



# COVID-19 Return to Play Recommendations\*

## For OHSAA Member Schools

\* Indicates that this document should be considered as recommendations from the Ohio High School Athletic Association for its member schools and should NOT supersede guidelines, mandates, requirements and/or orders put into place by the Ohio Governor's Office and/or the Ohio Department of Health and/or guidelines, mandates, requirements and/or orders put into place by federal, local or county organizations or health departments and/or local school districts. **Please review the latest Ohio Department of Health Director's Order to ensure all MANDATES are followed.** In addition, school and athletic administrators do not have the authority to implement standards for interscholastic athletics events which are different than those plans which are adopted by the school's Board of Education or governing board.

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# What You Need to Know

The COVID-19 coronavirus pandemic has presented the Ohio High School Athletic Association with a myriad of challenges. The OHSAA Executive Director's Office, with support from its Board of Directors and feedback from the Ohio Joint Advisory Committee on Sports Medicine and National Federation of State High School Associations, offer this document as recommendations on how our member schools can consider approaching the many components of "opening up" sports with the objective of commencing the fall sports seasons on August 1, 2020. The OHSAA fully intends to support its member schools and the student-athletes who desire to compete in interscholastic athletics and will continue to assess all areas as more information becomes available.

- The recommendations within this document for the resumption of varsity, non-varsity and 7<sup>th</sup>-8<sup>th</sup> grade interscholastic athletic seasons and participation opportunities have been made with the health, safety and well-being of all student-athletes in mind.
- The risk of coronavirus transmission will still be present to some degree as interscholastic athletics activities begin in August and will continue until there is a widely available vaccine or therapeutic care, possibly through the 2020-21 school year. While the science about COVID-19 is evolving, it will be important to remain vigilant and nimble to respond to new developments. Students and their families, along with school personnel, must recognize these risks and implement best practices to reasonably mitigate these risks. Participation in school activities is voluntary and every individual will need to evaluate the risk versus the benefits of athletics participation. Those immunocompromised students and staff, or those who live with family members with elevated health concerns, should evaluate associated risks of participation and may choose not to participate. According to the Center for Disease Control and Prevention (CDC), the virus that causes COVID-19 is thought to spread mainly from person to person, mainly through respiratory droplets produced when an infected person coughs, sneezes or talks, and also may be produced when yelling, cheering, singing and spitting. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about six feet). Risk mitigation strategies should be aimed at reducing the likelihood of a person being exposed to respiratory droplets coming from another person. Every school is different, and every athletics activity is different. Certain mitigation strategies may be feasible in one school or for one activity, but not another.
- Schools should attempt to significantly mitigate exposures by:
  - Maintaining physical distancing while not on the field or court of play;
  - Requiring face coverings while not on the field or court of play;
  - Reducing or greatly eliminating unnecessary travel;
  - Reducing or eliminating sharing of common equipment, and
  - Reducing or eliminating contact frequency with student-athletes from schools and non-interscholastic programs outside of each school's league/conference or normal competition sphere.
- The OHSAA understands that the physical and mental benefits of participation in education-based interscholastic athletics are numerous and are heightened even more during this pandemic. Students who participate learn life lessons in an environment that cannot be duplicated. Academic achievement, the development of leadership and social skills as well as the mental health benefits are known to be greatly enhanced in students who participate in our programs compared to those who do not. There is no doubt that the COVID-19 coronavirus pandemic has already resulted in

thousands of our students missing out on these life-shaping educational experiences over the past several months, and we certainly hope we can return to some type of normalcy as it relates to interscholastic athletics soon. With that being said, in order for interscholastic athletics to occur, we all need to follow the protocols that have been put in place.

## Information Related to the Ohio Department of Health Director's Orders and Guidance

Consult with your local health department if you are unsure of the Ohio Department of Health orders and guidance that are in place as they relate to non-contact sports and contact sports practices and competitions. As we have seen, Department of Health Orders and Mandates have permitted a gradual increase in group activity and capacity with a controlled timeline for allowable activities in contact and non-contact sports given varying abilities to maintain physical distancing.

