



## GREATER MIAMI CONFERENCE



### COVID-19 Return to Play Guidelines

*(These guidelines are subject to modification pending further directives from state and local health officials)*

This document should be considered as recommendations for the schools of the Greater Miami Conference and should NOT supersede guidelines, mandates, requirements and/or orders put into place by the Ohio Governor's Office and/or the Ohio Department of Health and/or guidelines, mandates, requirements and/or orders put into place by federal, state, local or county officers or health departments and/or local school districts.

#### **What You Need to Know:**

The Greater Miami Conference fully intends to support its member schools and the student-athletes who desire to compete in interscholastic athletics with the objective of commencing the fall sports seasons on August 1, 2020. The recommendations within this document are for the resumption of varsity, non-varsity and 7th-8<sup>th</sup> grade interscholastic athletic seasons and participation opportunities have been made with the health and safety of all student-athletes in mind. Schools should attempt to significantly decrease exposures by:

- Reducing or greatly eliminating unnecessary travel;
- Reducing or eliminating sharing of common equipment, and
- Reducing or eliminating contact frequency with student-athletes from schools and non-interscholastic programs outside of each school's league/conference or normal competition sphere

#### **Pre-Participation Screening**

Each school should develop and implement a daily pre-participation screening for all student-athletes, coaches, athletic trainers and other school personnel, in consultation with local health department authorities. Note that all students shall obtain a focused medical history and physical examination within the timeline as required in OHSAA Bylaw 3-5-1. (every 13 months). Options for screening include:

- Daily Self-Wellness Symptoms assessment
- Daily Temperature screen

When testing becomes widely available, a routine testing program might be considered.

#### **Action Plan for Failed Pre-Screen or Positive COVID-19 Test**

##### **Pre-Screen Identified Patient Risk/Concern**

Includes both the home and visiting team and all members of their travel staff.

Any individual that has a positive screen, either by symptoms or temperature screen, should be sent immediately to a designated area for isolation and the action plan should be implemented.

It is highly recommended that any individual, student, coach, athletic trainer, support staff or official exhibiting signs of COVID-19 be tested prior to returning to participation in contests.

Any medical personnel caring for the potentially infected person should wear appropriate personal protective equipment (PPE).

Determination should be made on the disposition for the individual, and whether the symptoms dictate transfer to an emergency room.

Testing for COVID-19 is desirable, but if testing is not feasible, then the 14-day isolation should be followed.

The process and location of testing should be predetermined by the host and visiting schools, in consultation with parents and medical personnel, or appropriate personnel should be contacted for testing at the predetermined site. The school should consider options for testing if parents cannot be contacted.

A member of the traveling staff that is away and has a positive screen should be cleared by the team physician or the representative health care provider to travel safely, ideally by themselves, but if not possible or determined by the medical staff to be unsafe to travel by themselves, they should travel with another member of the staff where both are masked

### **Positive Test**

In the case of an athlete or a staff member with a positive test, that individual should remain in a safe area of isolation as determined by the medical staff and any caregivers associated with the student-athlete or staff member.

The infected individual should remain isolated at home or another agreed-upon destination, as long as appropriate care can be administered at that location.

All efforts should be made to avoid contact with infected student-athletes except by designated healthcare professionals wearing appropriate personal protective equipment (PPE).

The local health department should be contacted regarding the positive case.

Individuals who test positive for COVID-19 shall follow the specific protocol established by the local department of health, which shall include protocols (including possible isolation) for those exposed to the individual(s) with the positive test.

There are different circumstances that will determine how long individuals will need to isolate themselves to minimize spread. Please refer to updated CDC guidelines as this information is fluid and may change.

It is currently recommended that returning to sport after a positive test is determined by the team physician or other appropriate medical examiner. Consultation with a cardiologist may be required.

No exercise is recommended for at least 14 days from diagnosis and seven days after all symptoms have resolved. After that period, gradual acclimation back to sports over a 10-to-14 day period once the student-athlete is cleared to participate is recommended.

Student-athletes with a prior confirmed COVID-19 diagnosis should undergo an evaluation by their medical provider. Written medical clearance is recommended prior to participation.

Student-athletes who had mild COVID-19 symptoms that were managed at home should be seen by their medical provider for any persisting symptoms.

### **If You Had Symptoms and Think or Know You Had COVID-19**

You should continue to practice appropriate hygiene including physical distancing, hand washing and wearing a mask whenever appropriate.

You can be with others after:

- 3 days with no fever and
- Respiratory symptoms have improved (e.g. cough, shortness of breath) and
- 10 days since symptoms first appeared

Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others when you have no fever, respiratory symptoms have improved and you receive two negative test results in a row, at least 24 hours apart.

