



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 Summer 2020 Contact Recommendations

Underlying Principles:

- This guidance is in effect from June 1, 2020 through July 31, 2020.
- This is subject to change based on current conditions.
- The health and safety of students is the highest priority. In addition, schools must also focus on the health of their coaches/advisors and other staff, particularly those who are in vulnerable categories based on age and underlying medical conditions.
- Due to the nature of the outbreak, there will be inequities depending upon geography. It is unlikely that ALL students will be able to return to- and sustain- athletic activity in all schools/communities at the same time. Likewise, there will be inequities in what types of activities will be able to be experienced. While the SDHSAA would typically have reservations about this inequity, our goal for this summer is to allow students to return to school-based athletics and activities in any and all situations where it can be done safely.
- When resuming summer contact, care MUST be taken to recondition athletes back to physical activity.
- The NFHS and SDHSAA recommend the continued use of athletic training services as key health personnel in the sports/activities program.
- Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. It is also the basis of stratification of risk by sport presented in this document. Cloth face coverings should be considered acceptable in all phases of this document.
- "Vulnerable individuals" are defined by the CDC as people age 65 years or older and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy.

Phases:

- It is recommended that all schools/programs start at Phase One of this program and remain there for at least 14 calendar days. In keeping with Governor Noem's "Back to Normal" Plan, if there is a downward/flat trajectory of documented cases within a 14-day period, schools may progress to Phase Two, where a new 14-day period of tracking of cases should begin. If there is another 14-day downward/flat trajectory of cases, schools may progress to Phase Three.
- Schools should consistently monitor case numbers in their school/community and adjust phases accordingly.

Sport/Activity Categories:

- **Low Risk:** Sports/activities that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
 - Examples: Golf, Weight training, sideline cheer, individual running events, cross country running (with staggered starts), throwing events (shot put, discus, javelin), debate, oral interp.
- **Moderate Risk:** Sports/activities that involve close, sustained contact, with protective equipment in place that may reduce the likelihood of respiratory particle transmission OR intermittent close contact OR group activities OR sports/activities that use equipment that cannot be cleaned between participants.
 - Examples: Basketball, volleyball, soccer, gymnastics, tennis, high/long jump, pole vault, 7 on 7 football, one-act play. (Note- tennis, volleyball, gymnastics, and track events could be considered "lower risk" with appropriate cleaning of equipment and use of mask by participants.)
- **High Risk:** Sports/activities that involve close, sustained contact between participants with lack of significant protective barriers which creates a high probability that respiratory particles will be transmitted between participants
 - Examples: Football, wrestling, competitive cheer/dance
- **Chorus/Orchestra/Music:** Although the SDHSAA out-of-season rules do not pertain to music, we are providing recommendations for summer activities in those areas. It should be noted that these are recommendations and the ultimate decisions should be made at the local level. The NFHS is currently investigating the extent of spread of respiratory droplets during singing or the playing of wind instruments. Until that is determined, singing and wind instruments should be considered "high risk" and practice should be individual. Stringed instrument rehearsal could be considered moderate or low risk, depending upon distancing measures, as could orchestra rehearsal consisting of strings and percussion.

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Phase One

Pre-Workout Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout, to include a temperature check.
- Responses to screening questions should be recorded and stored for contact tracing purposes if a COVID-19 infection occurs.
- Any person with one or more positive responses on the screening should not be allowed to take part in workouts, should contact their medical provider, and should receive medical clearance before returning.
- Vulnerable individuals should not oversee or participate in any workouts during Phase One.

Limitations on Gathering:

- Gatherings should not consist of more than 10 people at a time (inside or outside), to include all participants and coaches.
- Locker rooms should not be used during Phase One. Students should report to workouts in proper gear and immediately return home to shower at the end of the workout.
- Workouts should be conducted in “pods” of students with the same 5-10 people (including coaches) always working out together. Smaller pods should be used for weight training.
- There should be a minimum distance of 6 feet between each individual at all times. If this is not possible, the number of individuals in the room should be decreased until proper social distancing can occur.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Prior to an individual or group entering a facility, all hard surfaces within that facility should be wiped down and sanitized. Hard surface examples include but are not limited to door handles, chairs, furniture, locker rooms, weight room equipment, bathrooms, and training tables.
- Individuals should wash their hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals.
- Weight equipment should be wiped down thoroughly before and after each individual uses the equipment.
- Shirts and shoes should be worn at all times.
- Any equipment such as weight benches, athletic pads, having holes with exposed foam should be covered.
- Students should be encouraged to shower and wash their workout clothing immediately upon returning home.

Physical Activity and Athletic Equipment:

- Low-risk, individual sports/activities may begin practices with distancing measures in place.
- Moderate and high risk sports/activities should focus on individual drills and weight training.
- There should be no shared athletic equipment (towels, clothing, pennies, shoes, or sport specific equipment) between students.
- Students should wear their own workout clothing, and clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment can be permissible, but the equipment should be cleaned between use of each individual.
- There should be a focus on resistance training with body weight, sub-maximal lifts, and use of resistance bands.
- Free weight exercises that require a spotter should not be conducted, as they cannot be conducted while observing social distancing.

Hydration:

- All students should bring their own water bottle, and water bottles should not be shared.
- Hydration stations (water fountains, water troughs, etc.) should not be used.

Phase Two

Pre-Workout/Contact Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout, to include a temperature check.
- Responses to screening questions should be recorded and stored for contact tracing purposes if a COVID-19 infection occurs.
- Any person with one or more positive responses on the screening should not be allowed to take part in workouts, should contact their medical provider, and should receive medical clearance before returning.
- Vulnerable individuals should not oversee or participate in any workouts during Phase Two.

