



## **OVERVIEW OF IMPORTANT RETURN-TO-PLAY TOPICS**

*This document was updated on March 24, 2021. Over time, this document will change. Please check back frequently for updates. The first four pages of this document feature easy-to-understand overviews of Spring 2020-21 COVID-document-related guidelines. For more detailed answers, read this entire packet. Spring athletics will not be risk-free, but by following the guidance in this document, we all can help mitigate those risks. You should also consider your interactions outside of sports during this season in order to limit the potential for exposure in other portions of your daily routine.*

**PROTOCOL FOR POSITIVE CASES:** A detailed and more complete version of these protocols can be found on page 4 of this document (“What to Do When Someone Gets Sick”).

1. Contact health department and follow guidance.
2. Close contacts MAY have to quarantine for 14 days; follow health department guidance. “Close contact” is defined as someone who was within six feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period, starting from two days before illness onset.
3. Notify all schools, families and officials involved without identifying the person involved.
4. Students, coaches, officials and others at the event but NOT in close contact should be closely monitored for symptoms and may not need testing. Follow health department guidance.
5. Clean the area.

**FACE MASKS:** The March 2, 2021 order issued by the Michigan Department of Health and Human Services (MDHHS), as amended, mandates that masks are to be worn during practice and competition for outdoor contact sports. Additionally, if practices are held indoors, masks must be worn in ALL sports at ALL times. In general, face masks are required for athletes in boys lacrosse, girls lacrosse and girls soccer at all times. Face masks are optional for athletes in active participation in all other spring sports but are required at all other times when not involved in active participation. Bench personnel are required to wear face masks at all times. This includes athletes not currently in the game, coaches, managers, trainers, statisticians, media and anyone else on the sideline. If a student has a disability or medical situation that would not permit a mask to be worn, the student would need to obtain documentation of such disability or medical situation from a medical provider (MD, DO, PA, NP) and complete a negative COVID test within 24 hours (rapid antigen test) or 72 hours (PCR test) for each day of competition and practice. Both items must be documented and paper copies shall be made available to all officials and opponents prior to each contest. Management, school administrators, table personnel, announcers, media, broadcasters and all staff are required to wear face masks. Spectators are required to wear face masks.

**REGULAR-SEASON TOURNAMENTS, INVATIONALS, MULTI-TEAM COMPETITIONS:** The following limitations are in place for regular season spring tournaments and invitationals, both home and away. Regular-season dual/head-to-head matchups, between multiple levels of two different schools, are not affected.

- Baseball – four schools/teams at a site
- Golf – traditional contest limits apply
- Lacrosse – four schools/teams at a site
- Soccer – four schools/teams at a site
- Softball – four schools/teams at a site
- Tennis – traditional contest limits apply
- Track & Field – 16 single-gender teams at a site

When determining the number of teams present at a tournament, count the school’s varsity team as one team, and its JV team as a second team. The goal is to achieve physical distancing at all possible times; teams not in competition should be provided adequate space, and spectator limitations must be followed. Consider staggered contest and team arrival times to maintain physical distancing.

**Where two sites and/or facilities are used, there should not be any crossover competition between the two tournaments.**

**SCRIMMAGES:** There are no scrimmages allowed for any sports this spring.

**SPECTATOR LIMITATIONS:** The current MDHHS epidemic order indicates that outdoor entertainment and recreation facilities must not allow more than 1,000 patrons to gather. Schools may limit spectators further (two per participant, as suggested by MDHHS) but the order defines the maximum number of spectators based on facility size and type.

If local health department orders exist that are stricter than these updated MHSAA requirements, member schools and host venues are expected to follow those local orders.

Sideline cheerleaders, dance team members and pompon squads would be considered participants if a school allows. If a non-athletic support organization such as a pep band is allowed at a facility, all those individuals must be counted in the total number of spectators.

**ENTRANCE/EXIT STRATEGIES:** Event organizers and venues must consider proper scheduling, seating areas, and crowd entry and exit to facilitate needed sanitizing and physical distancing protocols.

**PRE-WORKOUT AND PRE-GAME SCREENING:** All coaches and students should be screened daily for signs and symptoms of COVID-19 prior to participating, including with a temperature check. This check may take place onsite or be completed and verified prior to arrival onsite (at home, for example). Anyone with a temperature of greater than 100.3 degrees should not participate and be sent home. Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19. These records must be kept confidential. Any person displaying symptoms of COVID-19 should not be allowed to participate, should self-isolate and contact his or her primary care provider or other healthcare professional. Continue to remind and insist that coaches and students disclose symptoms so all schools can compete safely. Involve local health departments if positive cases of COVID are discovered. Vulnerable adult individuals should not coach, supervise or participate in any competitions or workouts. School districts will make the decision on vulnerable individuals.

**COVID GAME CANCELLATIONS:** Any game or contest cancelled because of COVID issues is not considered a forfeit. It is considered a no-play, provided the contest has not started. For officials' payment purposes, this is considered an act of God.

**TICKETS:** Schools should strongly consider using a digital ticket or cashless system. Schools must work together to develop a distribution plan for the limited amount of tickets available per game. If a physical ticket is used, each school should consider conducting a pre-sale, with no onsite ticket sales – only tickets, not money, is collected at the event site.

