



## The Connecticut Interscholastic Conference

### Resocialization of Interscholastic Athletics and Activities Programs

### Guidelines

*This document is intended to provide guidance on considerations for safely returning to interscholastic athletics and activities experiences. It is understood that these guidelines do not fully mitigate any COVID-19 risk and, therefore, school districts, parents, athletes, coaches, and officials should make individual determinations on when it safe to return. School districts should consult their local department of public health prior to implementing a return to in-person athletics or activities.*

## **CAS-CIAC Resocialization of Interscholastic Athletics and Activities Programs**

The COVID-19 pandemic has presented many complex challenges to the operation of educational institutions in Connecticut. CAS-CIAC is proud of its contributions to membership and statewide advisory committees as we seek to uphold our standard of providing students with exceptional experiences, both in academic and athletic settings. Throughout this challenging time, CAS-CIAC has maintained that when the time is right, Connecticut will play again. As the governor begins to implement reopening phases for Connecticut, it is appropriate to consider guidance for the safe resocialization of interscholastic activities. The guidance offered by CAS-CIAC is based on our association's core values and beliefs and student-centered decision-making.

Prior to implementing the following guidance, athletic directors must seek approval from their building principal and district superintendent as the authority to open their facility lies with them. Also, in accordance with existing CIAC regulations, any participation in off-season work must be voluntary. In no way should out-of-season contact with kids be mandatory, nor should a coach assume it is part of their duty/responsibility as a coach to provide. It is voluntary for the coach as well as the student-athlete and should not be considered part of any coach's paid responsibility. Coaches must have approval from their athletic director prior to implementing any aspect of this guidance or out-of-season training.

### **CAS-CIAC Position on Resocialization**

CAS-CIAC believes that it is essential to the physical, mental, and social-emotional well-being of Connecticut students/youth to safely re-engage in extracurricular experiences, physical activity, and athletic competition. Returning to play does not mean a return to "normal". While re-socializing to activity we are still responsible for doing our part in preventing the spread of COVID-19. Any consideration of returning to physical activity and athletic competition must adhere to all requirements set forth under the executive orders of Governor Lamont, account for the health and safety of all participants, and equitably provide opportunities for all Connecticut student/youth-athletes. CAS-CIAC's guidelines have been vetted by the Connecticut State Medical Society, Sports Medicine Committee; the Connecticut Athletic Trainers' Association (CATA); the Connecticut Association of Boards of Education (CABE); the Connecticut Association of Public School Superintendents (CAPSS); the Connecticut Association of Athletic Directors (CAAD); and the Connecticut High School Coaches Association (CHSCA).

### **Interscholastic/Youth Sports and COVID-19**

Consideration of a safe return to interscholastic/youth sports must be with an understanding that COVID-19 is born out of a global health pandemic. This is a health issue, not a sport issue, nor an education issue. Sports have been negatively impacted by COVID-19 and our student/youth-athletes significantly affected. However, it is our primary responsibility to provide safe physical activity that does not contribute to the spread of COVID-19. Our decisions should also come from a mindset that there is still much to be learned about COVID-19 and multisystem inflammatory syndrome of COVID. According to the CDC, "We do not yet know what causes MIS-C. However, we know that many children with MIS-C had the virus that causes COVID-19, or had been around someone with COVID-19."

(<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/mis-c.html>)

A safe return to interscholastic/youth activity requires a gradual phase-in approach that accounts for participant and community safety.

## **Deconditioning/Regression**

The sudden closure of school and recreational activities has left student/youth-athletes without structured physical activity since mid-March. A safe return to interscholastic/youth athletic experiences must account for the deconditioning which may have occurred during this prolonged departure from normal physical conditioning and skill development. Prolonged inactivity can result in decreased cardiovascular function, decreased pulmonary function, muscle atrophy, and skill regression.

In addition, acclimation to the environment should be considered. The last time student/youth-athletes engaged in structured physical activity was during the cool weather month of March. Traditionally, student/youth-athletes progressively acclimate to physical activity in warmer weather over the months of April, May, and June. Returning to game play scenarios in late June or early July without a structured re-conditioning program could be dangerous for our young athletes. Now, perhaps more than ever, the likelihood for overuse injuries due to significant de-conditioning is high.

