



## **COVID-19 RETURN TO ATHLETICS/ACTIVITIES PLAN**

**The following plan is specifically for Hopkins County Schools and is based on the following:**

- [CDC COVID-19 Information](#)
- [KY Governor's Office Healthy at Work Plan](#)  
The entirety of the content of the Governor's order and youth sports parameters is listed online at <https://go.aws/2XfCZy8>
- [KHSAA Return to Participation Guidance Document](#)

**This document applies to both high schools and all middle schools in our school district. Other districts may be more or less restrictive in their approach. Prior to implementation, this plan must be approved by the Hopkins County Health Department.**

**Please note the specific dates for each phase of the plan. As situations change, adjustments may be made to existing plans. For future phases, additional guidance will be forthcoming.**

### **SPECIFIC SPORT/ACTIVITY CATEGORIZATION**

The following categories will apply to Hopkins County Schools' athletics and affected activities regarding return from COVID-19:

- Low-Touch Outdoor
  - Baseball
  - Cross Country
  - Golf
  - Softball
  - Tennis
  - Track & Field
- Low-Touch Indoor/All Extra & Co-Curricular Activities Not Listed
  - Archery
  - Swimming & Diving
- High-Touch Indoor
  - Basketball
  - Competitive Cheer
  - Dance
  - Volleyball
- High-Touch Outdoor
  - Football
  - Soccer
- Band
- Vocal Music



## **PHASE 1 – June 2-June 14, 2020 for ALL CATEGORIES OF SPORTS/ACTIVITIES**

### **General Guidance:**

- All activities in this phase are voluntary and without repercussion for failure to attend.
- In-person, face-to-face meetings between students and coaches/advisors may occur during this time but are subject to the guidelines in this document. There shall be no athletics or extra/co-curricular activity-related trainings, workouts, practices, or competition (or simulated competition) during this period. Focus during this period may include [COVID-19 information](#), distribution of material (such as physical forms and other paperwork), and discussions about individuals and the programs.
  - Facilities must be completely cleaned and sanitized prior to any use. Those involved shall wash their hands according to the [CDC Guidelines](#), and hand sanitizer shall be available.
  - Strategies should be in place to prevent groups from gathering at entrances/exits to facilities.
  - Any areas contacted by individuals shall be wiped down and sanitized after use.
  - Groups of no more than ten (10) total people (including 1 coach/advisor) will be allowed in any localized area.
  - There must be a minimum of six (6) feet distance between all parties at all times. Confined areas such as locker rooms, dugouts, and offices shall not be a gathering point for participants unless the six (6) feet social distance is attainable.
  - Any person experiencing [symptoms of COVID-19](#) shall be sent home immediately and should contact their health care professional. Such situations will be documented by the head coach or advisor, and a record shall be submitted to the school athletic director or administrator in charge.
  - Face coverings shall be worn by all parties at all times. Cloth face coverings are acceptable.
  - Water, food, and snacks shall not be furnished. If desired, students must bring their own water bottle, and sharing is prohibited.
  - Appropriate clothing shall be worn at all times.
  - All areas of interaction must be supervised by a school board employee at all times to ensure all guidelines are followed.
  - School-level administration is responsible for monitoring compliance with these guidelines.



## **DEFINITIONS USED THROUGHOUT THE REMAINDER OF THIS GUIDANCE**

- “No touch” means no physical contact between youth athletes is permitted. During “no touch” periods, all individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, or after activities unless the contact is for the purpose of safety. During “no touch” periods, scrimmages and games are not permitted.
- “Low touch” means only minimal, necessary contact between youth athletes is permitted.
- “Low sharing” means minimal, necessary sharing of youth sports and athletic activity equipment between youth athletes (e.g. limiting shared items to groups of ten (10) or fewer). Shared equipment must be sanitized between uses to the greatest extent practicable.
- “Medium sharing” means moderate levels of sharing of youth sports and athletic activity equipment between youth athletes (e.g. limiting shared items to groups of fifty (50) or fewer). Shared equipment must be sanitized between uses to the greatest extent practicable.

