Return to Practice and Play

RIPCOA has adopted the following additions and changes to play requirements. These are in alignment with the Rhode Island Interscholastic League (RIIL) return to play safety guidelines. As we progress to each season, an update for that season's sports will be published. Changes and addendums will be made in accordance with state guidelines.

★ This document is meant as a guide for schools on how to return to play for middle school students.
★ While we all remain concerned about the dangers of COVID-19, RIPCOA believes it is essential to the physical and mental well-being of students that efforts be made to return to physical activity and athletic competition where that can occur in a reasonably safe environment.
★ The Guidelines outlined in this document are meant to decrease potential exposure of COVID-19 to a degree that competition can occur. As we continue to gain more information about the virus and receive continued feedback from the Governor’s Office, Department of Health, and Department of Education, these documents may be adjusted or even suspended to adapt to an ever-changing environment.
★ We believe that strictly adhering to school-based plans and the Governor’s School Sports Guidance should provide a reasonably safe environment for student-athletes to participate in interscholastic athletics as currently scheduled.
★ Participation in Middle School sports is voluntary for both the individuals and the schools.

Summary of Major Adjustments for ALL Seasons
Updated 4/20/21

Pre-participation Exams

● Prior to the season, athletes with pre-existing pulmonary issues should be medically cleared to participate in their sport while wearing an approved face covering

Daily Screening

● Coaches, staff, athletes, and officials should not attend games, practices, or any related sports activities while waiting for Covid-19 test results. This provision does not apply to coaches, staff, athletes, and officials who are ordered to be tested routinely.

● Individuals cannot participate in practices or games while awaiting a PCR test result for the following reasons:
  ○ Test due to Symptoms
  ○ Test due to RIDOH Close Contact

● Coaches, staff and athletes must notify the school administration when they have had a Covid-19 test and are awaiting results.
• Officials must notify their assignor when they have had a Covid-19 test and are awaiting results.

Return to Play (RTP) Procedures After COVID-19 Infection
• Athletes who have tested positive for COVID-19 must be cleared by their primary care physician or a medical professional prior to beginning the RTP Protocol below.
• Athletes must complete the progression below without development of shortness of breath, respiratory difficulty, chest pain, chest tightness, palpitations, lightheadedness, presyncope or syncope. If these symptoms develop, the athlete should be referred back to their evaluating physician.
  ○ The RTP Procedure should be overseen by a Licensed Medical Professional.

Guidelines for School Administrators
• COVID-19 Staff Designee: Schools should designate a certified and appointed individual to be responsible for responding to COVID-19 concerns for each team.
• All coaches, staff, and families should know who this person is and how to contact them.

Guidelines for Spectators - Effective March 22, 2021, member schools are allowed to follow State of Rhode Island school and youth sports guidance for indoor/outdoor athletic facilities as listed on the Reopening RI website and any school policy that may be more restrictive. Please also note that sporting venues/school athletic facilities may impose additional conditions or restrictions based upon the venue’s ability to comply with applicable executive orders and regulations.

Social Distancing and Personal Protective Equipment

Masks
• ALL athletes, coaches, officials, game supervisors are mandated to wear approved face coverings when in all spaces at all times. Athletes, Coaches, Officials, and Essential/Non-essential staff must wear masks at all times with no exceptions.
• Athletes and officials not engaged in active play may briefly remove their masks to receive hydration if proper social distancing is maintained.
• Masks must be worn in accordance with all CDC and RIDOH guidelines including but not limited to completely covering the nose and mouth. It is recommended that athletes bring multiple masks with them to each practice and competition to change if masks become wet or soiled. [https://health.ri.gov/covid/wearingmasks/](https://health.ri.gov/covid/wearingmasks/)
• Cloth face coverings with more than one layer are adequate (surgical or N95 masks, while also acceptable, are not necessary). The CDC website has complete references for mask specifications and maintenance. The face covering must cover both the nose and mouth and allow for continued unlabored breathing. Cloth masks should be of multiple layers. RIPCOA will NOT allow gaiters to be worn during games.

Social Distancing
• Social distancing in all venues must be encouraged at all times (6-foot minimum).
• Non-essential personnel must observe a 14-foot barrier from the outer-limit of play.
Limit staff to only essential personnel.

All schools must follow existing executive orders on gathering sizes.

When at practice or in competition, any unnecessary contact should be avoided such as handshakes, high fives, fist bumps, or elbow bumps.

Student athletes should consciously stand six feet apart when not participating in a drill or activity that requires closer contact.

When possible, athletes should not share gear and instead use their own personal equipment.

All equipment should be cleaned with a CDC recommended solution between each individual use. A list of approved disinfectants can be found here:

https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19

Hand sanitizer should be made available for use before, during, and after practices and games.

Each athlete should have his/her own personal defined hydration container that is never to be shared.

