




# LHSAA GENERAL GUIDELINES FOR SPRING SPORT COMPETITIONS

## MEMORANDUM

To: LHSAA Member School Principals, Athletic Directors, Parish Athletic Directors, Superintendents, LHSAA Officials and Bowling, Bass Fishing, Gymnastics, Tennis, Softball, Golf, Outdoor Track, and Baseball Head Coaches

From: LHSAA Executive Director/Eddie Bonine 

Subject: Spring Sport Practice/Competition Guidelines

Date: February 2, 2021

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**Dear LHSAA Administrators and Coaches,**

As the Louisiana High School Athletic Association (LHSAA) begins with the opening of practices and competition of spring sports for the 2020-2021 school year, below are the guidelines pertaining to COVID-19 that were made with support from the NFHS, the Sports Medicine Advisory Committee (SMAC), Board of Elementary and Secondary Education (BESE) and local health officials. These updated regulations and guidelines are effective immediately for the sports of Baseball, Bass Fishing, Bowling, Golf, Gymnastics, Outdoor Track, Softball, and Tennis.

The LHSAA acknowledges that no plan can guarantee that an individual will not contract COVID-19. The recommendations in this plan are designed to mitigate the spread of the virus. The LHSAA fully intends to support its member schools and the student-athletes who desire to compete in interscholastic athletics and will continue to assess all areas as more information becomes available. These are minimal guidelines that are subject to modification. Any updates, changes or new information will be disseminated by the LHSAA to all member schools as soon as available. Regulations, guidelines and circumstances can vary from one member school to the next. The goal from everyone is to provide a safe environment for student-athletes, coaches, athletic directors, athletic trainers, game officials and spectators. The LHSAA recommends that schools work with local health officials if further guidance is desired. If you have questions, please contact your school administrators as they will have the latest information pertaining to your school and/or parish, our student athletes, communities and state. Again, please understand that these are minimal guidelines, and each member school and corresponding school system are free to adopt additional guidelines for the health and safety of student-athletes, students, coaches, faculty and others expected to attend contests.



# GENERAL GUIDELINES

## REQUIRED EDUCATION:

**NFHS COVID-19 for Coaches and Administrators Course** (free) – All coaches and administrators must complete the free online NFHS course “Covid-19” prior to the first competition. Certificate of completion should be kept on file at the school. <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>

**ACT 9** (Liability for COVID-19) -<https://legis.la.gov/legis/ViewDocument.aspx?d=1185639>

**BESE Minimum Standards** -

[https://go.boarddocs.com/la/bese/Board.nsf/files/BRDTN7782333/\\$file/B741NP.pdf](https://go.boarddocs.com/la/bese/Board.nsf/files/BRDTN7782333/$file/B741NP.pdf).

## General Competition Guidelines for ALL Sports:

### 1. Screening process for athletes, coaches, game personnel:

- i. Questionnaire written or electronic form prior to competition or prior to getting on the bus for travel. In the past 7 days have you had:
  - a. Fever
  - b. Cough
  - c. Shortness of breath
  - d. Difficulty breathing
  - e. Fatigue
  - f. Loss of taste or smell
  - g. Sore throat
  - h. Nausea, vomiting, diarrhea
  - i. Rash
- ii. Temperature Check
  - a. Anyone with a temperature of 100.4 or greater will not be permitted to enter the venue.
- iii. COVID-19 Athlete/Coach Monitoring Form:  
[https://cdn.lhsaa.org/uploads/forms/pdf/COVID\\_19\\_Form.pdf](https://cdn.lhsaa.org/uploads/forms/pdf/COVID_19_Form.pdf)

### 2. Jamboree, Hall of Fame Games, and Tournaments:

- i. All will be allowed provided all COVID-19 guidelines are adhered to including, but not limited to local LEA, State Fire Marshall, CDC, and other public health agency guidelines.

### 3. Fans/Spectators:

- i. If permitted, fan attendance must comply with state and local guidelines on occupancy. Occupancy guidelines include designated fan seating areas, all subject to social distancing requirements. Occupancy guidelines and limitations do not include players, coaches, officials, trainers, and medical personnel on the sidelines, field, court or other designated participant or team areas.
- ii. Face coverings and social distancing must be maintained during the entirety of the competition.
- iii. Concessions are discouraged. However, to the extent concessions are allowed, they should be coordinated in a manner to allow for social distancing and sanitation standards to the greatest extent possible.
- iv. Restroom facilities should be cleaned and sanitized prior to the start of the game and periodically during the event.
- v. If attendance restrictions are in place, proportionate access to tickets should be granted to the visiting team's fans.