## **Preparticipation Physical Exams**

In accordance with CIAC bylaws, sport physicals are valid for 13 months. In collaborating with the Connecticut State Medical Society, Sports Medicine Committee, we feel yearly sport physicals to assess injury risk and receive health guidance from doctors are critically important. Again, the coronavirus is a health pandemic and our student/youth-athletes have not engaged in structured physical activity since mid-March. It is in the best interest of student/youth-athlete health and safety to maintain our practice of requiring annual sports physicals.

## **Face Coverings**

In accordance with CDC guidance, “face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease).” (CDC Consideration for Youth Sports, 2020) “Face coverings may be challenging for players (especially younger players) to wear while playing sports.” (CDC Consideration for Youth Sports, 2020) “Face coverings should be worn by coaches, youth sports staff, officials, parents, and spectators as much as possible.” (CDC Consideration for Youth Sports, 2020)

Recognizing the benefits and potential concerns of using face coverings during conditioning and physical activity, the CIAC, in collaboration with the Connecticut State Medical Society, Sports Medicine Committee, recommends:

- i. Cloth or disposable face coverings should be worn throughout each phase when not engaging in vigorous activity, such as when sitting on the bench, during chalk talk, interacting with an athletic trainer, etc.
- ii. Medical grade face coverings are not necessary. Cloth or disposable face coverings are acceptable.
- iii. Face coverings should not be worn when engaging in high intensity aerobic or anaerobic workouts, distance running, or swimming.
- iv. Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates. (2020 NFHS Guidance for Opening up High School Athletics and Activities, 2020)

- v. Coaches, officials and other contest personnel should always wear cloth face coverings. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.) (2020 NFHS Guidance for Opening up High School Athletics and Activities, 2020)

### **COVID-19 Advisory Committee**

CAS-CIAC recommends the establishment of a COVID-19 advisory committee within each school/organization which would meet regularly before and during each athletic season. The purpose of such committees would be to maintain constant communication among leadership, address concerns as they arise, and stay informed on COVID-19 best practices around athletics. Recommended members include school physician, athletic trainer, school nurse, athletic director, one coach (appointed by the athletic director, building principal (or designee), and superintendent (or designee). (See Appendix I)

### **Health Screening**

All staff and students are required to self-screen for any observable illness, including cough or respiratory distress, and to confirm temperature below 100 degrees Fahrenheit. (Rules for Operating Summer Schools during COVID-19, 2020) The coach or activity supervisor must verify that each participant has self-screened upon arrival. The screening form in Appendix I is a sample checklist that may be used by coaches/activity supervisors to maintain a record of participants' self-screening for potential symptoms.

### **Testing and Contact Tracing**

As student/youth-athletes return to physical activity, a system of contact tracing and notification should be established in the event that a participant tests positive for COVID-19. In the event that a student/youth athlete discloses that he/she has tested positive for COVID-19, administration and the local department of health should be immediately notified.

### **Athletic Directors, Athletic Trainers, Coaches, Band Directors, Performing Arts Instructors**

State and local budgets are likely to face a financial strain while reopening our communities. During this time, CAS-CIAC fears that local districts will view special elective experiences (i.e. Band, Theater, Marching Band, Choir, etc.) and athletics as extracurricular luxuries. A successful return to any sense of "normal" life will require engaging our students/youth in the arts and athletics. Just as our doctors, nurses, and first responders are the essential heroes of today as they fight the coronavirus on the front lines; our boards of education, superintendents, administrators, teachers, athletic directors, coaches, and athletic trainers will be the heroes of tomorrow who enable our communities to reopen.

Every student/youth has experienced trauma while isolating from the peers and educational communities with which they have forged meaningful relationships. Accounting for the social-emotional needs of our students/youth upon a return to activity will be a key factor in successful reengagement. Our primary investment to ensure the health and safety of our students/youth and community must be in people. If we maintain our staff, those who have forged meaningful relationships with our kids, then we can innovatively address all other needs for successful reintegration to education-based activities.

