



The logo for iDYSART Unified School District features a stylized 'i' with a graduation cap on top, followed by 'DYSART' in large blue letters and 'Unified School District' in smaller blue letters below.



Guidelines for Resuming High School Athletic Activities

Dysart Unified School District Guidelines for Resuming High School Athletic Activities

The Dysart Unified School District's guidance for Opening High School Athletics and Activities are in accordance with guidelines published by the White House and CDC available at <https://www.whitehouse.gov/openingamerica/>. Guidance ([NFHS Guidance](#)) recommendations were provided by the National Federation of State High School Associations (NFHS), the NFHS Sports Medicine Advisory Committees (SMAC), The TRUST ([TRUST Risk Management Guidelines for Summer Camps During A Pandemic](#)) and the Arizona Interscholastic Association ([AIA Guidelines](#)) (AIA). DUSD will follow local/state health departments and associations to plan for 'opening up" in Arizona. The DUSD's guidance shall serve as a "living document" as the state moves forward with the opening process. Potential changes and additional items may be added when appropriate.

General Best Practice Information:

1. All students must be cleared through your athletic office and Register My Athlete. No student will be allowed to practice without full clearance, including a signed waiver, through the school athletic office.
2. All students are required to wash hands prior to entering and upon departing practice.
3. Coaches will complete a visual wellness check (Dysart Athletic Wellness Check Form) of each athlete prior to entering practice and log their attendance each day. Those athletes that present as ill will not be allowed to enter the weight room. Students that are ill should stay home. Wellness logs are to be turned into the athletic director at the end of each week.
4. Athletes that are waiting for entrance into practice will maintain appropriate social distancing guidelines (six feet apart) and wear masks.
5. Athletes must bring their own water for workouts and be dressed appropriately - locker room access is restricted to restroom and hand washing use. Water fountains may be used to refill water bottles.
6. Coaches and athletes are responsible for cleaning equipment.
7. Workouts are closed to the public.

PEOPLE WHO FEEL SICK SHOULD STAY HOME

1. Do not go to work or school.
2. Contact and follow the advice of your medical provider.
3. Do not come to practice
4. Avoid contact with other team members
5. Do not return to practice until they have met CDC's criteria to stop home isolation and are cleared by physician and athletic training staff if available.

OTHER CONSIDERATIONS

1. Wide availability of hand sanitizer and hand soap at contests and practices. Participants, coaches and officials should clean hands frequently.
2. Posting signs and messaging
3. Cloth Face Coverings (For non-physical activity time and for coaches, parents, spectators, etc)
4. Wiping down the ball and equipment frequently.
5. Avoid Physical Contact. No pre-game and post-game handshakes/high-fives/fist bumps.
6. Outdoor Practice when possible.
7. Athletes to leave after practice.
8. Identifying small groups and keeping them together (cohorting)
9. Consider staggered arrivals (Set a time for athletes to arrive before/after practice)

RESUMING SUMMER/OFF SEASON WORKOUTS

High school summer, off season workouts will resume on June 1, 2020. Each high school athletic director will work with the school's head coaches to create a schedule that provides appropriate use of facilities for each team. In order to follow safety protocols, the following guidelines and procedures are to be used at all times. Failure to abide by the guidelines will result in immediate shut down of the workouts for the offending athletic team. Please be aware that athletes may not have been involved in training regimens since the school closure went into effect in March, 2020. As such, **coaches must phase in workouts to gradually return to training programs.** Protocols for summer workouts are as follows:

June 1, 2020

Weight Room Use

- All students are required to wash/disinfect hands prior to entering and upon departing the weight room and all athletes will wear masks at all times in the weight room.
- Coaches will complete a visual wellness check of each athlete prior to entering the weight room and log their attendance each day. Those athletes that present as ill will not be allowed to enter the weight room. Students that are ill should stay home.
- Athletes that are waiting for entrance into the weight room for their lifting session will maintain appropriate social distancing guidelines (six feet apart).
- Athletes must bring their own water for workouts and be dressed appropriately - locker room access is restricted to restroom and hand washing use
- No more than 2 coaches are permitted in the weight room at one time.
- No more than 2 athletes per power rack will be permitted in the weight room at one time and will follow social distancing guidelines.
- Immediate cleaning of the equipment is required following each student's use. The school maintenance team will supply one bottle of QT Plus for each power rack, each day along with paper towels to clean the equipment after each

athlete's use.

- Coaches and athletes are responsible for cleaning equipment.
- Coaches and athletes may choose to wear masks and/or gloves.
- Use of cell phones in the weight room is not allowed at this time.
- Doors are to be propped open so as to minimize surfaces to be touched.

Football

- Whole team activities and gatherings are prohibited at this time, including breakdowns before or after drills. No more than 10 athletes per coach will be permitted during drills and athletes must exercise social distancing.
- All students are required to wash/disinfect hands prior to entering and upon departing outdoor workout (adhering to social distance guidelines).
- Coaches will complete a visual wellness check of each athlete prior to starting the outdoor workout and log their attendance each day. Those athletes that present as ill will not be allowed to enter the weight room. Students that are ill should stay home.
- Athletes that are waiting for entrance for their session will maintain appropriate social distancing guidelines (six feet apart).
- Athletes must bring their own water for workouts and be dressed appropriately - locker room access is restricted to restroom and hand washing use. Water fountains may be used to refill water bottles.
- Each athlete will use their own football during the workout time and will not hand the ball to other players. Passing drills may be utilized if receivers and running backs are wearing full fingered gloves and if social distancing is possible. Players must constantly be reminded not to touch their face area.
- Individual drills may be held; however, one on one drills, team drills or any activity involving multiple students with one ball are prohibited (with the exception of passing listed above).
- The use of bags, blocking dummies and shields is prohibited at this time. Offensive and defensive lineman must be six feet apart therefore simulations or install of blocking schemes is not possible unless you are adhering to the social distancing guidelines.
- Coaches and athletes are responsible for cleaning equipment.
- Coaches and athletes may choose to wear masks and/or gloves.
- Use of cell phones during workouts is not allowed at this time.
- Workouts are closed to the public at this time.
- Doors are to be propped open so as to minimize surfaces to be touched.

