

SPORT: Basketball

The NFHS has determined that basketball is a moderate risk sport (sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants).

BASKETBALL RULE CONSIDERATIONS:

- **Pregame Protocol**
 - Limit attendees to the referee, head coach, and one captain from each team with each coach standing on the center circle on each side of the division line.
 - Eliminate handshakes prior to and following the Pregame Conference.
- **Team Benches**
 - **Social distancing should be practiced when possible.**
 - Limit the number of bench personnel to observe social distancing of 6 feet or greater
 - Create separation between the team bench and spectator seating behind the bench.
 - Limit contact between players when substituting.
 - Substitutes shall report to the scorer's table but in the event there is more than one substitution, they may sit at the end of the scorer's table closest to their bench to maintain social distancing.
- **Officials Table**
 - Custodians will sanitize all tables and chairs before the game.
 - Limit seats at the table to essential personnel such as announcer, clock operations, timer and official scorekeeper.
 - Other personnel (visiting scorer, statisticians, media, etc.) are not be deemed essential personnel and will be placed at an alternate location.
- **Pre and Post Game Ceremony**
 - Suspend the pregame introduction handshakes including shaking opposing head coach and officials prior to the game
 - Suspend post-game protocol of shaking hands.
- **Basketball Rules Interpretations**
 - **EQUIPMENT AND ACCESSORIES**
 - Game ball shall be sanitized and not used for warm-ups.
 - Sanitizer should be provided by the host team at the table.
 - Cloth face coverings are permissible for players
 - Coaching staff and other bench personnel will wear masks at all times.
- **Other Considerations**
 - **Scorebook**
 - Officials do not need to sign the score book but will need to have verbal verification on roster and start submissions prior to the 10 minute mark.
 - **We will limit the size of our travel team to include essential personnel, staff, and only those with the ability to participate.**

SPORT: Wrestling

The NFHS has determined that wrestling is a higher risk sport that involves, close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

- **General Considerations:**
 - Have hand sanitizer and wipes available at the table and at mat side.
 - No one touches the score sheet except the scorer.
 - Disinfect the mats prior to and following competition.
 - Events are structured to ensure compliance with current indoor occupancy limits and mitigation requirements by the PA Department of Health and Governor's Office.
 - Athletes and Coaches wear masks off the mat.
 - NA will increase the bench area to assist in social distancing.
 - For tournament settings, prohibit all wrestlers from warming up simultaneously for competition.
- **Considerations for Coaches:**
 - Eliminate handshakes with opposing teams post-match.
 - Each team is expected to provide their own leg bands for competition.
 - **We will limit the size of our travel team to include essential personnel, staff, and only those with the ability to participate.**
 - We will have wrestlers practicing in pods to limit close contacts across the team.
 - The use of a fist bump in lieu of a pre and post-match handshake is recommended.

SPORTS: Swimming & Diving

The NFHS has determined that swimming and diving is a lower risk sport (sports that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors).

- **SWIMMING AND DIVING RULES**
 - Encourage athletes to arrive at venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for 6 feet of social distancing.
 - **Lap Counting** – Only one person per lane should be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices.
 - **Pre-Meet Conference** – Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use P.A. system or starting system microphone to allow participants to hear but keep them properly separated.
 - **Referee and Starter** – Various rules require interactions between officials, coaches and athletes. Alternative methods for of communications include utilization of the P.A. system, hand signals or written communication.
 - **Notification and Disqualification** – Notification shall occur from a distance via use of hand signals or the P.A. system.
 - **Meet Officials** – Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location. Develop alternative methods for submitting entries and movement of non-electronic information. Require a distance of 3-6 feet between individuals seated at the desk/table.
 - **Timers** – Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing. Timers and relay takeoff judges should wear cloth facial covering.
 - **Diving Officials** – Alternative methods for submitting entries and movement of nonelectric information will be required. Recommendations include a distance of 3-6 feet between individuals seated at the desk/table. Create a 3-6 feet space between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform.
- **GENERAL CONSIDERATIONS:**
 - **Swimming Warm-up Areas** – Establish multiple sessions for warm-up periods to limit number of swimmers per lane. Restrict the number of swimmers in competition area. Limit number of swimmers per lane during warm-up and warm-down periods.
 - **Diving Warm-up Areas** – During competition, divers may not approach the board until their turn to compete. Hot tubs are prohibited. Dive order sheets should be posted in multiple areas to reduce number of divers viewing at the same time.
 - **Team Seating and Lane Placement** – Will be on opposite sides
 - **We will limit the size of our travel team to include essential personnel, staff, and only those with the ability to participate.**

