

# YAIAA Spring Sports Return to Play and Face Covering Requirement Clarification

## 2021 Spring Sports

**3/12/21 Update**

### RECOMMENDATION

- Full schedule (League and Non League)
- YAIAA Tournaments if the host site is available.
- Pending site availability, the YAIAA will host championships for all Varsity level Spring sports.
- The YAIAA recommends that member each member school will communicate their individual spectator policy. It is recommended to accommodate AWAY spectators this Spring. Each school is recommended to distribute at minimum (4) away tickets to OUTDOOR Sports. INDOOR sports are recommended to at minimum distribute (2) AWAY Tickets. This is subject to change per facility. Spectator occupancy limits set forth by the Pennsylvania Department of Health.
- The YAIAA will follow the PIAA 'Return to Play' protocols released on March 3, 2021 and protocols established by member schools.
- Coaches and Athletes must wear face coverings if they cannot sustain physical distancing from persons outside their household.
- **The YAIAA RTP Document represents the league recommendation. If a member school chooses to require additional standards they may do so. It is up to each member school to communicate their protocols and agree upon competition.**

### OFFICIALS

1. CONTACT THE HOST SCHOOL: (REFER TO GOOGLE DOC)
  1. Contact should be made with school athletic administration leading up to the contest about (1) school expectations, (2) to determine where you should enter the host school's property and (3) to obtain other information that you or the school may want to communicate to each other prior to your arrival.
    1. Officiating crews should designate one crew member to contact the host school and provide information to other members of the crew. Officials can utilize the YAIAA League provided document to determine school specific details.
    2. Conversations should occur with the host school administration regarding the size of changing areas or locker rooms to ensure social distancing can occur.
2. Officials will be required to complete pre-screening protocol prior to competitions including a temperature check.

1. Officials that present COVID-19 symptoms prior to the event should contact the Athletic Director, assignor, or YAIIAA Executive Director in a timely manner to allow for alternative arrangements to be implemented.
2. Upon arrival, officials will complete and sign off on a COVID-19 pre-screening questionnaire. Officials are required to accurately report symptoms in an effort to minimize transmission opportunities.
3. Officials are recommended to arrive dressed for competition to help mitigate exposure to COVID-19. Facilities will be offered as necessary.
4. Officials may be asked to sign a liability waiver by the school. While not a PIAA requirement, it may be a host site requirement. You should inquire of the host school before arriving whether that requirement exists and, if so, request an opportunity to review the document in advance. If you are unwilling to sign it, you should decline the engagement. You should not wait until arriving on site to ask to see the waiver or to inform the school that you will not sign it.
5. Officials must pay special attention to playing rules that require distances between players during play.
6. Reminders should be issued for situations that involve hygiene (spitting, etc.)
7. Maintain distance from players if an altercation occurs and minimize the times you are within 6 feet of others.
8. Be aware of the location of medical personnel while you are on school property.
9. Limit the exchanging of documents between yourself and others
10. Once the contest begins, avoid conversations within 6 feet with coaches
11. Wash your hands frequently.
12. Individuals are recommended to wear face coverings in accordance with the Secretary of the Pennsylvania Department of Health's order on March 1st, 2021, unless they meet the exceptions under Section 3 of this order, as well as the PIAA Recommendations from March 3rd, 2021.
  1. Officials are required to conform to all current Governor's Mandates while officiating a contest, as it pertains to social distancing and face coverings. Face Coverings must be worn when entering the host site and while inspecting the field/court prior to the contest unless social distancing can be maintained while doing so.
  2. There are no color restrictions on face coverings; however face coverings must adhere to the Restriction on Advertisements or Sponsors Names on Uniforms policy, as adopted by the PIAA Board of Directors.
  3. Gators are the recommended face covering for officials.
13. Officials are recommended to bring their own water and water bottle.
14. Hand Sanitizer and appropriate disinfecting supplies will be available at the head table or designated location to help mitigate exposure to COVID-19.
15. At the completion of the event, officials are recommended to exit the facility quickly and are encouraged not to congregate or interact with the teams, coaches, or staff members.
16. If an official tests positive for or exhibits COVID-19 symptoms, every effort should be made to contact all affected schools.
  1. Notify the school/s immediately (Principal, Athletic Director, or office staff)

