



LHSAA GENERAL GUIDELINES FOR WINTER SPORT COMPETITIONS

MEMORANDUM

To: LHSAA Member School Principals, Athletic Directors, Parish Athletic Directors, Superintendents, LHSAA Officials and Girls' and Boys' Basketball, Soccer, Powerlifting and Wrestling Head Coaches

From: LHSAA Executive Director/Eddie Bonine

Subject: Winter Sport Practice/Competition Guidelines

Date: December 8, 2020

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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 winter 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 Girls' and Boys' Basketball, Indoor Track, Powerlifting, Soccer and Wrestling.

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.



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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

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.



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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. Cheer, Dance and Band (Support Groups):

- i. Administrators must place any/all support groups in the stands. Support groups are not allowed to cheer, dance, or perform from the baseline and/or sideline areas during basketball games.
- ii. Pre-game banners or other congregations should be discouraged.
- iii. Bands should maintain distancing from fans, other support groups, and players.
- iv. Cheer, Dance and Band must enter and exit the playing surface from the sidelines and not through player bench area for halftime performances.
- v. All cheer, dance, and band groups are required to wear a face covering at all times except while performing on the playing surface.
- vi. Cheer, Dance and Band members are included in the state/local occupancy number of the venue. They are not included in the LHSAA designated areas.

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

7. 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,



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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.
 - 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. (Red revised by CDC 12/7/2020)**
- 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 that are SYMPTOM FREE must quarantine for 14 10 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 10 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 10 day quarantine period.
 - iii) When diagnostic testing resources are sufficient and available, quarantine can end after Day 7 post-exposure if a diagnostic specimen (molecular/PCR or antigen) tests negative and if no symptoms were reported during daily monitoring. The specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g., in anticipation of testing delays), but quarantine cannot be discontinued earlier than after Day 7.
 - iv) Daily symptom monitoring continues through quarantine Day 14.
- 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.

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:



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- 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.

UPDATED QUARANTINE GUIDANCE
FROM THE CENTER FOR DISEASE CONTROL AND PREVENTION (CDC)

10 DAYS AFTER EXPOSURE IF	7 DAYS AFTER EXPOSURE IF
NO SYMPTOMS	NO SYMPTOMS
NO COVID TEST	A NEGATIVE COVID TEST ON OR AFTER DAY 5

****14 DAYS OF QUARANTINE IS STILL THE SAFEST OPTION****



GIRLS' AND BOYS' BASKETBALL

Recommended COVID-19 guidelines to implement for 2020-21 Basketball.

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 court.

1. SOCIAL DISTANCING

- i. Coaches are responsible for ensuring social distancing is maintained between players as much as best/possible.
- ii. Maintain social distancing as much as possible between players and coaches outside of practice and game play.
- iii. The bench areas should allow for spacing of 6ft between players.
- iv. Suspension of pre-game and post-game activities such as hand shaking.
- v. Admittance to team bench area should be limited to participating athletes, coaches, and medical staff.
- vi. Anyone in the team bench area should always wear a mask.

2. PRE-GAME ACTIVITIES

- i. Limit pregame meeting participants to essential personnel.
- ii. Maintain social distancing.
- iii. Suspend handshakes prior to and following the pregame meetings.

3. TEAM BENCH AREAS

- i. Limit the number of bench personnel to observe social distancing of 6 feet or greater.
- ii. Place team benches opposite the spectator seating if possible.
- iii. Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
- iv. Create separation between the team bench and spectator seating behind the bench to ensure social distancing with designated team bench area.
- v. Limit contact between players when substituting.
- vi. Personnel not in the game should adhere to any required local/state face covering requirements.

4. OFFICIALS TABLE

- i. The host should sanitize the table before the game and at half time.
- ii. Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
- iii. 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.
- iv. Other personnel (visiting scorer, statisticians, media, etc.) may not be deemed essential personnel and consider an alternate location for them.
- v. Table personnel should adhere to any required local/state face covering requirements.

5. SANITIZATION

- i. All individuals in the Team Bench areas should have their own water bottles.
- i. Common drinking sources should be avoided.
- ii. Basketballs should be sanitized throughout the practice or and game in accordance with the recommendations from the manufacturer.



GIRLS' AND BOYS' BASKETBALL

6. GYM REGULATIONS

- i. Utilization of gyms/ 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.

7. ADDITIONAL INFORMATION

- i. All head coaches will be required to complete the FREE “COVID-19 for Coaches and Administrators” course offered by the NFHS. This course must be completed by November 2nd and the certificate of completion must be kept on file along with other LHSAA compliance forms for review. <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>.
- ii. [Act 9](#) (Liability for COVID-19)
- iii. [BESE Minimum Health and Safety Standards](#) (regarding COVID-19)

8. OFFICIALS' INFORMATION

- i. Electronic whistles and long-sleeved shirts are permissible.
- ii. Face coverings shall be worn when entering the gym and during pregame activities. Face coverings are permissible during game play.



