

# K-12 ATHLETICS GUIDANCE

## • FOR SUMMER 2020 •

### REOPENING GUIDANCE FOR K-12 SUMMER ATHLETICS

The State of Louisiana has been focused on following the guidance of experts in public health when making decisions about the reopening of facilities and resumption of activities statewide. Louisiana’s plan for reopening outlines a set of phases that are initiated once certain public health criteria are met. Throughout these phases, restrictions will be gradually relaxed, allowing greater flexibility, including as it relates to the operation of summer athletics programming in schools.

In Phases 1, 2, and 3, athletic activities on K-12 campuses may occur with **certain restrictions in place**. The Louisiana Department of Education (LDOE), in consultation with the State of Louisiana Office of Public Health, offers the following supporting guidance in order to assist K-12 schools in adhering to public health guidelines and ensuring the health and safety of participants in athletic activities.

*NOTE: Guidance may change in accordance with updates from the Centers for Disease Control (CDC) and Louisiana’s Office of Public Health. Guidance is based on current medical knowledge of how COVID-19 is transmitted, primarily through close physical contact, vocal and musical activities during which aerosol particles might be emitted, and touching shared surface or objects.*

For information regarding coronavirus 2019/COVID 19, please visit the LDH website and CDC website: <https://www.ldh.la.gov/coronavirus> and <https://www.cdc.gov/coronavirus/2019-ncov/index.html>, and follow the below general guidelines.

Protecting Yourself and Others in Louisiana		
<b>Practice Social Distancing</b>	<b>Wash Your Hands, Cover Your Cough</b>	<b>Take Caution with Louisianans Who Are at Risk</b>
Even if you feel well, stay at home as much as possible. In public, keep at least six feet distance from others. Avoid unnecessary appointments.	Cover your cough and sneezes. Use your elbow or a tissue. Avoid touching your eyes, nose and mouth.	Take special caution to avoid exposing the elderly and people with underlying health conditions. Avoid visiting those most at risk, and call instead. Offer to help with groceries and other needs.

# ACTIVITY CLASSIFICATIONS

Contact and Higher Risk	Non-Contact
<ul style="list-style-type: none"> <li>• Basketball</li> <li>• Football</li> <li>• Lacrosse</li> <li>• Marching Band</li> <li>• Soccer</li> <li>• Wrestling</li> </ul>	<ul style="list-style-type: none"> <li>• Archery</li> <li>• Baseball and Softball*</li> <li>• Cross country</li> <li>• Cheerleading*</li> <li>• Dance Team*</li> <li>• Bass Fishing</li> <li>• Powerlifting and Weightlifting*</li> <li>• Bowling</li> <li>• Golf</li> <li>• Gymnastics*</li> <li>• ROTC</li> <li>• Running</li> <li>• Swimming</li> <li>• Tennis</li> <li>• Track and Field</li> <li>• Volleyball*</li> </ul>

\* Sports classified as non-contact with adaptations; must follow the adaptations outlined in Number 8 of this document

Phased Reopening	Athletic Participation
<b>Phase 1</b>	Non-Contact Sports only
<b>Phase 2</b>	Non-Contact Sports only
<b>Phase 3</b>	Non-Contact Sports Contact Sports <i>within Defined Groups</i>

# CHECKLIST FOR K-12 SUMMER ATHLETIC GUIDANCE

The following sections contain both required actions and supportive guidance for keeping children and staff healthy and safe during summer athletic activities.

**Required actions that must be taken for safe operations are included in the guidance issued by the State Office of Public Health. All other content is non-binding guidance to support schools in keeping students and staff well.**

Category	No.	Checklist Item
<b>Group Size and Physical Standards</b>	1.	Implement social distancing strategies.
	2.	Ensure athletic activities follow established safety and hygiene protocols.
<b>Symptom Monitoring</b>	3.	Require sick participants and staff to stay home.
	4.	Screen participants for sickness upon arrival.
	5.	Implement isolation measures if a participant becomes sick, and follow with a cleaning and disinfecting processes.
<b>Environmental Cleaning and Personal Hygiene</b>	6.	Ensure healthy personal hygiene.
	7.	Intensify cleaning and disinfecting efforts of athletic facilities and equipment.
<b>Additional Operating Considerations</b>	8.	Adaptations for limited contact groups
	9.	Spectator Guidance

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## GROUP SIZE AND PHYSICAL STANDARDS

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### NUMBER 1: IMPLEMENT SOCIAL DISTANCING MEASURES

Establish and maintain static groups for the maximum duration of any athletic program occurring on a K-12 campus.