Here are links to the Ohio Department of Health's existing guidance for:

- ❑ "General Non-Contact Sports" (<https://coronavirus.ohio.gov/static/responsible/General-Non-Contact-Sports.pdf>).
- ❑ "Contact Sport Practices and Non-Contact Sport Competitions" (<https://coronavirus.ohio.gov/static/responsible/Contact-Sport-Practices-Non-Contact-Sport.pdf>)

**The existing guidance permits non-contact sport practices and competitive play, and contact sport practices and intra-team scrimmages but NOT inter-team (i.e., other schools/teams) scrimmages or competitive play at this time. As of July 22, 2020, the Ohio Department of Health was in the process of developing guidance for contact sport inter-team competitive play, and OHSAA will share it with member schools when completed.**



- Wear a mask
- Socially distance
- Increase Sanitation

**slow the spread  
of the coronavirus**

Student-athletes, coaches and schools: please post photos using #IWantaSeason

# Recommendations

## General Recommendations

- ☐ Stay at home when sick.
- ☐ Complete all educational requirements which are listed under Educational Recommendations in this document, prior to first workout.
- ☐ Design and implement daily screening protocols for each school.
- ☐ Adhere to physical distancing guidelines (six feet between persons) at all times, minimizing exposure to settings where such distancing is not practical.
- ☐ Do not share food, drinks, including water bottles, clothing, towels or other personal items.
- ☐ Wash hands or use hand sanitizer upon entering and exiting weight and training room areas.
- ☐ Design and implement strategies to align with Sport Specific protocols for each sport. The OHSAA will be providing additional guidance to reflect sport specific plans when available from either the NFHS or the OHSAA.
- ☐ Limit group workout sizes.
- ☐ Game balls should remain with single groups and sanitized between use.
- ☐ Utilization of shared common equipment (including dumbbells, barbells, balls, hitting sleds, pinnies, etc.) should be sanitized between each use.
- ☐ If gyms and locker rooms are opened, emphasize implementation of appropriate sanitation protocols and strong encouragement to spend minimal time in these settings.
- ☐ Virtual meetings should be encouraged whenever possible and feasible.
- ☐ Schools should highly consider designating a point person to disseminate new information and oversee their school's risk mitigation strategies. School leaders will ultimately need to determine how best to implement ALL risk mitigation strategies. Additionally, schools should appoint an individual(s) who will be responsible for ensuring screening is implemented and any positive screen or test must meet the protocols for return to participation. Schools leaders should remain in consultation with their local health departments and medical personnel to review and evaluate strategies applicable to their unique facilities and activities.

## Additional Recommendations\*

**\* Many of the following additional recommendations are dependent upon potential modifications made by the Ohio Department of Health in its sports guidance. Remember that, should the requirements be eased for contact sports, both contact and non-contact sports scrimmages, games and tournaments may not begin earlier than specified in OHSAA sports regulations.**

In addition, note that many of the following recommendations as they relate to resuming activities following positive test results continue to be updated as more information about COVID-19 becomes available. In fact, the NCAA Sport Science Institute on July 16 released its third update of its previous guidance which provides updated recommendations about the protection of athletes and prevention of community spread of COVID-19. That guidance can be found here:

<http://www.ncaa.org/sport-science-institute/resocialization-collegiate-sport-developing-standards-practice-and-competition>

# COVID-19 Symptoms

- People with COVID-19 have had a wide range of symptoms, ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:
  - Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea
- This list does not include all possible symptoms. CDC will continue to update this list as more is learned about COVID-19. A current list of COVID-19 symptoms and a “self-checker” application is available at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.

## COVID-19 Pre-Participation Screening

The following items are **STRONGLY RECOMMENDED**:

- Each school should develop and implement a daily pre-participation screening for all student-athletes, coaches, athletic trainers and other school personnel, in consultation with local health department authorities.
- Note that all students shall obtain a focused medical history and physical examination within the timeline as required in OHSA Bylaw 3-5-1. (every 13 months).
- Screening tools include:
  - Temperature screen (a fever is one possible COVID-19 symptom)
  - Symptoms assessment (see “COVID-19 Symptoms” section)
- When testing becomes widely available, a routine testing program might be considered.

# Action Plan for Failed Screening or Positive COVID-19 Test

The following items are **STRONGLY RECOMMENDED**:

## Action Plan – Pre-Screen Identified Patient Risk/Concern

- ☐ Includes both the home and visiting team and all members of their travel staff.
- ☐ Any individual who fails a screening, either based on symptoms or temperature level, should wear a face covering and be sent immediately to a designated area for isolation and the school action plan should be implemented.
- ☐ Anyone who stays with, or cares for, the potentially infected person while in the isolation area should wear a face covering.
- ☐ A determination should be made about whether the individual's symptoms dictate that they contact their healthcare provider or go to an emergency room.
- ☐ Individuals with COVID-19 symptoms and are able to recover at home should isolate themselves to avoid infecting other people and follow CDC's guidance "Isolate If You Are Sick" (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>).
- ☐ It is highly recommended that any individual, student athlete, coach, athletic trainer, support staff or official exhibiting signs of COVID-19 be tested prior to returning to participation in contests and consult with their healthcare provider. Before returning to play, the individual must meet CDC's criteria for "When You Can be Around Others After You Had or Likely Had COVID-19" (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>).
- ☐ The process and location of testing should be predetermined by the host and visiting schools, in consultation with parents and medical personnel, or appropriate personnel should be contacted for testing at the predetermined site. The school should consider options for testing if parents cannot be contacted.
- ☐ A member of the traveling staff that is away and has a positive screen should be cleared by the team physician or the representative health care provider to travel safely, ideally by themselves, but if not possible or determined by the medical staff to be unsafe to travel by themselves, they should travel with another member of the staff where both are masked.

## Action Plan – Positive Test

- ☐ In the case of an athlete or a staff member who receives a positive test result while at a school facility, that individual should wear a face covering and remain in a safe area of isolation as determined by the medical staff and any caregivers associated with the student-athlete or staff member while they wait to be taken home.
- ☐ The infected individual should remain isolated at home or another agreed-upon destination, as long as appropriate care can be administered at that location.

- All efforts should be made to avoid contact with infected student-athletes except by designated healthcare professionals wearing appropriate personal protective equipment (PPE).
- The local health department should be contacted regarding the positive case.
- Individuals who test positive for COVID-19 shall follow the specific protocol established by the local department of health, which shall include protocols for those exposed to the individual(s) with the positive test
- There are different circumstances that will determine how long individuals will need to isolate themselves to minimize spread. Please refer to updated CDC guidelines as this information is fluid and may change (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>).
- It is currently recommended that returning to sport after a positive test is determined by the team physician or other appropriate medical examiner. Consultation with a cardiologist may be required. No exercise is recommended for at least 14 days from diagnosis and seven days after all symptoms have resolved. After that period, gradual acclimation back to sports over a 10-to-14 day period once the student-athlete is cleared to participate is recommended.
- Student-athletes with a prior confirmed COVID-19 diagnosis should consider undergoing an evaluation by their medical provider. Written medical clearance is recommended prior to participation after meeting CDC's criteria for "When You Can be Around Others After You Had or Likely Had COVID-19" (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>).
- Student-athletes who had mild COVID-19 symptoms that were managed at home should be seen by their medical provider for any persisting symptoms and continue to follow CDC's guidance "Isolate If You Are Sick" (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>).

## If You Had Symptoms and Think or Know You Had COVID-19

- You should follow CDC's guidance "Isolate If You Are Sick" (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>).
- You can be with others after:
  - At least 10 days since symptoms first appeared **AND**
  - At least 24 hours with no fever without fever-reducing medication **AND**
  - Symptoms have improved
- Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others when you have no fever, respiratory symptoms have improved and you receive two negative test results in a row, at least 24 hours apart.



## If You Tested Positive for COVID-19 But Had No Symptoms

- ☐ You should follow CDC's guidance "Isolate If You Are Sick" (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>).
- ☐ If you continue to have no symptoms, you can be with others after:
  - 10 days have passed since test
- ☐ Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others after you receive two negative test results in a row, at least 24 hours apart.
- ☐ You should consider seeking clearance from your medical provider prior to return to play.

If you develop symptoms after testing positive, follow the guidance above for "If you had symptoms and think or know you had COVID-19."

## If You Had Close Contact With an Infected Person

- ☐ Close contacts of an infected individual must self-quarantine for 14 days after their last contact with the person and should follow CDC's guidance for staying home if you might have been exposed to COVID-19 (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>).
- ☐ Seek medical care if you have COVID-19 symptoms, and consider getting tested.
- ☐ Individuals are permitted to return to play after the 14-day self-quarantine period has ended if they have not had any COVID-19 symptoms.
- ☐ Close contacts should cooperate with their local health department who will likely remain in touch with them during the self-quarantine period.

## Close Contacts

- ☐ According to CDC, a close contact is defined as someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before symptoms started (2 days prior to specimen collection for asymptomatic people) until the time the infected person was isolated. A longer exposure time and symptoms such as coughing and sneezing likely increase the exposure risk. Close contacts may include players and team staff, referees and game officials, or other individuals.
- ☐ The school of an infected athlete or team staff member should cooperate with the local health department to help identify people potentially exposed to the infected person for contact tracing purposes.



