

# COVID-19 Requirements & Mandates



## Colorado High School Activities Association

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The following requirements are mandated for the implementation of all athletic activities, varsity and sub-varsity, during the 2020-2021 school year. These mandates are subject to change based on governmental, public, educational, and local health requirements. Individual sports may have stricter standards.

The athletic director, and/or their designee, is responsible for ensuring these requirements and mandates are implemented and adhered to within their school.

**Updated:** January 12, 2021

# Pre-Participation Preparation

## Exams/Physicals

- A current physical must be on file before participating. Physical Examination forms can be found on the [SMAC page](#) on CHSAANow.
- COVID-19-specific questions must be included in the physical screening to include:
  1. Have you tested positive for COVID-19?
  2. Have you had any known exposure to a COVID-19-positive individual in the past 14 days?
  3. Have you been tested for COVID-19?
  4. Have you had any new onset cough or shortness of breath?
  5. Have you experienced any recent fever (temp > than 100.3°)
- The most recent medical evidence recommends consideration of cardiac testing if a student-athlete has previously tested positive for COVID-19.

## Waiver of Liability

- All students and parents must sign a waiver of COVID-19 liability, which can be found [here](#) as part of the Competitor's Brochure.

## Disinfecting Equipment/Sanitization

- Wash your hands with soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available, before going to the court/field.
- When not actively playing, please adhere to all proper personal protective equipment (PPE) and facemask protocols.
- Clean and wipe down team equipment. Equipment must be disinfected before, during, and after each use during your practice/competition.
- Hand sanitizer must be made available throughout the facility for use before, during, and after workouts.
- No shared personal equipment, such as water bottles, hats, helmets, bags, gloves, towels, etc.

# Practice

## General information

- Participants, coaches, managers or other team personnel should stay home if they are sick or showing any symptoms of COVID-19.

## Daily Screenings

- If an individual (student, manager, coach) has a temperature above 100.3 F, or has a positive response to the Daily Symptom Tracker, that individual must be removed from the group and their parent or guardian notified.
- The Daily Symptom Tracker must be completed for all participants, managers and coaches.
- The completed [Daily Symptom Tracker](#) must be submitted by the coach to the Athletic Director after every practice/contest.

## Disinfecting Equipment/Sanitization

- Wash your hands with soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available, before going to the court/field.
- When not actively playing, please adhere to all proper personal protective equipment (PPE) and facemask protocols.
- Clean and wipe down team equipment. Equipment must be disinfected before, during, and after each use during your practice/competition.
- Hand sanitizer must be made available throughout the facility for use before, during, and after workouts.
- No shared personal equipment, such as water bottles, hats, helmets, bags, gloves, towels, etc.

## Masks

- Mask restrictions may vary and be stricter depending on the sport.
- All non-active participants (coaches, volunteers, and managers) must wear a mask throughout practice.

## Social Distancing

- Restrict your practices to essential personnel only (coaches, volunteers, and managers).
- Appropriate social distancing (minimum 6 feet) must be maintained on all areas used for practice. They must consciously stand at least six feet apart when not participating in a

drill or activity that requires closer contact, and should avoid confined areas such as locker rooms and dugouts if social distancing cannot occur.

- No handshakes, high-fives, fist bumps, or elbow bumps.
- Intentionally keep water bottles a minimum of 6 feet apart so that social distancing can occur during breaks.
- Consider spacing in cafeterias, classrooms, weight rooms, athletic training rooms/locker rooms, hallways, and other on-campus venues.
- Keep athletes together in small groups with dedicated coaches or staff, and make sure that each group of athletes and coach avoid mixing with other groups as much as possible.
- Stagger arrival and drop-off times.
- Use separate entrances and exits for participants, and essential persons.
- Require signage to communicate all COVID-19 safety requirements.

## **Scrimmages**

- No interscholastic scrimmages, or foundation games, shall be held during the 2020-2021 school year.

## Event/Competition

### General information

- Participants, coaches, managers or other team personnel should stay home if they are sick or showing any symptoms of COVID-19.

### Daily Screenings

- If an individual (student, manager, coach) has a temperature above 100.3 F, or has a positive response to the Daily Symptom Tracker, that individual must be removed from the group and their parent or guardian notified.
- The Daily Symptom Tracker must be completed for all participants, managers, coaches and officials.
- The completed Daily Symptom Tracker must be submitted by the coach to the Athletic Director after every contest.

### Disinfecting Equipment/Sanitization

- Wash your hands with soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available, before going to the court/field.
- When not actively playing, please adhere to all proper personal protective equipment (PPE) and facemask protocols.
- Clean and wipe down team equipment. Equipment must be disinfected before, during, and after each use during your practice/competition.
- Hand sanitizer must be made available throughout the facility for use before, during, and after workouts.
- No shared personal equipment, such as water bottles, hats, helmets, bags, gloves, towels, etc.

### Masks

- Mask restrictions may vary and be stricter depending on the sport.
- All non-active participants (coaches, volunteers, managers, essential workers, security, medical personnel, and non-working officials) must wear a mask throughout the event/competition.
- All spectators must wear masks.

### Social Distancing

- No handshakes before or after games/matches/meets. No high-fives, fist bumps, or elbow bumps.