Furthermore, "Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they can take lead roles in developing and

implementing infection control policy throughout the school. Whenever needed, state associations and their Sports Medicine Advisory Committees (SMACs) should promote the importance of athletic trainers in high schools and their role in injury evaluation, treatment and risk minimization as well as being a vital component of any return-to-school and athletics plan.” (2020 NFHS Guidance for Opening up High School Athletics and Activities, 2020)

### **Conditioning, Practice Sessions, and Contests**

CAS-CIAC guidelines for a resocialization of interscholastic athletics and activities programs align with guidance published by Governor Lamont’s Reopen CT committee on youth sports and the NFHS (NFHS phases are in accordance with guidelines published by the White House and CDC available at <https://www.whitehouse.gov/openingamerica/>).

### **Categorization of Sports by Potential Risk Infection (Adopted from 2020 NFHS Guidance for Opening up High School Athletics and Activities; which modified from United States Olympic and Paralympic Committee – Sports Medicine recommendations.)**

- Lower Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
  - Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, alpine skiing, sideline cheer, single sculling, cross country running (with staggered starts).
- Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can’t be cleaned between participants.
  - Examples: Volleyball\*, baseball\*, softball\*, soccer, water polo, gymnastics\* (if equipment can’t be sufficiently cleaned between competitors), ice hockey, field hockey, tennis\*, swimming relays, pole vault\*, high jump\*, long jump\*, girls lacrosse, crew with two or more rowers in shell, 7 on 7 football.  
\*Could potentially be considered “Lower Risk” with appropriate cleaning of equipment and use of masks by participants.
- Higher Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.
  - Examples: Wrestling, football, basketball, boys lacrosse, competitive cheer, dance.

### **Transportation**

“Schools must consider social distancing requirements when scheduling contests and events for the fall. Social distancing (as required by state or local health department) will need to be maintained during transportation.” (2020 NFHS Guidance for Opening up High School Athletics and Activities, 2020) Due to concerns of transportation availability, the CIAC will work with member leagues to consider options that would reduce the strain on busing and cost of transportation. Options may include, but are not limited to, regional play, reduced game scheduled, weekend jamborees, sub-varsity jamborees, parent transportation, etc.

### CAS-CIAC Grid of Resocialization Stages

*\*Any inclusion of skill development during the “high risk in-person and virtual stage” must be limited to skills that can be integrated into a physical conditioning exercise. Examples include dribbling a soccer ball while working through agility cones; catching a football while running sprints; dribbling a basketball while conditioning; working on stick and ball control in lacrosse while conditioning, etc. Team practices are not permitted until the CIAC has declared a start to the fall sports season. Movement from stage to stage will be announced by the CIAC in collaboration with the Connecticut State Medical Society, Sports Medicine Committee. Tentative start dates identified in the grid are solely for the purpose of understanding potential timeframes under best case scenarios.*