2. If a Positive case of COVID-19 is Diagnosed Contact Tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH.

17. GAME DAY:

1. Complete a personal health assessment on the day of your contest. If you feel sick – STAY HOME. Notify the contracted schools, your partner(s) and the assignor to let them know.
2. Notify the site administrator immediately if your temperature is 100.4 or above. o “Vulnerable individuals” are defined by CDC as people 65 years and older and others with serious underlying health conditions. Officials fitting this description may wish to seek medical advice prior to returning to officiating.
3. Communicate with school athletic administrators frequently during the days leading up to your contest about school expectations.
4. Upon arrival at the host site and throughout the contest, wash and sanitize your hands frequently.
5. When traveling to contests, considerations should be given to limiting carpooling or traveling with other individuals.
6. Do not share uniforms, towels, apparel and equipment.
7. Maintain social distancing of 6 feet at all times, including while in the locker room and/or on the court/field.
8. Bring your own water bottle or rehydration beverages.
9. In an effort to maintain social distancing, officiating positions may need to be changed in a manner that are not necessarily in conformance with standard officiating mechanics.
10. If an official is sent home or unable to officiate for any reason, follow the PIAA policy on “Absence or Withdrawal of Official at Contest”, in the Policies and Procedures section of the PIAA Handbook.

18. PREGAME CONFERENCE:

1. Limit attendees to one official, the head coach from each team, and a single captain from each team, while maintaining social distance.
2. Pre-contest official crew meetings should be held outside when possible and where social distancing is more easily accomplished.
3. Coin Toss – should involve only the Head Referee (wearing a face covering) and 1 captain and head coach from each team.
4. Move the location of the pregame conference to the center of the court/field. All individuals should maintain a social distance of 6 feet.
5. No handshakes are permitted.
6. Maintain social distancing while performing all pregame responsibilities.
7. Encourage bench personnel to observe social distancing of 6 feet.
8. Encourage social distancing of 6 feet between substitutes and teammate(s).

19. OFFICIALS’ TABLE:

1. Limit the table to essential personnel, including the home and visiting team scorers and timer, with a recommended distance of 6 feet between individuals

20. PREGAME AND POSTGAME CEREMONY:

1. No shaking hands during introductions.

2. Traditional pre-game introductions should be altered to ensure social distancing occurs.
  3. No postgame shaking hands.
21. PERSONAL RESPONSIBILITIES:
1. Training
    1. Review current and past year rule and case books.
    2. Attend online and in-person meetings to review the rules for the coming year.
    3. Start physical training using online video or complete skills alone. If you have been diagnosed with COVID-19, you should be cleared by your medical provider prior to initiating an exercise program. o
  2. Positive COVID-19 Test
    1. You should notify the school(s) administration where you officiated and partners of those contests.

### SPECTATORS

Each school district will communicate their individual spectator policy. It is recommended to accommodate AWAY spectators this Spring. It is recommended that each school distribute at minimum (4) away tickets to OUTDOOR Sports. INDOOR sports is recommended to at minimum distribute (2) AWAY Tickets. This is subject to change per facility spectator capacity.

1. Seating areas, including bleachers, must adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household. To assist with proper social distancing, areas should be clearly marked. SPECTATORS must wear face coverings at all times.
2. Spectators should not enter the area of play or bench areas.
3. Nonessential visitors, spectators, and volunteers should be limited when possible, including activities with external groups or organizations.

### HOME EVENT RECOMMENDATIONS

1. Local procedures should be communicated to the visiting school and officials in a timely manner prior to the event.
2. Student athletes, officials and staff should undergo a COVID 19 screening process prior to traveling to an away event or participating in a home event.
3. Opposing teams are recommended to provide verification that their student athletes and staff successfully passed the screening process prior to the event.
4. Make sure to have an administrative contact (cell number and email address) for all events.
5. Establish a routine of enhanced cleaning and sanitation measures.
  1. Disinfect and sanitize athletic facilities and equipment between levels of competitions.
  2. Provide disinfectant supplies in close proximity (as applicable).
6. Event staff is required to wear a mask/face covering prior to, during and after the competition as recommended by the Pennsylvania Department of Health and should practice social distancing when possible.