**TRANSPORTATION:** The use of buses is a local school district decision. Cleaning and ability to physically distance should be part of the decision. Schools should also consider length of trips when determining the season schedule. When feasible, consider having parents drive athletes to and from games.

**LOCKER ROOMS:** Home teams are not required to offer locker room access. Visiting teams should arrive dressed and ready to play. Locker room restrooms should be available, and a cleaning schedule should be created.

**FACILITY CLEANING:** Adequate cleaning schedules should be created and implemented for all athletic facilities. Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (bleachers, chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.). Individuals should wash their hands for a minimum of 20 seconds before participating in workouts. Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

**CONCESSIONS:** The current MDHHS order states that consumption of food or beverages is permitted only where patrons are seated and those groups of patrons are separated by at least six feet. The order also states that no more than six patrons may be seated at a table and those groups of patrons cannot intermingle.

## **BEST PRACTICES FOR NON-ATHLETES – THIS IS NOT SPORT-SPECIFIC**

### **Administrators/Host Management**

- Administrators must wear face masks and practice physical distancing.
- Obtain officials' information in order to trace contacts if necessary. (This information may be accessible through Arbiter.)
- Provide clear instruction to teams in advance of contests about entrance and exit points of the facility.
- At larger spectator events, consider providing volunteers to monitor entrances and spectator seating areas who can promote physical distancing and face masks.
- Schools should restrict spectator seating to allow for adequate spacing between the spectators and contest participants e.g. permit a scorer's table/judge's table and benches to be moved back or use the first row of bleachers for team bench seating if needed.
- When possible, officials and teams should be provided separate bathrooms and/or gathering areas.
- Scorer's Table/Press Box – essential personnel should be 6 feet apart when possible.
- A cordless microphone could be used.
- Cleaning supplies should be available onsite with devices sanitized between uses.

### **Coaches**

- Coaches must wear face masks and practice physical distancing.
- Provide and review NFHS Playing Rule modifications with players and parents.

### **Spectators**

- Spectators must wear face masks and practice physical distancing.
- Entrance and exit protocols, and posted signs by host management must be obeyed.

### **Media Personnel**

- Media must wear face masks and practice physical distancing.
- Press box/table accommodations should allow for appropriate physical distancing.
- Promote to local media the need to call in advance of the event to secure accommodations.
- Designate locations where photographers may shoot from and enforce it. Make sure photographers are aware of restrictions when they arrive. Photographers must be kept out of team box and bench areas.
- Limit postgame interviews to open-air areas. No locker room access.
- Establish times when the venue will become available to the media and when it will close.



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**SPORT:** Track and Field

**ASSISTANT DIRECTOR:** Nate Hampton and Cody Inglis [Nate@mhsaa.com](mailto:Nate@mhsaa.com) [Cody@mhsaa.com](mailto:Cody@mhsaa.com)

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Considering all recommendations by the [MISafeSchools Return to School Roadmap](#), [MHSAA Re-Opening Guidelines](#) and the SMAC guidelines, the following are the specific guidelines for Football:

First Legal Practice: March 22, 2021

First Legal Competition: March 26, 2021

**The MHSAA/NFHS Guidance For Re-Opening School Sports lists Track And Field as a Moderate risk sport.**

*Moderate risk sports 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.*

#### **ACTIVITIES**

- **All students must have provided a Physical Examination or Health Questionnaire to the school prior to participating in MHSAA organized athletic activities.**
- Traditional four-player activities are permitted during the MHSAA winter season and may include rotations of conditioning, open gyms and skill development sessions as long as they are voluntary, do not contribute to the selection of the team roster and coaching does not take place to more than four players of the same district grades 7-12. Confirm with the school's athletic director before conducting any four-player activities to ensure they are permitted by MHSAA regulations.
- All coaches and students should be screened daily for signs and symptoms of COVID-19 prior to participating, including a temperature check. Anyone with a temperature of greater than 100.3 degrees or any other positive signs/symptoms for COVID-19 should not participate and be sent home (see **Preparing for When Someone Gets Sick** on page 3 for additional guidance). Coaches must keep accurate records of athletes and staff who attend each practice in case contact tracing is necessary (see **COVID-19 Monitoring Form** on page 4). While screening, all individuals must be physically distanced.
- **Face coverings MUST be worn at all times while not in competition:** Face masks are optional for athletes while in active participation in track and field. Facial coverings are required at all other times when not involved in active participation and at a track meet or practice. This includes but is not limited to team meetings, warm up, awards presentations, clerking area, etc. The rule is that while not competing in a track event, you must wear a facial covering.
- When activities take place *indoors or outdoors*, all coaches and participants shall wear masks at all times.
- Coaches and athletes should wash and sanitize their hands prior to athletic activities. All individuals should avoid touching their eyes, nose or mouth.
- Schools will make the determination regarding vulnerable individuals (*e.g. those with a medical condition or over age 65*) as to whether they should oversee or participate in any athletic activity.
- Allow adequate space between spots where players deposit gear and water bottle for breaks.
- All coaches must be cognizant of guidelines, but we recommend each team designate an Asst. Coach as a Safety - Hygiene Coordinator whose main responsibility is to ensure safety protocols.