Basketball

- All students are required to wash/disinfect hands prior to entering and upon departing the gym.
- Coaches will complete a visual wellness check of each athlete prior to entering the gym and log their attendance each day. Those athletes that present as ill will not be allowed to enter the weight room. Students that are ill should stay home.
- Athletes that are waiting for entrance into the gym for their session will maintain appropriate social distancing guidelines (six feet apart).
- Athletes must bring their own water for workouts and be dressed appropriately -

locker room access is restricted to restroom and hand washing use. Water fountains may be used to refill water bottles.

- No more than 3 coaches are permitted in the gym at one time.
- No more than 2 athletes per basket will be permitted in the gym at one time and will follow social distancing guidelines (coaches should plan to use both gyms at the same time, increasing the number of baskets available).
- Each athlete will use their own basketball during the workout time and will not rebound for other athletes. If rebounding occurs, it will be done by a coach wearing gloves. Balls must be cleaned after each workout.
- Individual drills may be held; however, one on one drills, team drills or any activity involving multiple students with one ball are prohibited.
- Coaches and athletes are responsible for cleaning equipment.
- Coaches and athletes may choose to wear masks and/or gloves.
- Use of cell phones in the gym is not allowed at this time.
- Doors are to be propped open so as to minimize surfaces to be touched.
- Workouts are closed to the public at this time.

Spiritline

- All students are required to wash/disinfect hands prior to entering and upon departing the gym.
- Coaches will complete a visual wellness check of each athlete prior to entering the gym and log their attendance each day. Those athletes that present as ill will not be allowed to enter the weight room. Students that are ill should stay home.
- Athletes that are waiting for entrance into the gym for their session will maintain appropriate social distancing guidelines (six feet apart).
- Athletes must bring their own water for workouts and be dressed appropriately - locker room access is restricted to restroom and hand washing use. Water fountains may be used to refill water bottles.
- No more than 3 coaches are permitted in the workout at one time.
- No more than 20 athletes are permitted in the workout at one time.
- Athletes are to maintain social distance standards throughout the workout.
- Athletes may not participate in lifts, throws or any activities which involve contact with another athlete.
- Individual drills may be held; team drills may be held as long as social distancing is maintained and athletes are not in contact with each other.
- Coaches and athletes are responsible for cleaning equipment, including cheer mats if needed.
- Coaches and athletes may choose to wear masks and/or gloves.
- Use of cell phones in the gym is not allowed at this time.
- Doors are to be propped open so as to minimize surfaces to be touched.
- Workouts are closed to the public at this time.

Volleyball

- All students are required to wash/disinfect hands prior to entering and upon departing the gym.
- Coaches will complete a visual wellness check of each athlete prior to entering the gym and log their attendance each day. Those athletes that present as ill will

- not be allowed to enter the gym. Students that are ill should stay home.
- Athletes that are waiting for entrance into the gym for their session will maintain appropriate social distancing guidelines (six feet apart).
 - Athletes must bring their own water for workouts and be dressed appropriately - locker room access is restricted to restroom and hand washing use. Water fountains may be used to refill water bottles.
 - No more than 3 coaches are permitted in the gym at one time.
 - No more than 20 athletes will be permitted in the gym at one time and will follow social distancing guidelines (coaches should plan to use both gyms at the same time).
 - Each athlete will use their own ball to serve. Balls must be cleaned after each workout.
 - Individual drills may be held as well as passing and setting drills (all with social distancing). Blocking drills involving more than one athlete together may not be held so as to adhere to the social distancing requirement.
 - Coaches and athletes are responsible for cleaning equipment.
 - Coaches and athletes may choose to wear masks and/or gloves.
 - Use of cell phones in the gym is not allowed at this time.
 - Doors are to be propped open so as to minimize surfaces to be touched.
 - Workouts are closed to the public at this time.

Badminton

- All students are required to wash/disinfect hands prior to entering and upon departing the gym.
- Coaches will complete a visual wellness check of each athlete prior to entering the gym and log their attendance each day. Those athletes that present as ill will not be allowed to enter the gym. Students that are ill should stay home.
- Athletes that are waiting for entrance into the gym for their session will maintain appropriate social distancing guidelines (six feet apart).
- Athletes must bring their own water for workouts and be dressed appropriately - locker room access is restricted to restroom and hand washing use. Water fountains may be used to refill water bottles.
- No more than 3 coaches are permitted in the gym at one time.
- No more than 20 athletes will be permitted in the gym at one time and will follow social distancing guidelines (coaches should plan to use both gyms at the same time).
- Each athlete will use their own birdie. Birdies should be marked so that each student can easily identify their equipment. Athletes will use one racquet each day. Racquets are not to be shared. Equipment must be cleaned after each workout.
- Individual drills may be held as well as singles simulated games. Doubles games are not allowed at this time to ensure social distancing guidelines.
- Coaches and athletes are responsible for cleaning equipment.
- Coaches and athletes may choose to wear masks and/or gloves.
- Use of cell phones in the gym is not allowed at this time.
- Doors are to be propped open so as to minimize surfaces to be touched.
- Workouts are closed to the public at this time.

