



VIRGINIA INDEPENDENT SCHOOL ATHLETIC ASSOCIATION

GUIDANCE FOR WINTER SPORTS RETURN TO PLAY 2020 – 21

PROTECT YOUR FAMILY

PROTECT YOUR TEAM

PROTECT YOUR SEASON

The VISAA executive committee has received and unanimously approved recommendations from its Winter Sports Competition Committee regarding plans for winter postseason play.

VISAA intends to support postseason opportunities for National Federation of State High School Associations moderate risk sports of basketball, indoor track and swimming/diving. Postseason participation will be based on open invitations to member schools.

The preparation and ultimate release of the winter sports return to play documents were based on input received from VISAA's Winter Sports Competition Committee, VISAA's Sports Medicine Advisory Committee, VISAA's Winter Sports Committees, NFHS, CDC, Virginia Department of Health, VCPE and the Virginia Governor's Office.

The VISAA winter sports return to play documents include: safety and effective mitigation strategies for athletes, coaches, staff, officials, spectators and facilities.

The VISAA member schools have the right to implement additional safety guidelines when properly disclosed in the VISAA Game Day contract.



2020-21 Basketball Requirements, Rule Modifications and General Recommendations

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MINIMUM VISAA APPROVED SAFETY REQUIREMENTS

Requirements for Facility Hosts:

- Limit sideline personnel to participants, coaches, medical staff and game-day staff.
- If possible, provide designated space (locker room, classroom, etc.) for officials' pregame and postgame activities. If the designated space cannot accommodate six-foot social distancing of all officials, then a separate space should be provided where officials can observe six-foot social distancing and be removed from spectator/team interaction.
- Clearly review prior to the contest mandates, best practices and school/host facility policies with visiting team administrators and/or coaches and officials as they relate to, but are not limited to, parking; entrances and exits; medical care; spectators; ticketing; locker rooms/showers; athletic training rooms and restrooms; water; towels; equipment, and shelters in the event there is inclement weather.
- If applicable, stagger the entry of all participants, coaches, officials, student game-day auxiliary groups and spectators to adhere to six-foot social distancing.
- Consider multiple points of entry to help ensure there is six-foot social distancing.
- Use contact-less payments where possible.
- Limit official's table to essential personnel only and demonstrate social distancing as much as possible.

*All spectators, managers, workers, statisticians and media in the gym will be required to wear a face mask at all times.

Signage - Create and display COVID-19 information signage throughout the venue.

- Use tape, paint, and signage within the bleachers and around the facility to mark areas where spectators may sit in order to maintain social distancing.

Recommendations for Game Day Management:

- Each school is responsible for screening athletes prior to contests. Home teams will screen athletes, coaches and essential game day personnel prior to entrance to venue. Visiting teams will screen athletes, coaches and managers prior to departure to away contest.
- If a school schedules doubleheaders, an ample amount of time between the ending of game one and the start of warmup for game two must be scheduled in order to properly sanitize the sideline areas.
- Game balls must be sanitized prior to the game beginning. In addition, during timeouts and between quarters, game balls must be sanitized or replaced with a new sanitized ball.
- Visiting team must bring their own sanitized warm up balls and sanitizer for the balls that will be used for halftime warmup.
- No pregame or postgame handshakes, fist bumps or personal touch exchanges.
- Visiting team must provide their own water cooler and water bottles. Visiting teams should have access to water at the host facility.
- In lieu of a jump ball, the visiting team will receive the first possession of the game. To start an overtime period, a coin toss will determine which team is awarded the first possession.
- If the host school chooses to offer a concession stand, please make sure that they items offered are compliant with local food distribution rules and guidelines.
- The decision to allow fans will vary from school to school. VISAA encourages these decisions to be strictly based on maximum gym capacity guidelines coupled with the quantity of game day managers in order to keep the facility in line with state mandates. All decisions on fan attendance must be disclosed in the head of school / athletic director game day contract.

Athletes and Team Benches:

- Limit bench personnel to observe 6 feet of social distancing at all times.
- Players are permitted to stand along bench/sideline area to observe social distancing as long as players remain outside of playable area(s). Playable area must be maintained.