SOCCKER

**Recommended COVID-19 guidelines to implement 2020 - 2021 soccer 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 players on the field.**

1. Social Distancing and Group Size

- i. Phase 2 groups size of student athletes is 25.
- ii. Phase 3 group size of student athletes is 50.
- iii. If groups convene outdoors, a physical barrier is not required, but each group must remain separated.
- iv. Maintain social distancing as much as possible between players and coaches outside of match play.
- v. The bench areas should allow for spacing of 6ft between players.
- vi. 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 center of the field with referees, head coaches and 1 captain from each team while maintaining 6ft apart from each person.
- ii. Suspend hand shaking during this conference.

4. Soccer Rules Interpretations

- i. Rule 4-1 Equipment and Accessories
 - a. Cloth face coverings are permissible.
 - b. Gloves are permissible.
- ii. Rule 4-2 Legal Uniform
 - a. Long sleeves are permissible.
 - b. Long pants are permissible.
 - c. Under garments are permissible but must be of a similar length for the individual and a solid like color for team.

5. 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](#)
- iv. Soccer balls should be sanitized throughout the practice or match in accordance with the recommendations from the manufacturer.

6. 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.



SOCCER

7. 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 October 26th 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).



WRESTLING

The guidelines outlined in this document are meant to decrease potential exposure to the virus by encouraging physical distancing, limiting personnel to those who are essential, and allowing for appropriate protective equipment. Please note that even when taking all precautions, there will still be a risk of transmitting illnesses. All teams should stay vigilant about the health of their athletes and coaches. Please keep up with any updates from the LHSAA regarding the situation with COVID-19, seeing as it is rapidly changing.

General Guidelines:

- Have hand sanitizer and wipes available at the table.
- Wash stations or hand 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 competition and in between each round.
- Spectators limited to your local education authority (LEA) and current state fire marshal guidelines for indoor events here: <https://opensafely.la.gov/PublicLinks.aspx> (select indoor & outdoor sports, racing).
- Participate/host smaller events (more dual, Tri, Quad meets, and less larger tournaments)

Guidelines for Coaches:

- Take temperatures/ complete LHSAA coach/athlete COVID-19 monitoring form (see attached) before each competition and present to host school.
- Wear masks on and off mat.
- Eliminate handshakes. Still must acknowledge the opposing coach and athlete post-match.
- Stagger weight classes, so not everyone is in chairs mat-side.

Guidelines for Athletes:

- Shower after each round and put on a fresh uniform, or disinfect/sanitize uniform before next match, or clean all exposed skin with sanitary wipes prior to next match.
- Wear masks off the mat while not competing when physical distance cannot be maintained.
- Eliminate handshakes. Still must acknowledge the opposing athlete and coach pre and post-match.
- Report any potential COVID-19 related symptoms to coaching staff.
- Report any contact with anyone recently diagnosed with COVID-19 to coaching staff.

Guidelines for Officials:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- 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 using electronic whistle.
- Do not shake hands.
- Remain in mask off the mat.
- Optional use of mask on the mat.
- May wear disposable glove. If so, then they must change after each match.



WRESTLING

Guidelines for Parents:

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home).
- Stay home if you have a compromised immune system or underlying health conditions that make you at risk for a COVID-19 infection.
- Provide personal items for your child and clearly label them.
- Disinfect your students' personal equipment after each game or practice.
- Wear masks at all times while indoors spectating.

LHSAA WEIGHT MANAGEMENT CERTIFICATION TESTING PROTOCOL 2020-2021 AMID COVID-19

Prior to attending weight certification testing the following must be adhered to:

- Schedule a reserved time slot with an approximation of the total # of proposed athletes to be certified at least 24 hours before desired time and date.
- Time reserved by each team must be adhered to and thus maintaining a pod for each team.
- Upon arrival the head coach or designated representative for each team must report to the testing administrator and submit a **"COVID-19 Athlete/Coaches/Team Volunteers Monitoring Form"** to the testing administrator.
- Scheduled team must maintain physical distance and stay with their designated team. Teams will be certified as a team at all testing stations and adhering to physical distance within their respective team. Individual team members must wear a mask at all times.
- Coaches and or designated team representative must ensure that all student athletes are prepared for all aspects with weight certification and hydrated to comply with the hydration compliance of weight certification.
- Documentation/forms used for weight certification must be held by each individual tested and submitted at the conclusion of their individualized certification to designated testing administrator.
- At the conclusion of certification for their team, the team must leave the certification area while maintaining physical distance with their respective team.
- Teams and/or individuals will not be allowed to congregate with other individual athletes outside of their respective teams. This will maintain safe physical distancing and maintain respective pods. The only individuals allowed to enter the certification area will be those athletes being certified and coaches or designated team representatives.

