

| UHSAA GUIDELINES 4.1 Approved Oct. 15, 2020 Any new updates to the Governors "COVID-19 Transmission Index" plan will be colored. | | |
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| High Phase* | Moderate Phase | Low Phase |
| FOR ALL UHSAA SANCTIONED EVENTS | FOR ALL UHSAA SANCTIONED EVENTS | FOR ALL UHSAA SANCTIONED EVENTS |
| Symptom/ Temperature Checking Before Participation Daily and is tracked using NFHS Symptom Form, or any District Approved Symptom Check Tool, App, or Form. | Symptom/ Temperature Checking Before Participation Daily and is tracked using NFHS Symptom Form, or any District Approved Symptom Check Tool, App, or Form. | Symptom/ Temperature Checking Before Participation Daily and is tracked using NFHS Symptom Form, or any District Approved Symptom Check Tool, App, or Form. |
| Visiting Teams Symptom/Temperature Check Before Loading the Bus to travel to games, and Home Teams Symptom/Temperature Check Before Athletes Enter the Locker Room Pre-game | Visiting Teams Symptom/Temperature Check Before Loading the Bus to travel to games, and Home Teams Symptom/Temperature Check Before Athletes Enter the Locker Room Pre-game | Visiting Teams Symptom/Temperature Check Before Loading the Bus to travel to games, and Home Teams Symptom/Temperature Check Before Athletes Enter the Locker Room Pre-Game |
| Each participant in a school activity must attest they are free of Covid-19 symptoms, AND they have not been in close contact (within 6' for 15 minutes or more) with a Covid positive case in the last 14 days prior to participation. | Each participant in a school activity must attest they are free of Covid-19 symptoms, AND they have not been in close contact (within 6' for 15 minutes or more) with a Covid positive case in the last 14 days prior to participation. | Each participant in a school activity must attest they are free of Covid-19 symptoms, AND they have not been in close contact (within 6' for 15 minutes or more) with a Covid positive case in the last 14 days prior to participation. |
| Roster or list of participants and their contact information MUST be maintained when engaging in formal competitive events to assist with contact tracing efforts when physical distancing is not feasible. | Roster or list of participants and their contact information MUST be maintained when engaging in formal competitive events to assist with contact tracing efforts when physical distancing is not feasible. | Roster or list of participants and their contact information ENCOURAGED to be maintained when engaging in formal competitive events to assist with contact tracing efforts when physical distancing is not feasible. |
| Hand sanitizer readily available | Hand sanitizer readily available | Hand sanitizer readily available |
| Clean/Sanitize Equipment between practice pod groups. | Clean/Sanitize Equipment between practice pod groups. | Clean/Sanitize Equipment before each practice. |
| Individual hydration containers, or watering system that allows for social distancing. | Individual hydration containers, or watering system that allows for social distancing. | Individual hydration containers, or watering system that allows for social distancing. |
| Masks are required at all UHSAA-sanctioned events. Coaches will be required to wear masks at all UHSAA-sanctioned events. Participants are required to wear masks at UHSAA-sanctioned events before and after play. | Masks are required at all UHSAA-sanctioned events. Coaches will be required to wear masks at all UHSAA-sanctioned events. Participants are required to wear masks at UHSAA-sanctioned events before and after play. | Masks are required at all UHSAA-sanctioned events. Coaches will be required to wear masks at all UHSAA-sanctioned events. Participants are required to wear masks at UHSAA-sanctioned events before and after play. |
| Complete Event Management Template for each UHSAA activity. | Complete Event Management Template for each UHSAA activity. | Complete Event Management Template for each UHSAA activity. |
| For the number of spectators, consult your School District and County Health Department for guidelines. | Follow social distancing guideline of 6 feet between household groups. | Follow social distancing guideline of 6 feet between household groups. |
| Recommend that vulnerable individuals with pre-existing conditions, and compromised immune systems, limit their participation and/or attendance in activities. For more explanation, visit - https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html | Recommend that vulnerable individuals with pre-existing conditions, and compromised immune systems, limit their participation and/or attendance in activities. For more explanation, visit - https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html | General public follows current federal and local public health precautions. For more information on vulnerable individuals who may be compromised for participation, For more explanation, visit - https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html |
| Practices of no more than 20 participants per pod unless approved by School District and County Health Department. | Practices of no more than 50 participants using Pods | |
| Never share equipment, clothes, towels, etc. | Never share equipment, clothes, towels, etc. | Never share equipment, clothes, towels, etc. |
| Shower at home, and wash practice/game uniform daily. | Shower at home, and wash practice/game uniform daily. | Shower at home, and wash practice/game uniform daily. |
| Facilities/Equipment should be cleaned and sanitized before, during, and after practices and/or games. | Facilities/Equipment should be cleaned and sanitized before, during, and after practices and/or games. | Facilities/Equipment should be cleaned and sanitized before practices and/or games. |
| Hand sanitizer readily available and signage encouraging social distancing and proper hygiene etiquette at venues. | Hand sanitizer readily available and signage encouraging social distancing and proper hygiene etiquette at venues. | Hand sanitizer readily available and signage encouraging social distancing and proper hygiene etiquette at venues. |
| PRE-SEASON Conditioning & Heat Acclimatization | PRE-SEASON Conditioning & Heat Acclimatization | PRE-SEASON Conditioning & Heat Acclimatization |
| UHSAA recommends a minimum of two to four weeks of phased reintroduction of physical activity followed by a minimum of 10-14 days of heat acclimatization consistent with protocols for High School Student-Athletes found in "Return to Sports and Exercise during COVID-19 Pandemic: Guidance for High School and Collegiate Athletic Programs document. Football will continue with the 14 days as outlined in the UHSAA Acclimatization Protocol. | UHSAA recommends a minimum of two to four weeks of phased reintroduction of physical activity followed by a minimum of 10-14 days of heat acclimatization consistent with protocols for High School Student-Athletes found in "Return to Sports and Exercise during COVID-19 Pandemic: Guidance for High School and Collegiate Athletic Programs document. Football will continue with the 14 days as outlined in the UHSAA Acclimatization Protocol. | UHSAA recommends a minimum of two to four weeks of phased reintroduction of physical activity followed by a minimum of 10-14 days of heat acclimatization consistent with protocols for High School Student-Athletes found in "Return to Sports and Exercise during COVID-19 Pandemic: Guidance for High School and Collegiate Athletic Programs document. Football will continue with the 14 days as outlined in the UHSAA Acclimatization Protocol. |
| Transportation Issues, parents cannot drive students to and from UHSAA Sanctioned Events. Once parents transport, Catastrophic Insurance is void. | Transportation Issues, parents cannot drive students to and from UHSAA Sanctioned Events. Once parents transport, Catastrophic Insurance is void. | Transportation Issues, parents cannot drive students to and from UHSAA Sanctioned Events. Once parents transport, Catastrophic Insurance is void. |