# Contest-Day Operations

The following items are **STRONGLY RECOMMENDED**:

## Contest-Day Screening Procedures

- ☐ Accepted Temperature less than 100.4 F.
- ☐ Taking into account the potential for environmental factors causing an elevated temperature, should the temperature be elevated, it is appropriate to isolate the individual and recheck the temperature after 5-to-10 minutes of sitting in a cool environment.
- ☐ Symptom check (see “COVID-19 Symptoms” section).
- ☐ Note that due to the variability and potential unreliability of temperature checks, should give more consideration to symptom check.

## Athletic Teams and School Personnel

- ☐ Prior to boarding the team travel bus(es), van(s), any form of school transportation, each individual student-athlete and staff member should be verbally screened by a staff member (usually a coach) and temperature recorded with appropriate action taken as necessary. Each temperature should be taken prior to departure and upon arrival.
- ☐ If there is a potential or identified risk from screening, either based on symptoms or temperature level, the individual should wear a face covering and be sent immediately to a designated area for isolation and the school’s action plan implemented.
- ☐ Opposing teams on competition day will be notified of potential risk observed through screening to determine team competition status.
- ☐ Each case will be handled individually based on the adopted action plan by that school and preferably in consultation with the team physician or appropriate health care provider.
- ☐ The OHSAA will assess as more information becomes available on testing availability, requirements and recommendations through local, state and national government, and the National Federation of State High School Associations (NFHS).
- ☐ It is highly recommended that COVID-19 testing should be performed, ordered or required when an individual has the signs or symptoms or other circumstances that suggest acute testing be performed.
- ☐ If there is a confirmed case, confirmed exposure, potential exposure or illness associated to COVID-19 – school administrators shall be notified to determine the best course of action.
- ☐ The screening process will continue or be revised as new processes are recommended or when the OHSAA and its member schools return to normal operations.

## Competition Officials/Referees

- ☐ Accepted Temperature less than 100.4 F.

- ☐ Self-Screening should be performed and reported to the administrator/designee prior to travel to competition venue.
- ☐ Upon arrival to event venue, prior to entering school or competition facility, temperature should be assessed. If there is a potential or identified risk from screening, either based on symptoms or temperature level, the individual should wear a face covering and be sent immediately to a designated area for isolation and the school's action plan implemented.
- ☐ If gameday official(s)/referee(s) report an abnormal screen, a site administrator and the OHSAA Senior Director of Officiating shall be notified.

## Game Day Event Staff

- ☐ Accepted Temperature less than 100.4 F in accordance with the Centers for Disease Control and Prevention (CDC).
- ☐ Self-Screening should be performed and reported to host site institutional site administrator prior to travel to competition venue.
- ☐ Upon arrival to event venue, prior to entering competition facility, temperature should be assessed.
- ☐ If gameday event staff member reports an abnormal screen, either based on symptoms or temperature level, the individual should wear a face covering and be sent immediately to a designated area for isolation and the school's action plan implemented.

Local and State Health Officials and OHSAA medical advisors are being consulted for determination of school protocol for failed screening and confirmed positive COVID-19 test.

**NOTE:** For a sample of a log for recording temperature, see:

<https://ohsaaweb.blob.core.windows.net/files/SchoolResources/OHSAACOVIDMONITORING.docx>

## Game Day Face Masks/Coverings

- ☐ Masks/face coverings should be worn when traveling to and from transportation vehicles and designated team facilities.
- ☐ Masks/face coverings should be worn while in transit.
- ☐ Masks/face coverings should be worn when entering host facilities, including host team Athletic Training Room, and on the field of play during any pre-warm up walkthrough which does not require increased demand on the student-athletes' cardiorespiratory system (i.e. pre-game walking of the field in football).
- ☐ Masks/face coverings should be worn by student-athletes while on the sidelines/benches and not actively engaged in competition "field of play."
- ☐ Masks should not be shared.
- ☐ Member schools should consider implementing an effective plan to allow student-athletes to wear masks/face coverings while in bench areas but quickly remove mask/face covering to enter

“competition” and keeping individualized masks/face coverings separate and isolated in a container or plastic bag when not in use.

Officials/referees should utilize masks/face coverings as long as this will not directly impede the effective completion of their duties and responsibilities.

- ❑ Coaches and game day personnel (Sports Medicine staff, SID’s, media, film crews, ball crews, etc.) should always utilize masks/face coverings.
- ❑ The following are acceptable reasons to not wear a mask as outlined by the Ohio Department of Health:
  - Facial coverings in the setting are prohibited by law or regulation.
  - Facial coverings are in violation of documented industry standards.
  - Facial coverings are not advisable for health reasons.
  - Facial coverings are in violation of documented safety policies.
  - There is a functional (practical) reason to not wear a facial covering.

