 - Suspend the pregame introduction handshakes.
 - This includes shaking opposing head coach and officials prior to the game.
 - Suspend post game protocol of shaking hands.
- **Basketball Rules Interpretations**
 - ***EQUIPMENT AND ACCESSORIES***
 - Basketball
 - Ball shall be sanitized as recommended by the ball manufacturer and not used for warm-ups.
 - The host school should ensure that the ball is sanitized during time-outs and between quarters.
 - Sanitizer should be provided by the host team at the table.
 - Cloth face coverings are permissible for players.
 - Coaching staff and other bench personnel shall follow the current Pennsylvania Secretary of the Department of Health [Order](#) of July 1, 2020.
 - ***Officials Uniform and Equipment***
 - Long-sleeved shirts are permissible.
 - Electronic whistles are permissible (supplies are limited).
 - Choose a whistle whose tone will carry inside.
 - Cloth face coverings are permissible.
 - Officials should have face coverings readily available in the event they will be conversing with players/coaches/game personnel within six feet.
 - Gloves are permissible.
- **Other Considerations**
 - ***Throw-in***
 - Official may stand 6 feet or greater away from player making the throw-in and bounce the ball to that player on a front court throw-in.
 - ***Free Throw Administration***
 - The lead official shall stand on the end line and bounce the ball to the free thrower.
 - ***Jump Ball***
 - Official can designate another official to toss the ball in the center restraining circle for all jump-ball situations. (Rule 2-5-1)
 - ***Scorebook***
 - Officials do not need to sign the score book but will need to have verbal verification on roster and starter submissions prior to the 10 minute mark.

Return to Competition: General Considerations for Competitive Cheer



Pennsylvania Interscholastic Athletic Association (PIAA)
National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)

SPORT: Competitive Cheer **STAFF LIAISON:** Melissa Mertz

The NFHS has determined that competitive cheer is a higher risk sport that involves close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

**It's PIAA's position that Competitive Cheer competition may be considered no more than a moderate risk, with the following considerations: Routines are no more than 2 ½ minutes in length, contact among team members falls below stated CDC guidelines of less than 6 feet for 15 minutes or more and competition does not involve any contact with members of another team/school.

COMPETITIVE CHEER RULES CONSIDERATIONS:

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

PREVENTATIVE ACTIONS:

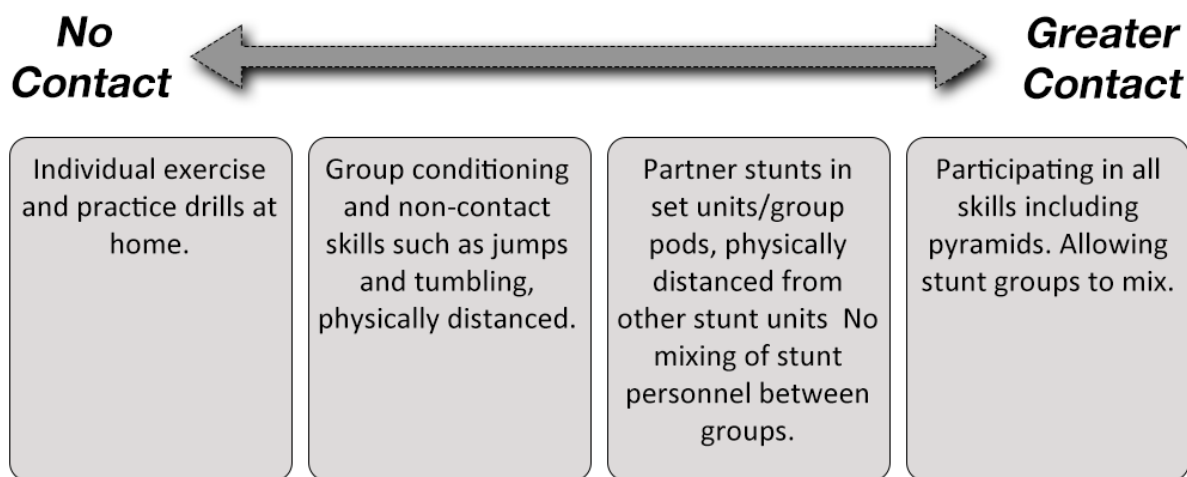
- The primary consideration is to begin any activity, practice, etc. with a clean space.
- Clean/sanitize surfaces with cleaner/accepted methods listed on the Environmental Protection Agency's list of disinfectants for use against SARS-CoV-2 as directed by the CDC, or as may be reasonably necessary.
- Mats should be cleaned at least each day of activity or as needed according to current guidelines. If different groups are meeting in the same space at different times, mats should be cleaned between groups.