Baseball/Softball

- All students are required to wash/disinfect hands prior to entering and upon departing the athletic complex.
- Coaches will complete a visual wellness check of each athlete prior to entering the gym and log their attendance each day. Those athletes that present as ill will not be allowed to participate. Students that are ill should stay home.
- Athletes that are waiting for entrance into the field for their session will maintain appropriate social distancing guidelines (six feet apart).
- Athletes must bring their own water for workouts and be dressed appropriately - locker room access is restricted to restroom and hand washing use. Water fountains may be used to refill water bottles.
- Baseball/Softball workout drills may be held, including game simulations.
- If bats are shared, bat handles are to be cleaned in between uses by athletes with QTplus or QT 95, available through your plant manager. Baseballs and softballs are to be cleaned after each practice.
- Coaches and athletes are responsible for cleaning equipment.
- Coaches and athletes may choose to wear masks and/or gloves.
- Use of cell phones in the gym is not allowed at this time.
- Doors are to be propped open so as to minimize surfaces to be touched.
- Workouts are closed to the public at this time.

Cross Country

- All students are required to wash/disinfect hands prior to entering and upon departing the gym.
- Coaches will complete a visual wellness check of each athlete prior to entering the gym and log their attendance each day. Those athletes that present as ill will not be allowed to enter the weight room. Students that are ill should stay home.
- Athletes that are waiting for entrance into the gym for their session will maintain appropriate social distancing guidelines (six feet apart).
- Athletes must bring their own water for workouts and be dressed appropriately - locker room access is restricted to restroom and hand washing use. Water fountains may be used to refill water bottles.
- No more than 3 coaches are permitted in the workout at one time.
- No more than 20 athletes are permitted in the workout at one time.
- Athletes are to maintain social distance standards throughout the workout.
- Coaches and athletes may choose to wear masks and/or gloves.
- Workouts are closed to the public at this time.

Soccer

- All students are required to wash/disinfect hands prior to entering and upon departing the athletic complex.
- Coaches will complete a visual wellness check of each athlete prior to entering the gym and log their attendance each day. Those athletes that present as ill will not be allowed to participate. Students that are ill should stay home.
- Athletes that are waiting for entrance into the field for their session will maintain appropriate social distancing guidelines (six feet apart).

- Athletes must bring their own water for workouts and be dressed appropriately - locker room access is restricted to restroom and hand washing use. Water fountains may be used to refill water bottles.
- Soccer workout drills may be held, maintaining social distancing guidelines (no one on one drills). Soccer balls must be cleaned after each workout using QTPlus or QT 95 which may be obtained from your plant manager.
- Coaches and athletes are responsible for cleaning equipment.
- Coaches and athletes may choose to wear masks and/or gloves.
- Use of cell phones during workouts is not allowed at this time.
- Doors are to be propped open so as to minimize surfaces to be touched.
- Workouts are closed to the public at this time.

UPDATED 8/17/2020 IN PREPARATION OF BEGINNING THE OFFICIAL FALL SEASON OF ATHLETICS

As the fall high school athletic season prepares to begin, the following protocols are established to provide a safe environment for athletes and coaches. All protocols must be followed each day in order to move forward. Failure to abide by these protocols will result in the school athletic program being shut down.

Fall Sport Practice Protocols

- All students must be cleared through your athletic office and Register My Athlete. No student will be allowed to practice without full clearance, including a signed waiver, through the school athletic office.
- All students are required to wash hands prior to entering and upon departing practice.
- Coaches will complete a visual wellness check (Dysart Athletic Wellness Check Form) of each athlete prior to entering practice and log their attendance each day. Those athletes that present as ill will not be allowed to enter the weight room. Students that are ill should stay home. Wellness logs are to be turned into the athletic director at the end of each week.
- Athletes that are waiting for entrance into practice will maintain appropriate social distancing guidelines (six feet apart) and wear masks.
- Athletes must bring their own water for workouts and be dressed appropriately - locker room access is restricted to restroom and hand washing use. Water fountains may be used to refill water bottles.
- Coaches and athletes are responsible for cleaning equipment.
- Workouts are closed to the public.

During Practice

- Coaches are to wear masks during indoor practices. During outdoor practices, coaches must wear masks when working with groups of athletes during drills.
- Athletes must wear masks when not involved in practice activities (before and after practice, etc.).
- Large gatherings of athletes are to be avoided such as holding a team breakdown.

During whole group instruction of athletes, athletes are to be socially distanced.

During Games

- AIA protocols will be followed for each specific sport. Specific AIA protocols will be provided by your school athletic director.

Notification of Positive Tests or Direct Exposure to COVID 19

- All notifications of positive tests or direct exposure to COVID 19 by an athlete or coach must be immediately reported to the school athletic director. The athletic director will contact the director of student services and follow district protocols for notification, any need for quarantine and the return process.

Immediate closure of practice will take place if protocols are not strictly followed.

Fall Season Coach Protocol Training

All coaches are required to watch the fall season protocol training. Athletic directors will document the training through the use of sign in documents to assure participation by each coach. The training is found at the following link:

<https://video.dysart.org/Videos/Video.aspx?V=3011>

8/17/2020 UPDATES TO SPORT SPECIFIC GUIDELINES (PRIOR TO OFFICIAL SEASON OF SPORT BEGINNING)

Football

- Coaches may begin using bags for drills with athletes (bags must be cleaned before and after use)
- Coaches may work with 20 athletes per coach, using social distancing protocols where appropriate.
- Athletes may begin two by two and three by three drills.
- The use of footballs with passing, running and team drills may begin.

Volleyball

- Volleyball team drills may continue, including blocking.

Golf

- Golf practice officially begins on 8/17/2020. All AIA sport specific modifications must be utilized.