## Sidelines and Benches

- ❑ Each sideline/bench should be furnished with enough hand sanitizing stations to satisfy the needs of sideline/bench capacity.
- ❑ All staff and sports medicine personnel should be capable of providing personal sanitation requests from student-athletes throughout competition.
- ❑ Teams should not share water bottles throughout the course of competition – each member school is responsible for providing a plan for individualized hydration supplies for their student-athletes on competition days. Bench water should be provided by host site, but the traveling team should supply its own coolers unless agreed upon by the host school.
- ❑ Only Sports Medicine staff or designated gameday managers should be allowed to access and utilize water coolers. Water coolers should be sanitized prior to being provided to visiting teams and are encouraged to be sanitized frequently during use.
- ❑ All benches should be wiped down using proper CDC-approved cleaning agents before and after competition. Wipe down bench spaces as frequently as possible throughout competition.
- ❑ Towels will not be provided by the host site. If student-athletes prefer the utilization of a towel during competition, they should provide their own towel and should not share their towel with other members of their team.
- ❑ Used towels should be placed immediately in an open bin container to avoid cross-contamination.
- ❑ Sideline personnel should be limited to participating athletes, coaches, medical staff and gameday staff; however, anyone on the sidelines or involved with the contest should adhere to these guidelines.
- ❑ When possible, benches and sidelines should provide adequate seating to allot for individualized seating for all student-athletes and members of the coaching staff for each team to allow for appropriate physical distancing when not on the field.
- ❑ Member schools should consider their safe and necessary sideline and bench capacity and determine enough home active roster numbers accordingly.

## Game Day Venue Restrictions

- ❑ Local school administrators, in consultation with local health departments, should determine whether cheerleaders, mascots and dance team should participate in events. It is strongly encouraged to take into consideration the venue's ability to safely allow for and enforce proper physical distancing amongst cheerleaders, mascots and dance teams. Direct physical interaction with and sharing of equipment and “apparel” with fellow cheerleaders, mascots and dance team members, including those from the opposing team(s), and fans should be prohibited. Cheerleaders, mascots and dance teams and all auxiliary personnel should always practice physical distancing when possible and should also wear a facemask/covering as much as possible and when appropriate.
- ❑ Local school administrators, in consultation with local health departments, should determine whether marching bands may march at football games where physical distancing can be observed, but consideration should be given to seating arrangements consistent with all previously mentioned recommendations during the contest both indoors or outdoors. Band members and all auxiliary band personnel should always practice physical distancing when possible and should also wear a facemask/covering as much as possible and when appropriate.
- ❑ Recommendations for accommodating the media will be posted on the OHSA website ([www.ohsaa.org](http://www.ohsaa.org)) to reflect the guidance received from Health Officials and other professional organizations when such guidance is available.

## Spectators

- ❑ OHSA member schools should follow the guidance of local, state and federal recommendations as it pertains to spectator events and stadium capacity restrictions if and when such information becomes available.
- ❑ All spectators should have their temperature assessed prior to entering the competition venue and should be denied entry if higher than 100.4 degrees.
- ❑ Spectators should wear a facemask/covering at all times possible.
- ❑ Spectators should be restricted from direct competition areas and from visiting with student-athletes and personnel before, during and after events.
- ❑ Spectators should not congregate in hallways, common traffic areas or gymnasiums.
- ❑ Spectators should always practice physical distancing with those outside of their direct family parties.
- ❑ Local school administrators, in consultation with local health departments, should determine whether “to-go” meals for their student-athletes in individualized, single packaged containers should be permitted.
- ❑ Local school administrators should consider placing an ‘X’ on stadium and arena seating to represent 360-degree physical distancing requirements.

## Concessions

- ☐ Local school administrators, in consultation with local health departments, should determine whether the sale of unopened, pre-packaged food and drink should be permitted at concession stands.
- ☐ If sales at concession stands are permitted, they must follow state guidelines for "Restaurants, Bars, and Banquet & Catering Facilities/Services" at <https://coronavirus.ohio.gov/static/responsible/Restaurants-and-Bars.pdf>.
- ☐ If sales at concession stands are permitted, concession workers should wear masks in accordance with state mandates.
- ☐ If sales at concession stands are permitted, individuals in line for concessions should practice physical distancing.
- ☐ If sales at concession stands are permitted, host sites should provide clear and visible ground or floor markings six feet apart to designate line configuration and physical distancing requirements for individuals waiting for concessions.