- Where possible, athletic activities should be conducted in “pods” of students with the same small group (includes coaches and participants) always working together. This minimizes contacts and assists in contact tracing.
- Appropriate clothing and shoes must be worn at all times.
- Participants should be appropriately spaced to ensure proper physical distancing (six feet) and participants should minimize contact with other participants.
- Seeds, gum and spitting are not permitted. Participants may not bring their hands in contact with their mouths, or apply spit to their hands even if normally permitted by the playing rules.
- Shared equipment should be reduced to the minimal extent possible. When equipment must be shared, it should be isolated to as few players as possible. Equipment should be reserved/assigned to as few players as possible to minimize contacts and assist in contact tracing.
- All athletic equipment and clothing should be cleaned/sanitized/washed after use.
- Batons, shot, discus, poles, hurdles and crossbars may be used by athletes and coaches, provided they wash their hands before and after practice and sanitize as often as possible. Sanitized back up equipment should be available and should be rotated in regularly. Sanitized and non-sanitized equipment should be kept separated.
- Any common equipment, must be cleaned as permitted before, during and after practices/workouts.
- Each individual should bring their own water bottle which must be marked with name and cannot be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.
- No huddles, chest bumps, hugging, handshakes, high-fives, fist bumps, etc. Spread out players for meetings.
- Coaches should work to continue to reinforce safe and healthy habits. This includes reminding players to avoid their face, maintain physical distancing of six feet between individuals, and constant hand washing. Always remind players that what they do away from the field is very important in stopping the spread of the virus and helping to ensure that sports will continue.
- No spectators, officials or parents should be in attendance at these out-of-season activities.
- Additional guidance and Information could be updated after reassessing future epidemiology data and/or health department and CDC directives.
- See attached document “**Preparing for When Someone Gets Sick.**”

### **Competition and Spectator Limitations**

• Indoor practice and competition cannot begin until March 22, 2021 Conditioning and four player workouts are allowed. Must wear mask.

• 2021 Outdoor Spring regular season Competitor competition limits – **500 individuals ( single or both genders)**  
 OR Teams: **16 Total Teams Maximum. 8 Girls/8 Boys or any combination. Leagues or conferences may request from the MHSAA a variance for more teams to be included for League or conference championships.**

- For indoor track meets, there can be no more than 4 single-gender total teams. Indoor examples would include 4 girls teams or two boys and two girls teams.

Team Bus Parking: **Team bus/van parking must take into consideration for Social Distancing and containment.**

Team Camps: **Team Camps and Congregation areas MUST consider Social Distancing and Separation.**

- No scrimmages allowed.
- Spectators will be limited. The number of spectators and individuals allowed for indoor and outdoor events will be based on future guidance from the governor’s office, and will be posted prior to the first dates of competition.

At outdoor stadiums and arenas that establish and abide by an infection control plan that complies with the MDHHS publication entitled Enhanced Outdoor Stadium and Arena Guidance, gatherings **may not exceed 20% of the venue's fixed seating capacity.** Such venues must post their plan publicly, including on a public website. Infection control plans must be provided to the local health department and MDHHS at least seven days before scheduled events. Sports organizers of events occurring at outdoor stadiums and arenas proceeding under this subsection must administer a

testing program for all players as specified in the MDHHS publication entitled Interim Guidance for Athletics issued March 20, 2021, for all players.

**Special Equipment and Facility Considerations for Track and Field**

Sports Equipment	Facility
<ul style="list-style-type: none"> <li>● Hurdles</li> <li>● Landing Pads</li> <li>● Field Markers</li> <li>● Jump Standards</li> <li>● Water supply/Bottles/Containers</li> <li>● Towels</li> <li>● Disposable gloves</li> <li>● Equipment/carts</li> <li>● Poles/Starting Blocks</li> <li>● Player uniforms/Bags</li> </ul>	<ul style="list-style-type: none"> <li>● Bleachers</li> <li>● Sidelines / Team Bench</li> <li>● Trainers equipment</li> <li>● Water source</li> <li>● Bathrooms</li> <li>● Locker rooms</li> <li>● Press Box</li> <li>● Ticket Booths</li> <li>● Entry Gates</li> <li>● Concessions</li> <li>● Weight training facilities (?)</li> </ul>

**Officiating Crew/Volunteers Considerations**

1. It’s required that all officials/volunteers wear masks at all times.
2. All officials/volunteers should do their best to social distance themselves from each other and competitors.
3. It’s recommended that the event coordinators have a voice amplification system.
4. Flags should be used to indicate readiness of the venue and the attempt performance.

**General Considerations for Running Events**

1. Anyone within the track oval should wear a face mask unless competing in an active race.
2. Meet Management should place volunteers at all access points to the track oval to monitor entry and exit.
3. Consider not permitting anyone who is a spectator or non-participant inside the track oval.
4. Competitors should only enter the track via the Clerking Area.
5. Consider establishing a “Safe Performance Zone” around the track where no one may sit or stand.
6. All running event competitors should exit the track at the Finish Line Area or at the next closest gate.
7. In Relay Races each school should provide its own baton, (wear Gloves) which must be sanitized after each race, and must provide chalk or a piece of tape to make exchange marks.
8. Running events run entirely in lanes may use every other lane to assist with distancing, or run as normal
9. Blocks may be disinfected after each heat/race.
10. Consider running races of 800 meters or greater in multiple sections to reduce the number of competitors competing together.