# GENERAL GUIDELINES

## 4. Face Coverings:

- i. Face coverings must be worn by coaches, medical staff, game personnel and players on the sideline at all times.
- ii. Players and Officials that are actively participating in competition are allowed to remove their face covering during play.
- iii. Active players should apply their face covering during timeouts (if possible) and when entering the sideline.
- iv. For athletics in the State of Louisiana, neck gaiters on coaches, staff, and non-participating student-athletes will be permissible if made of 2-ply tight weave cotton or if there is a section of 2-ply tight weave cotton sewn into the area that would cover the nose and mouth. For a neck gaiter to be worn in high school athletics in Louisiana, a school official would have to assure that they are made of appropriate material fully covering the nose and mouth.
- v. Face coverings will follow uniform guidelines already in place.

## 5. Media: Media personnel must be screened and maintain adequate distancing from the team bench area.

## 6. PA Announcements/Posted Signs:

- i. If available, PA announcements should remind attendees to follow best practice guidelines for the prevention of COVID-19 transmission. **Example: We are excited to begin competitive team activities. Please do your part to help us finish the season. Wear your mask, practice social distancing and wash your hands frequently.**

## Guidelines for Symptomatic individuals with presumed or confirmed Covid-19:

- 1) **Presumed Infection:** Isolate individual with suspected infection; if in the athletic facility, provide a mask, isolate, and refer to a medical professional for evaluation and management.
- 2) **Pre-competition patient under investigation (PUI):** For cases that arise after pre-competition testing but before competition begins, the athlete needs to be promptly isolated and contact traced to quarantine close contacts prior to competition.
- 3) **In-competition PUI:** For cases that arise during competition, the athlete needs to be promptly isolated and contact traced to quarantine close contacts, and that information should be shared with the current opponent and officials to aide in decisions about how to proceed with that competition.
- 4) **Post-competition PUI or confirmed case:** For cases that arise after competition is completed, the athlete needs to be promptly isolated and contact traced to quarantine close contacts. If found to be COVID positive or having symptoms related thereto during the forty-eight (48) hour period following conclusion of the contest, information should be shared with the previous opponent(s) and the Regional Coordinator of Officials; if applicable, to facilitate contact tracing at the opponent's institution.
  - i) Symptomatic individuals with suspected or confirmed COVID-19: o *Symptom-based strategy.* Exclude from participation until: ▪ At least 1 day (24 hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications and improvement in symptoms (e.g., cough, shortness of breath); AND, at least 10 days have passed *since symptoms first appeared.*
  - ii) A Return to participation assessment and cardiac workup based on current recommendations must be completed before clearance by Team Physician to a graduated return to play.



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- iii) Individuals with laboratory-confirmed COVID-19 who have not had any symptoms: o *Time-based strategy*. Exclude from participation until: ▪ 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test. If they develop symptoms, then the *symptom-based strategy* should be used. Note, because symptoms cannot be used to gauge where these individuals are in the course of their illness, it is possible that the duration of viral shedding could be longer or shorter than 10 days after their first positive test.
- 5) **Individuals considered close contacts through contact tracing during practice or competition.**
  - i) Close contacts (less than six feet for more than 15 minutes per 24 hour period regardless of mask use, or direct face to face physical contact) will be required to quarantine. Before returning to participation with the team, individuals must quarantine for 14 days per CDC guidelines.
  - ii) Return to play after a close contact to a known positive: Allowable if no symptoms develop while quarantined and has quarantined for the recommended 14 day time. Institutions may consider testing contacts during quarantine if the local testing supply is adequate, however this does not shorten or remove the need for 14 day quarantine period.
- 6) Any individual who screens positive for COVID-19 will not be allowed to participate and will be immediately removed from the competition venue. A student-athlete, coach or other essential game personnel is urged to seek medical attention.
- 7) The LHSAA understands that there are student-athletes that have underlying conditions that could significantly increase their risk of contracting and transmitting virus. All student-athletes and their families should discuss their medical conditions with their family healthcare providers.
- 8) CDC Guidelines for students who are exposed in a classroom may follow the updated guidelines below:





# GENERAL GUIDELINES

**Student Code of Conduct:** To the extent the following section is adopted by your school system or local governing authority and in order to provide the safest of contest environments, all students must understand and agree to comply with the following health and safety requirements when on campus. First and foremost:

- 1) **DO NOT COME TO CAMPUS IF YOU ARE SICK OR IF YOU HAVE ANY SIGNS OR SYMPTOMS OF ILLNESS INCLUDING FEVER, COUGH, OR SHORTNESS OF BREATH. REPORT ANY CONFIRMED CASE OF COVID-19 TO THE SCHOOL.** If you are not sick, and do not have any symptoms of illness, by returning to the campus you agree to abide by the following policies and procedures:
- 2) **Symptom Monitoring:** All students returning to campus for an athletic contest may have their temperature checked, as well as being asked to answer symptom screening questions. A person exhibiting a temperature within the normal range and does not have a history of symptoms will be allowed to enter campus facilities.
- 3) **Personal Protective Equipment:** students are required to wear protective face coverings while on campus to the extent necessary to maintain social distancing requirements. Anyone using a personal, reusable mask should follow CDC guidelines for maintaining and sanitizing a reusable mask.
- 4) **Personal Hygiene:** In addition to wearing personal protective equipment, all students are to follow CDC guidelines of frequent hand washing using soap and water for at least 20 seconds or the use of hand sanitizer containing at least 60% alcohol when hand washing is not feasible. Also, avoid touching your eyes, nose, and mouth.
- 5) **Social Distancing:** Students will adhere to social distancing guidelines set forth by the CDC.
- 6) **Avoid Gathering:** students should avoid social gatherings on and off campus. Parties and other social gatherings should be avoided to prevent the transmission of COVID 19.
- 7) **Sanitizing/Disinfecting:** All school facilities and venues will be cleaned between uses. All campus facilities will be cleaned at the end of each day. Students and faculty will utilize single-use/disposable equipment whenever possible and dispose of said equipment immediately after use. Any student who is experiencing symptoms of illness, should report to a school representative.





# BASEBALL

**Recommended COVID-19 guidelines to implement 2020 - 2021 baseball games and practices.**  
**All coaches, athletes, officials and personnel must wear a mask in accordance with the State of Louisiana mandate – masks are optional during game play for officials and players on the field.**

**1. Social Distancing and Group Size**

- i. Maintain social distancing as much as possible between players and coaches outside of game play
- ii. The bench areas should allow for adequate spacing between players
- iii. Suspension of pre-game and post-game activities such as introductions and hand shaking

**2. Team Bench Areas**

- i. Admittance to area should be limited to participating athletes, coaches and medical staff
- ii. Anyone in the team bench area should always wear a mask

**3. Pre-Game Conference**

- i. Should take place at home plate with umpires, head coaches and 1 captain from each team while maintaining 6ft apart from each person
- ii. Suspend hand shaking during this conference

**4. Sanitization**

- i. All players should have their own water bottles
- ii. Common drinking sources should be avoided
- iii. CDC definitions for Sterilization, Disinfection, and Cleaning in Healthcare Facilities

**5. Stadium Regulations**

- i. Utilization of stadiums/ bleachers for fans at outdoor events should align with state Fire Marshal Guidelines found at <https://opensafely.la.gov/PublicLinks.aspx> as well as the guidelines of your local municipality.
- ii. Spectators should maintain social distancing in bleachers or additional seating areas
- iii. Spectators should wear masks in accordance with the state mandate

**6. Additional Information**

- i. All head coaches will be required to complete the FREE course offered by the NFHS on COVID -19. This course must be completed by January 25<sup>th</sup> and the certificate of completion must be kept on file along with other LHSAA compliance form for review. <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>
- ii. Act 9 (Liability for COVID-19) - <https://legis.la.gov/legis/ViewDocument.aspx?d=1185639>
- iii. BESE Minimum Standards – [https://go.boarddocs.com/la/bese/Board.nsf/files/BRDTN7782333/\\$file/B741NP.pdf](https://go.boarddocs.com/la/bese/Board.nsf/files/BRDTN7782333/$file/B741NP.pdf)



# BOWLING

**Recommended COVID-19 guidelines to implement 2020 - 2021 bowling matches and practices**  
**All coaches, athletes, officials and personnel must wear a mask in accordance with the State of Louisiana mandate – masks are optional during game play for officials and participating athletes**

**1. Social Distancing and Group Size**

- i. Maintain social distancing as much as possible between players and coaches in the lane seating area
- ii. The seating areas should allow for adequate spacing between players
- iii. Suspension of pre-game and post-game activities such as introductions and hand shaking