Cross Country

- Cross country practice officially begins on August 24. All AIA sport specific modifications must be utilized.

Swim/Dive

- Swim/Dive practice officially begins on August 24. All AIA sport specific modifications must be utilized.

Badminton

- Badminton practice officially begins on August 31. All AIA sport specific modifications must be utilized.

Spiritline

- Tryouts for new students to the school, including freshman, may begin on August 17. Stunting is not allowed to begin until September 7.

Basketball

- Drills involving athletes guarding each other may begin. Team scrimmages may begin.

2020 AIA Badminton Modifications

This document provides guidance and match modifications for schools, administrators, coaches, and players to follow in accordance with NFHS, state and local restrictions and recommendations. Game Administration is responsible for informing all participants of local guidelines for participation.

PREGAME & WARMUPS

PREGAME

- Facilities for teams should be properly cleaned and sanitized prior to arrival.
- Before, during, and after the contest, players, coaches, team personnel and game administration should wash or sanitize their hands as often as possible.
- Maintain social distancing of 6 feet at all times while on the court during pregame when possible.
- During warmups the home team will take the courts first followed by the visitors so that players can stay socially distanced and have space.

RULE MODIFICATIONS

PREMATCH CONFERENCE

- Rosters are submitted online prior to the match. ○ Team introductions should only be Varsity players and not shoulder to shoulder but 6 feet apart.
- No handshakes prior to and following the matches. ○ Home coach will cover the ground rules with the visiting coach and then he/she will relay the ground rules to their team

TEAM BENCH AREA

- Home will number courts 1, 2, 3, etc. and then call players to the courts by number and not have them report to the head table.
- Do not share uniforms, towels, water bottles, and other apparel or match equipment.

DECIDING SET PROCEDURES

- A coin or shuttle toss, will determine serve/receive.

SHUTTLECOCKS

- The Shuttlecocks should be cleaned and sanitized throughout the contest. Each team brings their own birds to warm up with.
- If possible, have each player hold their own bird with their tip colored to play games so they do not have to touch the same bird as their opponent. When possible sanitize shuttlecocks before, during and after matches.
- Scorekeepers must maintain a social distance of 6 feet and only keep the score for the same court or if they switch courts the scoring numbers must be sanitized.

HEAD TABLE

- Limit to essential personnel, with a recommended 3-6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not considered essential personnel and may need to find an alternative location.

BETWEEN MATCHES AND INTERMISSION BETWEEN PERIODS

- Players and coaches should have their own beverage container that is not shared.
- The time between matches and the intermission between sets may be extended in length for hydration and to sanitize game equipment.

BENCH PERSONNEL

- Persons on the bench should be restricted to players and coaches.
- Coaches must wear face masks.
- Team benches may be extended.

POSTGAME

HANDSHAKE LINE

- No handshakes, high fives, fist bumps, hugs, etc. should occur pre or post-match. Racquets bumps are okay

- Maintain social distancing when reporting the results of the match

GAME ADMINISTRATION

PRIOR TO CONTEST & TRAVEL

- Contact the opponents Athletic Director prior to the day of the contest to discuss any logistics and guidelines for that particular school district.
- Bring your own equipment and towel. Do not share.
- Bring your own container of water.
- Arrive at the game site dressed if possible.

INVITATIONAL TOURNAMENTS

- **Maximum of eight (8) teams per session***
- **Maximum of 48 players per session***
 - A session could be eight teams on day one and eight teams on day two or one group of eight in the morning session and one group of eight in the afternoon session. A session could be 48 individual players on day one and 48 individual players on day two or one group of 48 individual players in the morning session and one group of 48 individual players in the afternoon session. There should be no overlapping of the morning session and afternoon session teams/individual players. All other badminton modifications provided in this document should be administered.

Should the conditions warrant, these recommendations will be adjusted. Any further update will be posted on aiaonline.org.

2020 AIA Cross Country Modifications

This document provides guidance and game modifications for schools, game administrators, coaches, players, and officials to follow in accordance with NFHS, state and local restrictions and recommendations. Game Administration is responsible for informing all participants of local guidelines for participation.

Attending a meet—Pre-Meet.

- For transportation to a meet (on a school bus) coaches are to follow their district guidelines.
- Numbers of Shade tents for athletes need to accommodate athletes, managers and coaches are required to allow for social distancing of athletes.
- Masks are to be worn by athletes while sitting under the tent or when not warming up or racing.
- Coaches are to wear masks at all times; when in contact or proximity of participants or spectators. Spectators may attend at the discretion of the Host School. Spectators must also be masked.
- Athletes are to bring their own labeled water bottles.
- If an athlete is to interact with a medical personnel or trainer; they are to wear a mask.

During the meet and pre-race:

- In the team huddle there is to be no hand holding.
- A team may still do a team chant.
- Non racers should NOT be a part of the team huddle.

Hosting a Meet or Invitational.