- Any athlete that feels ill during activity should be isolated and picked up by parents/guardians as soon as possible.
- Provide access to handwashing areas and wash hands during breaks or as reasonably necessary, with particular attention after participating in stunts.
- Athletes, coaches, and support staff who are a member of a high-risk group or live at home with a member of a high-risk group should consider attending training sessions virtually.
- Athletes and parents should be made aware of current best practices for minimizing the spread. Athletes should be sure to wash their hands thoroughly and/or use hand sanitizer before, during, and after practice and should avoid touching their face.
- Athletes should maintain their equipment themselves and there should be no other shared equipment, including, but not limited to the following:
 - Water bottles
 - Poms
 - Megaphones
 - Signs

PHYSICAL DISTANCING:

- Use proper physical distancing to minimize contact.
- Limit contact between groups at exits and entrances by staggering arrival/departure times between cohort groups (individual stunt groups, teams, etc.) and designating separate entrances and exits when possible.
- Avoid congregating before, during, and after practice.
- Contact and physical distancing should follow all local health directives.
- Keep stunt groups together in their cohort. Refrain from mixing and matching bases and tops from different groups.
- Keep stunt groups distanced from other stunt groups when possible (i.e. when not building pyramids), while allowing for all groups to remain on the proper surface for stunting.

The type of contact found in cheer can vary greatly and can be adjusted to meet local distancing guidelines.



Physical contact with other teams: Participation in cheer and STUNT does not involve physical interaction with other teams. In this regard, contact during games and competition is similar to that found in volleyball or tennis.

FACE COVERINGS:

USA Cheer recommends allowing face coverings with the following guidelines:

- Face coverings should not impede vision or movement.
- Face coverings should be soft and pliable with no exposed metal, and should provide adequate ventilation and protection from the spread of particulate matter.
- Modifications to skills should be considered while wearing face coverings, such as limiting inversions, twisting, and tosses.
- Face coverings should be snug-fitting.

Use these examples when considering face coverings.

- Coverings that are held in place with over-the-head straps using Velcro or other breakaway type connections.
- Full head coverings.
- Coverings that minimize the chance of having fingers caught in them or shifting to impede any visual sight.

PHYSICAL READINESS:

- Due to shutdowns and general isolation, many athletes have not participated in an activity in several months. Even with individual conditioning and practicing jumps and tumbling, athletes will need a period of acclimatization to prepare for physical activity

Return to Competition: General Considerations for Swimming & Diving



Pennsylvania Interscholastic Athletic Association (PIAA)
National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)

SPORT: Swimming & Diving **STAFF LIAISON:** Melissa Mertz

The NFHS has determined that swimming and diving is a lower 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).

SWIMMING & DIVING RULES CONSIDERATIONS:

- **Conduct (1-3-2)** - Require athletes to arrive at venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for 6 feet of social distancing.
- **Lap Counting (2-7-6, 3-4)** - Only one person per lane should be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices.
- **Pre-Meet Conference (3-3-6, 4-2-1d)** - Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use P.A. system or starting system microphone to allow participants to hear but keep them properly separated.
- **Referee and Starter (4-2, 4-3)** - Various rules require interactions between officials, coaches and athletes. Alternative methods for of communications include utilization of the P.A. system, hand signals or written communication.
- **Notification of Disqualification (4-2-2d, e)** - Notification shall occur from a distance via use of hand signals or the P.A. system.
- **Meet Officials (4-8, 4-10, 4-11, 4-12, 4-13)** - Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location. Develop alternative methods for submitting entries (3-2) and movement of non-electronic information. Require a distance of 3-6 feet between individuals seated at the desk/table.
- **Timers (4-9)** - Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing. Timers should wear cloth facial coverings.
- **Submission of Entries to Referee (5-2)** - Alternative forms of entry submission can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are

submitted, and a reduction or elimination of certain penalties currently attached to improper entries.