<b>Group size</b>	<b>Phase 1:</b> 10, including adults <b>Phase 2:</b> 25, including adults <b>Phase 3:</b> 50, including adults
<b>Group Limitations</b>	<ul style="list-style-type: none"><li>• Groups convene outdoors.</li><li>• Groups do not convene in shared indoor spaces unless they are cleaned before and after the group's use.</li><li>• Groups are separated in pools by lane lines or rope.*</li><li>• Groups pass singly through entry and exit points.</li><li>• Groups are separated outdoors but do not require a physical barrier.<ul style="list-style-type: none"><li>» <b>Phase 1 and 2:</b> Refrain from contact and higher risk sports</li><li>» <b>Phase 3:</b> Contact sports are allowable within defined groups</li></ul></li></ul>

### NUMBER 2: ENSURE ATHLETIC ACTIVITIES FOLLOW ESTABLISHED SAFETY AND HYGIENE PROTOCOLS

In Phase 1 and Phase 2, students should refrain from contact sports and higher risk activities, such as band practice. In Phase 3, students may engage in contact sports within their static group. It is important to clean sporting equipment after each group's use.

*\*There is no evidence that COVID-19 can be spread to humans through the water. Proper operation, maintenance, and disinfection (with chlorine or bromine) of pools should kill COVID-19. Individuals participating in organized water activities must be separated in pools by lane lines or ropes.*

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## SYMPTOM MONITORING

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### NUMBER 3: REQUIRE SICK PARTICIPANTS AND STAFF TO STAY HOME

Require individuals with a fever of 100.4 F, or above, or with **symptoms of illness** to stay home.

### NUMBER 4: SCREEN PARTICIPANTS FOR ILLNESS UPON ARRIVAL

Individuals who have a fever of 100.4°F or above or other signs of illness must not be admitted to the facility.

- Temperature checks should be performed prior to entering an indoor facility. Please consult **K-12 Supportive Guidance** for detailed guidance on safe temperature checks.
- For outdoor activities, make a visual inspection of the participant for signs of illness, which could include flushed cheeks, rapid breathing or difficulty breathing, or fatigue.

### NUMBER 5: IMPLEMENT ISOLATION MEASURES IF A PARTICIPANT BECOMES SICK, AND FOLLOW WITH A CLEANING AND DISINFECTING PROCESSES

It is important to establish a space to isolate participants who become sick, and be prepared with a cleaning and disinfecting process. Please refer to Number 6 in the **K-12 Supportive Guidance** for details.

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# PERSONAL HYGIENE

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## NUMBER 6: ENSURE HEALTHY PERSONAL HYGIENE

- Adults and children, as able, should wear cloth masks. Children under two years old and individuals with severe breathing difficulties should not wear masks.
- All participants and staff must engage in **hand hygiene** upon entry to the facility and at additional times as described in **K-12 Supplemental Guidance**.
- Wash hands with soap and water for at least 20 seconds. If hands are not visibly dirty, alcohol-based hand sanitizers with at least 60 percent alcohol can be used if soap and water are not readily available.
- Do not use communal or team hydration stations. Participants should bring their own water bottles for personal use and refrain from sharing with others. Single use water bottles may be provided.
- When possible, participants should bring and use their own sports equipment, towels, and other items. If equipment is provided by the facility, it should be cleaned after each person's use per **CDC guidelines**.