- Team camp areas must be large enough to allow for teams to spread out.
- Stretch out at the starting line as much as possible to allow for athletes not to be touching each other (shoulder to shoulder).
 - Team boxes should be at least six feet wide.
 - The width of each starting box for invitations should allow only two runners to be on the line, and without touching athletes standing next to them.
 - For multiples or duals the starting line box should be wide enough for at least seven runners to stand side by side without touching each other.
- Limit number of runners per race.
- Limit the number of teams at your meet that can safely accommodate social distancing.
- IF chip timing—LYNX is coming out with a plug in called Time Trial. It allows for stagger start times.
- If your meet is using Wingfoot Finish; they have this capability.
 - With Time Trial one can start a team or a couple of teams every couple of minutes.
 - Once the last runner finishes the race; Time Trial can score sort the finishers in finish order and score the meet and various divisions (Frosh-Open-Varsity).
- If you are chip timing, you should consider disposable chips.
- All meet personnel at the finish line must wear masks and gloves.
- Designate workers to help fallen runners. These workers need to change gloves after each race or more frequently if time permits.
- Allow time between races for chute workers to change to new gloves.
- The back part of the finish line needs to be large enough to allow athletes to exit safely, keeping an appropriate distance between runners as much as possible.
- Rope off finish area to prevent spectators from crowding along the finish chute.
- Medical staffing.
 - Trainers and student trainers all need to wear a mask .
 - Post-race and mid-race water tables need to have single use cups. Personnel filling cups should remain constant and not change.
 - Cups at post race (beyond the finish line) should be handed out by gloved individuals.
 - Cups on mid-race water tables are to be spread out and on multiple tables – these cups will be grabbed by runners.
- Awards—eliminate award presentations.
- Awards should be put in an envelope for pick up by the coach.
- Results should be posted online or emailed to participating schools.

Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on aiaonline.org.

2020 AIA Football Modifications

This document provides guidance and game modifications for schools, game administrators, coaches, players, and officials to follow in accordance with NFHS, state and local restrictions and recommendations. Game Administration is responsible for informing all participants of local guidelines for participation.

PREGAME, TRAVEL & FACILITIES

DRESSING ROOM FACILITIES, TRAVEL & PREGAME

- Dressing facilities for game officials and teams should be large enough for them to use social distancing protocols and should be properly cleaned and sanitized prior to their arrival.
- Before, during, and after the contest, players, coaches, game officials, team personnel and game administration should wash or sanitize their hands as often as possible.
- Maintain social distancing of 6 feet at all times while on the sidelines and on the field of play during pregame when possible.
- Team personnel must wear face masks at all times.
- Players must wear face masks during travel, pregame when possible, and post-game.

RULE MODIFICATIONS

COIN TOSS

- One captain from each team.
- Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6 feet.
- No handshakes prior to and following the coin toss.

TEAM BOX

- The team box will be extended on both sides of the field to the 10-yard lines (for players only) in order for more social distancing space for the teams. Coaches are required to remain within the regular team box.
- Maintain social distancing of 6 feet while in the team box and not engaged in activities.
- Do not share uniforms, towels, water bottles, and other apparel and equipment.

BALL

- The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
- The ball personnel should maintain social distancing of 6 feet at all times during the contest.

PLAYER FACE MASKS

- Only cloth face masks are permissible during play.
- Plastic shields are only allowed if integrated into the face mask and attached to the helmet and clear without the presence of any tint.

TOOTH AND MOUTH PROTECTORS

- Encourage players to sanitize their hands regularly in order to reduce the spread from the use of mouth protectors.

GLOVES

- Gloves are permissible but still must comply with either the NOCSAE Standard or the SFIA Specification.
- Latex medical gloves are not permissible.

CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES

- Players, officials, and coaches should have their own beverage container that is not shared.
- A single charged time-out may be extended in length for hydration and to sanitize game equipment.

INTERMISSION BETWEEN PERIODS AND AFTER SCORING

- The intermission may be extended between the first & second and third & fourth periods and following a try, successful field goal or safety and prior to the succeeding free kick for hydration and to sanitize equipment.

SIDELINE PERSONNEL

- Persons on the sidelines (sideline personnel) should be restricted to players, coaches, athletic trainers, athletic directors, administration, media, and game administration personnel (chain crew, ball persons, etc.).
- Sideline personnel must wear face masks.
- Officials have the authority to notify game administration about unauthorized personnel and have them removed from the sideline.

POSTGAME**HANDSHAKE LINE**

- No handshakes, high fives, fist bumps, hugs, etc. can occur pre or post-match.
- Maintain social distancing prior to and following the contest.

OFFICIALS**PRIOR TO CONTEST & TRAVEL**

- Contact the AIA Office if you have a temperature or are not feeling well. Do NOT attempt to travel to or work a game sick.
- Officials should contact the Athletic Director prior to the day of the contest to discuss logistics and requirements for that particular school, district, or municipality. Officials must follow any additional requirements imposed by the school or municipality.

- Drive yourself to the contest when possible. If carpooling is necessary, wear masks and limit the amount of people in a single vehicle.
- Bring your own equipment and towel. Do not share.
- Bring your own container of water.
- Arrive at the game site dressed if possible.

PREGAME

- Social distance during pregame as best as possible.
- Consider holding a pregame outside if necessary.

MECHANICS

- Suspend the switching of sidelines at halftime for wing officials.

FACE MASKS & GLOVES

- Officials must wear a mask while on campus (whenever not actively engaged in officiated a contest).
- The wearing of cloth face masks and gloves while officiating is permissible.
- The use of electronic whistles is permissible.

Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on aiaonline.org.

2020 AIA Golf Modifications

This document provides guidance and game modifications for schools, game administrators, coaches, players, and officials to follow in accordance with NFHS, state and local restrictions and recommendations. Game Administration is responsible for informing all participants of local guidelines for participation.

General Safety and Sanitation at any golf facility

- Players must practice social distancing at all times while on property i.e. maintain a six-foot distance from others. This includes the driven range, practice putting green, teeing area, etc.
- Sanitizer should be available at starting tees.
- Scores will be posted online only. There will be no physical scoreboards.
- There may not be awards ceremonies. Awards may be mailed after the event or given to the schools administration/coach.
- Players and spectators are requested to leave the golf course immediately after the round to avoid large gatherings.
- Players should not participate in traditional handshakes or hugs, prior to, during or after the round.