UHSAA Return-To-Play Protocol Fall Sports



General Advisement and Sport-by-Sport Specifics

UHSAA General Guidelines

Games may be delayed or suspended for non-compliance

- 1. No shaking hands before/after game.*
- 2. Masks are required at all UHSAA-sanctioned events.*
- 3. Coaches will be required to wear masks at all UHSAA-sanctioned events.*
- 4. Participants are encouraged to wear masks at UHSAA-sanctioned events.*
- 5. Understand and practice school/district and local health protocols for COVID-19 prevention and tracking.*
- 6. Place signage in facilities to inform participants/spectators on protocol and best practices. School/district mandated policies should be communicated to all stakeholders prior to contest.*
- 7. Any players, coaches, or spectators who are sick shall not be engaged in practices and/or contests.*
- 8. Complete Event Management Template for each UHSAA activity, at the start of each activity season. The template can be found at: [https://coronavirus-download.utah.gov/business/Yellow/COVID 19 Event Planning Template.pdf](https://coronavirus-download.utah.gov/business/Yellow/COVID%2019%20Event%20Planning%20Template.pdf). The school should keep a copy of the document on file, as well as share it with UHSAA via fax/email at bjackson@uhsaa.org.*

UHSAA Sport-by-Sport Specific Best Practices and Guidelines

Cross Country

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. Cross country meets should consider using staggered, wave or interval starts.

Possible Rule Modifications:

8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.

Finish:

- Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
- With no FAT timing system consider alternative means of finish place and time to address congestion at finish line.
- Consider using image-based equipment at finish to assist with picking place to avoid congestion.
- Clean and disinfect frequently touched surfaces and exercise equipment.

Pre and Post Game Ceremony:

Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match.

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.

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 and encouraged.
- Bring your own 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 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 students’ personal equipment after each game or practice.

UHSAA Sport-by-Sport Specific Best Practices and Guidelines

Football

- Limit the number of players to 50. Event size can exceed 50 participants if organizational oversight can be provided that ensures guidelines are followed. Complete the “Event Management Template” found in the State Phased Guidelines. Every school would be required to have AT LEAST ONE ADMINISTRATOR AT THE VENUE BEFORE TEAMS ARRIVE FROM THEIR SCHOOL. TYPICALLY, ONE HOUR BEFORE GAME TIME.
- Try to limit travel as much as possible, but schools may need to bring multiple buses, allowing for appropriate social distancing, and temperature check all participants before arriving at the venue. Masks must be worn on buses.
- Traveling for certain schools may result in athletes having to spend the night in a hotel, it would be the district, school, and coach’s responsibility to get appropriate lodging to allow for the required social distancing in determining how many athletes will be in the same room.
- Every football athlete, manager, coach, administrator, athletic director, media rep, football official, bus driver, UHSAA staff member needs to have symptom form completed, and temperature checked before traveling teams would be allowed to leave the school to travel to the competition site, and home teams would check athlete temperatures as the athletes arrive at the school and before they are allowed into the locker room. For those individuals who we consider support staff, temperature checks would occur at the venue (officials, administrators, media, game administration, and UHSAA staff).
- Fans: Size of crowd would be determined by current State and County Health Departments, and the Governor’s Plan.
- Fans are required to follow the current social distancing guidelines and wear a mask.
- Coaches, athletes, and officials will stand 6’ apart while standing on the sidelines, with team box extending to the 10 yard lines and wearing masks while not in the game. Pre-game coin-toss would include one coach and one captain from each team, with a wave of sportsmanship after the game is concluded. Designate football as a handshake free zone with teammates, coaches, opposing team, and game officials.
- Hand sanitizer on each sideline at the 50-yard line so players can sanitize before they go into the game, and as soon as they are substituted.
- No team water bottles, athletes would need to bring their own, clearly marked, and set in their designated spot on the sideline in their 6’ area.
- All medical equipment, water bottles, water coolers, pinnies, and team balls will be sterilized before coming into the facility. Teams would be required to sanitize footballs and kicking tees/pad after change of possession, and after each kick or try.
- Host sites would need to sterilize all stadium press boxes, official’s locker room, sideline benches, goals, fences and railings that athletes and equipment might touch.
- Host sites would need to provide signage to remind and help individuals stand 6’ apart, and family groups to spread out, and wear masks so the kids can play.