SPORTS: Competitive Cheer

The PIAA has determined that Competitive Cheer competition is considered no more than a moderate risk, with the following considerations: Routines are no more than 2 ½ minutes in length, contact among team members falls below stated CDC guidelines of less than 6 feet for 15 minutes or more and competition does not involve any contact with members of another team/school.

- **COMPETITIVE CHEER RULES CONSIDERATIONS**
 - Participants should be appropriately spaced on the court, field or sideline to ensure proper social distancing.
 - Masks must be worn when seated. No masks may be worn in routines that involve stunting. Any mask worn during a routine that does not involve stunting but involves tumbling must be taped and secure.
- **PREVENTATIVE ACTIONS:**
 - Mats must be cleaned at least each day of activity or as needed according to current guidelines. If different groups are meeting in the same space at different times, mats should be cleaned between groups.
 - Use proper physical distancing to minimize contact when possible.
 - Limit contact between groups at exits and entrances by staggering arrival/departure times between cohort groups (individual stunt groups, teams, etc.) and designating separate entrances and exits when possible.
 - Keep stunt groups together in their cohort. Refrain from mixing and matching bases and tops from different groups.
 - Keep stunt groups distanced from other stunt groups when possible (i.e. when not building pyramids), while allowing for all groups to remain on the proper surface for stunting. The type of contact found in cheer can vary greatly and can be adjusted to meet local distancing guidelines. Physical contact with other teams: Participation in cheer and STUNT does not involve physical interaction with other teams. In this regard, contact during games and competition is similar to that found in volleyball or tennis.
- **FACE COVERINGS:**
 - USA Cheer recommends allowing face coverings with the following guidelines:
 - Face coverings should not impede vision or movement.
 - Face coverings should be soft and pliable with no exposed metal, and should provide adequate ventilation and protection from the spread of particulate matter.
 - Modifications to skills should be considered while wearing face coverings, such as limiting inversions, twisting and tosses.
 - Face covering should be snug-fitting.
 - Coverings that are held in place with over-the-head straps using Velcro or other breakaway type connections.
 - Full head coverings.
 - Coverings that minimize the chance of having fingers caught in them or shifting to impede any visual sight.
 - **We will limit the size of our travel team to include essential personnel, staff, and only those with the ability to participate.**

PIHL COVID -19 SAFETY POLICY AND GUIDELINES

PENNSYLVANIA INTERSCHOLASTIC HOCKEY LEAGUE

COVID – 19 SAFETY POLICY AND GUIDELINES

INTRODUCTION:

The Coronavirus Disease 2019 (COVID-19) has presented youth sports organizations with countless challenges. As the Pennsylvania Interscholastic Hockey League (“PIHL”) returns to competition, it intends through this Safety Policy to provide a framework under which teams can return to gameplay as safely as possible. While it is not possible to eliminate all risk of contagion of COVID-19, there are steps youth sport organizations can take to reduce the risk to players, coaches, their families and the general public. To minimize the risk, the PIHL requires all Member Associations to undertake and abide by the laws, precautions, recommendations and guidance set forth below.

SAFETY POLICY AND GUIDELINES:

Each Member Association is required to undertake and abide by the laws, precautions, recommendations and guidance that has been provided by federal, state and local governments, the CDC, the Pennsylvania Department of Health, USA Hockey, Inc. and Mid American Hockey Association Inc. (hereinafter “Mid Am”).