Bunkers / Rakes

- Bunker rakes will be removed from the golf course.
- Preferred lies in the bunker: Players may place a ball in the same bunker, within 1 (one) club length of the original spot, not nearer the hole. The ball must remain

in the bunker

- Players are encouraged to smooth sand with their feet or club before they leave the bunker.

Flagstick / Hole

- Players must not touch or remove the flagstick at any time. Touching or removing the flagstick may be a violation of the updated code of conduct and may result in a penalty.

Warm – up / before the round

- Players should arrive 30 – 45 minutes before their tee times. Range time per team/player will be limited, possibly to 10 minutes per player/team depending on the event and golf course.
- Practice green is only available to players 10 – 20 minutes before each tee time.
- Spectators will not be allowed on the driving range or practice putting green.

Starting tee / Scoring

- The method of scoring will be done without the exchanging of scorecards and the gathering of players in an official scoring area.
- The AZPREPS365 Golf app allows event managers to collaborate and set up golf events online prior to the event date and the mobile app automatically assigns players as markers in each pairing so players can score digitally for the group or pairing after each hole. At the conclusion of the round, the players in each group verbally validate their scores for the entire round from a safe distance and then notify tournament officials their scorecards are complete and accurate. Tournament officials then lock the scores using the edit results interface.
- The AZPREPS365 Golf app eliminates the need to exchange scorecards while maintaining compliance with USGA rules of golf. The USGA Rules of Golf for 2019 rule 3.3b **Scoring in Stroke Play** states the scores must be entered after each hole on a scorecard. The definition of the **Scorecard** states that the scorecard is a document, either paper or electronic form (as approved by the committee) used to record players' scores.
- Notice to players and hole location documents may be available for players and coaches at the starting tee and/or using your phone's camera will be acceptable.
- Players should bring their own tees, sunscreen, marking pens, as these items will not be available on the starting tee.
- Scorecards may be available in pro shops for individual use only.

Spectator Guidelines

- Spectators on the golf course may be limited to two or fewer people per player, preferably a family member or guardian. College coaches may attend AIA events.
- Spectator carts must be pre-approved per AIA policy. Only one person may ride in the cart at a time (Unless the approved person cannot drive a golf cart, then two people would be allowed).
- Spectators must practice social distancing by remaining at least six feet away from others while on the golf course (excluding family members).
- Spectators will not be allowed on the driving range or practice putting green.

Food and Beverage / Water

- Coaching staff and volunteers will be equipped with coolers filled with bottled waters located on their golf carts for on – course distribution to player only.
- Players must be prepared to start the round with their own water bottle.
- Golf course food available for purchase may be limited depending on the facility.

Invitational Tournaments

- **Maximum of fifteen (15) teams per wave***
- **Maximum of 75 players per wave***

A wave could be fifteen (15) teams on day one and fifteen (15) teams on day two or one group of fifteen (15) in the morning wave and one group of fifteen (15) in the afternoon wave. A wave could be fifteen (15) teams on day one and fifteen (15) teams on day two or one group of fifteen (15) in the morning wave and one group of fifteen (15) in the afternoon wave. There should be no overlapping of teams/individuals from the morning wave and afternoon wave. All other golf modifications provided in this document should be administered.

Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on aiaonline.org.

2020 AIA Soccer Modifications

This document provides guidance and game modifications for schools, game administrators, coaches, players, and officials to follow in accordance with NFHS, state and local restrictions and recommendations. Game Administration is responsible for informing all participants of local guidelines for participation.

PREGAME, TRAVEL & FACILITIES

DRESSING ROOM FACILITIES, TRAVEL & PREGAME

- Dressing facilities for game officials and teams should be large enough for them to use social distancing protocols and should be properly cleaned and sanitized prior to their arrival.
- Before, during, and after the contest, players, coaches, game officials, team personnel and game administration should wash or sanitize their hands as often as possible.
- Maintain social distancing of 6 feet at all times while on the sidelines and on the field of play during pregame when possible.
- Team personnel (including players) must wear face masks during travel, pregame, and postgame.

RULE MODIFICATIONS

PREGAME CONFERENCE

- Limit the pregame conference to one captain and the head coach from each team and the center referee.
- Conference should take place in the center of the field with all individuals

- maintaining a social distance of 6 feet.
- No handshakes prior to or following the pregame conference.

BALL HOLDERS

- If possible, use additional balls for play. This permits the intermittent cleansing of game balls, allowing them to dry before game use, using disinfecting wipes during the match.
- Encourage social distancing of 6 feet.

TEAM BENCH

- Persons on the sidelines should be restricted to players, coaches, athletic trainers, athletic directors, administration, media.
- Officials have the authority to notify game administration about unauthorized personnel and have them removed from the sideline.
- Maintain social distancing of 6 feet as possible
- Sideline personnel must wear face masks.
- Do not share uniforms, towels, water bottles, and other apparel or equipment.

SUBSTITUTION PROCEDURES

- Maintain distancing of 6 feet between the substitute, referee, and the player by encouraging substitutions to occur closer to the center line.

OFFICIALS TABLE

- Limit to essential personnel which includes home team scorer and timer with a recommended 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not considered essential personnel and may need to find an alternative location.

PRE AND POST MATCH CEREMONY

- Suspend the pregame world cup introduction and send players to their field positions with bench personnel lined up on the touch line (6 feet apart) for introductions.
- Suspend the post-game handshake.

SOCCER RULES INTERPRETATIONS

- Cloth face coverings are permissible
- Gloves are permissible
- Long sleeves are permissible
- Long pants are permissible
- Undergarments are permissible but must be unadorned and of a single, solid color to the predominant color of the uniform top or bottom.

CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES

- Players, officials, and coaches should have their own beverage container that is not shared.
- A single charged time-out may be extended in length for hydration and to

sanitize game equipment.