- No postgame gathering of players, parents and fans.
- Limit spectators per state, county, and local health restrictions ([covid19.colorado.gov](https://covid19.colorado.gov)). Facilities may have a stricter standard.
- In all common areas, seating or standing must be spaced at least six feet apart.
- Student-athletes must practice social distancing while on the bench/sidelines, and should avoid confined areas such as locker rooms and dugouts if social distancing cannot occur.
- Stagger arrival and drop-off times.
- Use separate entrances and exits for participants, essential workers, officials, media, etc.
- At the conclusion of the event, all participants, coaches, spectators, and essential workers, must leave the facility immediately.
- Post signage provided by CHSAA about symptoms and transmission of COVID-19 around facilities.
- Use an electronic payment system instead of cash for tickets, concessions, merchandise, and payment of officials/essential workers.

## Scrimmages

- No interscholastic scrimmages, or foundation games, shall be held during the 2020-2021 school year.

## Transportation & Travel

- Transportation is a local school/district decision.
- Inter- and intrastate travel is a local school/district decision.
- Out-of-state competition is a local school/district decision.

## OFFICIALS

The following protocols must be communicated to the contest officials by the school's athletic director or game manager *prior to the contest*.

### General information

- Athletic directors and game managers should communicate to officials that they should stay home if they are sick or showing any symptoms of COVID-19.

### Athletic Director/Game Manager

- Call your contest officials at least 24 hours in advance with the specifics of the time and where to meet the game manager at the contest site. Verify the contest time and directions to the field or court. Share COVID-19 information per your mandates.
- Officials must be included on the Daily Symptom Tracker for that contest.
- If at all possible, contest officials are to come dressed to officiate. If an official can't come dressed, a clean and sanitized dressing room must be available for the contest officials.
- Although sanitizers should be provided at the site, encourage contest officials to bring their own personal protective equipment, including hand sanitizer, towels, water, gloves, and snacks.
- Schools should pay through electronic payment platforms (Arbiterpay). If not, let the official know you will mail the payment. Do not pay with cash or check onsite.

### Officials Pregame Conference

- For outdoor events, provide a private location for officials to conduct a pre-game conference to cover rules, mechanics, and game situations. The location should have at least 3-5 chairs for comfort. For indoor events or in the event of inclement weather during outdoor events, provide a similar private location that is clean and sanitized for officials to hold a pre-game conference.

### Disinfecting Equipment/Sanitization

- Contest officials are expected to practice good personal hygiene prior to arriving at the game site and before entering the court or field. If soap and water is not available to a contest official prior to entering a contest facility, then hand sanitizer will suffice.
- When not actively officiating, contest officials must adhere to all proper personal protective equipment (PPE) and facemask protocols and social distancing requirements.

- Contest officials must not share their personal equipment, such as towels, water, gloves, masks, whistles, etc.

## **Masks**

- Contest officials must wear a mask to and from the court or field and during any coach/official pregame meeting. The contest official must have his mask readily available to wear for extended conferences with the contest officiating table and coaches.
- Some sports may require its contest officials to wear a mask during the competition.
- It is recommended that an official use an electronic whistle to start and stop play.

## **Social Distancing**

- Contest officials are expected to socially distance (minimum of 6 feet) at the facility when not actively officiating the game. Active refers to the start of the contest to its conclusion.
- Contest officials must not be present at any pre or post informal gathering with players, parents or fans.

## **Waiver of Liability**

- All officials must sign a waiver of COVID-19 liability, which will be provided by the school.



## QUARANTINE & ISOLATION

### In the event of a positive test

- All schools must follow their local health department guidelines.
- Anyone who has been in close contact with someone who has COVID-19 must **quarantine**.
- Individuals/teams must quarantine following current state and local guidelines.
- <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

### What is determined as close contact?

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes
- They sneezed, coughed, or somehow got respiratory droplets on you.
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (touched, hugged, or kissed them)
- You shared eating or drinking utensils

### Duty to Report

- If a team member — including players, coaches, managers, essential workers, etc. — tests positive for COVID-19, it is required that the school report this case to their local health department and any teams/individuals affected. This includes upcoming opponents, as well as opponents in the previous 14 days.
- If a contest official tests positive for COVID-19, it is the official's responsibility to report this case to health officials and any teams/individuals affected.

### Isolation

- Individuals must follow their local health department guidelines.
- Additionally, individuals must isolate if they have symptoms of COVID-19 (cough, fever or chills, loss of smell or shortness of breath, fatigue or muscle aches, nausea or vomiting, diarrhea, headache, sore throat); OR
- If an individual is getting ill and think they might have COVID-19.
- Symptoms, especially early on, may be mild and feel like a common cold. Symptoms could include a combination of cough, body aches, fatigue, and chest tightness. Some people may not develop fever or fever may not appear until several days into the illness.

# RESOURCES

## CHSAA

- [COVID-19 updates](#)
- Spectator poster for posting at events (PDF)

## Colorado Department of Public Health & Environment

- [Testing for COVID-19](#)
- [COVID-19 homepage](#)
- [Mask Guidance](#)

## Centers for Disease Control and Prevention

- [COVID-19 homepage](#)
- <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
- [Symptoms poster for posting at events](#) (PDF)
- [Mask poster for posting at events](#) (PDF)