**Clerking Considerations**

1. Area:
  - A. Consider one-way entry and exit, with visible 6-foot distance markings and signage. - Mask may be worn by competitors here - Designating traffic flow - Indicating No Exit and No Re-entry
  - B. Only Clerks, competitors, medical personnel and Meet Administration allowed in clerking tent.
  - C. Consider using tables to separate the lines of competitors.
  - D. Provide an open area for competitors to warm up and social distance once they check in.
  - E. Voice amplification system is recommended for communication.
  - F. A table stationed at the entry controlling flow.
  - G. No tables or chairs for competitors.

H. Mark sections for event and heat to stand to facilitate social distancing

### **2. Pre-Meet:**

- A. Consider Posting or online-heat sheets and estimated Time Schedule to report to Clerking Tent in several locations.
- B. Prepare hip numbers separated by race and paperclip to heat sheets. This limits multiple people from handling materials.
- C. Multiple Clerks or volunteers will be needed to better socially distance themselves and the competitors.

### **3. Event Clerking:**

- A. Consider Calling competitors into the Clerking area or start line by heats, 1st, 2nd, and 3rd call. Competitors enter the tent on 3rd call.
- B. No personal items are to be left in the Clerking Tent. Have garbage bags, marked with heat and lane, that competitors can use to store belongings. Bags to be placed beyond the finish line, exterior to the track, monitored by a volunteer.
- C. For relays, each school must provide its own baton.
- D. Call each heat/section one at a time for instructions. Call name, provide hip number and direct where they need to stand.

### **4. Line Clerk/Escorting:**

- A. Take one heat/section at a time to the Start Line. Use the curves and infield to space out multiple heats.
- B. Provide all starting instructions, advancement instructions, prior to arriving at the start line.
- C. Advise competitors to inform the block holders at the Start Line if they will need starting blocks.
- D. Remind competitors to immediately exit the track, beyond the Finish Line at the conclusion of the race.
- E. Allow a single runout. Turn over the heat to the starters.

### **Starters Considerations**

- 1. Recommended that starters wear a face mask at all times.
- 2. Consider using an electronic whistle.
- 3. Utilize a voice amplification system.
- 4. Consider allowing the Clerk to provide all race instructions.

### **Starting Blocks Crew Considerations**

- 1. Assign one block holder to each lane utilized. Number the blocks so the holder for that lane will only be handling one set of blocks for the entire meet.
- 2. Only the block holders should place blocks on the track and remove them.
- 3. Provide each block holder with protective wear – face mask, protective gloves and sanitary wipes.
- 4. The footpads and the mainframe should be wiped down with the sanitary wipes after each race.

### **Hurdle Crew Considerations**

- 1. Assign one hurdle crew member to each flight of hurdles. That crew member is responsible for the entire meet to set, remove and adjust their flight of hurdles.
- 2. Provide each block holder with protective wear – face mask, protective gloves and sanitary wipes.
- 3. The hurdle gates should be wiped down after each heat.

### **General Suggestions/Considerations for Field Events**

In general, the focus is setup and pre-event planning. The key is the separation of the competitors, teams and coaches in a manner similar to the creation of coach's boxes, but for teams and competing athletes.

- 1. A Safe Performance Zone should be established, specific to each field event. This zone would provide 6 feet of spacing, marked by tape or cones, from the runway, circle, apron.
- 2. Events should be run "Flight Specific." Warmups and competition one flight at a time. Only those competitors competing in a specific flight should be in the Safe Performance Zone.
- 3. A dedicated Coaching Box should be defined that is a minimum of 12 feet from the venue to ensure the event crew is not within 6-feet of coaches when preparing the event or observing the attempt.

4. Coaches should wear masks throughout the competition and when in the Coaching Box.
5. Specific boxes should be created that have three 6-foot separations – Up, On Deck, On Hold. Athletes should enter each box when called by the flight coordinator.
6. Establish Team Flight Areas. Each competing team will have a designated area they must remain in during the competition. The Team Flight Areas should be restricted to competing athletes in that flight.
7. Each competing team could compete as a unit in the same flight. This would require Flight Sheets to be constructed by teams.
8. Masks **may** be worn by competitors. Required for ALL Others
9. If possible, an official/volunteer should be assigned to manage social distancing, Team Flight Areas, the Competition Area and the Safe Performance Zone.
10. Each competitor should provide a bag, to place all personal items when not being utilized.

#### **General Field Event Considerations in Competition and Warmups:**

1. All warmups and competition should be flight-specific.
2. During warmups athletes should maintain the 6-foot separation by using the taped marks of the Safe Performance Zone.
3. Masks **may** be worn by competitors. They are not required when performing an attempt.
4. Athletes **MUST** wear a mask all other times when in the Safe Performance Zone
5. During competition athletes should remain in their designated Team Flight Area or at a designated 6-foot separation mark.
6. When the Flight Coordinator calls the athlete for his or her attempt, the competitor should stand in the corresponding box and enter the runway when the flight coordinator directs.
7. Following the attempt, the athlete may converse with his or her coach, both wearing a mask, at the Coaching Box where there is a designated 6-foot area separating the coaches (in the box), return to their Team Flight Area or go to their designated runway mark.

