



**SOUTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION**  
SPECIAL MEETING OF THE BOARD OF DIRECTORS  
SDHSAA OFFICE BUILDING

**August 6, 2020**

**11:00 AM**

**Pierre, South Dakota**

**\*Meeting held via teleconference due to COVID-19**

The Board of Directors held a special meeting on August 6, 2020, via teleconference with members present as follows:

Craig Cassens	Randy Soma	Dan Aaker
Barry Mann	Mark Murphy	Dr. Jerry Rassmussen
Michael Talley	Marty Weismantel	

Staff members present at the SDHSAA office included Dr. Dan Swartos, Jo Auch, Dr. John Krogstrand, Brooks Bowman, Ryan Mikkelsen, and Aaron Magnuson.

The meeting was called to order by Chairman Craig Cassens at 11:04 A.M.

**Item #1-Approval of Agenda**

Motion by Barry Mann, second by Mark Murphy, to approve the agenda as presented.  
*Motion carried 8-0.*

**Item #2- Public Forum**

Chairman Cassens called for the public forum per SDHSAA policy. There were no speakers at the public forum.

**Item #3- Consider SDHSAA Fall Sports/Activities Task Force Recommendations**

SDHSAA staff presented the board with the recommendations of the Fall Sports/Activities Task Force Committee, to include the Task Force Report, Fall Sports Rules Modifications, Fine Arts Considerations, Screening Form, Return to Play Form, and Concession Stand Guidance. Information attached to the minutes as Appendix A.

Motion by Dan Aaker, second by Michael Talley, to adopt the recommendations and accompanying material.  
*Motion carried 8-0 on a roll call vote.*

**Item #4- Consider Contract for Ryan Mikkelsen as SDHSAA Finance Director**

Motion by Randy Soma, second by Marty Weismantel, to approve the contract with Ryan Mikkelsen.  
*Motion carried 8-0 on a roll call vote.*

**Item #5- Consider request from Sturgis Brown High School for an early practice start date in football, volleyball, and cross country due to the Sturgis Motorcycle Rally**

Motion by Dr. Jerry Rasmussen, second by Michael Talley, to approve the request for football and deny the request for Volleyball and Cross Country, due to different start dates and heat acclimatization rules.  
*Motion carried 8-0 on a roll call vote.*

**Item #6- Consider a request from Spearfish High School for an early practice start date in football due to the Sturgis motorcycle rally**

Motion by Marty Weismantel, second by Michael Talley, to approve the request.  
*Motion carried 8-0.*

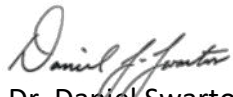
**Item #7- Consider a request for Cooperative Sponsorship of Activities from Andes Central, Dakota Christian, and Platte-Geddes in the sport of Competitive Cheer and Dance, effective the 2020-21 school year.**

Motion by Mark Murphy, second by Dan Aaker, to approve the request.  
*Motion carried 8-0.*

**Item #8- Adjourn**

Motion by Dan Aaker, second by Marty Weismantel to adjourn.  
Chairman Cassens declared the meeting adjourned at 11:38 AM.

Respectfully submitted,



Dr. Daniel Swartos  
SDHSAA Executive Director



**South Dakota High School Activities Association**

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**APPENDIX A of  
22 July 2020 Minutes**

***SDHSAA Fall Sports/Activities Task Force Recommendations  
July 2020***

**Task Force Members:**

Medical Representatives

Dr. Jeremy Cauwels   Dr. Verle Valentine   Paul Richter   Tryg Odney

State Office Representatives

Dr. Ben Jones- SD Dept. of Education      Linda Ahrent- SD Dept. of Health  
SDHSAA- Dr. Dan Swartos, Jo Auch, Dr. John Krogstrand, Brooks Bowman

SDHSAA Board of Directors

Craig Cassens (Principal, Faulkton)      Randy Soma (AD, Brookings),  
Dan Aaker (Athletic Director- Winner)      Mark Murphy (School Board, Aberdeen)

Superintendents

Dr. Becky Guffin- Aberdeen      Dr. Jarod Larson-Brandon Valley  
Shayne McIntosh- Parkston      Joel Bailey- Platte-Geddes  
Derek Barrios- Elk Point/Jefferson      Blake Gardner- Hill City  
Tom Cameron- White River      Dr. Donovan DeBoer- Parker  
Rick Weber- Flandreau

Athletic Directors

Casey Meile- Sioux Falls Public      Jared Vasquez- Rapid City Stevens  
Terry Rotert- Huron      Brian Moser- Pierre T.F. Riggs  
Chuck Wilson- Todd County      Julie Eppard- Chester Area  
Kelly Messmer- Harding County

***SDHSAA- Serving Students Since 1905***

Board Chairperson – Mr. Craig Cassens  
Assistant Director – Ms. Jo Auch  
Assistant Director – Mr. Brooks Bowman