Each Member Association shall: (i) undertake and comply with all applicable federal, state and local governmental laws, recommendations and guidelines related to or associated with the COVID-19 pandemic; and (ii) undertake and comply with any and all guidelines, recommendations, rules and procedures implemented by USA Hockey, Inc., Mid Am, the Pennsylvania Interscholastic Athletic Association, the PIHL, the applicable school district (both home and away), and the applicable rink (both home and away), related to the COVID-19 pandemic or otherwise.

It is each Member Association’s responsibility to contact any rink at which their respective team may play to determine the rink’s policies and procedures with respect to attendance, mask policy, social distancing, pre-game preparation and game play. A summary of some rinks’ COVID-19 Policies can be found on the PIHL website at the following link: <https://www.pihlhockey.com/page/show/5986165-2020-covid-information>. Please review the information on the PIHL website with respect to rink COVID-19 policies and procedures and call the rink prior to attendance at any game to confirm current policies and procedures. If a rink’s COVID-19 policies and procedures are not available on the PIHL’s website, please check the rink’s website and contact the rink for current policies and procedures.

With respect to attendance at PIHL sanctioned games, it is the PIHL's strong recommendation only one (1) parent or guardian of a player attend any scheduled game. The PIHL joins in the strong recommendation of Mid Am to show restraint in attendance at games to mitigate the spread of COVID-19. In the event any rink has a more restrictive policy with respect to fan attendance at PIHL games (e.g., no parents, guardians or spectators may attend), the rink's policy must be followed.

Each Member Associations shall also: (i) monitor and disseminate within its organization any changes in the above-referenced laws, precautions, recommendations and guidance related to COVID-19, to ensure compliance within the organization by its board, coaching staff, players, parents, spectators and invitees; and, (ii) monitor that these guidelines, rules and procedures are followed during all PIHL sanctioned events to ensure the safety of the players, coaches, their families and the general public.

In the event of a conflict between any rink, school district or organization's policy and a lawful federal, state or local governmental law, order, policy or procedure, the lawful federal, state or local governmental law, order, policy or procedure must be strictly followed, including mask policies and social distancing requirements.

APPOINTMENT OF PANDEMIC SAFETY OFFICER:

The PIHL has designated the following individual as its Pandemic Safety Officer:

Name: Dawn Lecker, PIHL Secretary

Contact Information: Secretary@pihlhockey.com

412-736-3465

The Pandemic Safety Officer is the point person for all information, reporting or questions related to COVID-19 safety, policies, procedures, or issues within the PIHL. If any Member Association is experiencing a COVID-19 related issue, they are required to contact the PSO immediately.

This Safety Policy and the guidelines set forth herein are subject to change and may be updated as more information becomes available or as further laws, orders, policies or procedures are issued by the authorities referenced herein.

We will limit the size of our travel team to include essential personnel, staff, and only those with the ability to participate.

To all 2021 Indoor Track and Field Students and Families-

1. **Covid Symptoms:** Anyone who has developed a cough or shortness of breath cannot attend practice. All students will have their temperature taken by a coach using a non-contact infrared thermometer, and will be asked the following questions:
 - a. Have you tested positive for Covid-19? Do you have medical clearance now?
 - b. Have you had a new onset of cough or shortness of breath?
 - c. In the last 14 days, have you had any known exposure to an individual with Covid-19 positive diagnosis or has shown symptoms of illness?
 - d. Have you been told by the District to Quarantine today?

If a student has a temperature over 100.0 °F or answers “yes” to any question, they will be sent home and the school district will be informed. The school district and the Allegheny County Health Dept will determine the next steps.

If a student becomes diagnosed with Covid-19 or is quarantined by the school or anyone else, they must immediately inform Coach Neff. The school will give guidance on the next steps.

2. **Masks:** Students and coaches will wear masks at all times except for when they are doing something strenuous. This will include masks for arrival, warmup, stretching, cooldown, and pickup. students may (but do not have to) remove the mask when exercising intensely. Coaches will inform students if the exercise is over that line. Coaches will wear masks at all times.