### **If You Tested Positive for COVID-19 But Had No Symptoms**

You should continue to practice appropriate hygiene including physical distancing, hand washing and wearing a mask whenever appropriate.

No participation for 14 days as recommended by American Medical Society for Sports Medicine (AMSSM)/National Federation of State High School Associations (NFHS) protocol.

If you continue to have no symptoms, you can be with others after:

- 10 days have passed since test

Depending on your healthcare provider's advice and availability of testing, you should get tested to see if you still have COVID-19. If you get tested, you can be around others after you receive a minimum of one negative test.

You should receive clearance from your medical provider who can verify the negative COVID-19 test. If you develop symptoms after testing positive, follow the guidance above for "If you had symptoms and think or know you had COVID-19".

### **Close Contacts**

Consistent with current Centers for Disease Control and Prevention (CDC) guidance, close contacts are defined as any individual who:

- Has been closer than six feet to an infected individual for a prolonged period of time (e.g., fifteen minutes or more) or
- Had direct contact with infectious secretions or excretions of the infected individual (e.g., being coughed on or touching used tissues with a bare hand), accounting for considerations such as proximity, the duration of exposure, whether the infected individual has symptoms and whether the infected individual was wearing a facemask during the exposure.

Close contacts may include players and team staff, referees and game officials, or other individuals.

### **Contest-Day Screening Procedures**

- Accepted Temperature less than 100.4 F.

Taking into account the potential for environmental factors causing an elevated temperature, should the temperature be elevated, it is appropriate to isolate the individual and recheck the temperature after 5-to-10 minutes of sitting in a cool environment.

- Self-Wellness Symptom check

Note that due to the variability and potential unreliability of temperature checks, should give more consideration to symptom check

### **Athletic Teams and School Personnel**

Prior to boarding the team travel bus(es), van(s), any form of school transportation, each individual student-athlete and staff member should be verbally screened by a staff member (usually a coach) and temperature taken with appropriate action taken as necessary. Each temperature should be taken prior to departure and upon arrival.

If there is a potential or identified risk from screening, each member school will follow the plan set by local public health officials. Opposing teams on competition day will be notified of potential risk observed through screening to determine team competition status.

Each case will be handled individually based on the adopted action plan by that school and preferably in consultation with the team physician or appropriate health care provider.

The OHSAA will assess as more information becomes available on testing availability, requirements and recommendations through local, state and national government, and the National Federation of State High School Associations (NFHS).

It is highly recommended that COVID-19 testing should be performed, ordered or required when an individual has the signs or symptoms or other circumstances that suggest acute testing be performed.

If there is a confirmed case, confirmed exposure, potential exposure or illness associated to COVID-19—school administrators shall be notified to determine the best course of action and communicate with the local Department of Health.

The screening process will continue or be revised as new processes are recommended or when the OHSAA and its member schools return to normal operations.

### **Competition Officials/Referees**

- Accepted Temperature less than 100.4 F.
- Self-Screening should be performed and reported to the administrator/designee prior to travel to the competition venue.
- Officials are requested to arrive dressed and discouraged from showering after the game.

Upon arrival at the event venue, prior to entering school or competition facility, temperature should be assessed. If gameday official(s)/referee(s) report an abnormal screen, a site

administrator and the OHSAA Senior Director of Officiating shall be notified, and a response plan will be determined in consultation with the host site administrator.

### **Game Day Event Staff**

- Accepted Temperature less than 100.4 F in accordance with the Centers for Disease Control and Prevention (CDC).
- Self-Wellness Check Screening should be performed and reported to the host site institutional site administrator prior to travel to the competition venue.
- Upon arrival at the event venue, prior to entering the competition facility, temperature should be assessed.
- If a game day event staff member reports an abnormal screen, the site Administrator will determine an appropriate response plan with consultation of the host site administrator if necessary/appropriate.

Local and State Health Officials and OHSAA medical advisors are being consulted for determination of school protocol for failed screening and confirmed positive COVID-19 test. Plans will be updated to reflect the guidance received from Health Officials and OHSAA medical advisors when such guidance has been delivered.

### **Game Day Personal Protective Equipment (PPE)**

- Masks/face coverings should be worn when traveling to and from transportation vehicles and designated team facilities.
- Masks/face coverings should be worn while in transit.
- Masks/face coverings should be worn when entering host facilities, including host team Athletic Training Room, and on the field of play during any pre-warm up walkthrough which does not require increased demand on the student-athletes' cardiorespiratory system (i.e. pre-game walking of the field in football).
- Masks/face coverings should be worn by student-athletes while on the sidelines/benches and not actively engaged in competition "field of play."
- Masks should not be shared.
- Member schools should consider implementing an effective plan to allow student-athletes to wear masks/face coverings while in bench areas but quickly remove mask/face covering to enter "competition" and keeping individualized masks/face coverings separate and isolated in a container or plastic bag when not in use.
- Officials/referees should utilize masks/face coverings as long as this will not directly impede the effective completion of their duties and responsibilities.
- Coaches and game day personnel (Sports Medicine staff, SID's, media, film crews, ball crews, etc.) should always utilize masks/face coverings.