Executive Director – Dr. Daniel Swartos  
Assistant Director – Dr. John Krogstrand  
Finance Director – Mr. Ryan Mikkelsen

### Guiding Principles:

1. A return to sports/activities for regular season contests and state championships must be safe for athletes, coaches, officials, and fans.
2. The goal of the SDHSAA in 2020 should be to incorporate school-based sports and fine arts activities when practical and safe.
3. Standardized procedures should be in place at all schools for the screening of athletes and coaches. This procedure should also be followed by all officials and judges for contests.
4. Standardized protocols should be in place, in conjunction with the South Dakota Department of Health, at all schools regarding confirmed close contact and confirmed positive cases of rostered individuals, members of the coaching staff, and all officials and judges.
5. SDHSAA Policies should be in place regarding the re-scheduling of events, events to be deemed a “no contest”, and events to be deemed a “forfeit”.
6. Benchmarks should be established to signify the need to reconvene and re-evaluate the recommendations in this document.
7. The SDHSAA should offer guidance on issues that would normally be a matter of local control.

### Principle #1 – Safety

- Following peaks in Mid-April and Mid-May, rates for confirmed cases, recoveries, and hospitalizations decreased and have since leveled out in South Dakota. Areas impacted significantly, including Minnehaha, Lincoln, Pennington, and Beadle counties have leveled out. Due to the disparate geography and population centers in the state, surges and peaks in cases, recoveries, and hospitalizations may not appear as apparent as they would in more densely populated areas of the country.
- The NFHS has proposed rule modifications for all Fall sports. Recommendations from SDHSAA staff on those rule modifications fall under three categories- mandatory, optional, and impermissible. **Those rule modification recommendations, in addition to Fine Arts considerations, are attached as Appendix A to this document.** In addition to fall sports, proposed solutions for fall fine arts events have also been created.
- The NFHS Sports Medicine Advisory has released recommendations for classification of sports and fine arts activities in regards to contact and risk. Those categories are Low, Moderate, and High.
- Fall Sports:
  - Low Contact/Risk- Golf, Tennis, Cross Country
  - Moderate Contact/Risk- Soccer, Volleyball
  - High Contact/Risk- Football, Competitive Cheer, Competitive Dance
- Fall Fine Arts:
  - Low Contact/Risk- Journalism, Oral Interp
  - High Contact/Risk- All-State Chorus and Orchestra

## **Principle #2- Keeping Students Active and Involved**

- A recent study by the University of Wisconsin School of Medicine and Public Health (McGuine et al., 2020) examined the impact of school closures and sport cancellations on the health of adolescent athletes in Wisconsin. In the adolescents studied, 65% reported anxiety symptoms in May of 2020, 25% of which were in the moderate and severe category. Additionally, 68% reported symptoms of depression, compared to a historical baseline of 31%. Further, the study found a 50% decrease in physical activity in the athletes. As an overall trend the study found that the school closures and sport cancellations had a statistically significant negative impact on the physical health, psychosocial health, and overall health of the adolescents in the study. The study was replicated with adolescents from several states in the Midwest, with similar results. The sample size in South Dakota was too low to produce a separate report, but a summary of the South Dakota responses followed the same trends, in addition to findings that the increases mental health issues, lower physical activity, and lower quality of life were greater in counties with the highest poverty levels, indicating that the school closures and sport cancellations impacted adolescents from more vulnerable populations to a greater extent.
- Season switches were explored by the committee and not determined to be practical or necessary at this time. Flexibility in scheduling could potentially allow us to shorten other seasons and resume unfinished fall seasons in the late spring (without overlapping with Spring sports) if necessary.

## **Principle #3- Screening Procedures**

- All rostered individuals (athletes, managers, statisticians, coaching staff, cheerleaders) and other school personnel involved (bus drivers, etc) will be screened daily for CDC recommended indicators of COVID-19. Any individuals with unexplained positive responses (i.e.- intestinal issues following a large meal, headache with a history of migraines, etc.) must not be allowed to practice/compete/coach/assist until they have been evaluated by medical personnel. **Sample screening document found in Appendix B.**
- **NOTE- Individuals with positive screening responses are NOT automatically placed in a 14-day quarantine period. However, if individuals with positive responses refuse to be evaluated by medical personnel and provide that notification to the school, they must sit out and monitor for further symptoms for 14 days from the onset of symptoms to ensure recovery.**
- Depending upon school policies, screening for fever may be done at the school or at home.
- All contest officials and judges will self-screen the day of the contest and report to site host administrator. Any individuals with unexplained positive responses must not be allowed to officiate/judge until they have been evaluated by medical personnel.

- Athletes, participants, coaches, and officials who are in a vulnerable population should take extra precaution and visit with their physician about participation, particularly in sports/activities that do not allow for consistent social distancing.