## **GUIDANCE REGARDING GYMNASIUMS FOR JUNE 15 AND BEYOND**

- In compliance with the Governor’s youth sports order, the use of gymnasiums will be permitted beginning June 15 WITH STRICT SOCIAL DISTANCING GUIDELINES. This period is for small group fitness workouts and exercise and only if approved by the local board of education through the Superintendent and in consultation with your local health department.
- Low-touch and high-touch indoor sports should pay careful attention to the parameters within the block and time frame for those sports as the allowances for high-touch sports are much more restrictive during this period.
- These restrictions are also in place for any outdoor sport that, for whatever reason, has activity in a gymnasium.
- It is HIGHLY recommended that all team activity during these periods be done outside if feasible, with appropriate social distancing guidelines observed.

## **PHASE 2 – June 15-June 28, 2020 (unless further altered by the Governor)**

### **General Guidance:**

- All activities in this phase are voluntary and without repercussion for failure to attend.
- Facilities must be completely cleaned and sanitized prior to any use. Those involved shall wash their hands according to the [CDC Guidelines](#), and hand sanitizer shall be available.
- Strategies should be in place to prevent groups from gathering at entrances/exits to facilities.
- Any areas contacted by individuals shall be wiped down and sanitized after use.
- Groups of no more than ten (10) total people (including 1 coach/advisor) will be allowed in any localized area.
- There must be a minimum of six (6) feet distance between all parties at all times. Confined areas such as locker rooms, dugouts, and offices shall not be a gathering point for participants unless the six (6) feet social distance is attainable.



- Any person experiencing [symptoms of COVID-19](#) shall be sent home immediately and should contact their health care professional. Such situations will be documented by the head coach or advisor, and a record shall be submitted to the school athletic director or administrator.
- Face coverings may be worn by any parties at any time.
- Water, food, and snacks shall not be furnished. If desired, students must bring their own water bottle, and sharing is prohibited.
- Appropriate clothing shall be worn at all times.
- All areas of interaction must be supervised by a school board employee at all times to ensure all guidelines are followed.
- School-level administration is responsible for monitoring compliance with these guidelines.

#### Weight Room Guidance for All Sport/Activity Categories

- Sessions for all sports/activities in this phase may focus on weight training provided the guidance for weight training rooms is compliant.
  - Prioritizing the health and safety of all students and staff should remain the focus of each KHSAA member school and affiliated middle school.
  - Schools should be guided by the information contained in state guidance for fitness centers/gyms (not gymnasiums) but gyms that are permitted to reopen on June 1, listed at [Requirements for Fitness Centers](#).
  - Hands should be washed or hand sanitizer used prior to and after touching any equipment.
  - Each piece of equipment should be disinfected according to CDC guidelines prior to any use and between each user.
  - 2 people maximum on any one piece of equipment.
  - Spotters should wear a mask or cloth face covering.
  - Maintain social distance by being 6 feet apart.
  - Follow gathering CDC and state guidelines for groups of 10 or less students.
  - Once groups determined, students may not switch from one group to another
  - Interaction between groups must be avoided.
  - No shared hydrating bottles, towels, gloves, or any other personal equipment is permitted.
  - Coaches or other supervisory adults should wear a mask or cloth face covering.

#### Specific Guidance for Low Touch Outdoor Sport Categories & Other Unlisted Activity Categories

- Sessions must focus on skill development and general conditioning as well as instruction without game formations.
- All activity may not simulate game competition, including variations in the number of players per side.
- Competition or simulated competition cannot be conducted.
- Multiple groups may participate but must adhere to social distancing guidelines.
- Practices are limited to socially distanced, no touch, low sharing skills training without game simulations or competitions.
- As a low-sharing period, shared equipment must be eliminated where possible and as such, there should be no sharing of bats, catching gear, gloves, tennis rackets or other frequently touched items.