## Athletic Training Room

- ☐ Visiting student-athletes should wear a face mask/covering at all times while in host site athletic training facility.
- ☐ Host site athletic training room should not be available for visiting team pregame and postgame treatments.
- ☐ If team is not traveling with an Athletic Trainer:
  - Be considerate of additional contact that will be required and provided by host site.
  - Complete all taping/bracing at home if possible.
  - Host site AT should be contacted prior to trip, and a plan should be formulated on space and procedures for completing any taping and abiding by appropriate hand washing/sanitation activities upon entry and exit and any time they have come in contact with something possibly contaminated.
- ☐ Limit number of occupants in the athletic training room at any given time to those on the same team and maintain appropriate physical distancing. This will be dependent upon size of the athletic training room and determined by appropriate staff, should be posted outside the room, monitored and limits enforced. A designated waiting area outside of the athletic training room should be marked with appropriate physical distancing.
- ☐ If treatment or rehabilitation of a student-athlete requires use of a taping table or an exam table, the table should be protected and be disinfected after each time it is used, regardless of physical barrier used.
- ☐ Treatment/taping tables should be appropriately distanced a minimum of six feet apart.
- ☐ Consider, weather permitting, taping be performed in an outside environment.
- ☐ Clean and disinfect frequently touched surfaces at least daily (more frequently is recommended) and shared objects between each use. Efforts should be made to utilize premade ice bags that can

be picked up individualized by the student-athletes that need them to avoid multiple contact with the ice machine and ice scooper. Bags should be left in an open cooler, if possible, to avoid lid/handle contamination.

- ☐ The use of cold or hot tubs should be limited to one individual at a time.
- ☐ Cold and hot tubs should be drained, cleansed and disinfected between individual use and at the beginning and end of every day.
- ☐ Possible COVID-19 cases may be evaluated in the athletic training room. In such cases, access should be limited to the athletic trainer and the symptomatic person with both wearing face coverings. If used for this purpose, the athletic training room should not be used afterward until the space is sanitized with an EPA-approved disinfectant.

## Locker Rooms

- ☐ Locker Room should be cleaned and sanitized prior to visiting team's arrival and use of facility.
- ☐ Host site should have some process to identify that visiting team locker has been cleaned and not re-entered after cleaning (Example: taped off).
- ☐ Clean and disinfect frequently touched surfaces at least daily (more frequently is recommended) and shared objects between each use.
- ☐ Cleaning schedule should be displayed outside of locker room, including dated and time stamped.

## Locker Room Etiquette

- ☐ Participants should wear masks in the locker room.
- ☐ Discourage changing of clothes and showering at the facility.
- ☐ Visiting team(s) may change and shower prior to departure if desired and appropriate local guidelines can be established.
- ☐ Designate total number of occupants allowed in the locker room at any given time and the length of time that they may be present in the locker room. This should be posted at the entrance and inside the locker room.
- ☐ Assure safe distances in the locker room at a minimum of six feet between occupants.
- ☐ Consider a rotating schedule for players in and out of the locker room (and training areas) to avoid potential congestion.
- ☐ Encourage student-athletes to transport their individual equipment including uniforms, towels and shoes in a designated bag so they can take it home and disinfect appropriately daily or more often if needed.
- ☐ For away games, designate a bin for transportation of uniforms/washable items.
- ☐ All athletic training rooms, locker rooms, weight rooms, meeting rooms and any other gathering places should be cleaned according to the most up-to-date CDC guidelines. Schools and/or host facilities should be vigilant about not only cleaning throughout the day but also conducting a thorough cleaning at the end of the day of all the aforementioned areas.

## Modifications to Minimum Standards to Host Site Provisions

- ☐ Host site should provide a water source, but it is recommended that the traveling team provide their own coolers unless prior agreement is made with the host school or facility.
- ☐ Student-athletes and/or visiting teams should be responsible for providing their own water for locker room use.
- ☐ Host site should not provide the visiting team with towels or other common use equipment with the risk of being used by multiple student-athletes.

## Travel Considerations

The following items are **STRONGLY RECOMMENDED**:

- ☐ Pre-travel screening for symptoms including temperature check – equal to or greater than 100.4 F indicates no participation/travel should be permitted.
- ☐ Any student-athlete or other individual showing symptoms should wear a face covering and be isolated, parents contacted and the student-athlete or other individual left at home.
- ☐ A determination should be made regarding whether the individual's symptoms dictate that they contact their healthcare provider or go to an emergency room.
- ☐ It is highly recommended that any individual, student, coach, athletic trainer, support staff or official exhibiting signs of COVID-19 be tested prior to returning to participation in contests and consult with their healthcare provider.
- ☐ Individuals with COVID-19 symptoms and are able to recover at home should isolate themselves to avoid infecting other people and follow CDC's guidance "Isolate If You Are Sick" (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>).
- ☐ Before returning to play, an individual must meet CDC's criteria for "When You Can be Around Others After You Had or Likely Had COVID-19" (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>).
- ☐ **Consider LIMITING travel roster sizes** to the OHSAA tournament standards for required roster sizes. This will provide visiting teams with a better opportunity to practice physical distancing and minimize contact and exposure risk in more confined spaces such as travel vehicles, visitor locker room facilities and competition benches/sidelines.
- ☐ Include on the travel roster only those student-athletes on the active roster.