**CAS-CIAC Resocialization of Interscholastic Athletics and Activities Programs Stages**

	<b>Highest Risk Virtual Stage (June 1 through July 5, pending approval to move to the next stage)</b>	<b>High Risk In-Person and Virtual Stage (July 6 for a minimum of 4 weeks, which would be August 2. Pending approval that it is safe to begin this stage.)</b>	<b>Low to Moderate Risk Competition Stage (August 3 for a minimum of 4 weeks, which would be August 31. Pending approval that it is safe to begin this stage.)</b>	<b>High Risk Competition Stage (August 31, pending approval that it is safe to begin this stage.)</b>
<b>Implementation Date</b>	We are currently operating in highest risk conditions. This will continue through, at minimum, the month of June. Consideration of the current phase in Governor Lamont's Reopen plan, preparedness of facilities to sanitize and maintain social distancing standards, current executive orders, opportunity equity, and continued consultation with the Connecticut State Medical Society, Sports Medicine Committee will factor into CIAC's guidance of moving to in-person experiences.	July 6, 2020 is the target date to begin small group, in-person, contact while maintaining virtual coaching options. This date is subject to change based on information available as we approach the transition to this stage. July 6 <sup>th</sup> coincides with the soft opening of school facilities for summer school. Consideration of the current phase in Governor Lamont's Reopen plan, preparedness of facilities to sanitize and maintain social distancing standards, current executive orders, opportunity equity, and continued consultation with the Connecticut State Medical Society, Sports Medicine Committee will factor into CIAC's guidance of moving to low/moderate risk competition experiences.	The date to begin low/moderate risk activity, including competition, will be determined by CIAC, in consultation with the CT State Medical Society, Sports Medicine Committee, based on successful conditioning of athletes through small group in-person training and skill development, the current phase in Governor Lamont's Reopen plan, preparedness of facilities to sanitize and maintain social distancing standards with individuals from other towns in attendance, current executive orders, and opportunity equity for all participants. Implementation will be a minimum of 4 weeks after in-person conditioning and skill development has begun.	The date to begin all competition, including high risk sports, will be determined by CIAC, in consultation with the CT State Medical Society, Sports Medicine Committee, based on successful integration of low/moderate risk competition, the current phase in Governor Lamont's Reopen plan, preparedness of facilities to sanitize and maintain social distancing standards with individuals from other towns in attendance, current executive orders, and opportunity equity for all participants. Implementation will be a minimum of 4 weeks after low/moderate risk competition has begun.
<b>Allowed in Attendance</b>	None	Athletes, coaches, medical staff.	Phase II plus officials, event staff, security, and limited media	Phase III plus spectators and vendors.

	Highest Risk Virtual Stage	High Risk In-Person and Virtual Stage	Low/Moderate Risk Competition Stage	High Risk Competition Stage
<b>Gathering Limitations</b>	No in-person meetings or instruction may occur. Spring coaches can engage their athletes in virtual coaching sessions, including skill instruction. All coaches may engage their athletes in virtual instruction for conditioning advice. Fall and winter coaches may include skill instruction during virtual sessions beginning June 1, 2020.	<p>Workouts should be conducted in cohorts of the same 5-10 students working out together weekly to limit exposures. Cohorts should not meet more than 3 times per week.</p> <p>Activities should focus on physical reconditioning of athletes, acclimation to exertional activity in warmer weather, and individual skill development. Workouts should not exceed 60 minutes. <b><i>No team practices. See * intro for more detail.</i></b></p> <p>There must always be a minimum distance of 6 feet between each individual.</p> <p>Physical contact such as high-fives, fist bumps, and hugs are prohibited.</p> <p>Vulnerable individuals should not supervise or participate in any workouts during Phase II.</p>	<p>Lower and moderate risk practices and competitions may begin. Competitions and practices may include up to 25 people indoors and 50 people outdoors.</p> <p>During practice/conditioning, athletes should remain grouped in smaller cohorts for purposes of spread mitigation and contact tracing strategy.</p> <p>Competition schedules should be limited to within a town or local region to mitigate potential spread and maximize contact tracing capability.</p> <p>When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 6 feet between each individual. Consider using tape or paint as a guide for athletes and coaches.</p> <p>Vulnerable individuals should not supervise or participate in any workouts during Phase III.</p>	<p>Higher risk practices and competitions may begin. Competitions are not limited in number, provided they abide by all Connecticut executive orders.</p> <p>When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 6 feet between each individual. Consider using tape or paint as a guide for athletes and coaches.</p> <p>Scheduling can return to normal practices.</p>



	Highest Risk Virtual Stage	High Risk In-Person and Virtual Stage	Low/Moderate Risk Competition Stage	High Risk Competition Stage
<b>Facilities</b>	Closed	<p>All activities are limited to outdoor areas.</p> <p>Adequate cleaning schedules should be created and implemented for all athletic facilities.</p>	<p>Adequate cleaning schedules should be created and implemented for all athletic facilities.</p> <p>Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).</p> <p>Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.</p> <p>Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times.</p>	<p>Adequate cleaning schedules should be created and implemented for all athletic facilities.</p> <p>Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).</p> <p>Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.</p> <p>Consider strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times.</p>