#### **Horizontal Jumps Considerations:**

1. The Safe Performance Zone should be established running behind the board crew, extending parallel to the length of the runway, 6-feet on each side of the runway.
2. Tape markers or cones should be placed, extending from the Safe Performance Zone, 6 feet apart. These marks must be used by competitors when lining up for an attempt.

#### **Throws Considerations:**

1. The Safe Performance Zone should be established running behind the ring crew, extending 12 feet behind the officials.
2. Tape markers or cones should be placed, extending from the Safe Performance Zone, 6-feet apart. These marks must be used by competitors when lining up for an attempt.
3. It is recommended the sharing of implements not be allowed. If the sharing of implements is allowed with a teammate or competitor, the implement must be sanitized before being shared with his/her teammate or competitor.
4. Each competitor will retrieve his or her implement after each attempt.
5. The next competitor should not be called up until the sector is cleared.

#### **Pole Vault Considerations**

#### **Latest CDC guidelines:**

***When no people with confirmed or suspected COVID-19 are known to have been in a space, cleaning once a day is usually enough to sufficiently remove virus that may be on surfaces and help maintain a healthy facility.***

*You may want to either clean more frequently or choose to disinfect (in addition to cleaning) in shared spaces if certain conditions apply that can increase the risk of infection from touching surfaces:*

- *High transmission of COVID-19 in your community,*



- *Low number of people wearing masks,*
- *Infrequent hand hygiene, or*
- *The space is occupied by certain populations, such as people at increased risk for severe illness from COVID-19*

*If there has been a sick person or someone who tested positive for COVID-19 in your facility within the last 24 hours, you should clean AND disinfect the space.*

OR

1. The Safe Performance Zone should be established running behind the “Pit”, extending parallel to the length of the runway, 6-feet on each side of the runway. Tape markers or cones should be placed, extending from the Safe Performance Zone, 6 feet apart. These marks must be used by competitors when lining up for an attempt. 2. Meet management will determine how and when the landing mat will have to be sanitized.

Suggested methods:

- A. After each attempt during warmups and competition, a volunteer will jump on the mat and wipe down or spray with a disinfectant the part of the landing mat surface the competitor landed on or after each flight or session. Consult your local health department.
  - B. Utilize several landing mat covers, replace after each attempt, and sanitize the removed cover after each attempt;
  - C. Utilize several landing mat covers, tarps, or cloth covers and replace and sanitize after each attempt;
  - D. Each competitor brings his or her own cover (16’ x 20’) to be utilized when competing;
  - E. Individual cover is put up and taken down by the competitor and his or her coach.
3. It is recommended the sharing of poles not be allowed. If the sharing of poles is allowed with a teammate or Competitor, the pole must be sanitized before shared with the teammate or competitor.
  4. If a competitor knocks down the standards, the standards must be sanitized prior to the next attempt.
  5. If a competitor displaces the crossbar, it must be sanitized prior to the next attempt.
  6. Competitors will retrieve their own poles.
  7. In large fields, consider running multiple flights. This could result in a tie for 1st place.

**High Jump Considerations:**

1. The Safe Performance Zone should be established running from the back of the “Pit”, extending 20 feet on each side of the pit and extending 60 feet onto the apron.
2. Meet Management will determine how and when the landing mat will have to be sanitized.

Suggested methods:

**Latest CDC guidelines:**

***When no people with confirmed or suspected COVID-19 are known to have been in a space, cleaning once a day is usually enough to sufficiently remove virus that may be on surfaces and help maintain a healthy facility.***

*You may want to either clean more frequently or choose to disinfect (in addition to cleaning) in shared spaces if certain conditions apply that can increase the risk of infection from touching surfaces:*

- *High transmission of COVID-19 in your community,*
- *Low number of people wearing masks,*
- *Infrequent hand hygiene, or*
- *The space is occupied by certain populations, such as people at increased risk for severe illness from COVID-19*

*If there has been a sick person or someone who tested positive for COVID-19 in your facility within the last 24 hours, you should clean AND disinfect the space.*

OR

- A. After each attempt during warmups and competition, a volunteer will jump on the mat and wipe down or spray with a disinfectant the part of the landing mat surface the competitor landed on or after each flight or session. Consult your local health department.
  - B. Utilize several landing mats covers, replace after each attempt, and sanitize the removed cover after each attempt;
  - C. Utilize several landing mats covers, tarps or cloth covers and replace and sanitize after each attempt;
  - D. Each competitor brings his or her own cover (8' x 16') to be utilized when competing;
  - E. Individual cover is put up and taken down by the competitor and his or her coach.
3. If a competitor knocks down the standards, the standards must be sanitized prior to the next attempt.
  4. If a competitor displaces the crossbar, it must be sanitized prior to the next attempt.
  5. In large fields, consider running multiple flights. This could result in a tie for 1st place. Hosting a Track & Field Meet entails a multitude of tasks, people and guidelines. This is not an exhaustive list and there might be additional steps in each school, city and state to help prevent the spread of virus.
- Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. These considerations may quickly become outdated. Please keep up with the latest MDHHS/CDC or Local other health officials