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# ENVIRONMENTAL CLEANING

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## NUMBER 7: INTENSIFY CLEANING AND DISINFECTING EFFORTS

- Prior to the reopening the facility, **consult CDC guidance** for cleaning.
- Community water fountains should be covered and not in use.
- Players should bring their own individual water to games and trainings to eliminate potential transmission risk from sharing cups and water stations.
- **Clean and disinfect** bathrooms and high-touch surfaces, such as doorknobs, light switches, classroom sink handles, and countertops, every hour.
- Schedule and follow additional procedures for cleaning and disinfecting
  - » Clean and sanitize sports equipment and other shared equipment before and after every use.
  - » All cleaning materials must be kept secure and out of reach of participants.
- Do not share equipment between static groups unless they are cleaned and sanitized before and after each group's use.
- Balls used in play within the static group should be cleaned every hour.
- Clean and sanitize all weight equipment in weight rooms, locker rooms and shared facilities:
  - » Before and after individual use.
  - » Follow **CDC guidelines** for sanitation procedures.
- Eliminate pre- and post-game handshakes to avoid unnecessary personal contact.
- Players and coaches are asked to refrain from high fives or any other physical gestures of celebration.
- All team personnel must always maintain social distancing guidelines.
- Place all workout equipment in an individual bag that is not shared, and that is kept separate by at least 6 feet from other athletes' belongings.

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# ADDITIONAL OPERATIONAL STANDARDS

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## NUMBER 8: ADAPTATIONS FOR CERTAIN NON-CONTACT SPORTS

Contact and higher risk sports are not permitted in Phase 1. This is because the risk of transmitting COVID-19 is higher when individuals are in close physical contact or proximate to aerosol particles emitted, such as through the use of musical instruments or loud singing.

Sports classified as “non-contact with adaptations” may continue with the adaptations listed below.

All groups must adhere to the static group requirements as defined within this document.

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## ADAPTATIONS

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### General Adaptations

- Outside workouts, where there is better ventilation and exposure to UV light, are strongly recommended.
- Maintain six feet of physical distance between participants, coaches, and other personnel.
- Balls used in play within the static group must be cleaned every hour.

### Baseball and Softball

- Participants utilize their own equipment or equipment is cleaned after each individual’s use.
- No more than 3-5 individuals are permitted in the dugout at any given time, depending on the size of the dugout.
- Players should use disinfectant before, during, and after the games, whenever appropriate, such as after coming into contact with other players, coaches, or shared equipment (bases, bats, gloves).
- Refrain from sharing equipment such as bats, helmets, and catcher’s equipment.
- Sanitize hands and shared equipment once an hour.

### Cheerleading/Dance Team

- No formations that require close physical contact
- No pyramids or stunts that require participants to be in close physical contact
- No sharing or exchanging of pom-poms, megaphones, or signage used during cheers
- Social distancing markers should be placed in strategic areas such as entry areas and group stretching and practice areas.
- Only allow group practice if it can be completed in accordance with social distancing recommendations.

### Powerlifting/weightlifting

- Wipe down benches and equipment between individual participant uses with disinfectant wipes.
- Use only one piece of equipment at a time (i.e., no circuits or “super setting”).
- Adjust equipment layout and close or restrict access to equipment to maintain at least six feet of distance between equipment.
- Limit workout length to avoid unnecessary exposure.

### Gymnastics

- Social distancing markers should be placed in strategic areas such as entry areas and group stretching and practice areas.
- Clean equipment in between individual participant uses with a disinfectant wipe.

### Volleyball

- Players should use disinfectant before, during and after workouts, whenever appropriate, including after coming into contact with other players, coaches, or shared equipment.
- Only allow group practice if it can be completed in accordance with social distancing recommendations.

## NUMBER 9: SPECTATOR GUIDANCE

Spectators should maintain social and physical distancing requirements of 6 feet at all times. Spectator capacity should maintain the guidelines outlined in [Phase 1 Reopening](#) Proclamation by Governor Edwards, including the use of cloth masks, and Louisiana’s *Open Safely* [guidance](#). Bleachers should not be utilized.