The following are acceptable reasons to not wear a mask as outlined by the Ohio Department of Health:

- Facial coverings in the setting are prohibited by law or regulation.
- Facial coverings are in violation of documented industry standards.
- Facial coverings are not advisable for health reasons.
- Facial coverings are in violation of documented safety policies.
- There is a functional (practical) reason to not wear a facial covering.

### **Sidelines and Benches**

Each sideline/bench should be furnished with enough hand sanitizing stations to satisfy the needs of sideline/bench capacity. Visiting school should provide their own for their sideline.

All staff and sports medicine personnel should be capable of providing personal sanitation requests from student-athletes throughout competition.

Teams should not share water bottles throughout the course of competition—each member school is responsible for providing a plan for individualized hydration supplies for their student-athletes on competition days. Bench water should be provided by the host site, but the traveling team should supply its own coolers unless agreed upon by the host school.

Only Sports Medicine staff or designated gameday managers should be allowed to access and utilize water coolers. Water coolers should be sanitized prior to being provided to visiting teams and are encouraged to be sanitized frequently during use.

All benches should be wiped down using proper CDC-approved cleaning agents before and after competition.

Wipe down bench spaces as frequently as possible throughout competition.

Towels will not be provided by the host site. If student-athletes prefer the utilization of a towel during competition, they should provide their own towel and should not share their towel with other members of their team.

Used towels should be placed immediately in an open bin container to avoid cross-contamination.

Sideline personnel should be limited to participating athletes, coaches, medical staff and game day staff; however, anyone on the sidelines or involved with the contest should adhere to these guidelines.

When possible, benches and sidelines should provide adequate seating to allot for individualized seating for all student-athletes and members of the coaching staff for each team to allow for appropriate physical distancing when not on the field. Masks should be worn when physical distancing is not possible.

Member schools should consider their safe and necessary sideline and bench capacity and determine enough home active roster numbers accordingly.

### **Game Day Venue Restrictions**

Local school administrators, in consultation with local health departments, should determine whether cheerleaders, mascots and dance teams should participate in events. It is strongly encouraged to take into consideration the venue's ability to safely allow for and enforce proper physical distancing amongst cheerleaders, mascots and dance teams. Direct physical interaction with and sharing of equipment and “apparel” with fellow cheerleaders, mascots and dance team members, including those from the opposing team(s), and fans should be prohibited. Cheerleaders, mascots and dance teams and all auxiliary personnel should always practice

physical distancing when possible and should also wear a facemask/covering as much as possible and when appropriate.

Local school administrators, in consultation with local health departments, should determine whether marching bands may march at football games where physical distancing can be observed, but consideration should be given to seating arrangements consistent with all previously mentioned recommendations during the contest both indoors or outdoors. Band members and all auxiliary band personnel should always practice physical distancing when possible and should also wear a facemask/covering as much as possible and when appropriate. Recommendations for accommodating the media will be posted on the OHSAA website ([www.ohsaa.org](http://www.ohsaa.org)) to reflect the guidance received from Health Officials and other professional organizations when such guidance is available.

### **Press Box**

- Press Box access should be limited to essential game personnel and media.
- Workers and media should wear a mask and maintain proper social distancing.
- Open container food should not be provided.

### **Marching Bands/Pep Bands**

- Marching Bands are discouraged from attending away contests.
- If a Marching Band travels to an away contest:
  - If seating provided in end zone- will not count towards seating capacity;
  - If seated in spectator section, the count will count towards seating capacity.

### **Spectators**

OHSAA member schools should follow the guidance of local, state and federal recommendations as it pertains to spectator events and stadium capacity restrictions if and when such information becomes available.

- All spectators should have their temperature assessed prior to entering the competition venue.
- Spectators should wear a facemask/covering at all times possible.
- Spectators should be restricted from direct competition areas and from visiting with student-athletes and personnel before, during and after events.
- Spectators should not congregate in hallways, common traffic areas or gymnasiums.
- Spectators should always practice physical distancing when possible with those outside of their direct family parties.
- Host schools are encouraged to have Hand Sanitizer available at Stadium Entrance, Concession Stands and Rest Rooms.
- Local school administrators, in consultation with local health departments, should determine whether “to-go” meals for their student-athletes in individualized, single packaged containers should be permitted.
- Local school administrators should consider placing an ‘X’ on each seat between two seats that are together in the football stadium and indoor sports arenas to represent social distance requirements.
  - Each GMC School will determine their Stadium and Gym Restricted Capacity following social distancing guidelines. It is preferred that this calculation for capacity be made 7 days prior to the first scrimmage and communicated to all GMC Schools.