Recommendation is for frequent handwashing and avoidance of touching the face.

Pre-participation Exams

All athletes should have a current pre-participation physical on file

The most recent medical evidence recommends consideration of cardiac testing if a student athlete has previously tested positive for COVID-19. This should be discussed with the school physician on a case-by-case basis.

Prior to the season, athletes with pre-existing pulmonary issues should be medically cleared to participate in their sport while wearing an approved face covering.

Daily Screening

Student athletes, coaches, and staff must be screened daily with the CDC questionnaire provided

- Individuals answering “Yes” to any question must be immediately isolated and sent home.

- Coaches, staff, athletes, and officials should not attend games, practices, or any related sports activities while waiting for Covid-19 test results. This provision does not apply to coaches, staff, athletes, and officials who are ordered to be tested routinely.

- Individuals cannot participate in practices or games while awaiting a PCR test result for the following reasons:
  - Test due to Symptoms
  - Test due to RIDOH Close Contact

- Coaches, staff and athletes must notify the school administration when they have had a Covid-19 test and are awaiting results.

- Officials must notify their assignor or designated school official, when they have had a Covid-19 test and are awaiting results.

- In addition to a positive response on the daily screening tool a temperature greater than 100.4F would also disqualify an individual from participating.

- Remind athletes that if they feel sick before arrival, they should stay home.

- 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.

- Clean and disinfect frequently touched surfaces and equipment including balls. (Please use recommendations by the ball manufacturer)

Illness Protocol

- Should an individual athlete or adult become ill during any activity, responsible parties must adhere to the RIDE Outbreak Response Protocols. The parent or guardian should be notified right away.
If testing is positive, contact tracing will be initiated by RIDOH with the assistance of school administration.

Athletes are required to isolate from their team and cannot participate in practices or games while awaiting a PCR test result for the following reasons:

- Test due to Symptoms
- Test due to RIDOH or School District Close Contact

All individual athletes or adults are required to cooperate with all contact tracing and quarantine Guidelines from RIDOH.

After a positive test, athletes are required to complete the RIDE-RIDOH “After Illness Return Attestation Form” before returning to practice and beginning the return to play protocol.

Return to Play (RTP) Procedures After COVID-19 Infection

- Athletes who have tested positive for COVID-19 must be cleared by their primary care physician or a medical professional prior to beginning the RTP Protocol below.
- Athletes must complete the progression below without development of shortness of breath, respiratory difficulty, chest pain, chest tightness, palpitations, lightheadedness, presyncope or syncope. If these symptoms develop, the athlete should be referred back to their evaluating physician.

The 7-Day RTP Procedure below should be overseen by a Licensed Medical Professional.

Stage 1: (2 Days Minimum) Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training.

Stage 2: (1 Day Minimum) Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate.

Stage 3: (1 Day Minimum) Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.

Stage 4: (2 Days Minimum) Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate.

Stage 5: Return to full activity.

Guidelines For School Administrators:

- In accordance with the RIDOH guidance, responsible parties must ensure a distance of at least six (6) feet is maintained at all times among individuals not engaged in active play, whether indoor or outdoor. Coaches, trainers, game supervisors, and all other individuals who are not engaged in physical activity are required to wear a cloth face covering/mask. Also, any athletes or officials engaged in active play are required to wear cloth face coverings/masks, per Governor Raimondo’s Executive Order, effective Nov. 6, 2020. Athletes and officials not engaged in active play may briefly remove their masks to receive hydration if proper social distancing is maintained.

- Communicate guidelines in a clear and consistent manner to students and parents at the state-mandated Preseason Lecture as described in RI General Law Chapter 16-11.1-2.

- Recommend conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.

- Keep accurate records of those athletes and staff who attend each practice/game in case contact tracing is needed.

Teams and Programs:

- Individual school districts have the authority and autonomy to administer their district’s athletic programs as they deem appropriate.

- School districts may consider scheduling practices, games and competitions to accommodate bus transportation availability.
• Schools and teams who are unable to field a team due to quarantine or safety protocols are allowed to postpone any game necessary. The schools involved should attempt to reschedule the game once it is safe for both schools to do so. If a game cannot be rescheduled, said game will be deleted from the schedule and will not count towards either team’s W-L record.
• Schools should limit game day team/roster sizes for social distancing purposes.

**Guidelines when traveling to a competition**
• Schools should reference the current Busing and Student Transportation Guidelines.
• For contact tracing purposes, assigned seating charts are mandatory for teams utilizing a bus.
• Follow all policies and guidelines the host school has communicated.
• Bring your own hand sanitizer, medical supplies and emergency action plans.
• Have a plan in place if someone begins to show symptoms during an away competition.