#### **Principle #4- Protocol for Confirmed Close Contact and Positive Cases**

- **ALL indications of positive cases and confirmed close contact (within 6 feet for at least 15 minutes of time starting two days prior to symptom onset) must come through the South Dakota Department of Health.**
- Any Department of Health verified close contact (student/coach/official/judge/team personnel) must follow SDDOH guidelines. Currently, those guidelines require a 14-day quarantine from the date of contact away from school and daily screening of symptoms.
- Any Department of Health verified positive case (student/coach/official/judge/team personnel) must follow SDDOH guidelines. Currently, those guidelines require the individual to self-isolate for 10 days from the first onset of symptoms and must be fever free for 24 hours without the use of fever-reducing medications, or 20 days from the onset of symptoms, fever free for 24 hours without the use of fever-reducing medications, in those who were severely or critically ill and/or those who are severely immunocompromised. Any individual (student/coach/official/judge/team personnel) with a verified positive case must have a physician complete the SDHSAA COVID Return to Play form prior to returning to competition/coaching/officiating/judging/team membership. For students, if the physician indicates the need for the Graduated Return to Play Progression due to hospitalization, cardiopulmonary concerns, or otherwise, the school must verify that the return to play protocol is followed. **Form located in Appendix C.**
- Schools must notify the SDHSAA of any verified close contact or positive cases of rostered individuals via the SDHSAA School Zone. No personally identifiable information will be contained in the notification to the SDHSAA. All information will be treated in compliance with HIPAA and FERPA from the member school and the SDHSAA. Dr. Swartos from the SDHSAA will be part of the SDDOE/SDDOH School Response Team.
- SDDOH Case Investigation outline from <https://doe.sd.gov/coronavirus/documents/CaseInvestigation.pdf>

#### **Principle #5- SDHSAA Policies**

- Re-Scheduling Contests- The SDHSAA will assist teams as much as possible in working towards the satisfactory rescheduling of missed contests. Re-scheduling of football contests will be difficult and may not be possible, with the exception of shared bye weeks.
- “No Contest”- If a school has substantial spread of cases within their building such that they are forced to deliver instruction completely via distance learning,

all efforts should be made to reschedule. If that is not possible, the contest will be declared a “no contest” for both teams. Similarly, if both teams agree not to play, but are not in a “shutdown”, in exceptional scenarios it could become a “no contest” with prior approval from SDHSAA.

- “Forfeit”- If a school decides on their own, without a school/district shutdown or without SDDOH recommendation, that they do not want to play a contest, the contest will be declared a “forfeit” with the team deciding not to play awarded a loss and the opposing team a win.
- Any post-season contests that are unable to be played will be considered a forfeit.
- The SDHSAA will act as a mediator and make final decisions as it pertains to forfeit and no contest determinations.
- The SDHSAA should develop policies for virtual Fine Arts events.

**Principle #6- Benchmarks for Re-Evaluation**

- The SDHSAA will work with this task force, in addition to the South Dakota Department of Health, throughout the fall to determine if it is necessary to re-examine this document.

**Principle #7- Other Guidance**

- Schools should post guidance regarding social distancing and hygiene at their facility entrances and other high traffic areas of their facilities.
- Schools should encourage and support the use of masks by spectators.
- Schools should evaluate local conditions in determining restrictions on crowd size. **If fan attendance is allowed at a contest, fans from both/all teams involved should be allowed to attend in the same capacity deemed safe for home teams to attend.**
- Schools should consider using 7- or 14-day trends and other indicators of active cases, new cases, and hospitalizations in their District/County area to develop a tiered system for fan attendance, such as:

<b><u>TIER</u></b>	<b><u>Fan Attendance</u></b>	<b><u>Conditions</u></b>
<b>Tier 1</b>	Open attendance	Steady/Decreasing rates of community active cases, new cases, and hospitalizations.
<b>Tier 2</b>	Parents/Student Body Only	Slow/intermittent increase of community active cases, new cases, and hospitalizations. Isolated cases, no evidence of exposures in large communal settings.
<b>Tier 3</b>	Student Body or Parents Only	Steady/incremental increase of community active cases, new cases, and hospitalizations. Sustained increases, potential exposures in large communal settings.
<b>Tier 4</b>	No Fans	Sharp increase of community active cases, new cases, and/or hospitalizations WITHOUT concurrent increase of cases/contacts within the school setting. Confirmed exposures in large communal settings.

- If fan attendance is being limited, schools should consider using a pass system to control crowd sizes and limit build ups at the gate. In addition, any pass system should be extended to visiting teams and coordinated between athletic directors prior to the contest.
- **The SDHSAA encourages conferences and other like groups of schools to consider agreeing to similar attendance policies across the conference/like group to avoid confusion from fans.**
- **During bus travel to away contests and for transportation to practice for cooperative programs, schools should strongly consider assigned seating and mandating the use of cloth face masks by everyone on the bus to assist with contact tracing and potentially assist with the numbers confirmed close contact.**
- Schools should consider cashless transaction at the gates via a system like Huddle. Ticket takers and other event workers should be offered protective equipment such as masks and gloves.
- With the dramatic rise in streaming capabilities for contests, in addition to the NFHS Network offer of free Pixellot systems to every school, schools should evaluate their current streaming offerings and **actively encourage fans to self-screen and watch from home if exhibiting any symptoms. Similarly, schools should actively encourage those who are vulnerable to watch from home.**
- A joint SDDOH/SDHSAA set of recommendations for concession stands is attached to this document as **APPENDIX D**.
- Schools should evaluate their media areas and attempt to reconfigure to allow social distancing.
- Facility cleaning guidance for the summer period should be continued throughout the school year.