- **Relay Takeoff Judges and Relays (8-3)** - Require all takeoff judging from the sides of the pool. Space relay swimmers apart from one another. Timers and relay takeoff judges should wear cloth facial coverings.
- **Diving Officials (9-6)** - Alternative methods for submitting entries (3-2) and movement of non-electronic information will be required. Recommendations include a distance of 3-6 feet between individuals seated at the desk/table. Create a 3-6 feet space between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform.

GENERAL CONSIDERATIONS:

- **Swimming Warm-up Areas** - Establish multiple sessions for warm-up periods to limit number of swimmers per lane. Restrict the number of swimmers in competition area. Limit number of swimmers per lane during warm-up and warm-down periods.
- **Diving Warm-up Areas** - Limit number of divers during warm-up by creating multiple sessions. During competition, divers may not approach the board until their turn to compete. Hot tubs should not be permitted. Dive order sheets should be posted in multiple areas to reduce number of divers viewing at the same time.
- **Team Seating and Lane Placement** - Keep the teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.
- **Preparing Athletes for Competition** - Athlete clerking areas should be eliminated.

Return to Competition: General Considerations for Wrestling



Pennsylvania Interscholastic Athletic Association (PIAA)
National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)

SPORT: Wrestling

STAFF LIAISON: Mark Byers

The NFHS has determined that wrestling is a higher risk sport that involves close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

General Considerations:

- Have hand sanitizer and wipes available at the table.
- Wash stations or sanitizer at mat side.
- No one touches the score sheet except the scorer.
- If writing implements are used, they should be sanitized and not shared with anyone.
- Disinfect the mats prior to and following competition.
- Events should be structured to ensure compliance with current indoor occupancy limits and mitigation requirements by the PA Department of Health and Governor's Office.
- Athletes and Coaches wear masks off the mat.
- Schools should communicate in advance regarding any screening policies and occupancy levels to be expected from the host site.
- Schools may increase the bench area to assist in social distancing.
- For tournament settings, prohibit all wrestlers from warming up simultaneously for competition. Provide for separate warm-up areas off of the competition mats for use and sanitize regularly.
- Provide for separate warm-up mats off of the competition mat for teams involved in dual competition.
- Schools are recommended to only wrestle those schools within their close geographic area.

Considerations for Coaches:

- Wear masks on and off mat.
- Eliminate handshakes with opposing teams post-match.
- Each team should be expected to provide their own leg bands for competition.
- **Limit the size of their traveling party to include essential personnel, staff, and only those with the ability to wrestle.**
- Consider practicing with wrestlers in pods to limit close contacts across the entire team.

Considerations for Wrestlers:

- Daily screening prior to practice and competition should be conducted pursuant to each school's adopted health and safety plan.
- Shower after each round and put on a fresh uniform, when able and facilities permit.
- Wear masks off the mat when not competing.
- Eliminate handshakes with opposing coaches post-match.
- The use of a fist bump in lieu of a pre and post-match handshake is recommended.

Considerations for Referees:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Long-sleeved undershirts are permissible. If worn, they are required to be black in color.
- Change whistle several times during the day.
- Follow social distancing guidelines. Consider six feet minimum distance when talking to others (players, coaches, other officials).
- Consider use of a commercially manufactured whistle cover.
- Do not shake hands and follow pre- and post-game ceremony guidelines established by state associations.
- Officials may recognize the winner of the match by pointing to the wrestler and raising the appropriate color wrist band. Contact with wrestlers is discouraged.
- Officials may wear masks or face shields.
- Mask or face shields are required when not actively officiating the match.
- Officials may wear disposable gloves. If worn, they must change after each match.

Pre-Match Meeting:

- Limit attendees to the referee and one captain from each team.

Considerations for Parents:

(A family's role in maintaining safety guidelines for themselves and others):

- Make sure your athlete and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home),
- Provide personal items for your child and clearly label them.
- Disinfect your student's personal equipment after each match or practice which would include wiping down headgear, washing clothing and bags used to transport gear.