1. Hosting schools should make an effort to provide opportunities for social distancing at head tables or designated event staff locations.
7. Visiting teams are recommended to arrive dressed for competition to limit facility usage. Hosting schools should communicate locker room and facility plans/concerns prior to the event.
8. Concessions must adhere to the Guidance for Businesses in the Restaurant Industry.
9. Any meals provided for traveling teams should be consumed off of the hosting school's campus.
10. Time outs should be flexible in order to adhere to CDC recommendations.
11. Live Streaming when available will be permitted at events. Home teams should communicate any live streaming procedures with the opposing team prior to the event.
12. Have a plan in place if someone begins to show symptoms.
13. If your school will require anyone to execute a liability waiver before entering the premises, that requirement and document should be provided to all persons in advance so that it may be reviewed

GENERAL CONSIDERATIONS (APPLY TO ALL SPORTS):

1. Individuals (student-athletes, coaches, officials, and other athletic personnel) should complete a personal health assessment daily.
  1. If your temperature is 100.4 or higher, an individual is showing symptoms or is sick, stay home.
  2. Cover your mouth and nose with a tissue when coughing or sneezing.
  3. Adhere to school adopted plans if you begin to show symptoms. o
2. Regularly and thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
  1. Make sure to emphasize to all participants the importance of washing hands or using hand sanitizer before, during, and after competitions.
3. Schools are recommended to ensure that your facilities have been properly sanitized and have hand sanitizer and disposable masks readily available for practices and contests. o
4. Clean and disinfect frequently touched surfaces and equipment including balls. (Please use recommendations by the ball manufacturer )
5. Social distancing of at least 6 feet should be maintained at all times, where feasible. No hugging, high fives, shaking hands, or fist bumps for support/encouragement.
  1. Social distancing should be maintained during the National Anthem and on sidelines.
  2. Outdoor sports may need to extend bench areas to permit social distancing. Indoor sports may need to use bleachers or multiple levels of seating to ensure social distancing. (Softball and Baseball -- must refer to NFHS Rules as pertains to safety.
6. Individuals are required to wear face coverings in accordance with the Secretary of Health's order on March 1st, 2021, unless they meet the exceptions under Section 3 of this order.
  1. Everyone must wear a face covering, such as a mask, unless they fall under an exception listed on the Order.
  2. Athletes are not required to wear face coverings while actively engaged in workouts and competitions that prevent the wearing of face coverings, but must

wear face coverings when on the sidelines, in the dugout, etc. and anytime 6 feet of social distancing is not possible.

3. There are no color restrictions on face coverings; however, face coverings must adhere to the Restriction on Advertisements or Sponsors Names on Uniforms policy, as adopted by the PIAA Board of Directors.
7. Have a hydration plan and ability to provide water to student-athletes and coaches in a safe manner. Coordinate with visiting Teams to ensure that they have safe access to water for their participants.
8. If a positive COVID-19 case is determined, follow their school safety plans, Department of Health, CDC, and local health guidelines in determining the plan of action.

## MEDIA

1. In accordance with Governor Wolf's plan for phased re-opening, sports related activities at the PK-12 level are limited to student-athletes, coaches, officials and staff only.
2. In the event that media is permitted to the competition:
  1. Media members should complete a personal health assessment daily.
    1. If the temperature is 100.4 or higher, an individual is showing symptoms or is sick, stay home.
  2. The media must make contact with the school prior to attending to make appropriate arrangements for attendance.
  3. Media availability may be limited especially if there are limits on capacity.
  4. Media should be restricted to areas outside of the team areas.
  5. Interview request may be limited and should be accommodated only if social distancing protocols can be followed.
  6. Media are required to wear face covering in accordance with the Secretary of Health's order of March 1st, 2021, unless they meet exceptions under Section 3 of that order.
  7. Locker room access and access to student-athletes should be monitored or limited on a case by case basis and, if it occurs, media must wear face coverings while in a building and maintain social distancing in all locations.
  8. Press box availability may be limited.

## CONSIDERATIONS FOR STUDENT-ATHLETES:

1. Teams should consider making each student responsible for their own supplies.
2. Students should wear their own appropriate workout clothing and not share clothing. Individual clothing/towels should be washed and cleaned after every workout.
3. Hand sanitizer should be plentiful at all contests and practices.
4. Athletes should tell coaches immediately when they are not feeling well.
5. Student-Athletes should keep their mouth guards in their mouth throughout the competition. If the mouth guard is taken out proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so.