INTERMISSION BETWEEN HALVES AND AFTER SCORING

- The intermission between halves and after scoring may be extended for hydration and to sanitize game equipment.

POSTGAME

HANDSHAKE LINE

- No handshakes, high fives, fist bumps, hugs, etc. should occur pre or post-match.
- Maintain social distancing prior to and following the contest.

OFFICIALS

PRIOR TO CONTEST & TRAVEL

- Contact the AIA Office if you have a temperature or are not feeling well. Do NOT attempt to travel to or work a game sick.
- Officials should contact the Athletic Director prior to the day of the contest to discuss logistics and requirements for that particular school, district, or municipality. Officials must follow any additional requirements imposed by the school or municipality.
- Drive yourself to the contest when possible. If carpooling is necessary, wear masks and limit the amount of people in a single vehicle.
- Bring your own equipment and towel. Do not share.
- Bring your own container of water.
- Arrive at the game site dressed if possible.

PREGAME

- Social distance during pregame as best as possible.

FACE MASKS & GLOVES

- Officials must wear a mask while on campus (whenever not actively engaged in officiated a contest).
- The wearing of cloth face masks and gloves while officiating is permissible.
- The use of electronic whistles is permissible.

Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on aiaonline.org.

2020 AIA Swim and Dive Modifications

This document provides guidance and modifications for swim and dive practice and game attendance for schools, administrators, coaches and athletes to follow in accordance with NFHS, state and local restrictions and recommendations. Administration and coaches are responsible for informing all participants of local guidelines for participation.

AT ALL TIMES:

- All individuals should arrive at facilities with ample drinking water as public access to water may be restricted.
- Athletes should arrive at facilities prepared for practice (proper attire, minimal personal belongings, etc.) as locker room usage may be restricted. Athletes should plan on leaving the facility in their suits, showering & washing clothing upon arrival at home.
- All individuals should practice safe personal hygiene, including hand washing, refraining from spitting, restricting athletes from congregating when rinsing off (only outdoor showers should be used and only when permitted by facility staff).
- All individuals not actively participating in athletic activities should wear face masks. This includes coaches, athletes, volunteers, etc.
- All individuals should be socially distanced to the furthest extent possible.
- Athletes should be spaced out in the pool to ensure social distancing at all times. It is recommended that no more than 3 athletes share a lane at a time, alternating two athletes at one end and one at the other.
- Teams should limit the number of individuals in attendance at practice & meets. Only meet participants & essential volunteers should be in the facility.

PRIOR TO MEETS

- Coaches should collaborate with the schools they are competing against to ensure everyone is aware of all facility rules and regulations.
- If all rules and regulations cannot be followed using a traditional dual/multi-team meet format, schools should work together to determine alternative options, such as:
 - Virtual meets (teams compete at their own facilities and then combine results to score)
 - Splitting genders into different sessions/days
 - Restricting participants to fewer events or restricting events

AT MEETS

- Those in attendance should be limited to essential volunteers, main coaches & meet participants. It is suggested that teams use athletes not participating in the meet as timers to limit the exposure to individuals not regularly around the team.
- Teams should coordinate for specific warm-up & warm-down times that allow for continued social distancing.
- Teams should refrain from high fives, team cheers in groups, congregating in team areas that do not allow for social distancing, etc.
- Swimmers should refrain from congregating behind blocks. This may mean coordinating with the officials to allow enough time for finished heats to exit the area before the next heat enters the area.
- Coaches should refrain from grouping together. Additionally, coaches should have a plan in place to ensure social distancing is adhered to at all times, including when athletes are getting feedback from coaches.
- Lap counting personnel should be limited to one person per lane. Host teams should provide cleaning materials so that lap counters can be sanitized between

heats. It is recommended that coaches coordinate with athletes to do this efficiently.

- Above all, all individuals (athletes, coaches, volunteers) should be understanding, knowing that the pace of the meet may need to be significantly slower to allow for safety measures to be properly adhered to.

WHEN MEETS ARE OVER:

- Any equipment used should be sanitized/ cleaned. Team areas should be cleaned up by those who utilized them.
- All individuals should prepare to leave the facility as efficiently as possible.
- Coaches should consider exchanging results, etc, electronically. Additionally, officials are encouraged to provide any of their documentation electronically. (Consider taking photos & texting, emailing, etc).

Should conditions warrant, these recommendations will be adjusted. Any further updates will be posted on aiaonline.org.

2020 AIA Spiritline Modifications

This document provides guidance and modifications for spiritline practice and game attendance for schools, administrators, coaches and athletes to follow in accordance with NFHS, state and local restrictions and recommendations. Administration and coaches are responsible for informing all participants of local guidelines for participation.

PRACTICES AND GAMES

- Temperature should be taken upon arrival at practice and/or game.
- Coaches must wear a face mask at all times.
- Athletes should be wearing a face mask before and after practice/game as well as during any team travel.
- Athletes should be wearing a face mask when participating in any non-cardiac related activities including stretching and static warm up.
- Only cloth face masks are permissible during practice/games.
- Locker rooms and dressing facilities will be unavailable for athletes.
- Athletes should arrive dressed out with any additional practice gear in their possession.
- When traveling, it is recommended that athletes wear face masks and sit one to a seat.
- Athletes should bring their own water bottle and not share.
- When possible, athletes should maintain a safe social distance during practice and along the sidelines.
- No handshakes, team breaks, hugging, fist bumps, etc.
- Athletes should not enter the stands or fan area before, during, or after the game.
- Athletes may participate in pregame and halftime introductions, but should remain socially distant when forming run-through tunnels.
- Coaches and athletes may meet and/or visit the opposing team's spirit

program while keeping a safe distance, wearing masks and not engaging in any forms of handshakes, fist bumps, etc.