**2. Team Seating Areas**

- i. Admittance to area should be limited to participating athletes, coaches and medical staff
- ii. Anyone in the team seating area should always wear a mask

**3. Sanitization**

- i. All players should have their own water bottles
- ii. Common drinking sources should be avoided
- iii. CDC definitions for Sterilization, Disinfection, and Cleaning in Healthcare Facilities

**4. Bowling Lane Regulations**

- i. Each bowling facility will determine the capacity allowed in the venue in accordance with the current state restrictions
- ii. Utilization of stadiums/ bleachers for fans at indoor events should align with state Fire Marshal Guidelines found at <https://opensafely.la.gov/PublicLinks.aspx> as well as the guidelines of your local municipality.
- iii. Spectators should maintain social distancing in bleachers or additional seating areas if spectators are allowed
- iv. Spectators should wear masks in accordance with the state mandate when allowed in the bowling facility

**5. Additional Information**

- i. All head coaches will be required to complete the FREE course offered by the NFHS on COVID -19. This course must be completed and the certificate of completion must be kept on file along with other LHSA compliance form for review. <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>
- ii. Act 9 (Liability for COVID-19) - <https://legis.la.gov/legis/ViewDocument.aspx?d=1185639>
- iii. BESE Minimum Standards  
[https://go.boarddocs.com/la/bese/Board.nsf/files/BRDTN7782333/\\$file/B741NP.pdf](https://go.boarddocs.com/la/bese/Board.nsf/files/BRDTN7782333/$file/B741NP.pdf)



# BASS FISHING

## Recommended COVID-19 guidelines to implement 2020 - 2021 Bass Fishing tournaments.

### 1. Bass Fishing Rule Considerations

#### i. *Rules Briefings/meetings:*

- Can be live streamed on websites and social media sites.
- Any outdoor seating will be limited and follow social distancing guidelines.

#### ii. *Morning Take offs:*

- Closed to spectators but will be live streamed for them.
- Livewell and safety checks will be done in a drive by fashion. Boat IDF markers can be given at that time.
- A cloth mask and/or face covering is required anglers at takeoff and weigh-in.

#### iii. *Weigh-ins:*

- Spectator attendance at all weigh-ins will be limited to our anglers, their immediate family and essential staff only.
- All events will be open air events, no indoor weigh-ins or rules meeting will be held during this time frame so that people can feel comfortable spreading out as far as needed including sitting and listen to the briefings or weigh-ins from their vehicles, etc.

### Anglers:

- As an outdoor sport conducted on thousands of acres of water, tournament fishing allows for physical distancing more than any other sport.
- Only pre-tournament meetings that can comply with physical distancing guidelines will be conducted. All other rules and guidance will be communicated electronically to participants prior to each tournament.
- A cloth mask and/or face covering is required at takeoff and weigh-in and while seated in the boat. Masks may be removed while fishing on the front and rear deck of the boat.
- Flights will be spaced with adequate time to allow for physical distancing at the weigh-in.
- Weigh-in bag lines will be clearly marked with cones to maintain a minimum 6-foot spacing between anglers.
- A limited number of weigh-in bags will be distributed to provide for adequate physical distancing at the weigh-in tubs. Tubs will be spaced so that anglers waiting to weigh their catch will always be at least 6 feet apart.
- MLF staff working the weigh-in tubs will be wearing cloth masks/face coverings and face shields.
- Gloves (non-latex) will be provided to anglers and staff for handling weigh-in bags.
- Hand sanitizer will be provided to anglers and staff.
- When you take the stage for weigh-in, please place your fish on the scale then step behind a 6-foot line marked on the stage while the tournament director weighs your fish. After your weight is recorded, please take your fish off the stage while the tournament director maintains a 6-foot distance. A cloth mask and/or face covering is required while crossing the stage.
- Each tournament director will use a dedicated microphone.
- A second microphone that is sanitized between uses will be provided for anglers who wish to give interviews. Otherwise no on-stage interview will be conducted.
- Weigh-in bag handles will be disinfected between uses.
- Weigh-ins will be restricted to anglers and staff only. Family and fans should follow weigh-ins on MLF Live webcasts. No crowds will be allowed to gather until such time as CDC guidelines, state, and federal laws allow.
- If you must complete a W-9 onsite for tournament winnings, please complete the form in your boat or vehicle to maintain physical distancing.