#### **FINAL RECOMMENDATIONS:**

1. The task force recommends that all SDHSAA-sanctioned fall sports proceed according to schedule with the attached rule modifications, in addition to screening procedures and South Dakota Department of Health protocol for confirmed close contacts and confirmed positive tests.
2. Due to the nature of the event (nearly 1,100 students from over 150 different schools), the Task Force recommends that SDHSAA staff further consider the All-State Chorus and Orchestra concert, examine the results of the pending NFHS aerosol study, and make a determination on that event at a later date.
3. The Task Force recommends that remaining fall season SDHSAA Fine Arts Events (Journalism and Oral Interp) continue, with SDHSAA staff evaluating the need for the events to be held virtually due to the size of the event in student count and number of communities represented.

#### **References**

McGuine, T., Biese, K., Hetzel, S., Kliethermes, S., Reardon, C., & Bell, D. et al. (2020). *The Impact of School Closures and Sport Cancellations on the Health of Wisconsin Adolescent Athletes*. Madison, WI.





**SDHSAA Fall 2020 Rule Modifications**

Rule modifications are divided into three categories:

1. Mandatory- rule changes that must be followed until further advised
2. Optional- rules allowances that may be utilized if desired until further advised
3. Impermissible- items that are not allowed by SDHSAA rule

**Golf**

<p><b>MANDATORY MODIFICATIONS</b></p>	<ul style="list-style-type: none"> <li>• <b>Follow all rules published by the host course and USGA guidelines that are in place for spectators, competitors and coaches alike. This includes leaving the flagstick and hole-barrier in place if the course is using that system for regular season play.</b></li> <li>• <b>No-Touch Scorecards shall be used.</b> The USGA and Golf Genius are working on a tutorial to show how this can be provided free of charge through the USGA Tournament Management App on any mobile device with a data connection. Rules regarding illegal use of electronic devices will remain in place for competitors.</li> <li>• <b>Fans/Spectators and Rules Officials shall maintain a 6’ distance from all players throughout the round.</b></li> <li>• <b>No Awards Ceremonies</b> following play. Meet management shall distribute all awards to coaches, who will then present to the athletes. No draping of competitors in ribbons/medals.</li> <li>• <b>No common distribution of water accessible to multiple parties.</b></li> <li>• <b>Clean</b> frequently touched areas, and provide ample hand sanitizer at all practices and contests.</li> </ul>
<p><b>OPTIONAL MODIFICATIONS</b></p>	<ul style="list-style-type: none"> <li>• <b>Consider</b> “putting through” or “uninterrupted putting” by players when on the green to allow for safer distancing as the golfers who are not up are able to remain distanced on/around the green.</li> <li>• <b>Consider</b> “Circle 10” option for scoring, where if a player exceeds 10 shots on a hole, they simply pick up. This allows for more consistent pace of play throughout events.</li> <li>• <b>Athletes</b> and coaches are allowed to wear masks/face coverings, and are invited to bring their own water bottle.</li> <li>• <b>Galleries</b> should be limited to “paths only” and keep 6’ of distance between themselves and others throughout the round.</li> </ul>

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### Tennis

<b>MANDATORY MODIFICATIONS</b>	<ul style="list-style-type: none"><li>• Use numbered sets of tennis balls, with a different number for each competitor/doubles team, and only handle your numbered tennis balls. Clean balls with Lysol or Clorox.</li><li>• Maintain social distancing as possible during play. Avoid fist bumps or hand shakes prior to or following the contest.</li><li>• Use your racquet or foot to move balls from your side to your opponents side.</li><li>• Switch court sides on opposite sides of the court.</li><li>• Clean frequently touched objects and areas and provide ample hand sanitizer for athletes and coaches.</li></ul>
<b>OPTIONAL MODIFICATIONS</b>	<ul style="list-style-type: none"><li>• Athletes and coaches are allowed to wear face masks/coverings.</li><li>• Athletes should use their own water bottle.</li></ul>

