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|  | **Mandatory Implementation** | **Recommended Best Practice** |
| **Venue** | * Traveling Prior to arrival at the athletic venue, the visiting team should be evaluated for a fever and/or COVID symptoms and confirmed to be asymptomatic by a verified school administrator or athletic trainer. Symptoms checklist should accompany the visiting team to provide to the host institution. * The home institution will perform temperature and symptoms checks on student-athletes, coaches, officials and event staff upon arrival to the venue, unless provided beforehand by the visiting athletic trainer. Individuals with a fever of 100.4 and above and/or COVID symptoms will be precluded from working or participation in the event. * Teams travel roster and bench size should be reduced to rostered players and coaches only, based on state and local guidelines of allowable group size. This can be revisited as we move into different recovery phases. * Venues should be limited to one entrance/exit point to ensure proper sanitization. Elevator use is discouraged unless necessary- 2 occupants in elevator, buttons to be wiped down every 2 hours by facility workers * Athletic Training room capacity will be restricted to the recommended CDC guidelines All ATR equipment will be wiped down thoroughly between use. * Hand Sanitizer will be made available at the entrance of every room/gym/team bench * Benches/Game equipment will be thoroughly cleaned before and after each competition. Teams are not allowed on the bench area until thoroughly cleaned. No switching of team benches (volleyball). Allow an extra 5 minutes between   double headers to allow for thorough cleaning. | * Pre-Game symptom checks should be done by an Athletic Trainer. * If Athletic Trainer is unavailable, checks should be done by an athletic administrator or coach * If possible, athletes should dress /receive treatment at home campus in order to minimize locker room and athletic training room use * Team benches should be spaced out if possible, to avoid contact with other athletes. Sneeze Guards should be considered at tables * Public Safety/Security Guards should be at sporting events to ensure spectators are following guidelines * If concessions are made available, food should be prepackaged- “grab and go style”. Gloves and masks must be worn by staff member collecting money. Hand Sanitizer should be made available at concession stand. Vending machines should be wiped down by facilities every 2 hours * Equipment storage areas should be wiped down weekly * Teams should travel with “sanitization kits” consisting of wipes/sprays and disinfectant in order to ensure their safety if locker room use or post-play showers are necessary * Uniforms should be washed after each competition by administrator or coach wearing gloves and mask * Site host monitors team as they arrive to the venue |

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|  | **Mandatory Implementation** | **Recommended Best Practice** |
|  | * Spectators should be limited by state/county regulations. Spectator seating should be marked off to keep fans 6 ft. apart. Check in/register at the Venue * Athletes will remain in one seat throughout competition. Athletes will remain in their bench seats during half time. * Every athlete should bring their own water bottle. Cleaner should be kept by the refill station in order to wipe down after each use * Pregame coin toss should be limited to one member of each team with no contact between officials/teams. No huddles, no post-play hand shakes * Sanitizing wipes/sprays or UV light cleaner should be kept on sideline in order to clean game balls at stoppages or when new game ball is brought in to play * Athletes/Coaches who show symptoms during travel to another venue will be removed from play and isolated until they are able to return to home and proceed with quarantine guidelines * The home team is required at least 48 hours prior to the contest to communicate with the visiting team regarding local/state/institution COVID guidelines/mandates on group size. * If the visiting team requires on-site COVID screening, the visiting team shall arrive 1 ½ hours prior to game time. | * Event Staff/ Coaches/ Spectators/ Athletes not in play should wear masks following state/county guidelines * Sports that require personal game equipment i.e. lacrosse, baseball, softball should be sprayed with disinfectant/UV light after each competition by coach/administrator |
| **Athletes** | * At least 6 ft. of social distancing is required until the government allows otherwise * A mask must be worn when not actively participating in aerobic activity * A waiver must be signed assuming risk of transmission of COVID-19 during participation of athletics –include in pre- participation physical packets * A sign and symptoms assessment must be completed and signed by teams on game days | * If three or more athletes on a single team had had a positive COVID-19 case that team shall work with its administration about continuing participation. * Each athlete must have a pre-participation physical on file dated after 5/1/2020 * Any athlete who was hospitalized with a positive COVID test may only resume athletics after clearance from a physician * Teammates should assist in monitoring their teammates and not allow them to participate in |