# GOLF

The NFHS has designated golf as a low risk sport, but every golf coach should consult with their athletic director/administration on what is safe for high school golfers. Coaches should always practice and encourage safe protocols and social distancing.

## **Social Distancing**

*Practice Range & Greens:* Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This means additional spacing between players while playing, chatting, or changing drills so that players remain spaced out while waiting to hit. This ensures more limited exposure if someone develops an infection or has Covid-like symptoms.

*On Course Play:* Only essential personnel are permitted on the course. These are defined as players, coaches, athletic trainers, and course staff. ALL others are considered non-essential and should remain in the gallery by the cart path and remaining at least 20 yards from the players.

*Spectators:* Spectators should practice social distancing and accept personal responsibility for public health guidelines and remain at least 20 yards from the players.

*Coach Conferences:* Limit the # of individuals in a conference to those who must be in close proximity. Always practice proper social distancing of at least 6 feet away from each golfer.

*Masks:* It is encouraged that coaches wear a mask. Players are not required to wear a mask while competing, but may do so if they desire.

*Golf Equipment/Balls/Flag Sticks:* Players should only touch and use their golf ball and equipment. Do not touch a flagstick, bunker rakes, or ball cleaning device. Keep the stick in at all times unless a coach tends to it. A coach should rake the bunker for his/her player(s).

*Hand Sanitizer/Sanitizing Wipes:* Players and coaches are encouraged to provide their own hand sanitizer and wipes. It is recommended that hand sanitizer is used before, during, and after each practice/round when going out to, coming in from the course.

## **Hydration**

All golfers should bring their own water bottle/jug/drinks. Drinks must NOT be shared. Water fountains and water coolers on the course or clubhouse should not be used.

## **Other Considerations**

If possible, shotgun starts are encouraged for the distancing of golfers at the tee box at the beginning of a round. Golfers will keep their own scorecards. Do not exchange scorecards. Keep your score and your fellow golfer's scores on your card. Golfers are discouraged from shaking hands at the end of a round. Confirm scores at the end and social distance.

When in doubt, use your best judgment and practice proper social distancing, hand sanitizing, hand washing, and we encourage you to wear a mask to mitigate risk. THANK YOU for all that you do for the sport of golf and to keep your golfers safe!



# GYMNASTICS

## Recommended COVID-19 guidelines to implement 2020 - 2021 Gymnastic meets.

### General Considerations:

- Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
- Contact equipment manufacturers for specifics on proper cleaning protocols for their equipment. Continued use of disinfectant chemicals may reduce the life of the product. The application of disinfectant chemicals may have unintended results and place the gymnast at risk of injury.
- Remove common chalk bowls. Chalk bowls frequently become talking places for athletes.
- Consider wearing a cloth facial covering for non-coaching staff, coaching staff, and student athletes.
  - Student athletes should consider wearing cloth facial covering while in the facility and when moving from each apparatus, but not while participating on the equipment as the mask could come off, move, or become a distraction and increase the risk of injury.
- Social distancing should be in practice while waiting for a turn on the apparatus or moving from one event to another. Communicate gym policies clearly to participants and parents.
- Everyone should wash and sanitize their hands before entering and leaving the gym and must wash/sanitize their hands between rotation to different events.
- Cloth face coverings may be worn when entering and leaving the gym but should be stored in the athlete's gym bag during practice. It is not recommended that face coverings be worn while the athlete is participating on the equipment.

### 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 on apparatus in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Athlete safety is paramount and coaches should not be restricted from spotting an athlete if necessary, to protect the athlete from injury.
- Expectations regarding spotting or alternative teaching/coaching methods should be clearly communicated repeatedly during practice.
- Follow CDC guidelines regarding social distancing.
- Follow the CDC guidelines for cleaning and disinfecting the building.

### Considerations for Students:

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

### Considerations for Judges:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines.
- Space judges 3-6 feet apart at judging tables.

- Do not shake hands and follow pre and post meet ceremony guidelines established by state associations.
- Judges and meet personnel may wear cloth face coverings.

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

- Make sure your child 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.
  - Gym bag, water bottle, grips, tapes, pre-wrap, wrist guards, personal chalk bag etc. (See gym bag document).
  - Individual chalk bags, plastic bins, buckets or other storage containers should be used and stored in the athlete's gym bag.