### Soccer

<b>MANDATORY MODIFICATIONS</b>	<ul style="list-style-type: none"><li>• <b>Rule 5-2: Pregame Conference</b> should only be attended by the Head Coach and <b>one</b> captain from each team, be held at midfield with social distancing of 6' encouraged</li><li>• <b>Rule 6: Ballholders</b> shall be given similar screening as athletes and officials prior to working the game and should maintain 6' of space throughout the contest from one another as possible</li><li>• <b>Rule 1: Team Bench</b> areas may be expanded to allow more space for distancing. Areas must be marked by cones or lines to delineate what is and is not allowable space, and should not extend beyond the front line of the penalty area.</li><li>• <b>Officials' Table and Press Box areas</b> should be limited to essential personnel only. Team Statisticians other than an official book shall remain in their team or spectator areas.</li><li>• <b>Post-Game – Officials</b> should immediately leave the field area and not linger to shake hands with teams following competition.</li><li>• <b>No common distribution of water accessible to multiple parties.</b></li><li>• <b>Clean</b> frequently touched areas, and provide ample hand sanitizer at all practices and contests</li></ul>
<b>OPTIONAL MODIFICATIONS</b>	<ul style="list-style-type: none"><li>• <b>Athletes, coaches and officials</b> are allowed to wear masks/face coverings, and are invited to bring their own water bottle.</li><li>• <b>Pre-Game introductions, if held,</b> should be done immediately in front of each team's bench area (touch line) and not in the traditional "World Cup" format". No pre-game handshake lines should occur.</li></ul>
<b>IMPERMISSIBLE MODIFICATIONS</b>	<ul style="list-style-type: none"><li>• <b>Officials may *not* use an electronic whistle or noise-maker without prior, specific, authorization from the SDHSAA office.</b></li></ul>

### **Competitive Cheer and Competitive Dance**

<b>MANDATORY MODIFICATIONS</b>	<ul style="list-style-type: none"> <li>• <b>Sideline Cheer (2-1-14, 2-1-16)</b>- Participants shall be appropriately spaced on the court, field, or sideline to ensure proper social distancing</li> <li>• <b>Cheer (3-1-1)</b>- Any mask worn during a routine that does not involve stunting but involves tumbling must be taped and secure.</li> <li>• <b>Dance (4-1-1)</b>- Any mask worn during a routine that involves tumbling must be taped and secure</li> </ul>
<b>OPTIONAL MODIFICATIONS</b>	<ul style="list-style-type: none"> <li>• <b>Cheer</b>- Athletes should maintain their equipment themselves and there should be no other shared equipment, including, but not limited to: water bottles, poms, megaphones, and signs.</li> <li>• <b>Cheer</b>- Coaches should consider working with stunt groups in “pods” to limit the number of close contacts between students.</li> <li>• <b>Cheer</b>- Masks may be worn if not stunting or tumbling.</li> <li>• <b>Dance</b>- Masks may be worn (see note above if tumbling)</li> <li>• <b>Dance</b>- It is recommended that social distancing be considered when creating routines.</li> <li>• <b>Cheer/Dance</b>- Shoes and hands should be sanitized prior to going on the performing surface.</li> <li>• <b>Cheer/Dance</b>- Mat/surface areas should be sanitized regular per manufacturers recommendations.</li> <li>• <b>Cheer/Dance</b>- It is recommended that there be no medal ceremonies.</li> </ul>
<b>IMPERMISSIBLE MODIFICATIONS</b>	<ul style="list-style-type: none"> <li>• <b>Cheer (3-1-1)</b>: No masks may be worn in routines that involve stunting.</li> </ul>

### **Cross Country**

<b>MANDATORY MODIFICATIONS</b>	<ul style="list-style-type: none"> <li>• <b>Rule 8-1-3</b>: Course must be widened to ensure 6’ of width at its most-narrow point</li> <li>• <b>Finish Corral/Chute</b>: Removal of the “Chute” as an option for the finish area, and instead all meets must establish a “Corral” of over 100’ in length and 12’ in width to accommodate finishers</li> <li>• <b>Awards</b>: No awards ceremonies following play. Distribute awards directly from meet administration to coaches to provide to athletes. No draping of medals on competitors</li> <li>• <b>Starting Boxes</b>: Design start area with boxes of 6’ in width, with an empty 6’ box between each school/team. If unable to accommodate in a straight line, consider use of a staggered, wave or interval start.</li> <li>• <b>No common distribution of water accessible to multiple parties.</b></li> <li>• <b>Clean</b> frequently touched areas, and provide ample hand sanitizer at all practices and contests.</li> <li>• <b>Spectators</b> must not have access to athletes, and should be restricted to areas outside of the 6’ course width and a minimum of 6’ away from team camps, starting and finish areas.</li> </ul>
<b>OPTIONAL MODIFICATIONS</b>	<ul style="list-style-type: none"> <li>• <b>For Students</b>: Masks/face coverings may be worn. Each athlete should be required to bring their own water bottle.</li> <li>• <b>Team Camp areas</b>, if permitted, should be isolated from spectators or other non-essential personnel. Team camps should be only available to members of that specific team, and not a shared/common space.</li> </ul>