- Balls should be rotated out as frequently as possible with minimal sharing and sanitized as frequently as feasible.
- Batons should be rotated out as frequently as possible with minimal sharing and sanitized as frequently as feasible.
- Different than high-touch sports, once it is felt that athletes are physical able to stand the rigors of practice, standard practice drills may be executed (infield, fungo to the outfield, double plays, tennis serve and volley, track starts, etc.) provided these can be done in compliance with social distancing guidelines.

#### Specific Guidance for Low Touch Indoor Sport/Activity Categories

- Sessions must focus on skill development and general conditioning as well as instruction without game formations.
- All activity may not simulate game competition, including variations in the number of players per side.
- Competition or simulated competition cannot be conducted.
- Multiple groups may participate but must adhere to social distancing guidelines.
- All coaches should wear face coverings at all times in the presence of students and maintain social distancing guidelines at all times.
- Special Gymnasium Guidance for Low Touch Indoor Sport/Activity Categories:
  - No more than eleven individuals (10 players and one coach, 9 players and 2 coaches, etc.) are permitted in any small group during this segment.
  - Each entire group (or groups) shall remain together (intact as a cohort group) including coaches if stations or other shifting of larger teams are involved in the activity.
  - If groups are subdivided into multiple groups, those groups cannot change throughout the session.
  - In order to preserve cohorts and minimize multi-group interaction, there is no use of “stations” during this segment, where an adult coach might remain stationary and groups of athletes rotate to work with that particular coach or individual.
  - Shared equipment is not permitted in this segment.
  - Racks of common equipment should not be available.
  - All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, or after activities unless the contact is for the purpose of safety.

#### Specific Guidance for High Touch Indoor Sport/Activity Categories

- Sessions must focus on skill development and general conditioning as well as instruction without game formations.
- All activity may not simulate game competition, including variations in the number of players per side.
- Competition or simulated competition cannot be conducted.
- All coaches should wear face coverings at all times in the presence of students and maintain social distancing guidelines at all times.



- Special Additional Guidance for Cheer and Dance Tryouts:
  - Each school may establish its Bylaw 23 “Tryout” window for sport-activities (i.e. Sideline Cheer, Competitive Cheer and Dance) during this segment, and if that is utilized, there will be no additional tryout allowed prior to the official start of practice as defined within Bylaw 23 (unless further altered by the Board of Control).
  - As a high-touch sport or sport-activity, the Sideline Cheer, Competitive Cheer and Dance tryouts may be done virtually or in person if the only person involved in the tryout is the prospective member of the team without additional support from a bracing or stunting partner.
  - Sideline Cheer, Competitive Cheer and Dance squads desiring tryouts to involve partners for support, bracing or stunting may not be held until the official start of practice as defined within Bylaw 23 (unless further altered by the Board of Control).
  - Because no activity during this period can be mandatory, squads holding tryouts during this period should plan an additional tryout segment once the official limitation of seasons period begins.
- Special Additional Guidance for Basketball, Volleyball and Other Indoor Sports:
  - No more than eleven individuals (10 players and one coach, 9 players and 2 coaches, etc.) should be permitted in any small group during this segment.
  - Each entire group (or groups) shall remain together (intact as a cohort group) including coaches during that session.
  - If groups are subdivided into multiple groups, those groups cannot change through the session.
  - In order to preserve cohorts and minimize multi-group interaction, there is no use of “stations” during this segment, where an adult coach might remain stationary and groups of athletes rotate to work with that particular coach or individual.
  - Shared equipment is not permitted in this segment. Racks/baskets of balls should not be available.
  - If individual opportunities are desired for dribbling, shooting, etc, the athlete should utilize their own ball or should be assigned a ball to be used by that player and only that player for the entire session (and sanitized routinely). Another party acting as a rebounder or retriever is not permitted.
  - This period is specifically no-touch per the guidelines, and as such, there is no opportunity for physical contact between athletes, or between coaches and athletes. Also, there is no opportunity for multiple individuals to be in one-on-one, two-on-two or another iteration of person vs. person activity, even in skill development.
  - All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, or after activities unless the contact is for the purpose of safety.