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|  | **Mandatory Implementation** | **Recommended Best Practice** |
|  | * There will be a “no touch rule” including refraining from high fives and team celebration – no team or coach handshakes pre or post-game * No spitting, chewing or eating (unless needed for a medical condition) during athletics * Hand sanitizer shall be present during any sponsored athletic activities * Any athlete with a positive test shall remain away from the team and institution until fully cleared by a medical doctor * Student-athletes must report a positive test to a coach, athletic trainer and/or administrator ASAP * Athletes with a positive test must provide a clearance note by a medical doctor prior to returning * If a student-athlete presents with a fever of 100.4 and/or symptoms of COVID19 they will be removed from practice/game and clearance will be required by a physician before returning * No sharing of towels, equipment, personal items | sporting activities if they exhibit any symptoms of COVID-19   Mixing contact between teams is discouraged- for example, socializing, parties, tailgates etc.   * A signs and symptoms checklist should be completed daily for athletics * Student-athletes clean their own gear on a regular basis * Whenever possible, student-athletes should have a temperature check before they travel to an away competition |
| **Coaches & Staff** | * Wear cloth face coverings indoors, and while in contact with people out of doors. * Use required PPE in all situations involving bodily fluids, including blood, saliva, vomit, etc. * No spitting, eating, or gum chewing on the field. * No touch rule- coaches should avoid high fives, handshake lines, and other physical contact with athletes, coaches, opposing players, umpires/refs, and fans. * Cleaning: Personal office space should be cleaned with appropriate cleaner upon arrival and departure. * Equipment and personal items should have proper separation and should not be shared. If shared, proper sanitation should be applied between users. * Have athletes wear face coverings while not actively participating in the field of play. | * Team Policy: Review student athlete expectations and team rules, to include duty to report expectation and potential consequences. * Practice: Modify practice to enforce mandated social distancing. |

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|  | **Mandatory Implementation** | **Recommended Best Practice** |
|  | * Implement an appropriate sport-specific acclimatization period for each sport in the beginning on the season. * Screening: Assist in implementing screening protocols as mandated by the institution’s athletic department guidelines/Region XX guidelines. * Travel: No sit down team meals. Meals should be acquired through contactless delivery, curbside pickup, or drive-thru. |  |
| **Event Staff** | * Use required PPE in all situations involving bodily fluids, including blood, saliva, vomit, etc. * No spitting, eating, or gum chewing on the field. * No touch rule- coaches should avoid high fives, handshake lines, and other physical contact with athletes, coaches, opposing players, umpires/refs, and fans. * Cleaning: Personal work space should be cleaned an appropriate cleaner upon arrival and departure. Any equipment and personal items should have proper separation and should not be shared. If shared, proper sanitation should be administered between users. * Game Day Management:   + Reduce staff where applicable to maintain 6’ or more of social distancing.   + Temperature checks as well as the signs and symptoms checklist must be done before staff can   work the event | * Game Broadcast- In the absence of in-person spectators and fans, institutions should consider live streaming competitions and events. * Install sneeze shields/guards for scorer’s table |
| **Outdoor Practice** | * Maintain 6’ when possible (individual drills & team meetings) * Wear PPE for team meetings and non-athletic staff * Wash hands and apply hand sanitizer prior to practice * Closed practices * Regular cleaning of sports equipment * One individual to replenish water. This individual would wear a mask, gloves, would be the only one allowed to refill water, and would be in charge of sanitizing jug after use | * Limit practice to 30 individuals or based on the phase or recovery stage of each state/local recommendations * Hand sanitize frequently and during breaks * Order cloth masks for sports teams and clean regularly/daily * Balls should be cleaned before and after practices. * “Ball cleaner” –designated individual who could clean balls throughout practice and rotate them in * Each athlete has own water bottle |