### **RETURN TO PLAY PROGRESSION**

- Workouts should be conducted in “pods” of students with the same 5-10 (includes coaches and participants) always working out together.
  - Batons may be passed/shared, provided students WEAR GLOVES and wash their hands before and after practice.
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- No pre-contest and post-contest handshakes/high-fives/fist bumps.
  - All Contest equipment should be cleaned and sanitized after change of possession and before contest.
  - Each team is responsible for its own hand sanitizer and its own med kit.
  - Eliminate benches, allow players to stand with social distancing (players cannot be closer than 6 feet to competition areas and each other except while in competition.)
  - Face coverings MUST be worn at all times while not in competition.
  - Only competing athletes will touch the implements/batons.
  - Players would need to use hand sanitizer before entering participant waiting areas (sanitizer could be set up in multiple areas
  - Each school is responsible to bring towels to wipe; host schools are recommended to provide sanitizing supplies for spectators
  - Each player and coach MUST have individual hydration containers. Hydration stations may be utilized but must be cleaned after every practice or competition.
  - Large scale outdoor spectator or stadium events are limited to ### people. Spectators not part of the same household must always maintain six feet of distance from one another.

#### **General Guidance:**

**Physical distancing shall be maintained when participants are not engaged in active participation in drills**

**Face coverings shall be worn by all individuals at all times**

#### **General Considerations:**

- SP, DT should enforce social distancing for all athletes and coaches
  - To limit contact: athletes can provide their own implements and retrieve their own implements after all throws.
  - It is recommended that implements be sanitized between each use.
- LJ, TJ should enforce social distancing for all athletes and coaches
- HJ, PV should enforce social distancing for all athletes and Coaches
  - To lower the risk of these events participants/event workers can cover pits by a tarp that is removed and disinfected after each athlete (therefore multiple tarps needed to keep event moving).
  - To limit contact: athletes should not share vaulting poles.
- Sprint, Hurdle, relay events run entirely in lanes, may use every other lane to assist with distancing.
  - Blocks should be disinfected after each heat / race.
- Recommendations for students to wear a cloth facial covering when not actively competing.
- Middle Distance and distance races on the track of 800m and longer (any event not run entirely in lanes) are considered moderate risk activities if conducted under normal circumstances.

### **Rule Change Considerations:**

- Rule 5-10-5 Current rule: The baton is the implement which is used in a relay race and is handed by each competitor to a succeeding teammate. Gloves are not permitted in relay events.
  - The MHSAA will permit the use of gloves for this year.
  - Batons should be disinfected after each heat/race.

### **Considerations for Coaches:**

#### **All staff shall wear face coverings**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Consider using electronic whistle.
- Do not shake hands and follow pre- and post-game ceremony guidelines established by state associations.

### **Considerations for Students:**

- Consider making each student responsible for their own supplies
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Cloth face coverings are permitted.
- Bring your own labeled water bottle.

## OFF FIELD: Best Practices for Non-Athletes

### **Administrators/Host Management**

- Administrators are encouraged to wear face coverings and practice social distancing.
- Obtain officials' information in order to trace contacts if necessary. (This information may be accessible through Arbiter.)
- Provide clear instruction to teams in advance of contests about entrance and exit points of the facility.
- When possible, officials and teams should be provided separate bathrooms and/or gathering areas.
- Press Box – essential personnel should be 3- 6 feet apart when possible. **Sanitize in advance, hand sanitizer available.**
- Cleaning supplies should be available on site with devices sanitized between uses.
- Consider identifiable Facility Monitors wearing face covers and in place to promote social distancing for spectator entrances, seating, and field areas (From USA Football)
  - Entrance Monitors (Red Hat or Vest)
  - Stands or Spectator Monitors (White Hat or Vest)
  - Field – Court Monitors (Blue Hat or Vest)

### **Coaches**

- Coaches are encouraged to wear face coverings and practice social distancing.
- Provide and review NFHS Playing Rule modifications (listed on previous page) to players and parents.

### **Officials**

- Officials are encouraged to wear face coverings and practice social distancing.
- Electronic whistles may be used.
- Officials must come dressed to officiate; a locker room may not be provided.
- Officials should bring their own food and water, and their own pen, etc.
- Officials will not be expected to monitor physical distancing; each person is responsible.

### **Spectators**

- Spectators are encouraged to wear face coverings and practice social distancing.
- Entrance and exit protocols, capacity limits and posted signs by host management should be obeyed.

### **Media Personnel**

- Media should be held to the same standard as fans in terms of wearing face coverings and temperature checks upon entrance to the venue.
- Press box accommodations should allow for appropriate social distancing and may be limited by the host.
- Promote to local media the need to call in advance of the event to secure accommodations.
- Designate locations where photographers may shoot from and enforce it. Make sure photographers are aware of restrictions when they arrive. Photographers must be kept out of team box (football) and bench areas (basketball, volleyball, other sports).
- No self-serve refreshments (i.e. grabbing pizza from a box, fountain drinks). Canned/bottled beverages only distributed by a designated individual following best practices.
- Limit post-game interviews to open air areas. No locker room access. Consider that the head coach does the only in-person interviews and arranges for players via cell phone.
- Establish times when the venue will become available to the media and when it will close.

