

<b>UHSAA GUIDELINES 4.1 Approved Oct. 15, 2020 Any new updates to the Governors "COVID-19 Transmission Index" plan will be colored.</b>		
<b>High Phase*</b>	<b>Moderate Phase</b>	<b>Low Phase</b>
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, <b>AND</b> 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, <b>AND</b> 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, <b>AND</b> 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 <b>MUST</b> 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 <b>MUST</b> 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 <b>ENCOURAGED</b> 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.
Follow social distancing guideline of 6 feet between household groups.	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 - <a href="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">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</a>	Recommend that vulnerable individuals with pre-existing conditions, and compromised immune systems, limit their participation and/or attendance in activities. For more explanation, visit - <a href="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">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</a>	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 - <a href="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">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</a>
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.
<b>Hand sanitizer readily available and signage encouraging social distancing and proper hygiene etiquette at venues.</b>	<b>Hand sanitizer readily available and signage encouraging social distancing and proper hygiene etiquette at venues.</b>	<b>Hand sanitizer readily available and signage encouraging social distancing and proper hygiene etiquette at venues.</b>
<b>PRE-SEASON Conditioning &amp; Heat Acclimatization</b>	<b>PRE-SEASON Conditioning &amp; Heat Acclimatization</b>	<b>PRE-SEASON Conditioning &amp; Heat Acclimatization</b>
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 Winter 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](mailto:bjackson@uhsaa.org).*

# ***UHSAA Sport-by-Sport Specific Best Practices and Guidelines***

## **Basketball**

### **General Considerations:**

- \*All score table personnel should be wearing masks. No unnecessary personnel should be sitting on the score table and media members are recommended to spread
- \*All facilities should restrict seating in the first two rows to allow for more distance between spectators and players/coaches.
- \*The host school should sanitize the score table before the game.
- \*Spirit groups are required to wear masks and socially distance.

### **Considerations for Coaches:**

- \*Coaches are encouraged to have players work out in groups of five or smaller to help with spread. Additionally, coaches are encouraged to not have varsity/junior varsity programs practice together, to mitigate the risk of spread throughout all levels of a program.
- \*Coaches are required to wear masks on the bench and while coaching.

### **Considerations for Players:**

- \*Players are encouraged to wear masks on the bench. Players are allowed, by rule, to wear a mask on the floor.
- \*Players are highly encouraged to wear masks as soon as they leave the playing floor to return to the bench.
- \*Players are encouraged to sanitize hands when returning to the bench.

### **Considerations for Officials:**

- \*Officials are encouraged to sanitize hands during breaks. Officials have the ability to wear gloves.
- \*Electronic whistles are permissible.
- \*Officials are encouraged to limit attendees to the referee and the head coach from each team in the pregame meeting at center court.
- \*Officials are encouraged to be wearing a mask when speaking in close quarters with a head coach.

### **Considerations 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),
- 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 Drill***

## **General Guidelines:**

- Masks may be worn but are not required. No masks may be worn in routines that involve stunting. Any mask worn during a routine that does not involve stunting but involves tumbling, must be taped and secure.
- Individuals should sanitize their hands before and after stunting and handling of props.
- When stunting, the shoes of the top person should be sanitized before and after practice and performance.
- Props may be shared provided the items have been sanitized and the drill team members sanitize their hands before and after each practice and performance.
- There should be only 1 person to operate sound equipment unless cleaning prior to use by another individual.
- Clean frequently touched areas, props and equipment. Provide ample hand sanitizer at all contests and practices.

## **Competition Guidelines:**

- Athletes (when not competing), coaches and officials must wear masks.
- Teams encouraged to compete in pods of 1 classification at a time and leave the facility when pod is completed.
- Live awards ceremony with limited athletes and/or coaches.
- Create a virtual awards ceremony option.
- Drill down competition only if social distancing can be maintained/masks required.
- Separate dressing areas assigned per team.
- Hold an online coaches meeting the day prior to competition or limit 1 coach to in person coaches meeting.

## **Considerations 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)
- 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 Swimming***

The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

## **1. Swimming Rule Considerations:**

Conduct - Require athletes to arrive at venue already in competitive attire or provide alternative accommodations for swimmers to change that allows for 6 feet of social distancing.

Lap Counting - Only one person per lane should be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices.

Pre-Meet Conference - Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use P.A. system or starting system microphone to allow participants to hear but keep them properly separated.

Referee and Starter - Various rules require interactions between officials, coaches, and athletes. Alternative methods for communications include utilization of the P.A. system, hand signals or written communication.

Notification of Disqualification - Notification shall occur from a distance via use of hand signals or the P.A. system.

Meet Officials - Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location. Develop alternative methods for submitting entries and movement of non-electronic information. Maintain a distance of 6 feet between individuals seated at the desk/table.

Timers - Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing. Timers should wear cloth facial coverings.

Submission of Entries to Referee - Alternative forms of entry submission can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries.

Relay Takeoff Judges and Relays - Require all takeoff judging from the sides of the pool. Space relay swimmers apart from one another. Timers and relay takeoff judges must wear cloth facial coverings.

## **2. General Considerations:**

- Establish multiple sessions for warm-up periods to limit number of swimmers per lane.
- Restrict the number of swimmers in competition area.
- Limit number of swimmers per lane during warm-up and warm-down periods.
- For lane placement, consider keeping the teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 6 feet between individuals.
- Consider using tape or paint as a guide for students and coaches.
- No pre-swim/meet and post-swim/meet handshakes/high fives/fist bumps.
- All equipment should be cleaned and sanitized before and after the contest.

# ***UHSAA Sport-by-Sport Specific Best Practices and Guidelines***

## **Wrestling**

- The UHSAA will only sanction (1) day tournaments and will require schools to limit the number of participants to 112 or a maximum of 224 if school districts and county health departments will approve. Schools electing to have more than 112 participants, will need to complete “The Event Management Template” found in the Governors Lead Together Plan. This applies to all pre-season, regular season, and state tournaments. Divisional lengths and participants may be increased on a case by case situation, to account for more than 16 wrestlers in multiple weight classes. (Divisionals Only!!!)
- 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 and at venues.
- 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. Out of state travel is “NOT” recommended.
- Every wrestling athlete, manager, coach, administrator, athletic director, media rep, wrestling official, bus driver, UHSAA staff member needs to have symptom form completed, and temperature checked before entering the venue. Traveling teams would need to do the symptom check and temperature check before they get on the bus. Home teams would check their 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. UHSAA recommends 25% spectator capacity at venues.
- Fans must follow the current social distancing guidelines and must wear a mask.
- Coaches, athletes, and officials will stand 6’ apart while sitting at the venues. Stagger chairs for duels. Handshakes are permissible and encouraged before and after the match between wrestlers, but not recommended with the opposing coach.
- Hand sanitizer on each side of the mat, (or coaches’ corner), so wrestlers can sanitize before they go on the mat, and as soon as they come off the mat.
- No team water bottles, athletes would need to bring their own, clearly marked.
- All medical equipment, water bottles, water coolers, will be sterilized before coming into the facility. Teams would be required to sanitize head gear before and after each match.
- Host sites would need to sterilize all gymnasium seats, official’s locker room, 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 wrestle.

### **Considerations for Parents**

- Make sure your child and immediate household members are free from illness before participating in practice and competing. Wrestling, because of its intense nature, could have transmission, resulting in suspending, modifying, or cancelling the entirety of the season. Please do your part. It is extremely “IMPERATIVE,” if your child is not feeling well, they should be removed from attending any school activity until appropriate testing has been completed and athlete is given the all clear to return.