Everything inside the gym bag must be disinfected after every practice – before you return to the gym again. Be sure the disinfectant doesn't contain bleach, it could ruin your bag. Be sure to spray the inside and the outside of the bag as well. This is for everyone's protection, we don't want to take a chance of carrying any potential virus back and forth.

### Supplies needed for your personal gym bag:

1. A reusable **cloth facial coverings** – The mask, must be worn when entering the building and anytime you leave the gym. Once you have entered the workout area, you can put your mask into a baggie inside your gym bag. However, you must abide by the at least 6' apart rule at all times while in the workout area.
2. **Grips, wristbands** and any **braces** that are normally used during practices will stay in your gym bag.
3. Include a **travel size spray bottle** filled with water to spray your grips. Be sure to keep the spray bottle inside a **Ziploc bag** in case it leaks.
4. **Personal bottle of hand sanitizer** = less chance of possible cross contamination and less time standing around waiting to use a shared gym bottle – be sure to have this inside a **Ziploc bag**, in case it leaks. This will be used before each event and when exiting the building.
5. **Disinfectant wipes** for personal use to disinfect your feet – can be alcohol wipes. These will be used when entering, after each event and before exiting.
6. **1 ½" white athletic tape** and any other tape you normally use during practice.
7. **Fingernail clippers** – flat edge instead of round because they are for cutting rips
8. **Personal water bottles** for drinking– the water fountains will not be in use because of CDC guidelines. Bring two bottles if you think you will drink that much water.
9. Your shoes will also be stored in your gym bag, in a separate compartment or bag that is inside your gym bag. Preventing possible cross contamination with other items in the gym bag.
10. A **Gallon size freezer Ziploc bag** or plastic container big enough to get your hands into. Each gymnast will be given chalk for their personal use. There will not be any shared chalk buckets available in the gym.

Everything inside the gym bag must be disinfected after every practice – before you return to the gym again. Be sure the disinfectant doesn't contain bleach, it could ruin your bag. Be sure to spray the inside and the outside of the bag as well. This is for everyone's protection, we don't want to take a chance of carrying any potential virus back and forth.



# SOFTBALL

**Recommended COVID-19 guidelines to implement 2020 - 2021 softball games and practices. All coaches, athletes, officials and personnel must wear a mask in accordance with the State of Louisiana mandate – masks are optional during game play for officials and players on the field.**

## **1. Social Distancing and Group Size**

- i. Maintain social distancing as much as possible between players and coaches outside of game play
- ii. The bench areas should allow for adequate spacing between players
- iii. Suspension of pre-game and post-game activities such as introductions and hand shaking

## **2. Team Bench Areas**

- i. Admittance to area should be limited to participating athletes, coaches and medical staff
- ii. Anyone in the team bench area should always wear a mask

## **3. Pre-Game Conference**

- i. Should take place at home plate with umpires, head coaches and 1 captain from each team while maintaining 6ft apart from each person
- ii. Suspend hand shaking during this conference

## **4. Sanitization**

- i. All players should have their own water bottles
- ii. Common drinking sources should be avoided
- iii. CDC definitions for Sterilization, Disinfection, and Cleaning in Healthcare Facilities

## **7. Stadium Regulations**

- i. Utilization of stadiums/ bleachers for fans at outdoor events should align with state Fire Marshal Guidelines found at <https://opensafely.la.gov/PublicLinks.aspx> as well as the guidelines of your local municipality.
- ii. Spectators should maintain social distancing in bleachers or additional seating areas
- iii. Spectators should wear masks in accordance with the state mandate

## **8. Additional Information**

- i. All head coaches will be required to complete the FREE course offered by the NFHS on COVID -19. This course must be completed by January 25<sup>th</sup> and the certificate of completion must be kept on file along with other LHSAA compliance form for review. <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>
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## Recommended COVID-19 Precautions to Implement for 2020-21 Tennis Events:

**The host school should** make every effort to mitigate risk and provide adequate opportunities for physical distancing procedures for the opposing teams, officials, and all spectators. This may include, but is not limited to:

- Restricting attendance/ seating areas
  - i.e. Only two spectators per competing athlete or no spectators at all
- Separate points of entry for home and visiting teams/ spectators
- No concession stands/ “grab and go” food and beverage options instead
- Separate/ multiple restrooms for home and visiting spectators
- Adequate locker room space/ outdoor space for the visiting team
- Adequate locker room space/ outdoor space for the officials
- Require spectators to wear face coverings
- Implementing diligent and effective cleaning and disinfecting of frequently touched objects and surfaces

**Face Coverings:** Athletes participating on the court, whether in practice or competition, are not required to wear face coverings but are permitted to do so if they so choose. Bench personnel should wear face coverings at all times- this includes athletes not currently in the game, coaches, managers, trainers, statisticians, media and anyone else on the sideline. It is also recommended that game officials wear face coverings, but is not required when carrying out their duties. Contest management, school administrators, media and all staff should be required to wear face coverings. Spectators should also be required to wear face coverings.