Limitations on Gatherings:

- Gatherings should not consist of more than 10 people at a time inside. Up to 50 people may gather outdoors for workouts.
- If locker rooms or meeting rooms are used, there should be a minimum distance of 6 feet between each individual at all times.
- Indoor workouts should be conducted in “pods” of students with the same 5-10 people (including coaches). Smaller pods should be utilized for weight training.
- There should be a minimum distance of 6 feet between each individual at all times. Appropriate social distancing should be maintained on sidelines and benches. Consider using tape or field paint as a guide for students and coaches.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Prior to an individual or group entering a facility, all hard surfaces within that facility should be wiped down and sanitized. Hard surface examples include but are not limited to door knobs, chairs, furniture, locker rooms, weight room equipment, bathrooms, and training tables.
- Individuals should wash their hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals.
- Weight equipment should be wiped down thoroughly before and after each individual uses the equipment.
- Shirts and shoes should be worn at all times.
- Any equipment such as weight benches, athletic pads, having holes with exposed foam should be covered.
- Students should be encouraged to shower and wash their workout clothing immediately upon returning home.

Physical Activity and Athletic Equipment:

- Lower risk sports/activities practices may resume.
- Modified practices may begin for Moderate Risk sports/activities.
- There should be no shared athletic towels, clothing, pennies/shirts, or shoes between students.
- Students should wear their own appropriate workout clothing, and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and between practices/sessions.
- Hand sanitizer should be readily available.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Hydration:

- All students should bring their own water bottle, and water bottles should not be shared.
- Hydration stations (water fountains, water troughs, etc.) should not be used.

Phase Three

Pre-Workout/Contact Screening:

- Any person who has had a fever or cold symptoms in the previous 24 Hours should not be allowed to take part in workouts and should contact his/her medical provider.
- A record should be kept of all individuals present.
- Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed/implemented.

Limitations on Gatherings:

- Gatherings sizes of up to 50 individuals, indoors or outdoors, could resume.
- When not directly participating in practices or workouts, care should be taken to maintain a minimum distance of 6 feet between each individual. Consider using tape or field paint as a guide for students and coaches.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities.
- Prior to an individual or group entering a facility, all hard surfaces within that facility should be wiped down and sanitized. Hard surface examples include but are not limited to door knobs, chairs, furniture, locker rooms, weight room equipment, bathrooms, and training tables.
- Individuals should wash their hands for 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals.
- Weight equipment should be wiped down thoroughly before and after each individual uses the equipment.
- Shirts and shoes should be worn at all times.
- Any equipment such as weight benches, athletic pads, having holes with exposed foam should be covered.
- Students should be encouraged to shower and wash their workout clothing immediately upon returning home.

Physical Activity and Athletic Equipment:

- Moderate risk sports/activities practices may begin.
- Modified practices may begin for High Risk sports/activities.
 - Continue pre-practice screening as in Phases One and Two. Shower immediately after practices/workouts.
- There should be no shared athletic towels, clothing, or shoes between students.
- Students should wear their own appropriate workout clothing, and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and between practices/sessions.
- Other equipment, such as wrestling ear guards, football helmets, etc. should be worn by only one individual and not shared.
- Hand sanitizer should be readily available.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Hydration:

- All students should bring their own water bottle, and water bottles should not be shared.
- Hydration stations (water fountains, water troughs, etc.) may be used but must be cleaned intermittently and after every practice/workout.

*The following chart shows recommendations for activities per sport/activity risk category at each phase, using the guidance from pages 1-4 of the document, to include pre-screening, gathering limitations, facilities cleaning, equipment cleaning, physical activity, and hydration.

	Low Risk (running events, throwing events, golf, sideline cheer, cross country, debate, oral interp)	Moderate Risk (basketball, volleyball, soccer, gymnastics, tennis, pole vault, high jump, long jump, 7 on 7 football, one-act play)	High Risk (football, wrestling, competitive cheer, competitive dance)
Phase 1: *10 people, indoors or outdoors	<ul style="list-style-type: none"> Full practices (with distancing) for sports that are individual in nature. 	<ul style="list-style-type: none"> Individual drills Individual use of equipment/balls with no passing/exchanging Team runs with staggered starts and maintained distance Weight training 	<ul style="list-style-type: none"> Individual drills Individual use of equipment/balls with no passing/exchanging Team runs with staggered starts and maintained distance Weight training
Phase 2: *10 people indoors, 50 people outdoors	<ul style="list-style-type: none"> Full practices (with distancing) for sports that are individual in nature. 	<ul style="list-style-type: none"> Modified drills with distancing in effect. Exchanges of equipment/balls with intermittent cleaning Non-competitive drills Weight training 	<ul style="list-style-type: none"> Individual drills Exchanges of equipment/balls with intermittent cleaning Team runs with staggered starts and maintained distance Weight training
Phase 3: *50 people, indoors or outdoors	<ul style="list-style-type: none"> Full practices (with distancing) for sports that are individual in nature. 	<ul style="list-style-type: none"> Full Practice 	<ul style="list-style-type: none"> Modified drills with distancing in effect. Exchanges of equipment/balls with intermittent cleaning Non-competitive drills

REFERENCES

- “Covid-19 in South Dakota” *South Dakota Department of Health*, <https://doh.sd.gov/news/coronavirus.aspx#SD> Accessed May 11, 2020.
- “Guidance for Opening up High School Athletics and Activities” *The National Federation of State High School Associations*, https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf Accessed May 11, 2020.
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- “Return to Training Considerations Post-COVID-19.” *United States Olympic & Paralympic Committee-Sports Medicine*, Version 0.12. <https://www.teamusa.org/coronavirus> Accessed May 11, 2020.
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