**CAS-CIAC Resocialization to Interscholastic Athletics and Activities Programs**

The COVID-19 pandemic has presented many complex challenges to the operation of educational institutions in Connecticut. CAS-CIAC is proud of our contributions to membership and statewide advisory committees as we seek to uphold our standard of providing students with exceptional experiences, both in academic and athletic settings. In March, CAS-CIAC’s leadership took swift decisive action to protect our school communities and prevent the spread of COVID-19 by leading the country in calling for an immediate stop to athletic contests. Throughout this challenging time, CAS-CIAC has maintained that when the time is right, Connecticut will play again. As the governor begins to implement reopening phases for Connecticut, it is appropriate to consider guidance for the safe resocialization to activity programs for Connecticut kids. The guidance offered by CAS-CIAC is based on our associations core values and beliefs and student-centered decision-making.

**CAS-CIAC Position on Resocialization**

CAS-CIAC believes that is essential to the physical, mental, and social-emotional well-being of Connecticut students/youth to safely re-engage in extracurricular experiences, physical activity, and athletic competition. Returning to play does not mean a return to “normal”. While re-socializing to activity we are still responsible for doing our part in preventing the spread of COVID-19. Any consideration of returning to physical activity and athletic competition must adhere to all requirements set forth under the executive orders of Governor Lamont, account for the health and safety of all participants, and equitably provide opportunities for all Connecticut student/youth-athletes, not just those that can afford for-profit experiences. The CIAC strongly urges, school districts, youth sports programs, and/or recreational programs to refrain from starting sport activities until such time as it has been deemed safe to properly implement CAS-CIAC’s guidelines. CAS-CIAC’s guidelines have been vetted by the Connecticut State Medical Society, Sports Medicine Committee, the Connecticut Athletic Trainer’s Association, the Connecticut Association of Boards of Education, the Connecticut Association of Public School Superintendents, the Connecticut Association of Athletic Directors, and the Connecticut High School Coaches Association.

**Interscholastic/Youth Sports and COVID-19**

Consideration of a safe return to interscholastic/youth sports must be with an understanding that COVID-19 is born out of a global health pandemic. This is a health issue, not a sport issue, nor an education issue. Sports have been negatively impacted by COVID-19 and our student/youth-athletes significantly affected. However, it is our primary responsibility to provide safe physical activity that does not contribute to the spread of COVID-19. Our decisions should also come from a mindset that there is still much to be learned about COVIID-19 and youth inflammatory syndrome. According to the CDC, “We do not yet know what causes MIS-C. However, we know that many children with MIS-C had the virus that causes COVID-19, or had been around someone with COVID-19.” (<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/mis-c.html>)

A safe return to interscholastic/youth activity requires a gradual phase-in approach that accounts for participant and community safety.

**Deconditioning/Regression**

The sudden closure of school and recreational activities has left student/youth-athletes without structured physical activity since mid-March. A safe return to interscholastic/youth athletic experiences must account for the deconditioning which may have occurred during this prolonged departure from normal physical conditioning and skill development. Prolonged inactivity can result in decreased cardiovascular function, decreased pulmonary function, muscle atrophy, and skill regression.

In addition, acclimation to the environment should be considered. The last time student/youth-athletes engaged in structured physical activity was during the cool weather month of March. Traditionally, student/youth-athletes progressively acclimate to physical activity in warmer weather over the months of April, May, and June. Returning to game play scenarios in late June or early July without a structured re-conditioning program could be dangerous for our young athletes. Now, perhaps more than ever, the likelihood for overuse injuries due to significant de-conditioning is high.

**Preparticipation Physical Exams**

In accordance with CIAC bylaws, sport physicals are valid for 13 months. In collaborating with the Connecticut State Medical Society, Sports Medicine Committee, we feel yearly sport physicals to assess injury risk and receive health guidance from doctors is critically important. Again, the coronavirus is a health pandemic and our student/youth-athletes have not engaged in structured physical activity since mid-March. It is in the best interest of student/youth-athlete health and safety to maintain our practice of requiring annual sports physicals.

**Face Coverings**

In accordance with CDC guidance, “face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease).” (CDC Consideration for Youth Sports, 2020) “Face coverings may be challenging for players (especially younger players) to wear while playing sports.” (CDC Consideration for Youth Sports, 2020) “Face coverings should be worn by coaches, youth sports staff, officials, parents, and spectators as much as possible.” (CDC Consideration for Youth Sports, 2020)

Recognizing the benefits and potential concerns of using face coverings during conditioning and physical activity, the CIAC, in collaboration with the Connecticut State Medical Society, Sports Medicine Committee, recommends:

1. Cloth or disposable face coverings should be worn throughout each phase when not engaging in vigorous activity, such as when sitting on the bench, during chalk talk, interacting with an athletic trainer, etc.
2. Medical grade face coverings are not necessary. Cloth or disposable face coverings are acceptable.
3. Face coverings should not be worn when engaging in high intensity aerobic or anerobic workouts, distance running, or swimming.
4. Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates. (2020 NFHS Guidance for Opening up High School Athletics and Activities, 2020)
5. Coaches, officials and other contest personnel may always wear cloth face coverings during Phases 1 through 3. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.) (2020 NFHS Guidance for Opening up High School Athletics and Activities, 2020)

**Health Screening**

All staff and students are required to be screened for any observable illness, including cough or respiratory distress, and to confirm temperature below 100 degrees Fahrenheit. (Rules for Operating Summer Schools during COVID-19, 2020) The coach or activity supervisor must screen all activity participants upon arrival. This should be done while the participant remains in their vehicle and isolated from others. Refer to Appendix I for a suggested chart to record participant screenings.

**Testing and Contact Tracing**

As student/youth-athletes return to physical activity, a system of contact tracing and notification should be established in the event that a participant tests positive for COVID-19. In the event that a student/youth athlete tests positive for COVID-19, administration and the local department of health should be immediately notified.

**Athletic Directors, Athletic Trainers, Coaches, Band Directors, Performing Arts Instructors**

State and local budgets are likely to face a financial strain while reopening our communities. During this time, CAS-CAIC fears that local districts will view special elective experiences (i.e. Band, Theater, Marching Band, Choir, etc.) and athletics as extracurricular luxuries. A successful resocialization to any sense of “normal” life will require engaging our students/youth in the arts and athletics. Just as our doctors, nurses, and first responders are the essential heroes of today fighting the coronavirus; our boards of education, superintendents, administrators, teachers, athletic directors, coaches, and athletic trainers will be the heroes of tomorrow who enable our communities to reopen.

Every student/youth has experienced trauma while isolating from their peers and educational communities with whom they have forged meaningful relationships. Accounting for the social-emotional needs of our students/youth upon a resocialization to activity will be a key factor in successful reengagement. Our primary investment to ensure the health and safety of our students/youth and community must be in people. If we maintain our staff, those who have forged meaningful relationships with our kids, then we can innovatively address all other needs for successful reintegration to education-based activities.

Furthermore, “Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they can take lead roles in developing and implementing infection control policy throughout the school. Whenever needed, state associations and their SMACs should promote the importance of athletic trainers in high schools and their role in injury evaluation, treatment and risk minimization as well as being a vital component of any return-to-school and athletics plan.” (2020 NFHS Guidance for Opening up High School Athletics and Activities, 2020)

**Conduct of Conditioning, Practice Sessions, and Contests**

CAS-CIAC guidelines for a resocialization to interscholastic athletics and activities programs are in accordance with phases published by Governor Lamont and the NFHS (NFHS phases are in accordance with guidelines published by the White House and CDC available at <https://www.whitehouse.gov/openingamerica/>).

**Categorization of Sports by Potential Risk Infection (Adopted from 2020 NFHS Guidance for Opening up High School Athletics and Activities; which modified from United States Olympic and Paralympic Committee – Sports Medicine recommendations.)**

* Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
  + Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, alpine skiing, sideline cheer, single sculling, cross country running (with staggered starts).
* Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can’t be cleaned between participants.
  + Examples: Basketball, volleyball\*, baseball\*, softball\*, soccer, water polo, gymnastics\* (if equipment can’t be sufficiently cleaned between competitors), ice hockey, field hockey, tennis\*, swimming relays, pole vault\*, high jump\*, long jump\*, girls lacrosse, crew with two or more rowers in shell, 7 on 7 football.

\*Could potentially be considered “Lower Risk” with appropriate cleaning of equipment and use of masks by participants.

* Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.
  + Examples: Wrestling, football, boys lacrosse, competitive cheer, dance.

**Transportation**

“Schools must consider social distancing requirements when scheduling contests and events for the fall. Social distancing (as required by state or local health department) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed.” (2020 NFHS Guidance for Opening up High School Athletics and Activities, 2020) Due to concerns of transportation availability, the CIAC will work with member leagues to consider options that would reduce the strain on busing. Option may include but are not limited to: regional play, reduced game scheduled, weekend jamborees, sub-varsity jamborees, etc.