	Highest Risk Virtual Stage	High Risk In-Person and Virtual Stage	Low/Moderate Risk Competition Stage	High Risk Competition Stage
<b>Screening</b>	Not applicable while facilities are closed.	<p>All staff and students are required to self-screen for any observable illness, including cough or respiratory distress, and to confirm temperature below 100 degrees Fahrenheit.</p> <p>The coach or activity supervisor must confirm self-screening by all activity participants, upon arrival. Records of self-screening for each person should be recorded and stored (see sample Appendix I).</p> <p>Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.</p>	<p>All staff and students are required to self-screen for any observable illness, including cough or respiratory distress, and to confirm temperature below 100 degrees Fahrenheit.</p> <p>The coach or activity supervisor must confirm self-screening by all activity participants, upon arrival. Records of self-screening for each person should be recorded and stored (see sample Appendix I).</p> <p>Officials, medical staff, and media should self-screen prior to attending an event.</p> <p>Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.</p>	TBD based on updated guidance and executive orders at the time of entering phase IV.
<b>Face Covering</b>	Follow executive orders.	See face coverings section of this guidelines document.	See face coverings section of this guidelines document.	See face coverings section of this guidelines document.

	Highest Risk Virtual Stage	High Risk In-Person and Virtual Stage	Low/Moderate Risk Competition Stage	High Risk Competition Stage
<b>Hygiene Practices</b>	Follow executive orders and CDC guidance.	<p>Wash your hands with soap and water for at least 20 seconds or use hand sanitizer, especially after touching frequently used items or surfaces.</p> <p>Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.</p> <p>Appropriate clothing/shoes should always be worn to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Athletes must be encouraged to shower and wash their workout clothing immediately upon returning to home.</p> <p>Disinfect frequently used items and surfaces as much as possible.</p>	<p>Wash your hands with soap and water for at least 20 seconds or use hand sanitizer, especially after touching frequently used items or surfaces.</p> <p>Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.</p> <p>Appropriate clothing/shoes should always be worn to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Athletes must be encouraged to shower and wash their workout clothing immediately upon returning to home.</p> <p>There should be no shared athletic towels, clothing or shoes between students.</p> <p>Disinfect frequently used items and surfaces as much as possible.</p>	<p>Wash your hands with soap and water for at least 20 seconds or use hand sanitizer, especially after touching frequently used items or surfaces.</p> <p>Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.</p> <p>Appropriate clothing/shoes should always be worn to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Athletes must be encouraged to shower and wash their workout clothing immediately upon returning to home.</p> <p>There should be no shared athletic towels, clothing or shoes between students.</p> <p>Disinfect frequently used items and surfaces as much as possible.</p>

	Highest Risk Virtual Stage	High Risk In-Person and Virtual Stage	Low/Moderate Risk Competition Stage	High Risk Competition Stage
<b>Hydration/Food</b>	Not applicable while facilities are closed.	All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized, except for water bottle refill stations.	All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized, except for water bottle refill stations.	All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized, except for water bottle refill stations.
<b>Travel</b>	Follow executive orders.	Resocialization to physical activity should remain local, within a designated town/region.	Inter/Intra league play may resume. Schools must consider transportation restrictions when scheduling contests.	Inter/Intra league play may resume. Schools must consider transportation restrictions when scheduling contests.
<b>Locker Rooms/Athletic Training Areas</b>	Closed	Locker rooms should not be utilized during Phase II. Students should report in appropriate attire and immediately return home to shower after participation. No students are allowed in the athletic training area unless the trainer is present.	TBD based on future guidance.	TBD based on future guidance.

	Highest Risk Virtual Stage	High Risk In-Person and Virtual Stage	Low/Moderate Risk Competition Stage	High Risk Competition Stage
<b>Weight Rooms</b>	Closed	<p>All activity and conditioning is limited to outdoor areas during phase II. Resistance training should be emphasized as body weight, free weights that do not require a spotter, resistance bands, or plyometrics.</p> <p>Weight equipment, if used outdoors, should be wiped down thoroughly before and after each individual's use.</p>	<p>Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.</p> <p>Appropriate clothing/shoes should always be worn in the weight room to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.</p>	<p>Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.</p> <p>Appropriate clothing/shoes should always be worn in the weight room to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.</p>