## **Football**

<p><b>MANDATORY MODIFICATIONS</b></p>	<ul style="list-style-type: none"> <li>• <b>Rule 1-2: Team Boxes</b> may be extended length-wise to the 15-yard lines on either end to promote social distancing of 6’ from one another in the team box.</li> <li>• <b>Rule 1-3: Game Balls</b> may be rotated more frequently than previously allowed to ensure cleaning and sanitization of balls between downs. “Ball Boys” should practice social distancing and must remain on their own teams’ sideline or end-zone area during the contest (and not on the opponents sideline).</li> <li>• <b>Rule 1-5: Face masks</b> with integrated visors that connect to the entirety of the mask may be worn, as long as the visor is 100% clear and free of tint.</li> <li>• <b>At this time – Cloth masks and face coverings are not permissible, as they affect the legality of and ability to properly wear chin straps and mouthguards. The NFHS SMAC will be releasing additional guidance on this matter soon.</b></li> <li>• <b>Rule 2-6 &amp; 3-5: Charged Time-Outs</b> are to be <b>120</b> seconds in length. Conferences during Charged Time-Outs must be held within the nine-yard marks on the field and not at the sideline. More than one coach, however, may now be part of this nine-yard mark conference, and, technological devices may be used in this conference.</li> <li>• <b>Rule 3-5: Quarter Breaks</b> are to be <b>120</b> seconds in length as well and follow the same guidelines as above for a charged time-out.</li> <li>• <b>Coin Toss: Only FOUR</b> captains may attend per team. Eliminate handshake as required in manual.</li> <li>• <b>Line-To-Gain Crew shall be located on the HOME team’s sideline, regardless of orientation to press box.</b> Chain-gang crew shall not enter the playing field. If a measurement is needed, officials should deliver chains to the field, not the chain crew.</li> <li>• <b>Eliminate Individual Introductions of players/tunnel line from all contests. Starting Units</b> can be introduced, but not with the run-through action of athletes as names are called.</li> <li>• <b>No common distribution of water accessible to multiple parties. Each athlete must</b> have his or her own Water Bottle. <b>Officials</b> should provide/be provided their own, specific beverage containers as well.</li> <li>• <b>Clean</b> frequently touched areas, and provide ample hand sanitizer at all practices and contests</li> <li>• <b>NO NON-TEAM PERSONNEL IN THE TEAM BOX.</b> Media and others must remain outside of the team box area at all times.</li> </ul>
<p><b>OPTIONAL MODIFICATIONS</b></p>	<ul style="list-style-type: none"> <li>• <b>Strongly Encourage</b> facilities that use a shared sideline for both teams to reconfigure so that each team has their own sideline to enhance distancing.</li> <li>• <b>Consideration that the only field-level personnel during contests are officials and team personnel.</b> Media, parents, spectators, cheerleaders, etc., should be in a socially distant area of the facility away from the on-field action.</li> </ul>
<p><b>IMPERMISSIBLE MODIFICATIONS</b></p>	<ul style="list-style-type: none"> <li>• <b>Gloves, if worn,</b> must still meet the NOCSAE/SFIA specifications and cannot be non-compliant and worn during a football contest.</li> <li>• <b>Officials may *NOT* use an electronic whistle/noisemaker without prior, specific, authorization from the SDHSAA office.</b></li> </ul>