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| **Phase I and II: CAS-CIAC Resocialization to Interscholastic Athletics and Activities Programs** | | |
|  | **Highest Risk Virtual Stage** | **High Risk In-Person and Virtual Stage** |
| **Implementation Date** | We are currently operating in highest risk conditions. This will continue through, at minimum, the month of June. Consideration of the current phase in Governing Lamont’s Reopen plan, preparedness of facilities to sanitize and maintain social distancing standards, current executive orders, opportunity equity, and continued consultation with the Connecticut State Medical Society, Sports Medicine Committee will factor into CIAC’s guidance of moving to in-person experiences. | July 6, 2020 is the target date to begin small group, in-person, contact while maintaining virtual coaching options. This date is subject to change based on information available as we approach the transition to this stage. July 6th coincides with the soft opening of school facilities for summer school. Consideration of the current phase in Governing Lamont’s Reopen plan, preparedness of facilities to sanitize and maintain social distancing standards, current executive orders, opportunity equity, and continued consultation with the Connecticut State Medical Society, Sports Medicine Committee will factor into CIAC’s guidance of moving to low/moderate risk competition experiences. |
| **Allowed in Attendance** | None | Athletes, coaches, medical staff. |
| **Gathering Limitations** | No in-person meetings or instruction may occur. Spring coaches can engage their athletes in virtual coaching sessions, including skill instruction. All coaches may engage their athletes in virtual instruction for conditioning advice. Fall and winter coaches may include skill instruction during virtual sessions beginning June 1, 2020. | Workouts should be conducted in cohorts of the same 5-10 students working out together weekly to limit exposures. Cohorts should not meet more than 3 times per week. |
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| Activities should focus on physical reconditioning of athletes, acclimation to exertional activity in warmer weather, and individual skill development. Workouts should not exceed 60 minutes. |
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| There must always be a minimum distance of 6 feet between each individual. |
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| Physical contact such as high-fives, fist bumps, and hugs are prohibited. |
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| Vulnerable individuals should not supervise or participate in any workouts during Phase II. |
| **Facilities** | Closed | All activities are limited to outdoor areas. |
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| Adequate cleaning schedules should be created and implemented for all athletic facilities. |
| **Screening** | Not applicable while facilities are closed. | All staff and students are required to be screened for any observable illness, including cough or respiratory distress, and to confirm temperature below 100 degrees Fahrenheit. |
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| The coach or activity supervisor must screen all activity participants upon arrival while the participant remains in their vehicle and isolated from others. Responses to screening questions for each person should be recorded and stored (see sample Appendix I). |
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| Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional. |
| **Face Covering** | Follow executive orders. | See face coverings section of this guidelines document. |
| **Hygiene Practices** | Follow executive orders and CDC guidance. | Wash your hands with soap and water for at least 20 seconds or use hand sanitizer, especially after touching frequently used items or surfaces. |
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| Hand sanitizer should be plentiful and available to individuals as they transfer from place to place. |
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| Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face. |
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| Appropriate clothing/shoes should always be worn to minimize sweat from transmitting onto equipment/surfaces. |
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| Athletes must be encouraged to shower and wash their workout clothing immediately upon returning to home. |
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| Disinfect frequently used items and surfaces as much as possible. |
| **Hydration/Food** | Not applicable while facilities are closed. | All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized. |
| **Travel** | Follow executive orders. | Resocialization to physical activity should remain local, within a designated town/region. |
| **Locker Rooms/Athletic Training Areas** | Closed | Locker rooms should not be utilized during Phase II. Students should report in appropriate attire and immediately return home to shower after participation. No students are allowed in the athletic training area unless the trainer is present. |
| **Weight Rooms** | Closed | All activity and conditioning is limited to outdoor areas during phase II. Resistance training should be emphasized as body weight, free weights that do not require a spotter, resistance bands, or plyometrics. |
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| Weight equipment, if used outdoors, should be wiped down thoroughly before and after each individual’s use. |
| **Athletic Equipment** | Not applicable while facilities are closed. | Athletic equipment (towels, clothing, shoes, or sports specific equipment) cannot be shared between athletes. |
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| All athletic equipment, including balls, should be cleaned after each individual use and prior to the next workout. |