6. Student-athletes are encouraged to develop healthy habits including, but not limited to, a balanced diet, adequate sleep, and proper hydration.
  1. Healthy eating and attention to hydration is especially important for student-athletes to enhance training capacity and reduce the risk of illness and injury. o
7. Bring and use your own water bottle.
  1. High school athletes are at increased risk for dehydration. It is important that you drink enough fluid before, during and after practice and competition.
  2. Student-athletes should follow established guidelines for hydration.
  3. Please see National Athletic Trainer Association (NATA) Resource: Healthy Hydration For Young Athletes
8. Student-athletes are encouraged to shower as quickly as possible after practice and games.

#### CONSIDERATIONS FOR COACHES:

1. Communicate your guidelines in a clear manner to students and parents.
2. Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
3. Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
4. Coaches should limit game day squad sizes for social distancing purposes.
5. Coaches are reminded to wear proper coaching attire per weather conditions.
6. Coaches should bring their own water bottle(s) and follow established guidelines for hydration.

#### CONSIDERATIONS FOR PARENTS/GUARDIANS: (A family’s role in maintaining safety guidelines for themselves and others):

1. Parents/Guardians should monitor their children of any symptoms prior to any sporting activities. Children who are sick or showing symptoms must stay home. (If there is doubt stay home).
2. Parents/Guardians and coaches should assess levels of risk based on individual athletes on the team who may be at a higher risk for severe illness.
3. Provide personal items for your child and clearly label them.
4. Disinfect your student’s personal equipment after each game or practice.
5. Be prepared with face coverings for members of your family if permitted to attend events.
6. Inform coaches if your student-athlete has been exposed to someone who is known to have COVID-19.

CONSIDERATIONS WHEN TRAVELING TO A COMPETITION:

1. Make sure to communicate with the host school prior to the competition to discuss plans.
2. Follow all policies and guidelines the host school has communicated.
3. Make sure your team is bringing its own medical supplies and emergency action plans.
4. Have a plan in place if someone begins to show symptoms.



# Sport Specific Guidelines

## All Indoor Events (Volleyball)

### **Facility Set-Up Suggestions:**

- Rules refer to NFHS and PIAA Recommendations.
  - Must Follow Indoor Capacity Limits set forth by the Governor's Administration.
  - Separate team bench area with chairs 6 feet apart.
  - Designate sitting locations with tape 6 feet apart.
  - Add additional table(s) to allow the table staff the ability to sit 6 feet apart.
  - Utilize a nearby hallway for “substitutes” – indicate 6 feet spacing in these areas.
  - If additional space is not possible, limit roster size and consider playing JV on a separate day.
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- ***Face Covering Expectations:***
    1. All athletes, coaches, event staff and spectators are required to wear a face covering as defined below anytime they enter the building.
    2. All athletes, coaches and managers are required to wear face coverings while in the locker rooms.
    3. All officials must wear face coverings.

## Baseball & Softball:

- **Facility Set-Up Suggestions:**

- Rules refer to NFHS and PIAA Recommendations.

- ***Face covering expectations:***

1. All athletes, coaches, umpires, event staff and spectators are required to wear a face covering at all times while on campus unless described in competition scenarios below.
2. All athletes, coaches and game personnel in the dugout must wear a face covering at all times.
3. The catcher must wear a face covering at all times, unless catching a bullpen, when 6 foot is socially distant.
4. Home plate umpires must wear a face covering at all times. Base umpires must wear a mask when not 6 feet social distance.
5. Batters must wear a face covering at all times.
6. A face covering is required by the base runner, first basemen, and base umpire when a runner is on first base and being held on.

## Lacrosse: (Boys and Girls)

- **Facility Set-Up Suggestions:**

- Rules refer to NFHS and PIAA Recommendations.
- Players serving a penalty should sit in the back of each team's side of the substitution box, to allow for social distancing. (Substitution box should be separated by a cone to allow for social distancing)

- ***Face covering expectations:***

1. All athletes, coaches, umpires, event staff and spectators are required to wear a face covering at all times while on campus.
2. All athletes, coaches and game personnel on the sideline must wear a face covering at all times.
3. Face covering exceptions:
  1. **For boys players on the field, athletes do not need to wear a face covering when wearing a mouth piece.**
  2. For girls players on the field, athletes must wear a face covering at all times. The only exception is the goalie, who will not need to wear a face covering.
  3. **Players/Coaches on the sideline must have a face covering on at all times. (Boys and Girls participants)**
4. Officials are required to conform to all current Governor's Mandates while officiating a contest, as it pertains to social distancing and face coverings.