3. **PODS:** Groups of 20 or less students (I’ll call them “pods.”) will be formed. **These pods will be formed based on event, grade level, and ability, and this information will be collected via this google form: <https://forms.gle/Q5s5di8Zs71sMnsu8> . Every student who will be on the team should fill out the form by Monday November 30 at 11:59pm.**

Once placed in a pod, students will only interact with others in their pod. I understand and enjoy the social side of track as much as anyone. It is my hope that following these rules now will allow us to continue with the season throughout the winter and spring.

Inside of their pod, students will maintain a social distance of six-feet from their training partners. This will be true for all team functions, including the arrival, team meeting, the warmup, the workout itself, the after-run activities, and the pickup. An even greater social distance must be kept from those from other pods and non-team members. Shaking hands, fist bumps, high-fives, etc are not permitted.

4. **Registration:** Students who have not registered with NA athletics, submitted their physicals and Impact tests, etc will not be given a pod. Here is a link to registration information: <http://athletics.northallegheny.org/news/winter-sports-tryout-information/>

5. **Locker Rooms and Dress:** We will not be using locker rooms except to change. The easiest thing will be for students to wear practice clothes to school on in-person days. For those whose fashion sense will not allow that, the locker rooms at NAI will be available, but only 25 students of each gender can be in each locker room at a time. We are expecting students to get changed quickly, get out of the locker room for others to get in. Students who are learning from home should report to practiced dressed, and should not need access to the rooms.

6. **Practices:** During December and the first half of January, practice will be held M-Tu-Th from 3:00-5:00PM at Newman Stadium / Baierl Center. An announcement will be made about the schedule for the second half of the season's days with enough notice for planning.

This year, a vast majority of team activities, including the team meeting and warmup, will be held outside. Since we will be outside for much of practice, students are expected to have hats, gloves, long pants, and long sleeves with them each day. Students not dressed properly will be sent home.

When students are inside the Baierl Center, there will be a maximum of four pods inside. The pods will be located as follows: 2 separate pods on the main floor, one pod on the upstairs mezzanine, and one pod in the varsity weight room.

7. **Cleaning and Safety:** Athletics is working closely with the custodial staff to ensure equipment and surfaces are as clean and safe as possible. In particular, all mats will be covered with a tarp that is cleaned according to regulations for safety. Throwing implements and pole vault poles will be likewise cleaned and will be used by as few students as possible. Weight room equipment and benches will be wiped with an approved cleaner between students.

8. **Cancelations:** On days where the weather is too cold, etc, we will only be able to have some pods practicing on a rotating basis. The decision to cancel/send some groups home will be sent out through Remind as early as possible. Students and family members should sign up for Remind here:

- a. Seniors (and their families): <https://www.remind.com/join/gechb8>
- b. Juniors (and their families): <https://www.remind.com/join/f2942k>
- c. Sophomores (and their families): <https://www.remind.com/join/ehhdhe>
- d. Freshmen (and their families): <https://www.remind.com/join/kh4ake>

While we will use Remind for all routine communications, we will still use Twitter (@natigerstrack) for messages of a celebration; please follow it. If you do not have Twitter, you can see the tweets as a webpage here: <https://twitter.com/natigerstrack> .

9. **Water:** We will not be using school fountains. Students will bring their own water, labeled with the student's name, which they will not share with others.

10. **Distance Runners:** Distance runners who go off campus will not "join up" with runners from other groups, but will run only with those inside their pod.

11. **End of Practice:** Students will need to leave practice within five-minutes of the end of their session. Students will wait for their rides on the sidewalk near the stadium marques and will maintain a six-foot social distance. Students cannot congregate inside the doors of the Baierl Center. If this is not possible for a particular student, that student is not going to be able to participate.

12. **Other Considerations:** We will limit the size of our travel team to include essential personnel, staff, and only those with the ability to participate.

SPORT: Indoor Track & Field

The NFHS has determined that indoor track & field is a lower risk sport (sports that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors).

Some events may be considered moderate risk, sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.

General Considerations:

- o SP, DT, JT should enforce social distancing for all athletes and officials.

- ☒ To limit contact: athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws.

- ☒ If athletes can't provide their own implements, then it is recommended that implements be sanitized between each use.

- o LJ, TJ should enforce social distancing for all athletes and officials.

