



GREATER MIAMI CONFERENCE



COVID-19 Return to Play Guidelines

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-8th 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 competition venue.
- Officials are requested to arrive dressed and discouraged from showering after the game.

Upon arrival to 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 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 host site institutional site administrator prior to travel to competition venue.
- Upon arrival to event venue, prior to entering competition facility, temperature should be assessed.
- If gameday event staff member reports an abnormal screen, the site Administrator will determine appropriate response plan with consultation of 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 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 team 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) to reflect the guidance received from Health Officials and other professional organizations when such guidance is available.

Pep Bands

- Pep Bands are permitted and do not count against 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 guideline. 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, Pep Bands, Coaches, Game Workers, Security, Administrative Staff

Ticket Sales/Pre-Sales

- No Tickets will be sold at gate, if possible
- Tickets will be available on-line for schools that offer on-line ticketing

Student Sections

In accordance with Governor’s Order, there should not be Student Sections at Events.

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 host site athletic training facility.

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

If team is not traveling with an Athletic Trainer:

- Be considerate of additional contact that will be required and provided by 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 handwashing/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 be 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 visiting team's arrival and use of facility.

Locker Room use should be limited to use of rest room facilities and halftime.

Locker Room Etiquette

Participants must wear masks in the locker room.

Teams are expected to arrive dressed and discourage from changing of clothes and showering at the facility.

Designate 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.

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-athlete.

Greater Miami Conference Schedule and Standings Guidelines

Basketball

- 16 game conference schedule, as published
- Minimum of 75% of conference games to be played (12 games) to be considered for Conference Standings. We will reevaluate this in January.
- Final standings based upon winning percentages.
- Re-scheduling of GMC games (if necessary) will take precedence over non-conference games (with the exception of special events/tournaments, Classic in the Country, Flyin' to the Hoop, etc.)
- Individual players being quarantined does not constitute a need to re-schedule a game. Only a Quarantine of the entire team would precipitate a re-schedule of the contest.
- AD's determine re-schedule dates.
- Matter of ethics in the decision-making process of canceling games. Pull kids up to play contests as opposed to simply bailing out on a game because it is not to your playing advantage.

Swimming

- Waiting on additional guidance and recommendations on how a GMC structure can look- Mason and Princeton are looking into it.

Wrestling

- Cancellation of GMC Tournament
- A 9 dual varsity schedule will determine Conference Champion.
- Minimum of 7 duals required to be considered for GMC Standings
- GMC standings based upon dual winning percentage.
- Individual players being quarantined does not constitute a need to re-schedule a game. Only a Quarantine of the entire team would precipitate a re-schedule of the contest.

Chess, Academic Quiz and Bowling

- Play contests as scheduled by the Commissioner.
- Individual players being quarantined does not constitute a need to re-schedule a game. Only a Quarantine of the entire team would precipitate a re-schedule of the contest.
- Minimum of 7 duals required to be considered for GMC Standings

Sport Specific Covid Protocols and notes from meetings- needs finalized

Basketball

- Indoor capacity 15% or maximum of 300 spectators whichever is smaller
- Basketball sideline seating
 - Socially distanced.
 - Limit of 18 people (including players, coaches, managers, and trainers)

- Game pass list – personnel cap of 23 people (includes players, coaches, managers, and trainers)
- Responsibility of home team to sanitize bench areas between games (if back to back games are applicable). Sanitization will take place while team is warming up.
- Hand sanitizer and spray available at scorer's table.
- 15 Minute warmup period.
- Ticketing
 - Each school sets in advance a specific number of visiting tickets. A Google spreadsheet will be constructed to frame visiting tickets available across the conference. Visiting school will network with home school on details of game ticket purchasing (codes, numbers, etc.)
 - By Governor's Order, Tickets are to be used for family pods/loved ones.
 - Student admissions are recommended to be accompanied by an adult.
 - No Cash Sales preferred. Use of HTT recommended. All ticketing is pre-sale preferred.
- Game Times:
 - Weekday Triple Header- 5:00, 6:15, 7:30
 - Weekday Double Header- 6:00, 7:30
 - Girls Saturday Triple Header- 11:00, 12:15, 1:45
 - Girls Saturday Double Header- 12:00, 1:45
- Ticket Prices:
 - Triple Header: \$7
 - Double Header: \$7
 - Single Lower Level Game: \$5
- Visiting School can request up to 10 Comp Tickets intended for Coaches Families.
- **It is a Home Site decision whether or not to clear the gym after a freshman game, or using alternative site, then reset gym capacity numbers for JV/Varsity.**
 - Other capacity reduction strategies could include freshman and/or JV teams playing off-site.
 - Necessitate treating the standalone freshman and/or JV games as separate HTT events.
 - Could have an impact on availability off officials. **Once the conference agrees upon a direction on the prelim games (freshman and/or JV), it is very important to communicate each school's game plan to Dave Campbell. **In a pinch, two officials are permissible for JV games.**
 - Protecting the varsity program lends itself to a separate JV/ Freshman event. Could cause game staffing issues. Minimizes JV coaches' varsity interaction with varsity.
 - Lower Level teams are encouraged to leave facility after game if transportation permits.
- **1st game on weekdays will start at 5:00 pm, unless mutually agreed to adjust.**
 - Driven by lack of bus drivers, transportation to 4:30 PM games will be an issue across the conference.

- Moving freshman and/or JV games back in time (either as a standalone game or an offsite double header) relieves transportation issues.
- Locker room protocols
 - Teams arrive dressed and only use the locker rooms for restroom use.
 - If playing a JV game, the varsity and JV teams should not cross paths in the locker rooms. Same holds true for freshman teams and JV teams.
 - 10-minute half-times.
 - No more than 10 minutes in the locker room at any time. (Follow mask and social distancing guidelines)
- In-person scouting- Call ahead to be added to Pass List (Max 2).
- Film Exchange- Each coach is to make available through HUDL copies of all current season games played. There shall be no exchange of league school film or video tape in any sport with non-league schools.

Wrestling

- In light of the contagious nature of COVID-19, GMC Championship Tournament is not advisable.
- To complete a GMC wrestling season, Conference approved 9 duals (or a configuration of tri's).
- Socially distant spacing of chairs.
- Require coaches and athletes off the mat to wear masks and social distance.
- Sanitize mats and chairs.
- Arrive dressed and bathroom use of locker room only.
- Recommended to have health department assess wrestling room size to determine occupancy numbers.
- Communicate seating capacity restrictions to opponents.
- Pre-packaged food only. Another communication point to all concerned.

Swimming

- OIAAA swimming survey results similar to OHSAA one earlier this month. As a result, swim will start on-time.
- Waiting on information on how Sectional/Districts/State will look.
- Must manage in accordance with current rules and limitations.
- GMC Championship will be held with no spectators thanks to adjustments and planning by Mason High School

Bowling

- At the mercy of the lanes.