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| **Phase III and IV CAS-CIAC Resocialization to Interscholastic Athletics and Activities Programs** | | |
|  | **Low to Moderate Risk Competition Stage** | **High Risk Competition Stage** |
| **Implementation Date** | The date to begin low/moderate risk activity, including competition, will be determined by CIAC, in consultation with the CT State Medical Society, Sports Medicine Committee, based on successful conditioning of athletes through small group in-person training and skill development, the current phase in Governing Lamont’s Reopen plan, preparedness of facilities to sanitize and maintain social distancing standards with individual from other towns in attendance, current executive orders, and opportunity equity for all participants. Implementation will be a minimum of 4 weeks after in-person conditioning and skill development has begun. | The date to begin all competition, including high risk sports, will be determined by CIAC, in consultation with the CT State Medical Society, Sports Medicine Committee, based on successful integration of low/moderate risk competition, the current phase in Governing Lamont’s Reopen plan, preparedness of facilities to sanitize and maintain social distancing standards with individual from other towns in attendance, current executive orders, and opportunity equity for all participants. Implementation will be a minimum of 4 weeks after low/moderate risk competition has begun. |
| **Allowed in Attendance** | Phase II plus officials, event staff, security, and limited media | Phase III plus spectators and vendors. |
| **Gathering Limitations** | Lower and moderate risk practices and competitions may begin. Competitions and practices may include up to 25 people indoors and 50 people outdoors. | Higher risk practices and competitions may begin. Competitions are not limited in number, provided they abide by all Connecticut executive orders. |
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| During practice/conditioning, athletes should remain grouped in smaller cohorts for purposes of spread mitigation and contact tracing strategy. | When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or paint as a guide for athletes and coaches. |
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| Competition schedules should be limited to within a town or local region to mitigate potential spread and maximize contact tracing capability. | Scheduling can return to normal practices. |
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| When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or paint as a guide for athletes and coaches. |  |
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| Vulnerable individuals should not supervise or participate in any workouts during Phase III. |  |
| **Facilities** | Adequate cleaning schedules should be created and implemented for all athletic facilities. | Adequate cleaning schedules should be created and implemented for all athletic facilities. |
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| Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.). | Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.). |
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| Hand sanitizer should be plentiful and available to individuals as they transfer from place to place. | Hand sanitizer should be plentiful and available to individuals as they transfer from place to place. |
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| Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times. | Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times. |
| **Screening** | All staff and students are required to be screened for any observable illness, including cough or respiratory distress, and to confirm temperature below 100 degrees Fahrenheit. |  |
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| The coach or activity supervisor must screen all activity participants upon arrival. Responses to screening questions for each person should be recorded and stored (see sample Appendix I). | TBD based on updated guidance and executive orders at the time of entering phase IV. |
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| Officials, medical staff, and media should self-screen prior to attending an event. |  |
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| Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional. |  |
| **Face Covering** | See face coverings section of this guidelines document. | See face coverings section of this guidelines document. |
| **Hygiene Practices** | Wash your hands with soap and water for at least 20 seconds or use hand sanitizer, especially after touching frequently used items or surfaces. | Wash your hands with soap and water for at least 20 seconds or use hand sanitizer, especially after touching frequently used items or surfaces. |
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| Hand sanitizer should be plentiful and available to individuals as they transfer from place to place. | Hand sanitizer should be plentiful and available to individuals as they transfer from place to place. |
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| Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face. | Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face. |
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| Appropriate clothing/shoes should always be worn to minimize sweat from transmitting onto equipment/surfaces. | Appropriate clothing/shoes should always be worn to minimize sweat from transmitting onto equipment/surfaces. |
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| Athletes must be encouraged to shower and wash their workout clothing immediately upon returning to home. | Athletes must be encouraged to shower and wash their workout clothing immediately upon returning to home. |
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| There should be no shared athletic towels, clothing or shoes between students. | There should be no shared athletic towels, clothing or shoes between students. |
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| Disinfect frequently used items and surfaces as much as possible. | Disinfect frequently used items and surfaces as much as possible. |
| **Hydration/Food** | All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized. | All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized. |
| **Travel** | Inter/Intra league play may resume. Schools must consider transportation restrictions when scheduling contests. | Inter/Intra league play may resume. Schools must consider transportation restrictions when scheduling contests. |
| **Locker Rooms/Athletic Training Areas** | TBD based on future guidance. | TBD based on future guidance. |
| **Weight Rooms** | Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment. | Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment. |
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| Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered. | Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered. |
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| Appropriate clothing/shoes should always be worn in the weight room to minimize sweat from transmitting onto equipment/surfaces. | Appropriate clothing/shoes should always be worn in the weight room to minimize sweat from transmitting onto equipment/surfaces. |
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| Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar. | Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar. |
| **Athletic Equipment** | There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students. | There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students. |
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| Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout. | Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout. |
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| All athletic equipment, including balls, should be cleaned after each individual use and prior to the next workout. | All athletic equipment, including balls, should be cleaned after each individual use and prior to the next workout. |
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| Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual. | Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual. |
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| Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared. | Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared. |
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| Physical contact such as high-fives, fist bumps, and hugs should not be allowed. | Physical contact such as high-fives, fist bumps, and hugs should not be allowed. |

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**Appendix I**

**COVID-19 Athlete/Coach Monitoring Form**

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| **Name** | **Time** | **Circle Yes/No below** | | | | | | | | | |  |
| **Fever** | | **Cough** | | **Sore Throat** | | **Shortness of Breath** | | **Close contact, or cared for someone with**  **COVID-19** | | **Temp (if higher than 100.3°F)** |
|  |  | Yes | No | Yes | No | Yes | No | Yes | No | Yes | No |  |
|  |  | Yes | No | Yes | No | Yes | No | Yes | No | Yes | No |  |
|  |  | Yes | No | Yes | No | Yes | No | Yes | No | Yes | No |  |
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|  |  | Yes | No | Yes | No | Yes | No | Yes | No | Yes | No |  |
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