- o HJ, PV should enforce social distancing for all athletes and officials.

- ☒ To lower the risk of these events meets can sanitize the cover between each use and disinfected after each athlete.

- ☒ To limit contact: athletes should not share vaulting poles.

- o 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.

- ☒ Recommend not using baskets at start line for apparel.

- o Middle Distance and distance races on the track of 800m and longer (any event not run entirely in lanes) are considered moderate risk activities. To minimize contact, events are recommended to be run in alleys or minimally one turn staggers.

Rule Change Considerations: (States should abide by all NFHS rules as a default, adjusting relevant rules as needed to allow for COVID-19 risk mitigation factors where necessary for this year.)

- o 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.

- o Permit the use of gloves for this year.

- o Schools can bring their own batons, or they should be disinfected after each heat/race.

- o Rules 6-4-11 and 6-5-24: Schools may consider alternate ways to conduct the vertical jumps. Lowering the cross bar after competition has begun may be one-way states may modify rules. With small numbers of competitors, schools may wish to jump each athlete to completion.

If Events Are Contested Outdoors

General Considerations:

Schools are responsible for adhering to PIAA eligibility provisions for student and team whether choosing to hold events indoors or outside. This would include, but not be limited to, the defined season for indoor track & field, the minimum length of preseason, and maximum number of competitions.

The following suggested order of events is to be contested outdoors*:

55- or 60-meter HH

High Jump

55- or 60-meter Dash

Long Jump

1600-meter Run

Pole Vault

600- or 400-meter Dash

Shot Put

55-meter or 60-meter LH

Triple Jump

1000- or 800-meter Run

200- or 300-meter Dash

***Relays have been eliminated from the NFHS order of events to assist with social distancing.**

Schools are requested to pay close attention to weather and the impact it may have on events. Special attention should be made to vertical and horizontal jumps and the condition of the landing areas. Where possible, pole vault should be contested indoors.

SPORT: Gymnastics

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Gymnastic Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: 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. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your state.

General Considerations:

- o Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
- o Remove common chalk bowls. Chalk bowls frequently become talking places for athletes.
- ☑ Student athletes must wear cloth facial covering while in the facility and when moving from each apparatus, but not while participating on the equipment as the mask could come off, move, or become a distraction and increase the risk of injury.
- o Social distancing should be in practice while waiting for a turn on the apparatus or moving from one event to another. Communicate gym policies clearly to participants and parents.
- o Everyone should wash and sanitize their hands before entering and leaving the gym and must wash/sanitize their hands between rotation to different events.
- o It is not recommended that face coverings be worn while the athlete is participating on the equipment.

Considerations for Coaches:

- o Communicate your guidelines in a clear manner to students and parents.
- o Conduct workouts in “pods” of same students always training and rotating together on apparatus 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.
- o Athlete safety is paramount and coaches should not be restricted from spotting an athlete if necessary, to protect the athlete from injury.
- o Expectations regarding spotting or alternative teaching/coaching methods should be clearly communicated repeatedly during practice.
- o Follow CDC guidelines regarding social distancing.

- o Follow the CDC guidelines for cleaning and disinfecting the building.

Considerations for Students:

- o Students are responsible for their own supplies

- o Students must wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.

- o Hand sanitizer should be plentiful at all contests and practices.

- o Athletes should tell coaches immediately when they are not feeling well.

Considerations for Judges:

- o Bring personal hand sanitizer. Wash hands frequently

- o Don't share equipment.

- o Follow social distancing guidelines.

- o Space judges 3-6 feet apart at judging tables.

- o Do not shake hands and follow pre and post meet ceremony guidelines established by state associations.

- o Judges and meet personnel are strongly encouraged to wear cloth face coverings.

Considerations for Parents: (A family's role in maintaining safety guidelines for themselves and others):

- o Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home),

- o Provide personal items for your child and clearly label them.

- o Gym bag, water bottle, grips, tapes, pre-wrap, wrist guards, personal chalk bag etc. (See gym bag document)

- o Individual chalk bags, plastic bins, buckets or other storage containers should be used and stored in the athlete's gym bag.