#### Specific Guidance for High Touch Outdoor Sport/Activity Categories

- Sessions must focus on skill development and general conditioning as well as instruction without game formations.
- All activity may not simulate game competition, including variations in the number of players per side.
- Competition or simulated competition cannot be conducted.



- All coaches should wear face coverings at all times in the presence of students and maintain social distancing guidelines at all times.
- No more than eleven individuals (10 players and one coach, 9 players and 2 coaches, etc.) are permitted in any small group during this segment.
- Each entire group (or groups) shall remain together (intact as a cohort group) including coaches for the duration of the session.
- If groups are subdivided into multiple groups, those groups cannot change throughout the session.
- In order to preserve cohorts and minimize multi-group interaction, there is no use of “stations” during this segment, where an adult coach might remain stationary and groups of athletes rotate to work with that particular coach or individual.
- Shared equipment is not permitted in this segment. Racks/baskets of balls should not be available.
- If individual opportunities are desired for throwing, kicking, etc, the athlete should utilize their own ball or should be assigned a ball to be used by that player and only that player for the entire session (and sanitized routinely). Another party acting as a receiver or retriever is not permitted.
- This period is specifically no-touch per the guidelines, and as such, there is no opportunity for physical contact between athletes, or between coaches and athletes. Also, there is no opportunity for multiple individuals to be in one-on-one, two-on-two or another iteration of person vs. person activity, even in skill development.
- All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, or after activities unless the contact is for the purpose of safety.
- Special Additional Guidance for Football:
  - No rules specified protective gear (helmets, shoulder pads, extra required gear) may be provided to student athletes.

#### Specific Guidance for Marching Band

Kentucky Music Education Association has made recommendations to the Kentucky Department of Education. Once vetted, KDE will issue guidance to districts. Upon receipt, Hopkins County Schools will collaboratively develop and distribute further guidance.

#### Specific Guidance for Vocal Music

Guidance forthcoming

#### **PHASE 3 – June 29-July 12, 2020 (unless further altered by the Governor)**

Guidance Forthcoming

#### **PHASE 4 – July 13-July 31, 2020 (unless further altered by the Governor)**

Guidance Forthcoming



## **ADDITIONAL REFERENCES**

### **PRIMARY**

- [KHSAA Updated Return to Sports Guidance 6-11-20](#)

### **SECONDARY**

- The current version of the content of the Governor's original order is listed online at <https://go.aws/2XfCZy8>
- The current version of the 10-person gathering restrictions is listed online at <https://go.aws/3ddCtWS>
- The current version of the 50-person gathering restrictions is listed online at <https://bit.ly/2XUMiUt>
- The current version of the guidance for gyms (not gymnasiums) and weight rooms is listed online at <https://go.aws/3dcbkDL>
- The current version of the guidance for fishing events is listed online at <https://go.aws/2ZJ0rW5>
- The current version of the guidance for bowling events is listed online at <https://go.aws/2ZJ0rW5>
- CDC Guidance on Youth Sports – <https://bit.ly/3hit2aX>
- CDC Guidance for Aquatic Centers – <https://bit.ly/3cSQbxd>
- CDC Guidance for Youth Camps – <https://bit.ly/2BY9NDt>
- CDC Guidance on Reopening Schools – <https://bit.ly/3dTITe5>
- NFHS Guidance on Resumption of Sports – <https://bit.ly/2MNgA53>
- NFHS Guidance on Resumption of Marching Band – <https://bit.ly/2BQIJWA>
- KMEA Guidance on Resumption of Marching Bands –
- NATA Guidance on Return to Sport Considerations for Athletic Trainers – <https://bit.ly/2Yl0jts>
- NATA Guidance on Telehealth for Athletic Trainers – <https://bit.ly/3dU013o>
- NATA Guidance on Impact of Remote Health Care – <https://bit.ly/3feSIJ6>
- Status of Various States on Athletics Reopening - <https://bit.ly/2UzVThk>