**If a school has a player** test positive for COVID-19, they will contact their parish’s Health Unit regarding a course of action. Click [HERE](#) to be directed to the website for the Louisiana Department of Health.

**It is recommended that** players, coaches, and spectators have their temperatures checked at home or at the school prior to participating in or attending practices or competitions. Any individual with a temperature of 100.4 or above should not participate in or attend the practice or competition. See attached for a COVID-19 Athlete & Coach Monitoring form that should be presented to the host school by visiting team.

**During practice,** coaches should make accommodations for physical distancing whenever possible. Provide adequate spacing when participating in warm-ups, instructional time and drills. Conduct workouts in small groups whenever possible.

**During competition,** the sideline/ bench/ team areas should be restricted to essential personnel only. This includes players, coaches, team trainers, team managers, game officials, and statisticians. Coaches, officials and players should be cognizant of physical distancing guidelines when interacting during the game. Pregame and postgame interactions between opposing coaches and players should also adhere to physical distancing guidelines.



## Practices:

- All athletic equipment should be cleaned intermittently during practices and contests.
- Hand sanitizer should be plentiful at all practices.

## Competitions:

- No handshakes/ high-fives/ fist bumps between competitors, doubles partners, athletes and coaches, opposing coaches, or coaches and tournament management.
- No pre-match instructions. Coaches must communicate in advance.
- No team huddles.
- No competitor chairs allowed on court (unless they can be properly disinfected after each use).
- Players' bags and/or gear must be 3' from the net post and 6' total from the opponent's bag and/or gear.
- Whoever's bag is on the side of the score (and closest for doubles) is the only one who should update the score.
- Players need to use hand sanitizer before entering and when exiting the court.
- Coaches are encouraged to wear face coverings when communicating with competitors during breaks in the match as well as off the court.
- When switching sides, players will go directly to their bags and should not cross paths with their opponent.
- If passing a player from another court while switching sides, both players must maintain physical distancing guidelines.
- At the conclusion of the match, the scoring device must be sanitized before the next match may use it.
- When returning balls to an adjacent court, player should only use their racquet (do not touch the ball with their hands).
- Ball assignments: Be sure correct ball numbers are assigned to correct court numbers.
- If you use two cans of balls, or four balls per court, you want them to be the same number so that it meets the requirements of ball assignment. One set of balls (two or three) should have an "X" on them. So one player on Court 1 will have #1s and the other will have #1Xs. Court 2 will have #2s and #2Xs. (Or, any logical alignment for which players can effectively identify their own game balls.)
- Proceed with play, making sure to pick up only your set of numbered balls. Should a ball with the other number wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball back to the other side of the court or an adjacent court (wherever the ball came from).
- Each team is responsible for its own hand sanitizer and its own medical kit.



# OUTDOOR TRACK AND FIELD

## 2021 Outdoor Track and Field Covid-19 Precautions

Note: This is not an exhaustive list and there may be additional steps implemented by each school or parish to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the LDH and our office.

### General Considerations:

- SP, DT, JT should enforce social distancing for all athletes and officials.
  - To limit contact: athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws.
  - If athletes can't provide their own implements, then it is recommended that implements be sanitized between each use.
- LJ, TJ should enforce social distancing for all athletes and officials.
- HJ, PV should enforce social distancing for all athletes and officials.
  - To lower the risk of these events meets can cover pits by a tarp that is removed and disinfected after each athlete (therefore multiple tarps needed to keep event moving).
  - To limit contact: athletes should not share vaulting poles.
- Sprint, Hurdle, relay events run entirely in lanes, may use every other lane to assist with distancing.
  - Blocks should be disinfected after each heat / race.
  - Recommend not using baskets at start line for apparel.
- Recommendations for students to wear a cloth facial covering when not actively competing.
- Middle Distance and distance races on the track of 800m and longer (any event not run entirely in lanes) are considered moderate risk activities if conducted under normal circumstances.
- Batons should be disinfected after each heat/race.