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|  | **Mandatory Implementation** | **Recommended Best Practice** |
|  | * Only designated individual to handle practice aids, such as cones, disks, etc. * No unnecessary physical contact (hand slapping, fist bumping, etc.) | * Each player has own equipment (i.e. pennies, gloves, bats, helmets, etc.) * Limited use of shared equipment if unable to sanitize before the next user. * Issue practice jerseys to be washed in-house after each practice * No centralized hydration or refreshment stations * No use of porta johns * Locker rooms should not be used |
| **Indoor Practice** | * Maintain 6’ when possible (individual drills & team meetings) * Wear PPE for team meetings and non-athletic staff * Wash hands and apply hand sanitizer prior to practice * Open external doors when possible * Closed practices * Regular cleaning of sports equipment * One individual to replenish water. This individual would wear a mask, gloves, would be the only one allowed to refill water, and would be in charge of sanitizing jug after use * Only designated individual to handle practice aids, such as cones, disks, volleyball nets, etc. * No spitting, chewing, eating (unless needed for a medical condition) * No unnecessary physical contact (hand slapping, fist bumping, etc.) | * Limit practice to 20 individuals or based on the phase or recovery stage of each state/local recommendations * Hand sanitize frequently and during breaks * Order cloth masks for sports teams and clean regularly/daily * Balls should be cleaned before and after practices. * Ball cleaner –designated individual who could clean balls throughout practice and rotate them in * Each athlete has own water bottle * Each player has own equipment (i.e. pennies, gloves, bats, helmets, etc.) * Limited use of shared equipment if unable to sanitize before the next user. * Gym floor cleaned daily * Issue practice jerseys to be washed in-house after each practice * No centralized hydration or refreshment stations * Locker rooms should not be used |
| **Umpires/Officials** | * Do not report to institution if exhibiting signs and symptoms * Thermal scan temperature upon arrival to venue * Daily COVID s/s screening * Wear face mask (as able) * Maintain social distancing and avoid contact with players / coaches / staff on and off the field (as able) | * Wear gloves or other PPE * Regular handwashing or use of hand sanitizer * Be prepared to provide backup personnel if official does not pass thermal scan or COVID screening |

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|  | **Mandatory Implementation** | **Recommended Best Practice** |
|  | * Hand sanitizer and wipes should be available at places that athletes/officials congregate * No unnecessary touching i.e. high fives, handshakes, fist bumps. * Disposable water bottles available to referees. * Waiver/assumption of risk for officials to sign pre-season | * Avoid bringing extra belongings as storage is limited * Come to facility/event dressed and ready |
| **Confirmed Cases Should include: Athletes, Coaches, Officials, and Staff**  **(Confirmed by medical testing or physician)** | * Immediately quarantine from athletics * Immediately quarantine from school activities * Must seek medical care if any of the following symptoms are present:   -Cough, shortness of breath, or difficulty breathing, fever (100.4 or greater), chills, muscle pain, sore throat, new loss of taste or smell,   * For return to campus or athletics related activity athlete must have a clearance note from physician which includes date of clearance * Staff member should follow up with athletes with confirmed cases daily * Athletic department must maintain a list of confirmed cases * Notify teams/officials and staff who have had direct contact with team of the presence of confirmed case. * Home team athletic department must maintain a list of all coaches, players, officials and employees present at each event including contact information to allow for communication if exposure occurs * Notify teams of competition of any positive cases even if they are cleared to return to play by a physician- guidance from health department. No identifying information of the infected individual can be provided to teams/coaches/admins   (HIPAA compliance), just that a case was reported. | * Test teams or athletics staff who come in contact with an athlete with confirmed Covid-19. * Athletes must wait 10 days after resolve of symptoms to return to campus in addition to clearance note * Work with local health department to identify potentially infected or exposed individuals to help facilitate effective contact tracing/ notifications. * A contract tracing course is recommended for athletic medical personnel |

*Respectively submitted by the members of the Region 16 Health & Safety committee: Gregg Crain (JC), Kirstin Arnold (State Fair), Jen Lallemand (Crowder), Seghen Ogbe (East Central), Jessica Filer (MAC), Keri Elrod (MSU-WP), Jennifer Holt (Moberly), Mandy Watson (St Charles), Michele Rava (SLCC), Darren Jones (SLCC), Costas Papanicolaou (Three Rivers)*