# Educational Recommendations

The following items are **STRONGLY RECOMMENDED**:

## Student-Athlete Education

- Student-athletes should be required to acknowledge that they reviewed an educational document regarding COVID-19, which indicates they play an important role in keeping others safe by doing their part to stop the spread of COVID-19. As a student-athlete in an OHSAA member school, student-athletes have a responsibility to take steps to stay well in order to take advantage of the privilege to participate in interscholastic athletics. The OHSAA has developed an acknowledgement and pledge form that we recommend each student-athlete read and sign. Access to that document can be found at the OHSAA website ([www.ohsaa.org](http://www.ohsaa.org)).

## Coaching Staff and Sports Medicine Staff Education

- Member schools should provide education on the new COVID-19 protocols in place for all school athletic facilities. The OHSAA recommends the National Federation of State High School Associations (NFHS) Course, which is presented free of charge and found at: <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>
- Athletics personnel should be required to view the NFHS course listed above.
- Athletics personnel should be required to acknowledge that they reviewed educational material.
- Member schools should display educational signage throughout athletic facilities. Signage should include but not be limited to:
  - Hand Washing Fact Sheet/Hygiene Education
  - COVID-19 Signs and Symptoms
  - COVID-19 Prevention

# Student-Athlete, Athletic Staff and Medical Personnel Mental Health

The OHSAA acknowledges mental health as a critical element for being able to provide a safe and healthy platform for member schools. COVID-19 has caused disruption for everyone. It is important to be aware of the potential negative impact that a crisis can have on our mental and physical health, often because of a breakdown in self-care. The OHSAA recommends all member schools utilize mental health pre-screening tools to help identify any student-athletes, athletic staff and/or medical personnel that may benefit from healthcare related to their mental health and well-being. Note that such screening questions are a part of the OHSAA's revised preparticipation physical exam form for 2020-21.

The OHSAA, as well as other organizations concerned with the health and well-being of student-athletes, athletic staff and medical personnel, recommends daily strategies for self-care and awareness that the

OHSAA fully endorses and encourages its member schools to share with its student-athletes. The following is a summary of general recommendations as endorsed by the National Alliance on Mental Illness:

- ☐ **Space.** Create a structured, dedicated daily environment, and include regular patterns of self-care.
- ☐ **Routine.** Try to maintain a routine that reflects your normal day routine, including how you dress and structured breaks for lunch and mini-breaks.
- ☐ **Activity.** Regular exercise and mindfulness activities are key during times of crisis. Exercise and mindfulness activities help mitigate depression and anxiety while improving cognition and confidence. Develop a daily routine for both, even if this is as simple as a 15-minute walk and/or quiet time with deep breathing.
- ☐ **Time and Energy Management.** Be mindful of over- or under-working. Try to structure your daily routine in a way that mirrors your normal hours. In addition to time management, be aware of the way in which you eat, self-talk and communicate with others. Self-compassion and self-care provide stability and confidence.
- ☐ **Accessibility.** Develop ways in which you are accessible to colleagues, friends and family.
- ☐ **Face Time and Connectivity.** Humans need to feel and be connected. Utilize video tools such as Microsoft Teams, Zoom, Skype, Facetime, Google Hangouts, Facebook and WhatsApp to connect visually.
- ☐ **Resources.** Map out your important resources, ranging from daily necessities to emergency management.
- ☐ **Support.** The National Alliance on Mental Illness website <https://www.nami.org/Home> provides a comprehensive guide to national and local resources. Know that there is help when needed.