Accommodation will be provided by each certification site and their respective administrator(s) to accommodate athletes, coaches and other designated team representatives to facilitate the certification process. Certification will not proceed for any individual and or team that does not adhere to the Covid-19 safety guidelines. Teams will not be allowed to participate in the certification process if they fail to schedule a time and reserve their team's certification time/date slot. **Coaches and or designated team representative must ensure that all student athletes are prepared for all aspects with weight certification and hydrated to comply with the hydration compliance of weight certification.**

Any question or concerns can be directed to the Certification Coordinator - Roberto Furtado.



WRESTLING

LHSAA WEIGHT MANAGEMENT CERTIFICATION TESTING PROTOCOL 2020-2021 AMID COVID-19 (Testing site administrators Protocol)

The following must be adhered at each certification site and facilitating the athletes weight certification:

Coaches for each team must request and reserve a date and time slot for their team's weight certification. It is recommended that each team be given a 30-minute slot to complete the certification process. Use proper judgment when scheduling time slots in that they may vary according to the number of athletes scheduled by each team.

- A. Depending on each certification site limit the number of teams/individuals scheduled and only allow those team(s) to attend the weight certification.
- B. Do not schedule or allow for teams or individuals to violate physical distance. Instruct the head coach and teams to stay within their team's area.
- C. Do not allow anyone to enter the certification area who is not listed on the **"COVID-19 Athlete/Coaches/Team Volunteers Monitoring Form"**.

At the start of each certification review the **COVID-19 Athlete/Coaches/Team Volunteer Monitoring Form"**.

- Keep the form and submit with all documentation at the conclusion of certification for each team.
 - Instruct the head coach or designated representative to keep their team in the designated area.
 - Once teams have completed filling out the documents, you can begin the certification process.
 - Instruct the individuals to report to each testing station while maintaining physical distance and mask wearing. Keep team together and test as a unit.
 - Do not start another team's weight certification until the current team has completed theirs.
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- ✓ At height station instruct athletes to maintain physical distance and staggered entrance and exit area.
 - ✓ At hydration station limit testing to one at a time while maintaining physical distance and staggered entrance and exit area.
 - ✓ At the weight/body fat station, maintain physical distance and staggered entrance and exit area.
 - ✓ Collect documentation and fees and instruct team to vacate the certification area ASAP. Prepare for the next team.

All certification administrators must submit to a COVID-19 Monitoring Exam and submit the completed form to be delivered to Roberto Furtado along with all completed certification documentation. Please maintain appropriate physical distance, use of a mask and gloves when appropriate. In the event of circumstance involving an individual athlete that has difficulty providing a urine sample for the hydration portion allow the athlete the opportunity to submit a sample during the team's reserved time slot. However, count the certification as a failure if and when the athlete fails to provide a sample when the team's time has expired.



POWERLIFTING

All coaches, athletes, spectators, officials and personnel must wear a mask in accordance with the State of Louisiana regulations.

Disclaimer: Guidelines are subject to change and will be updated in accordance with government directives.

Pre- Meet Screening:

- Meet directors and coaches shall adhere to the LHSAA guidelines for General Competition for All Sports.

Meet Floor:

- All lifters must wear a mask during competition.
- Lifter's chairs should be 6 feet apart or to the best extent possible.
- No lifting chalk shall be provided by the meet host. Schools shall provide their own lifting chalk to their lifters.
- Hand sanitizer will be provided at each platform.
- Between each flight the meet equipment should be wiped or sprayed down and sanitized (bar, plates, bench, and rack).
- Limit the people on the floor in the lifting area to coaches/lifters/spotter/loaders/table workers/judges – no wrappers or trackers in the lifting area if social distancing cannot be maintained.
- Flight size should be manageable to maintain social distancing as much as possible.

Weigh in:

- All individuals in the weigh-in room shall wear a mask.

Coach's meeting:

- The meet director has the discretion to determine how many coaches can attend the coach's meeting to maintain social distancing as much as possible between coaches.
- Coach's chairs should be 6 feet apart or to the best extent possible.

Limitations on Gatherings:

- When not directly participating in warm-up or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual.

Dressing Facilities:

- The meet host is responsible for providing restroom facilities that are separate from fan use.
- If available, dressing facilities for officials and teams should be large enough to allow for social distancing and should be cleaned and sanitized prior to use. If no adequate space is available, consider rotating use to an appropriate number of individuals.