### Considerations for Officials:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines:
  - Pre and Post Meet conferences,
  - Clerking at the start line,
  - Tabulations and posting of results.
- Consider using electronic whistle or whistle sock.
- Do not shake hands and follow pre- and post-game ceremonies as established by the host school to ensure social distancing and appropriate masking.
- Official personnel may always wear cloth face coverings.



# OUTDOOR TRACK AND FIELD

## 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 but also to prevent the whole team from being quarantined.

## Considerations for Students:

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

## Considerations for Parents:

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

- Make sure your child and immediate household members are without symptoms of from illness before participating in practice and competition (if there is doubt stay home),
- Provide personal items for your child and clearly label them.
- Individuals 65 years or older, people of all ages with poor control of medical issues like high blood pressure, heart disease, obesity, or a weakened immune system are at a higher risk for getting very sick or dying from COVID19 and should strictly adhere to all LDH guidelines, and are encouraged to stay at home as much as possible.

## LHSAA COVID Monitoring Form

- Each participating school **SHALL** complete the LHSAA coach/athlete COVID-19 monitoring form (see attached) before each competition and present to host school upon arrival or packet pickup.

## Reporting requirements if an athlete, coach or meet personnel tests positive for COVID19

- Individuals or representative of said individual (coach, parent, guardian, etc.) will make the Meet Director aware of any positive COVID-19 diagnosis within 48 hours following any event. Contact information will be part of the athlete or team registration process. Those individuals who competed in a particular event/race with a COVID-19+ athlete, will be notified of the positive test result.

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## STATEMENT ON RISK OF COVID-19 DURING HIGH SCHOOL SPORTS

### National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC)

In May of 2020, the National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC) distributed GUIDANCE FOR OPENING UP HIGH SCHOOL ATHLETICS AND ACTIVITIES to state high school associations. A key component of that document was an outline of high-, moderate- and low-risk sports under the heading “Potential Infection Risk by Sport.” The NFHS SMAC determined “potential infection risk” based upon its knowledge of the coronavirus at that time. Thus, an emphasis was placed upon avoiding close contact (for even brief periods of time) and sharing equipment. As our knowledge of how the virus that causes COVID-19 has evolved, we have increasingly recognized that transmission depends upon multiple factors that cannot be easily accounted for by simply dividing sports into three distinct categories of risk.

No individual or team sport can be determined to be solely HIGH, MODERATE or LOW risk based upon current available research. Coronavirus transmission rates in all sports vary based upon multiple factors and exist on a continuum. Prevailing community infection rates appear to be the strongest predictor for high school athletes being infected, and proven cases of direct transmission of coronavirus in the athletic setting remain relatively rare. Differences in incidence rates between sports are also relative as a “4 times greater infection rate” for one sport over the other may mean 13 per 100,000 player-days versus 52 per 100,000 player-days – both very small numbers.

Based upon a review of current Centers for Disease Control and Prevention (CDC) recommendations, the shared experiences of dozens of states participating in high school athletics, and emerging published and unpublished data, the NFHS SMAC no longer endorses the use of the tiered “Potential Infection Risk by Sport” that was included in the GUIDANCE FOR OPENING UP HIGH SCHOOL ATHLETICS AND ACTIVITIES.

The following factors should be strongly considered by stakeholders in assessing the potential for COVID-19 transmission related to high school athletics:

1. COVID-19 rates of participants in any given sport are directly proportional to prevailing community disease rates.
2. Participants in non-contact sports show lower rates of COVID-19 than contact sports.
3. Participants in outdoor sports show lower rates of COVID-19 than indoor sports.
4. Face mask use while participating in indoor sports results in COVID-19 rates comparable to the rates found in outdoor sports.
5. The great majority of sports-related spread of COVID-19 does not appear to occur during sports participation, but from social contact. Maximizing efforts to prevent this type of spread remains paramount. Social distancing, mask use, staying home while ill and proper hygiene must continue to be emphasized in the locker room, on the sidelines, and while traveling, dining and interacting in the community.

*The Association of COVID-19 Incidence with Sport and Face Mask Use in United States High School Athletes*

<https://www.medrxiv.org/content/10.1101/2021.01.19.21250116v1>





## STATEMENT ON RISK OF COVID-19 DURING HIGH SCHOOL SPORTS

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**Approved January 27, 2021**

### **DISCLAIMER – NFHS Position Statements and Guidelines**

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time.