# Resources

- ✓ Visit the **OHSAA website** for the latest updates ([www.ohsaa.org](http://www.ohsaa.org)). Among the areas to visit:
  - **OHSAA COVID-19 Correspondence:** <https://www.ohsaa.org/Home/OHSAA-COVID-19-Correspondence>
  - **OHSAA Sports Medicine Resource Center:** <https://www.ohsaa.org/medicine>
  - **General OHSAA Contest and Event Management Guidelines (Including Safety, Security and Crisis Management):** <https://bit.ly/OHSAAEvntMgmt>
  - **General OHSAA Working with the Media Brochure:** <https://ohsaaweb.blob.core.windows.net/files/News/Media/WorkingwithMedia.pdf>
- ✓ **Ohio Department of Health Responsible RestartOhio:** <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/responsible-restart-ohio/sector-specific-operating-requirements/sector-specific-operating-requirements>
- ✓ **Ohio Department of Education Guidance on Reset and Restart:** <http://education.ohio.gov/Topics/Reset-and-Restart>
- ✓ **CDC Coronavirus Resource Center:** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- ✓ **Find your Local Health Department:** <https://odhgateway.odh.ohio.gov/lhdinformationsystem/Directory/GetMyLHD>
- ✓ **NFHS Learning Center Covid-19 Course:** <https://www.ohsaa.org/news-media/articles/nfhs-learning-center-covid-19-for-coaches-and-administrators-course-now-available>
- ✓ **NFHS Opening Up Guidance:** [https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15\\_2020-final.pdf](https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf)
- ✓ **Resources from the NCAA:** <http://www.ncaa.org/sport-science-institute/coronavirus-covid-19>
- ✓ **Resources from the National Athletic Trainers Association (NATA):** <https://www.nata.org/practice-patient-care/health-issues/covid-19-coronavirus#ccr>
- ✓ **College Athletic Trainers Society Video (Strategies to Prevent Catastrophic Injuries and Death):** <https://www.youtube.com/watch?v=PId8E8zjHfI&feature=youtu.be>



**If you have the following symptoms**  
please come back and see us another time



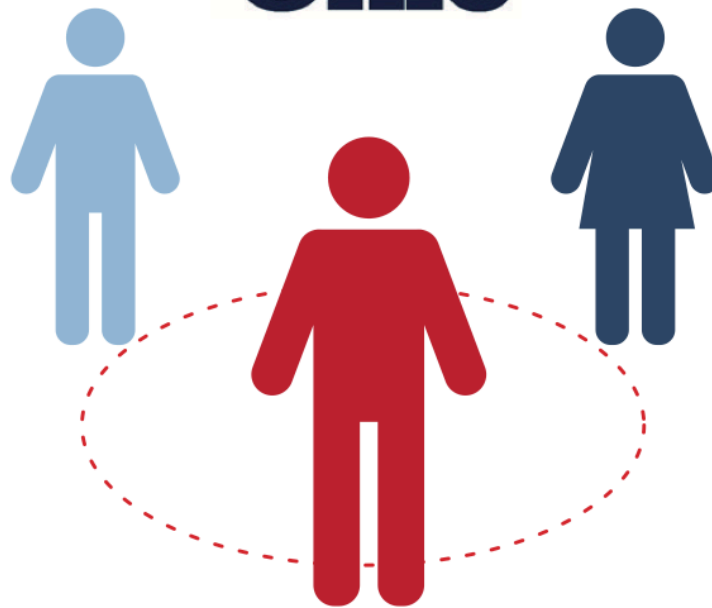
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GOVERNOR OF OHIO



Department  
of Health



#IN THIS  
TOGETHER   
**Ohio**



**Please maintain social  
distancing – stay at least  
6 feet from others.**

#RESPONSIBLE  
RESTART   
**Ohio**



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# # I WANT A SEASON

Help **Slow the Spread** of the  
**Coronavirus**

- Social Distance
- Wear a Mask
- Wash Your Hands



I wear this to protect  
**YOU.**



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GOVERNOR OF OHIO

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Department  
of Health



**[coronavirus.ohio.gov](https://coronavirus.ohio.gov)**



**(COVID-19)**

## **Social Distancing This or That!**



# **PREVENTION**

### **INSTEAD OF THIS...**

### **DO THAT.....**

Only washing your hands on occasion, or just using water.



Wash your hands regularly! Use water and soap and wash for at least 20 seconds.

Sneezing into your hands (ew!).



Sneeze into your arm or a tissue.

Checking social media or cable news 24/7.



Continue to stay informed, but also disconnect on occasion. Try reading a new book or trying meditation. Mental health is important.

Going straight to the doctor or urgent care when you're feeling under the weather.



Always call your doctor or healthcare provider **FIRST** before going in.

Believing every rumor you see online or using non-reputable sources.



Use reputable sources! Get info from verified accounts from CDC, Ohio Department of Health, Governor Mike DeWine, local health departments, and verified media accounts.



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of Health

For more information go to  
**[coronavirus.ohio.gov](https://coronavirus.ohio.gov)**