## Boys Tennis:

- **Facility Set-Up Suggestions:**

- Rules refer to NFHS and PIAA Recommendations.
- Only the home team participant should change the score tenders
- Team benches should be spread out to allow for 6' distancing by non-playing members.

- ***Face covering expectations:***

1. All athletes, coaches, umpires, and spectators are required to wear a face covering at all times while on campus.
  2. All athletes and coaches must wear a face covering when outside of the tennis courts unless 6' social distance can be sustained.
  3. **Face covering exceptions: While participating in competition the face covering must be readily available.**
- Singles players may remove their face covering while playing and warming up on the court.
  - Doubles players may remove their face covering while playing and warming up on the court.
  - Any player without a face covering while playing on the court must put a face covering on prior to switching sides with the opponent, leaving the court at the end of a match/game, and/or exiting the tennis courts area.
  - Remaining a minimum of 6' socially distanced while on the court without a mask must be strictly enforced.

## Track & Field:

- **Facility Set-Up Suggestions:**

- Rules refer to NFHS and PIAA Recommendations

- ***Face covering expectations:***

1. All athletes, coaches, officials, and spectators are required to wear a face covering at all times while on campus.
2. All athletes, coaches and officials must wear a face covering when moving around campus to different events and any time not competing in an event.
3. Face covering exceptions:

All running events:

- *Runners must wear a face covering until they get into position for their event at which time, they can lower or remove their face covering. When finished running, runners should distance themselves from everyone while catching their breath and then put their face covering back over their mouth and nose in a reasonable amount of time after they have recovered and before coming in contact with others.*

All throwing and jumping events:

- *For throwing and jumping events, when an individual enters the area they are competing for their event, they can remove or lower their face covering temporarily. For instance, if someone is throwing the discus, his/her face covering can be removed once he/she enters the circle to make a throw. The face covering must be put back on prior to leaving the circle.*

Any athlete competing without a face covering (whether on the track or throwing area) must put a face covering on prior to leaving their area of competition.

### **Soccer: (Boys and Girls)**

- **Facility Set-Up Suggestions:**

- Rules refer to NFHS and PIAA Recommendations.

- ***Face covering expectations:***

1. All athletes, coaches, umpires, event staff and spectators are required to wear a face covering at all times while on campus.
2. All athletes, coaches and game personnel on the sideline must wear a face covering at all times.
3. Face covering exceptions:
  1. All players on the field, athletes must wear a face covering at all times.
4. Officials are required to conform to all current Governor's Mandates while officiating a contest, as it pertains to social distancing and face coverings.

**When making recommendations for Spring Sports, I referenced the PA DOH website. Here is some info from the website.**

**From PA DOH Website:**

**Do I have to wear a mask both inside and outside?**

The Order requires individuals to wear a face covering when indoors, irrespective of physical distance. When outdoors, one must wear a face covering when with others who are not members of the person's household and unable to maintain sustained physical distance.

**Does the Order apply to athletes and sports activities?**

Yes. Everyone who participates in sport activities including coaches, athletes (including cheerleaders), and spectators must wear a face covering, such as a mask, unless they fall under an exception in Section 3 of the Order.

**Indoors:** Coaches, athletes (including cheerleaders), and spectators must wear face coverings, when indoors and where another person or persons who are not members of the individual's household are present in the same space, irrespective of physical distance. This includes while actively engaged in workouts, competition, and on the sidelines, etc.

**Outdoors:** Coaches, athletes (including cheerleaders), and spectators must wear face coverings if they cannot maintain sustained physical distance from persons outside of their household. This includes while actively engaged in workouts, competition, and on the sidelines, in the dugout, etc. If sustained six-foot distancing can be maintained, face coverings may be removed when outdoors.

If doing an outdoor solitary activity outside that is not likely to result in being within six feet of another person, you are not required to wear a face covering. Individuals should consider carrying a face covering in case they unexpectedly come within six feet of others for longer than 15 minutes.

**What type of mask complies with this Order?**

**The Order requires individuals to wear a "face covering." "Face covering" means covering of the nose and mouth with material that is secured to the head with ties, straps, or loops over the ears or is wrapped around the lower face.**