*Consider limiting rosters to a max of 15 players.

*Create separation by a minimum of 12 feet between the team bench and spectator seating behind the bench.

*Limit contact between players when substituting.

***Players not in the game must wear face masks.**

*Supply an adequate amount of sanitizer for benches and scorer's table.

Game rule interpretations:

*Cloth face masks are permissible for players.

*Cloth face masks and electronic whistles are permissible for officials.

*If private locker rooms are not available, teams should show up ready to play and be prepared for in gym halftime meetings.

Requirements for Coaches:

- Coaches must wear face masks at **all** times, including arriving and departing the facility and during active play.

Recommendations for Parents (A family's role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt PLEASE stay home),
- Provide personal items for your child and clearly label them and encourage no sharing of their personal items.
- Disinfect your student's personal equipment after each game or practice.
- Educate yourself on the risks and benefits of athletic participation in the time of COVID and ensure you and your athlete are aware of the guidance surrounding the participation in athletic events.

Spectators supporting VISAA 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.

*VISAA member schools may choose to allow or deny spectators to attend events. This decision must be disclosed in the VISAA game day contract.

*All spectators must complete a health questionnaire and have their temperature assessed prior to entering the competition venue and will be denied entry if temperature is 100.4 degrees or higher. If a member school chooses to require an entry temperature of less than 100.4, this must be disclosed by the host school in the VISAA game day contract.

*Spectators **must** wear a face mask 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 and should always practice physical distancing with those outside of their direct family parties.

*Spectators should only sit in spectator areas as designated by the host school.



The VISAA Executive and Sports Medicine Committees provide the following guidance to all VISAA member schools concerning professional development training for Athletic Directors and Coaches. It is strongly recommended that all athletic directors and coaches complete the NFHS course, Covid-19 for Coaches and Administrators. This course is available in the NFHS Learn section of the website and is available at no cost. Participants are awarded a certificate after completion of the requirements for each course.



<https://nfhslearn.com>

COVID-19 for Coaches and Administrators

The COVID 19 pandemic presents a myriad of challenges to high school athletic and activity programs. To help address some of those challenges, the National Federation of State High School Associations has developed "COVID-19 for Coaches and Administrators."

The NFHS Sports Medicine Advisory Committee developed "Guidance for Opening Up High School Athletics and Activities" to aide state associations during this unprecedented event. This course will present material from that document along with some other helpful information and materials to assist school administrators and coaches conduct workouts, practices and contests as safely as possible.

***The VISAA also recommends the completion of the Concussion and Heat Illness courses!**



HEALTH QUESTIONNAIRE

CDC Report: People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with any of the symptoms below may have COVID-19:

Are you experiencing any of the following?

- Fever of 100.4 or higher
- Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Are you living with or caring for an individual who is a suspected or confirmed case of COVID 19?

Are you currently waiting for COVID 19 test results?

Have you been in contact with anyone known or suspected to have COVID 19 in the past 14 days?

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WINTER SPORTS GAME/MEET CONTRACT 2020 – 21

THIS AGREEMENT, entered into this ____ day of _____, 20____ by and between
_____ visitor, and, _____ host.

The said parties mutually agree to engage in a game/meet for _____.

The above mentioned athletic event shall be conducted under the VISAA Rules, Regulations and COVID 19 Safety Protocols in force at the time of the contest.

Contest Information:

Date of Contest: _____

Location/Address: _____

Arrival & Game Time: _____

The host school will additionally require the following safety protocols for the contest listed above:

Both parties agree to the date, time, competitive event and mentioned safety protocols outlined above.

VISITING SCHOOL:

SIGNATURE OF HEAD OF SCHOOL / ADMINISTRATOR

DATE

SIGNATURE OF ATHLETIC DIRECTOR

DATE

HOST SCHOOL:

SIGNATURE OF HEAD OF SCHOOL / ADMINISTRATOR

DATE

SIGNATURE OF ATHLETIC DIRECTOR