## **Officials Considerations for COVID-19 Track and Field Guidelines**

Included below are considerations for contest officials within the guidelines for returning to school sports. They have been developed in consultation with health professionals, government officials, the National Federation and officials from around the state of Michigan. They include general expectations for schools in relation to officials, provisions specific to officials in the sport, rules and mechanics modifications and protocols for when a suspected or confirmed case of COVID-19 is identified.

Officials are not responsible for monitoring activities on the sidelines, such as physical distancing, hand washing, symptoms of illnesses and other such issues. This monitoring remains the responsibility of the coaching staff and school personnel.

### **General Expectations for Schools**

- School athletic directors and officials should communicate with one another well in advance of the contest so that there is a clear understanding as to what is expected from each. Failure to discuss the details may create greater conflicts at the date/time of the contest.
- Officials should be provided a designated parking area apart from the general public.
- An adult host should meet the officials at a single, designated location and time for arrival. They should be escorted all together to a *private open and/or ventilated locker room or meeting area* before the start of the contest, to and from the contest during any intermissions and to the parking areas following the conclusion of the contest.
- Officials should be provided cold beverages either (1) in a sealed, disposable bottle or (2) in a newly washed, reusable bottle. Each shall be designated for a single official and should be marked to indicate to which official the beverage is assigned.
- If offered, snacks or meals provided to officials should be individually packaged separately for each official.
- It is recommended that officials' fees are paid using an electronic payment method.

### **Protocols for Suspected and Confirmed Cases of COVID-19**

#### **Suspected Cases at Contest**

- If an official becomes symptomatic at a contest, he or she should be moved to a designated quarantine area with a mask in place until they are transported from the facility. If the symptoms are severe, the official should be picked up by an emergency contact or by ambulance (if clinically unstable) for off-site testing. If an ambulance is called, or someone is being transported to the hospital, there should be an attempt to call the hospital first to alert them that the person may have COVID-19.

#### **Confirmed Cases**

- If an official has a laboratory positive or clinically diagnosed case of COVID-19, he or she should immediately contact the local health department for further instructions, and inform the athletic director(s) of any host school he or she visited within the previous two days before displaying COVID-19 symptoms.
- Officials must inform any host school for which they are scheduled to officiate for (at least) 14 days following confirmation that they are unable to work those contests. They will remain ineligible to officiate any MHSAA contests until they are medically cleared by their personal healthcare provider.

- All officials considered close contacts (*i.e.*, someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period) will be informed when a positive case of COVID-19 is identified from a contest they officiated within two days of when the infected individual first displayed symptoms. If identified as a close contact, an official should quarantine and must return assignments scheduled for the next 14 days.
- If an official was at the event, but not in close contact with a positive case, he or she should continue to be closely monitored for any symptoms of COVID-19. At this time, these individuals are not required to receive testing unless they develop COVID-19 symptoms.

### **Cancellations/Failure-to-Fulfills**

- Games that are cancelled because of COVID-19 are considered cancelled as a result of an act of God and are not subject to a 10-day minimum advanced notice by the school.
- Officials are not subject to a failure-to-fulfill penalty if they break a contract for an assignment when (1) they have been diagnosed with, or display symptoms of, COVID-19 or (2) if a confirmed case of COVID-19 has been identified with a team or facility which/where he or she is scheduled to officiate.

### **Officials' Sport-Specific Provisions**

It is incumbent of MHSAA officials to take necessary precautions to ensure a safe working/playing environment. This is especially important for those considered “vulnerable individuals” – people 65 years and older and others with serious underlying health conditions. Individual circumstances, proximity to others while officiating and overall risk level will determine for many the extent of precautions taken.

Provisions are listed in categories described below. As independent contractors, MHSAA officials have the ability to choose or decline assignments as they see fit. Likewise, because officials are hired by the schools, districts and their administrators may require additional precautions be taken by officials that work their contests beyond those mandated in this document. Officials should check with the schools as to any additional precautions or requirements before accepting an assignment and/or arriving to contest.

### **Provision Categories**

- Permitted** – Precautions and safety measures which officials are allowed to take during MHSAA contests. This list is not exhaustive and officials should contact the host school for guidance if they wish to take further precautions not listed in this document.
- Suggested** – Best practices for MHSAA officials based on the recommendations of health professionals. Not required, but should be followed if possible.
- Mandated** – Required practice in order to officiate MHSAA contests. If an official is unwilling or unable to follow these requirements, he or she is not permitted to officiate the contest.

**NOTE:** “Physical distancing” refers to a separation of individuals of at least six feet, except for momentary interactions.

### **Permitted Provisions:**

- Officials may use electronic whistles.



Updated 3/15/21

- Officials may wear gloves – including medical latex gloves, work gloves or gloves designed specifically for officiating.
- Officials may wear plastic face shields which connect to a hat, wrap around the forehead or that hang around the neck.