Considerations for Parents

- Make sure your child and immediate household members are free from illness before participating in practice and compe-

UHSAA Sport-by-Sport Specific Best Practices and Guidelines

Soccer

- Limit the number of players to 25 on the sideline. Event size can exceed 50 participants if organizational oversight can be provided that ensures guidelines are followed. Complete the “Event Management Template” found in the State Phased Guidelines. Every school would be required to have AT LEAST ONE ADMINISTRATOR AT THE VENUE BEFORE TEAMS ARRIVE FROM THEIR SCHOOL. TYPICALLY, ONE HOUR BEFORE GAME TIME.
- Try to limit travel as much as possible, but schools may need to bring multiple buses, allowing for appropriate social distancing, and temperature check all participants before arriving at the venue. Masks must be worn on buses at all time.
- Traveling for certain schools may result in athletes having to spend the night in a hotel, it would be the district, school, and coach’s responsibility to get appropriate lodging to allow for the required social distancing in determining how many athletes will be in the same room.
- Every soccer athlete, manager, coach, administrator, athletic director, media rep, soccer official, bus driver, UHSAA staff member needs to have symptom form completed, and temperature checked before traveling teams would be allowed to leave the school to travel to the competition site, and home teams would check athlete temperatures as the athletes arrive at the school and before they are allowed into the locker room. For those individuals who we consider support staff, temperature checks would occur at the venue (officials, administrators, media, game administration, and UHSAA staff).
- Fans: Size of crowd would be determined by current State and County Health Departments, and the Governor’s Plan.
- Fans are required to follow the current social distancing guidelines and wear a mask.
- Coaches, athletes, and officials will stand 6’ apart while standing on the sidelines, pre-game coin-toss would include one coach and one captain from each team, with a wave of sportsmanship after the game is concluded. Designate soccer as a handshake free zone with teammates, coaches, opposing team, and game officials.
- Hand sanitizer on each sideline at the 50-yard line so players can sanitize before they go into the game, and as soon as they are substituted.
- No team water bottles, athletes would need to bring their own, clearly marked, and set in their designated spot on the sideline in their 6’ area.
- All medical equipment, water bottles, water coolers, pinnies, and team balls will be sterilized before coming into the facility.
- Host sites would need to sterilize all stadium press boxes, official’s locker room, sideline benches, goals, fences and railings that athletes and equipment might touch.
- Host sites would need to provide signage to remind and help individuals stand 6’ apart, and family groups to spread out.

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.
- Disinfect your students’ personal equipment after each game or practice.

UHSAA Sport-by-Sport Specific Best Practices and Guidelines

Volleyball

- No pre-game and post-game handshakes/high-fives/fist bumps
- Nets, standards, officials stands, and balls should be cleaned and sanitized after set up and before contest.
- Each team is responsible for its own hand sanitizer and its own med kit.
- Option of eliminating benches and allow players to stand with social distancing (players remain at least 6 ft. from court)
- Limit bench personnel to observe social distancing of 6 feet.
- Only athletes will touch the balls; balls should be set on the floor during a time out.
- Players should use hand sanitizer before entering and exiting the court.
- No hand touching allowed during substitutions.
- Each school is responsible to bring towels to wipe sweat off the floor.
- Electronic whistles are preferred where possible.
- Officials should bring their own pen to sign the line-up sheets.
- Scorer's table - scorekeeper, libero tracker and scoreboard operator should be physically distanced.
- Rosters are submitted directly to the officials' table before the 10- minute mark rather than at the pre-match conference.
- Suspend teams switching benches between sets. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present.
- Move the location of the pre-match conference to center court with one coach and one referee positioned on each side of the net. All individuals maintain social distance to 6 feet.
- Coaches, scorer's table personnel, officials, and players on the bench are required to wear cloth face coverings.
- Players on the court are NOT required to wear face coverings but may do so if they desire. Cloth face coverings and gloves are permissible.

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.
- Disinfect your students' personal equipment after each game or practice.