- Spiritline programs may perform quarter and half time routines on the track and/or field during appropriate times per officials.

EQUIPMENT AND SANITIZATION

- Before, during, and after practice, athletes and coaches should wash and/or sanitize their hands as often as possible.
- Athletes should not share any crowd leading props (signs, poms, megaphones, flags) during practice/game.
- Props should be cleaned and disinfected after each practice.
- All mats and flooring should be disinfected at the end of each practice.

Should conditions warrant, these recommendations will be adjusted. Any further updates will be posted on aiaonline.org.

2020 AIA Volleyball Modifications

This document provides guidance and game modifications for schools, game administrators, coaches, players, and officials to follow in accordance with NFHS, state and local restrictions and recommendations. Game Administration is responsible for informing all participants of local guidelines for participation.

PREGAME, TRAVEL & FACILITIES

DRESSING ROOM FACILITIES, TRAVEL & PREGAME

- Dressing facilities for game officials and teams should be large enough for them to use social distancing protocols and should be properly cleaned and sanitized prior to their arrival.
- Before, during, and after the contest, players, coaches, game officials, team personnel and game administration should wash or sanitize their hands as often as possible.
- Maintain social distancing of 6 feet at all times while on the court during pregame when possible.
- Team personnel (including players) must wear face masks during travel, pregame, and postgame.

RULE MODIFICATIONS

PREMATCH CONFERENCE

- Suspend the coin toss to determine serve/receive. The visiting team will have the option to serve/receive first in set 1 and alternate first serve for the remaining of the non-deciding sets.
- Suspend roster submission at the pre-match conference. Rosters are submitted directly to the officials table prior to the 10-minute mark.
- No handshakes prior to and following the coin toss.

TEAM BENCH

- Suspend teams switching between sets, unless there is a distinct advantage as will be determined by the officials.
- If necessary, maintain social distancing of 6 feet while switching.
- Do not share uniforms, towels, water bottles, and other apparel or equipment.

DECIDING SET PROCEDURES

- Coin toss should take place in the center of the court, with the team captains divided by the net while maintaining distance with the second referee. A coin toss, called by the home team, will determine serve/receive.

BALL

- The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
- The ball personnel should maintain social distancing of 6 feet at all times during the contest.

SUBSTITUTION PROCEDURES

- Maintain distancing between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone and closer to the attack line.

OFFICIALS TABLE

- Limit to essential personnel which includes home team scorer, libero tracker and timer with a recommended 3-6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not considered essential personnel and may need to find an alternative location.

VOLLEYBALL RULES INTERPRETATIONS

- Cloth face coverings are permissible
- Gloves are permissible
- Long sleeves are permissible
- Long pants are permissible
- Undergarments are permissible but must be unadorned and of a single, solid color to the predominant color of the uniform top or bottom.

UTILIZE 5-BALL ROTATION

- If possible, use a 5-ball rotation system. This permits the intermittent cleansing of game balls, allowing them to dry before game use, using disinfecting wipes during the match.

CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES

- Players, officials, and coaches should have their own beverage container that is not shared.
- A single charged time-out may be extended in length for hydration and to sanitize game equipment.

INTERMISSION BETWEEN PERIODS AND AFTER SCORING

- The intermission between sets may be extended for hydration and to sanitize game equipment.

BENCH PERSONNEL

- Persons on the bench should be restricted to players and coaches
- Coaches must wear face masks.
- Team benches may extend past the end line.

POSTGAME**HANDSHAKE LINE**

- No handshakes, high fives, fist bumps, hugs, etc. should occur pre or post-match.
- Maintain social distancing prior to and following the contest.

OFFICIALS**PRIOR TO CONTEST & TRAVEL**

- Contact the AIA Office if you have a temperature or are not feeling well. Do NOT attempt to travel to or work a game sick.
- Officials should contact the Athletic Director prior to the day of the contest to discuss logistics and requirements for that particular school, district, or municipality. Officials must follow any additional requirements imposed by the school or municipality.
- Drive yourself to the contest when possible. If carpooling is necessary, wear masks and limit the amount of people in a single vehicle.
- Bring your own equipment and towel. Do not share.
- Bring your own container of water.
- Arrive at the game site dressed if possible.

PREGAME

- Social distance during pregame as best as possible.
- Consider holding pregame discussions outside if necessary.

FACE MASKS & GLOVES

- Officials must wear a mask while on campus (whenever not actively engaged in officiated a contest).
- The wearing of cloth face masks and gloves while officiating is permissible.
- The use of electronic whistles is permissible.

Should conditions warrant, these recommendations will be adjusted. Any further updates will be posted on aiaonline.org.

Important Documents/Forms:

Athlete/Coach Daily Monitoring Form

<https://docs.google.com/spreadsheets/d/1f24cd7ZhvCwoDqb5BZo68-mguDJlxvN7W-oFEVd6Jng/edit#gid=0>

Athlete Waivers

DHS:

<https://docs.google.com/document/d/11n-V4fXgdeiw1abrmQUR6pT-KDYnZZrCRqKuu4PknJM/edit>

SRHS:

<https://docs.google.com/document/d/14EKg0TweF3RBzbmtoA-QnvBEb56VqL86tqesDn5iQRg/edit>

VVHS:

https://docs.google.com/document/d/1_KQ8OoUf8s8dMw6yPb1mBhUo0piIRMIa_S3kog7dSfk/edit

WCHS:

<https://docs.google.com/document/d/1RSJy4QDW-AiMByXO33YSiJBpzll1jMvRoua2yeB029c/edit>