	Highest Risk Virtual Stage	High Risk In-Person and Virtual Stage	Low/Moderate Risk Competition Stage	High Risk Competition Stage
<b>Athletic Equipment</b>	Not applicable while facilities are closed.	<p>Athletic equipment (towels, clothing, shoes, or sports specific equipment) cannot be shared between athletes.</p> <p>All athletic equipment, including balls, should be cleaned after each individual's use and prior to the next workout.</p>	<p>There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.</p> <p>Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.</p> <p>All athletic equipment, including balls, should be cleaned after each individual's use and prior to the next workout.</p> <p>Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.</p>	<p>There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.</p> <p>Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.</p> <p>All athletic equipment, including balls, should be cleaned after each individual's use and prior to the next workout.</p> <p>Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.</p>

	Highest Risk Virtual Stage	High Risk In-Person and Virtual Stage	Low/Moderate Risk Competition Stage	High Risk Competition Stage
<b>Athletic Equipment Continued</b>			<p>Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.</p> <p>Physical contact such as high-fives, fist bumps, and hugs should not be allowed.</p>	<p>Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.</p> <p>Physical contact such as high-fives, fist bumps, and hugs should not be allowed.</p>

## References

"CDC Considerations for Return to Youth Sports." CDC, <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

"Connecticut Coronavirus Disease 2019 (COVID-19)." CT.Gov, <https://portal.ct.gov/Coronavirus>

"Guidance for Opening Up High School Athletics and Activities." *National Federation of State High School Associations (NFHS) and Sports Medicine Advisory Committee (SMAC)*, [https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15\\_2020-final.pdf](https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf)

"Opening up America Again." *The White House*, <https://www.whitehouse.gov/openingamerica/>. Accessed: 5/6/2020.

"Protection Concept for Exit from the Corona-Lockwood and Resumption of Sports Activities." *Swiss Rugby Union*.

[http://www.suisserugby.com/fileadmin/content/Medical/Coronavirus/Suisserugby\\_Protection\\_Concept\\_EN\\_20200508.pdf](http://www.suisserugby.com/fileadmin/content/Medical/Coronavirus/Suisserugby_Protection_Concept_EN_20200508.pdf), Version 1.0. Accessed: 4/29/2020.

"Recommendation Regarding the Use of Cloth Face Coverings, Especially in Areas of Significant Community-Based Transmission." *Center for Disease Control and Prevention*. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>. Accessed: 5/6/2020.

"Return to Training Considerations Post-COVID-19." *United States Olympic & Paralympic Committee - Sports Medicine*, Version 0.12. <https://www.teamusa.org/coronavirus>. Accessed: 4/28/20.

## Additional Resources

**Korey Stringer Institute (KSI) "Return to Sports and Exercise during the COVID-19 Pandemic: Guidance for High School and Collegiate Athletic Programs"**

<https://ksi.uconn.edu/covid-19-return-to-activity/>

## NATA Links:

[https://www.nata.org/sites/default/files/telemedicine\\_guidelines\\_for\\_the\\_secondary\\_school\\_at\\_0.pdf](https://www.nata.org/sites/default/files/telemedicine_guidelines_for_the_secondary_school_at_0.pdf)

[https://www.nata.org/sites/default/files/covid\\_19\\_return-to-sport\\_considerations\\_for\\_secondary\\_school\\_at\\_1.pdf](https://www.nata.org/sites/default/files/covid_19_return-to-sport_considerations_for_secondary_school_at_1.pdf)

[https://www.nata.org/sites/default/files/remote\\_work\\_checklist.pdf](https://www.nata.org/sites/default/files/remote_work_checklist.pdf)

## **College Athletic Trainers Society Videos:**

<https://youtu.be/Pld8E8zjHfl>

<https://vimeo.com/wienotfilms/CATS>



**Appendix I**  
**COVID-19 Advisory Committee**

**Building Principal (or designee):**

**School Physician:**

**Athletic Trainer:**

**Superintendent (or designee):**

**Athletic Director:**

**School Nurse:**

**Coach:**

## COVID-19 Athletic Monitoring Form

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