



## 2020 AIA Spiritline Modifications

This document provides guidance and modifications for spiritline practice and game attendance for schools, administrators, coaches and athletes to follow in accordance with NFHS, state and local restrictions and recommendations. Administration and coaches are responsible for informing all participants of local guidelines for participation.

### ❖ PRACTICES AND GAMES

- Temperature should be taken upon arrival at practice and/or game.
- Coaches must wear a face covering at all times.
- Athletes should be wearing a face covering before and after practice/game as well as during any team travel.
- Athletes should be wearing a face covering when participating in any non-cardio related activities including stretching and static warm up.
- Only cloth face covering are permissible during practice/games.
- Locker rooms and dressing facilities will be unavailable for athletes.
- Athletes should arrive dressed out with any additional practice gear in their possession.
- When traveling, it is recommended that athletes wear face covering and sit one to a seat.
- Athletes should bring their own water bottle and not share.
- When possible, athletes should maintain a safe social distance during practice and along the sidelines.
- No handshakes, team breaks, hugging, fist bumps, etc.
- Athletes should not enter the stands or fan area before, during, or after the game.
- Athletes may participate in pre-game and half time introductions, but should remain socially distant when forming run-through tunnels.
- Coaches and athletes may meet and/or visit opposing team's spirit program while keeping a safe distance, wearing face coverings and not engaging in any forms of handshakes, fist bumps, etc.
- Spiritline programs may perform quarter and half time routines on the track and/or field during appropriate times per officials.

### ❖ EQUIPMENT AND SANITIZATION

- Before, during, and after practice, athletes and coaches should wash and/or sanitize their hands as often as possible.
- Athletes should not share any crowd leading props (signs, poms, megaphones, flags) during practice/game.
- Props should be cleaned and disinfected after each practice.
- All mats and flooring should be disinfected at the end of each practice.

**Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on [aiaonline.org](http://aiaonline.org).**