#### **Suggested Provisions:**

- Each official should check his/her temperature on game days. Officials displaying COVID-19 symptoms (*e.g., fever, cough or shortness of breath*), or with temperatures of 100.3F or greater, should stay home and consider coronavirus testing if symptoms persist.
- Officials should consider bringing their own marked beverage(s).
- Upon arrival at the site/facility and throughout the contest, officials should wash and sanitize their hands frequently.
- Officials should not share uniforms, towels apparel or equipment.
- The starter should utilize his/her own starter pistol or electronic starting device; or if he/she uses starting equipment owned by the school, it should be sanitized prior to the first use, and following any use of the equipment by any other person.
- Meet officials should bring their own pens/pencils for confirming meet results.

#### **Mandated Provisions:**

- Officials will arrange to arrive to the site/facility at a single location and time. Unless unavoidable, officials will enter the facility as a group, maintaining proper physical distancing.
- Officials' pregame meetings shall be conducted while practicing proper physical distancing.
- Officials shall not engage in pregame/postgame handshakes or fist bumps with players, coaches or administrators.
- **Face masks which cover the mouth and nose are required to be worn by officials at all times unless the individual can maintain six feet of distance from others as required by the MDHHS order, unless a medical exception applies to the individual. Under the current MDHHS order, officials must have documentation from a medical provider (MD, DO, PA, NP) and provide that to the host school administrator upon arrival.**
- Officials shall not physically contact players during the contest, including players that appear to be injured or ill.
- Officials will maintain physical distancing with each other unless conferencing about a call or ruling. In those cases, the officials should avoid speaking face-to-face and should wear a face mask.
- Only the referee will meet with coaches at the pre-meet meeting (without the presence of the starter or captains). The meeting should be limited to a single coach from each team, and multiple meetings may be needed to ensure proper physical distancing is maintained.
- When providing an explanation of a ruling to a head coach, the official will meet the coach apart from others, while practicing proper physical distancing and wearing face masks.





Updated 3/15/21

- When checking/confirming final results from the meet, the referee will do using proper physical distancing and wearing a face mask.





Updated 3/15/21

### **Rules Modifications (Track and Field)**

- **RELAY RACE GLOVES PROVISION (5-10-5)**
  - The MHSAA will permit the use of gloves for this year.

## **Preparing for When Someone Gets Sick**

### **Precautionary Measures (in addition to other protocols and precautions)**

- Anyone attending or participating in an MHSAA regular season or tournament event should check his/her temperature before arriving. Spectators, participants or personnel displaying COVID-19 symptoms (e.g., *fever, cough or shortness of breath*), or with temperatures of 100.3°F or greater, should stay home and consider coronavirus testing if symptoms persist.
- Prior to participation, the COVID-19 athlete/coach monitoring form should be used, which includes five questions plus a temperature check. **NOTE: Athletic directors should consider requiring similar precautions for game officials.**

### **Protocol for Suspected Cases of COVID-19**

- All schools should have an emergency action plan in place for each site. If a student, coach or official is or becomes sick on site with symptoms of COVID-19, they should be placed in a clearly identified and designated quarantine area with a mask in place until they can be picked up. Staff who are identified to care for students must wear a mask.
- A symptomatic student should be sent home with a parent or designated adult until they have tested negative or have been released from isolation according to the local health department's protocols.
- Students, coaches, and/or officials should be transported by their parent or guardian, emergency contact or ambulance (if clinically unstable) for off-site testing. If an ambulance is called, or someone is being brought to the hospital, there should be an attempt to call the hospital first to alert them that the person may have COVID-19. If a student, coach or official becomes sick, they must not use group transportation to return home.

### **Protocol for Positive Cases of COVID-19**

- The local health department should be contacted by the school for further direction. They likely will initiate contact tracing, following regular public health practices.
- All schools, public and private, must cooperate with the local public health department if a confirmed case of COVID-19 is identified, and collect the contact information for any close contacts (*i.e., someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period*) starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated. Close contacts should stay at home for up to 14 days after last contact with a person who has COVID-19. Follow the recommendations of the local health department. Options they may consider include stopping quarantine after day 10 without testing and after day 7 after receiving a negative test.
- Administrators of the schools involved, as well as students/families/officials in attendance, should be notified of the presence of any laboratory positive or clinically diagnosed cases of COVID-19 so there continues to be awareness and close observation of any symptoms. **NOTE: Student communicable disease related information is protected health information. The individual with COVID-19 should not be identified by name to non-family or non-health department officials. Even if a family/student acknowledges and publicly discloses a positive test, school staff and officials must not participate in discussion or acknowledgement of a positive test by identifying a specific student.**
- Students, coaches or officials who were at the event, but not in close contact with a positive case, should continue to be closely monitored for any symptoms of COVID-19. At this time, these individuals are not required to receive testing unless they develop COVID-19 symptoms.
- Areas that were used by the sick person should be closed off and should not be used until after cleaning and disinfecting them (this includes surfaces or shared objects in the area). If possible, cleaning and disinfecting of the area should not occur until at least 24 hours has elapsed. If 24 hours is not feasible, as much time possible should be allowed to pass before cleaning or disinfection occurs.