Facilities Cleaning before and during the meet:

- Follow all CDC and public health guidelines regarding facility sanitization.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.

Spectators:

- Reference opensafely.la.gov for attendance guidelines.



FREQUENTLY ASKED QUESTIONS

It was my (*our*) intention here at the LHSAA to continue, as much as possible, to remain in our lane and not “micro-manage” your athletic programs and/or your facility management. This office and many of you were preparing for the ability to have a 50% capacity for indoor and outdoor venues. And as you know, I publically stated such in my testimony at the State Capitol because of information received on the OpenSafely.la.org informational website. *BUT*, the Governor’s recent executive order prescribes differently ... resulting in calls and emails from many of you asking questions. So, please keep in mind a couple of things while reviewing this information, one, we are now in Phase III which permits static groups of 50 *and* there are “three sets of lines” recognized by this office. “**Inside the lines**” on our playing surfaces. “**Sidelines**” which are the coaching areas/boxes and/or the player areas/boxes/ benches nearest to the playing surfaces. “**Outside the lines**” is all areas beyond the playing surfaces and beyond the player/coach areas designated by NFHS rules. The LHSAA and the LHSOA will handle any/all administrative duties “**inside the lines**” *and* on the “**sidelines.**” All other duties “**outside the lines**” are the explicit responsibility of the Local Education Agency (LEA) and fall under the authority of the principal or game day site manager per LHSAA Rule 3.1.

So, in an attempt to assist our membership, please accept the following information in conjunction with the Louisiana State Fire Marshal’s Office as this office’s interpretations for consideration as it relates to the most frequently asked questions to date related to stadium and/or gymnasium capacities.

Questions and Answers

Question: Who is counted within the state/local occupancy (Phase III - 25%) capacity?

Answer: *Any/all individuals and/or spectators that will be seated in the original structure’s fixed seating and/or any additional / portable seating placed in and around the field, court or any other designated playing surface.*

Question: Do we count the school support groups (*i.e.*) band, cheerleaders and dance team in the overall state/local occupancy (Phase III - 25%) capacity?

Answer: *Yes.*

Question: Do we count press box occupancy in the state/local occupancy (Phase III - 25%) capacity?

Answer: *Yes. Reminder, please account for 6’ social distancing and face coverings.*

Question: Who is considered essential personnel and not included in the state/local occupancy (Phase III - 25%) capacity count?

Answer: *All on-field/on-court personnel: players, coaches, LHSOA game officials, chain crew, team manager(s), athletic trainer(s), team doctor(s), emergency medical service, local media (*i.e.*) T.V. and “beat writer”, assigned security and assigned school / parish administrative supervision. Reminder, 6’ social distancing and face coverings required.*

Question: Who will be enforcing face coverings on the sidelines?

Answer: *This responsibility belongs to coaches, athletic trainers, medical personnel and any/all assigned school / parish administrative supervision on the sidelines.*



FREQUENTLY ASKED QUESTIONS

Question: Can cheerleaders stack and/or build pyramids?

Answer: *Yes. Must continue to wear face coverings.*

Question: Can dance team lines lock up?

Answer: *Yes. Must continue to wear face coverings.*

Many member schools are going to an online and / or on campus presale ticket purchase format. Once the maximum number of tickets allotted for both schools are sold and/or accounted for, this may or may not eliminate walk up ticket sales on the day/evening of the event. This process has resulted in the following question:

Question: Will there be a LHSAA sanction/consequence if a member school does not accept LHSCA coach's cards?

Answer: *Yes, however, if member schools choose to adopt an online and/or on campus presale purchase format to remain compliant with state fire marshal capacities for their facilities, they must allow coaching card members the ability to reserve a spot/ticket(s) within those presale numbers. Coach's cards must also be accepted for schools who choose to remain with walkup sales up to the point of the designated fire marshal capacity. If coaching cards are not accepted in these formats please refer to the following bylaws: LHSAA Bylaw 3.11 identifies those who can possess a coaching card, a prescribed requirement for member schools to recognize card holder to LHSAA sanctioned events and LHSAA Bylaw 5.2.6 states "failure to comply with other rules of the association, after due notice, shall be penalized to a degree in keeping with the severity of the situation".*

There of course will be more scenarios in which I (we) did not cover, but again, this is what has been asked to date. Overall, it is my (our) hope this scratches some of the surfaces as we navigate the sports seasons ahead during this very unusual and uncertain time. Good news, we are having seasons, many state associations across the nation are still sitting idle. As always, we are appreciative of your cooperation and communication with our offices.