## Volleyball

<b>MANDATORY MODIFICATIONS</b>	<ul style="list-style-type: none"><li>• <b>Prematch Conference (1-2-4a; 1-6-2; 1-6-3; 2-1-10; 5-4-1h, k; 5-6-1; 7-1-1; 7-1-1 PENALTIES 1; 9-1a; 12-2-3)</b><ul style="list-style-type: none"><li>○ Limit attendees to one coach from each team, first referee and second referee.</li><li>○ Move the location of the prematch conference to center court with one coach and one referee positioned on each side of the net. All four individuals maintain a social distance of 3 to 6 feet. <b>Coaches will indicate to the officials how many players are listed on their roster so officials will verify for the match.</b></li><li>○ Suspend the use of the coin toss to determine serve/receive. The visiting team will serve first in set 1 and alternate first serve for the remaining non-deciding sets.</li></ul></li><li>• <b>Roster Submission:</b> Suspend roster submission at the prematch conference. Rosters are submitted directly to the officials' table before the 10-minute mark.</li><li>• <b>Line up submission:</b> Coaches will turn in a small court sample or service order for HOME team and VISITING team for each set at the table.</li><li>• <b>Team Benches (5-4-4b, 9-1-2, 9-1-2 NOTE, 9-3-3b)</b><ul style="list-style-type: none"><li>○ Suspend the protocol of teams switching benches between sets. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present.</li><li>○ Limit bench personnel to observe social distancing of 3 to 6 feet where possible.</li><li>○ Only team personnel allowed on the benches. Stats/managers/book keepers etc. should find areas to other than the bench to sit.</li></ul></li><li>• <b>Deciding Set Procedures [1-2-4b, 5-4-4c, 5-5-3b(26), 9-2-3c]</b><ul style="list-style-type: none"><li>○ Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distance of 3 to 6 feet. A coin toss, called by the home team, will decide serve/receive.</li><li>○ Suspend the protocol of teams switching benches before a deciding set. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present.</li></ul></li><li>• <b>Substitution Procedures (2-1-7, 10-2-1, 10-2-3, 10-2-4)</b><ul style="list-style-type: none"><li>○ Maintain social distancing of 3 to 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.</li><li>○ Athletes shall use hand sanitizer upon entering and leaving the contest. No high five or contact on the substitution exchange.</li></ul></li><li>• <b>Officials Table (3-4)</b><ul style="list-style-type: none"><li>○ Limit to essential personnel which includes home team scorer, libero tracker and timer with a recommend distance of 3 to 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.</li></ul></li></ul>
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	<ul style="list-style-type: none"> <li>• <b>Line Judges</b> <ul style="list-style-type: none"> <li>○ Line judges do not need to carry the ball with them to their standing position at the time-out by the first referee. Instead, the server should just set the ball on the service line and it will be available upon their return to play.</li> </ul> </li> <li>• <b>Pre and Post Match Ceremony</b> <ul style="list-style-type: none"> <li>○ At the end of the timed warmup, only the starters/libero (if using one) will be permitted on the endline for national anthem and introductions. When announced step forward and back. Non-starters will be at the bench are practicing social distancing.</li> <li>○ The first referee and the line judge working on the first referee sideline stand to the right of the first referee’s stand. The second referee and line judge working on the second referee’s sideline stand to the right of the net post on the second referee’s side. The referees stand closest to the respective poles. All should face the court for introductions and face the flag for the national anthem.</li> <li>○ After the national anthem and introductions, the first referee whistles and signals the players to enter the court. Line judges will take their respective positions, R2 will check the line-ups and play will begin.</li> <li>○ The handshakes both before and after the match will be eliminated.</li> </ul> </li> <li>• <b>Officials and Athletes should bring their own water/water bottle.</b></li> <li>• <b>Have hand sanitizer located on each bench for athletes to use upon entering and exiting the contest (substitutions, timeouts, etc.)</b></li> </ul>
<p><b>OPTIONAL MODIFICATIONS</b></p>	<ul style="list-style-type: none"> <li>• Teams should consider playing 20 dual matches and avoid tournament play until conference play and post-season events.</li> <li>• <b>Rule 4-1 EQUIPMENT AND ACCESSORIES</b> <ul style="list-style-type: none"> <li>○ Cloth face coverings are permissible. (4-1-4)</li> <li>○ Gloves are permissible. (4-1-1)</li> </ul> </li> <li>• <b>Rule 4-2 LEGAL UNIFORM</b> <ul style="list-style-type: none"> <li>○ Long sleeves are permissible. (4-2-1)</li> <li>○ Long pants are permissible. [4-2-1i (1)]</li> <li>○ Under garments are permissible, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom. [4-2-1h (3), 4-2-1i (2)]</li> </ul> </li> <li>• <b>Rule 5-3 OFFICIALS UNIFORM AND EQUIPMENT</b> <ul style="list-style-type: none"> <li>○ By state association adoption, long-sleeved, blue collared polo shirt is permissible. (5-3-1 NOTES 2)</li> <li>○ Electronic whistles are permissible. (5-3-2a, b)</li> <li>○ Cloth face coverings are permissible.</li> <li>○ Gloves are permissible.</li> </ul> </li> <li>• <b>Disinfecting the ball</b> <ul style="list-style-type: none"> <li>○ It is recommended to have someone in place to disinfect the game balls between sets and during timeouts. Another option would be to have a sanitized ball at the table ready for use, if needed.</li> </ul> </li> <li>• <b>Two ball carts should be used</b>, one for each team. Teams only use ball cart assigned.</li> <li>• Media, spectators etc. should practice social distancing at all times in the stands.</li> <li>• Site administration needs to come up with safety plans for entering and exiting courts.</li> </ul>



## **South Dakota High School Activities Association**

804 North Euclid, Suite 102 • P.O. Box 1217 • Pierre, South Dakota 57501

Phone: (605) 224-9261 • Fax: (605) 224-9262

### **SDHSAA Fall 2020 Fine Arts Considerations**

#### **Journalism:**

- In-person workshop sessions would need a plan for social distancing.
- Online workshop sessions would be an option.
- The state convention would have over 220 participants. If held, procedures would need to be in place for social distancing, staggered registration times, and the awards ceremony.

#### **All-State Chorus and Orchestra:**

- Orchestra auditions could be done via recording to minimize student exposure.
- In-person auditions themselves could be accomplished, but procedures for those waiting to audition or waiting for auditions to finish must be developed.
- The state event itself involves approximately 1,100 students who come from over 150 different schools.
- Hotels may be an issue if rooms are limited to 2 people per room.
- If restaurants are limiting seating, finding available food options during break for 1100 kids plus several hundred advisors may be difficult.