- Capacity does not include:
  - Players, Cheerleaders, Marching Band, Coaches, Game Workers, Security, Administrative Staff

### **Ticket Sales/Pre-Sales**

#### **Football:**

- Pre-Sale tickets only (either on-line or in person).
- Recommend no ticket sales at gate

#### **All Other Sports:**

- Tickets will be sold at the gate.
- Tickets will be available on-line for schools that offer on-line ticketing

### **Student Sections**

School Administration is responsible for monitoring their own student section and enforcing all social distancing and mask requirements.

### **Concessions**

Local school administrators, in consultation with local health departments, should determine whether the sale of unopened, pre-packaged food and drink should be permitted at concession stands.

If sales at concession stands are permitted, concession workers should wear masks in accordance with state mandates.

If sales at concession stands are permitted, individuals in line for concessions should practice physical distancing.

If sales at concession stands are permitted, host sites should provide clear and visible ground or floor markings six feet apart to designate line configuration and physical distancing requirements for individuals waiting for concessions.

### **Athletic Training Room**

Visiting student-athletes should wear a face mask/covering at all times while in the host site athletic training facility.

Host site athletic training room should not be available for visiting team pregame and postgame treatments.

If team is not traveling with an Athletic Trainer:

- Be considerate of additional contact that will be required and provided by the host site.
- Complete all taping/bracing at home if possible.
- Host site ATC should be contacted prior to trip, and a plan should be formulated on space and procedures for completing any taping and abiding by appropriate hand washing/sanitation activities upon entry and exit and any time they have come in contact with something possibly contaminated.

Limit number of occupants in the athletic training room at any given time to maintain appropriate physical distancing. This will be dependent upon size of the athletic training room



and determined by appropriate staff, should be posted outside the room, monitored and limits enforced.

A designated waiting area outside of the athletic training room should be marked with appropriate physical distancing.

If treatment or rehabilitation of a student-athlete requires use of a taping table or an exam table, the table should be protected and disinfected after each time it is used, regardless of physical barrier used.

Treatment/taping tables should be appropriately distanced a minimum of six feet apart.

Consider, weather permitting, taping be performed in an outside environment.

Commonly touched services including ice machines, door handles and other shared equipment should be routinely disinfected at the beginning of the day, throughout the day as use dictates and at the end of the day.

Efforts should be made to utilize premade ice bags that can be picked up individualized by the student-athletes that need them to avoid multiple contact with the ice machine and ice scooper. Bags should be left in an open cooler, if possible, to avoid lid/handle contamination.

The use of cold or hot tubs should be limited to one individual at a time.

Cold and hot tubs should be drained, cleansed and disinfected between individual use at the beginning and end of every day.

Possible COVID-19 cases may be evaluated in the athletic training room. Therefore, access should be limited and controlled by the athletic trainer.

### **Locker Rooms**

Locker Room should be cleaned and sanitized prior to the visiting team's arrival and use of the facility.

Host site should have some process to identify that the visiting team locker has been cleaned and not re-entered after cleaning (Example: taped off).

Cleaning schedule should be displayed outside of the locker room, including dated and time stamped.

### **Locker Room Etiquette**

Participants should wear masks in the locker room.

Discourage changing of clothes and showering at the facility.

Visiting team(s) may change and shower prior to departure if desired and appropriate local guidelines can be established.

Designate the total number of occupants allowed in the locker room at any given time and the length of time that they may be present in the locker room. This should be posted at the entrance and inside the locker room.

Assure safe distances in the locker room at a minimum of six feet between occupants.

Consider a rotating schedule for players in and out of the locker room (and training areas) to avoid potential congestion.

Encourage student-athletes to transport their individual equipment including uniforms, towels and shoes in a designated bag so they can take it home and disinfect appropriately daily or more often if needed.

For away games, designate a bin for transportation of uniforms/washable items.

All athletic training rooms, locker rooms, weight rooms, meeting rooms and any other gathering places should be cleaned according to the most up-to-date CDC guidelines.

Schools and/or host facilities should be vigilant about not only cleaning throughout the day but also conducting a thorough cleaning at the end of the day of all the aforementioned areas.

#### **Minimum Standards to Host Site Provisions**

Host site should provide a water source, but it is recommended that the traveling team provide their own coolers unless prior agreement is made with the host school or facility.

Student-athletes and/or visiting teams should be responsible for providing their own water for locker room use.

Host site should not provide the visiting team with towels or other common use equipment with the risk of being used by multiple student-athletes.