#### **Oral Interp:**

- District and region contests could be conducted virtually if necessary, with District and Region Chairs facilitating the contests.
- Alternates would need to be chosen at the district and region level. The alternates would advance if advancing schools or participants are unable to attend.
- At the state competition, only competitors and judges would be allowed in the room.
- Many small gathering areas would be necessary, as opposed to the normal large gathering area.
- If there is a state competition, plans would need to be implemented for social distancing and awards ceremonies.

### **SDHSAA- Serving Students Since 1905**

Board Chairperson – Mr. Craig Cassens  
Assistant Director – Ms. Jo Auch  
Assistant Director – Mr. Brooks Bowman

Executive Director – Dr. Daniel Swartos  
Assistant Director – Dr. John Krogstrand  
Finance Director – Mr. Ryan Mikkelsen







# SDHSAA COVID-19 Return to Play Form

If a participant/coach/official/judge/team personnel has tested positive for COVID-19, he/she must be cleared for progression back to activity by an approved health care provider (MD/DO/PAC/ARNP)

Individual's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date of Positive Test: \_\_\_\_\_

### THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

Date of Evaluation: \_\_\_\_\_

#### Criteria to return (Please check below as applicable)

- 10 days have passed since symptoms first appeared OR
- 20 days have passed since symptom onset for those who were severely or critically ill, and/or those who are severely immunocompromised.
- Symptoms have resolved (No fever ( $\geq 100.4F$ ) for 24 hours without fever reducing medication, improvement of symptoms ( cough, shortness of breath)
- Individual was not hospitalized due to COVID-19 infection.
- Cardiac screen negative for myocarditis/myocardial ischemia (All answers below must be no)
 

Chest pain/tightness with exercise	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Unexplained Syncope/near syncope	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Unexplained/excessive dyspnea/fatigue w/exertion	YES <input type="checkbox"/>	NO <input type="checkbox"/>
New palpitations	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Heart murmur on exam	YES <input type="checkbox"/>	NO <input type="checkbox"/>

NOTE: If any cardiac screening question is positive or if participant was hospitalized, consider further workup as indicated. May include ECG, cardiac biomarkers, Echocardiogram, CXR, PFT's, Chest CT, or cardiology consult.

- Individual HAS satisfied the above criteria and IS cleared to return to activity.
- Due to moderate or severe symptoms with COVID-19, the participant should perform the stages of the Graduated Return to Play Progression prior to full clearance.
- Individual HAS NOT satisfied the above criteria and IS NOT cleared to return to activity

#### Medical Office Information (Please Print/Stamp):

Evaluator's Name: \_\_\_\_\_ Office Phone: \_\_\_\_\_

Evaluator's Address: \_\_\_\_\_  
\_\_\_\_\_

Evaluator's Signature: \_\_\_\_\_

### Graduated Return to Play (RTP) Progression After COVID-19 Infection

In participants who have had moderate or severe symptoms with COVID-19 or their provider had any concerns for rapid RTP, the athlete should complete the progression below without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope, or syncope. If these symptoms develop, the participant should be referred back to the evaluating provider who signed the form.

- **Stage 1: (2 Days Minimum)** Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heatt rate. NO resistance training.
- **Stage 2: (1 Day Minimum)** Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate
- **Stage 3: (1 Day Minimum)** Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.
- **Stage 4: (2 Days Minimum)** Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate
- **Stage 5: Return to full activity**

If required by health care provider, the participant has completed the 5 stage RFP progression under the supervision of school personnel: \_\_\_\_\_



## COVID-19 GUIDANCE: FOOD CONCESSION STANDS FOR SCHOOLS AND TEMPORARY EVENTS

### OPERATIONS:

- Post signage at stand for patrons to maintain social distancing of 6' between parties near food stand
- Maintain a sanitize solution\* for wiping cloths during operations and increase cleaning/sanitizing frequencies - especially high-contact surfaces such as equipment, utensils, and countertops
- Discontinue self-service operations for the public such as drink stations, condiment trays, cup/napkin/utensil dispensers and other amenities to help maintain infection control
- Consider the use of fans or open (screened) windows to improve air circulation in smaller indoor stands
- Consider barriers such as Plexiglass between employees and customers if practical

### EMPLOYEES:

- STAY HOME if you have or develop symptoms of cough, shortness of breath, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, vomiting, diarrhea, or new loss of taste or smell
- STAY HOME if you have been in close contact with someone who was diagnosed or suspected to have COVID-19 in the last 14 days
- Wear a mask or face covering – this will also help prevent touching hands to the face
- ALWAYS practice effective hand hygiene including washing hands with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing
- Use alcohol-based sanitizer (min. 60%) on clean hands - when soap and water is not readily available
- Use gloves or tongs to avoid direct bare hand contact with ready-to-eat foods
- Social distance; limit number of employees in confined spaces, keep at least 6 feet between yourself and other staff as best as possible.

\*SD DOH approved sanitizing solutions:

Chlorine (5.25% household bleach): Use 1 and ½ teaspoons of bleach per gallon of water

OR

Quaternary Ammonia per label recommendations