**Guidelines when hosting a competition**
• Host schools will have an administrative contact (cell number and email address) for all events who is responsible for reviewing compliance with these guidelines.
Modifications and Guidelines for Baseball & Softball

In addition to complying with all guidelines and restrictions listed in pages 2-5 of this document, the subsequent sport-specific modifications must also be followed.

May 3 - June 18

General Considerations:
- Masks must be worn at all times
- Hand sanitizer and wipes must be available at the field.
- No one touches the score sheet except the scorer.
- Disinfect the bench/dugout and bases before and after each practice/game.
- Each ball must be sanitized before it is put into play.
- Equipment (helmets, bats, gloves, catches gear, etc.) should not be shared. All equipment must be sanitized between uses.
- Practices should be conducted outside whenever possible.
- No seeds, gum or spitting.

Guidelines for Student-Athletes:
- Each student is responsible for his/her own equipment.
- Student-athletes must wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Students must come dressed appropriately to compete in running events. Sweats or other non-essential equipment will not be allowed at the start line.

Guidelines for Coaches:
- **Roster Size:** 18 players maximum
- Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This means additional spacing between players while playing catch, changing drills so that players remain spaced out, and no congregating of players while waiting to bat.
- Conduct workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- No dugouts are to be used during practice. Players’ items should be lined up against a fence at least six feet apart.
- **Use of dugouts are permitted during games only.** Players should spread out as much as possible unless they are actively participating in the game. Additionally, bleachers can be placed directly behind the dugouts or down the foul line (NFHS rules) for additional seating for team personnel.
- **Essential personnel only** are permitted on the field of play. These are defined as players, coaches, trainers and umpires. All others, i.e., ball/bat boys, managers, statisticians, pitch count designees, etc., are considered non-essential personnel and are not to be in the dugout or extended dugout area.
- Coaches must maintain social distance (6 feet) when interacting with an umpire or any other individual on the field. Substitutions and a general rules interpretation conversation can occur at any distance.
- Pre-game meeting: One coach from each team and umpires shall meet at home plate.
- Teams shall not exchange handshakes.

Guidelines for Officials:
- Don’t share equipment. Clean equipment after each game.
- Follow social distancing guidelines. Consider six feet minimum distance when talking to others (players, coaches, other umpires) at plate meeting.
GENERAL CONSIDERATIONS:
● In accordance with RIIL and RIDOH guidance, responsible parties must ensure a distance of at least six (6) feet is maintained at all times among individuals.
● Masks must be worn at all times.
● Athletes and officials not engaged in active play may briefly remove their masks to receive hydration if proper social distancing is maintained.
● Consider spraying tennis balls briefly with a disinfectant spray (e.g., Lysol or Clorox) at the conclusion of play. Using new balls on a regular basis is encouraged.
● Use alcohol-based disinfectant to clean all tennis gear, including racquets, towels, target cones, ball machines, etc.
● Consider using a ball machine for giving lessons. Using ball tubes and basket pickups to pick up loose balls after a ball machine rotation also limits contact.
● Avoid using unnecessary equipment such as throw-down lines.

TEAM AREAS:
● Make sure team personnel always observe social distancing of 6 ft.

DURING MATCHES:
● Between points, use your racquet or foot to advance the tennis balls back to your opponent. Also, avoid using your hands when returning balls to another court.
● Maintain physical distancing if changing ends of the court.
● If using mounted scorecards, the host school must disinfect before and after every match and only the home team should be operating the cards.
● Avoid touching your face after handling a ball, racquet or other equipment.
● Wash your hands promptly if you have touched your eyes, nose or mouth.
● When playing doubles, coordinate with your partner to maintain physical distancing, where possible.
● Wash your hands thoroughly or use a hand sanitizer before, during (between sets), and after play.
● Clean and wipe down your equipment, including racquets and water bottles. Use new balls and a new grip, if possible.
● Use only your own towels and water bottles. Avoid sharing food and touching common surfaces such as court gates, fences, benches, etc.

TENNIS BALLS:
● Four new tennis balls should be used during every match with each team using a separate set of two tennis balls.
● Here are extra precautions you can take to keep safe when playing tennis, if feasible:
  ○ Each team provides tennis balls for use exclusively by their team for every match
  ○ Open new cans of tennis balls that do not share the same number on the ball.
  ○ Proceed with play, making sure to pick up your set of numbered balls only. Should a ball with the other number wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball to the other side of the court.
CONSIDERATIONS FOR COACHES:
- Roster Size: 10 players maximum
- Communicate your guidelines in a clear manner to students and parents.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

CONSIDERATIONS FOR STUDENTS:
- Students are responsible for their own supplies
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Bring your own water bottle.
Modifications and Guidelines for Outdoor Track & Field

May 3 - June 18

Event Modifications:

- All field events will enforce social distancing for all athletes and officials, especially those not actively competing.
  - When possible in field events, all athletes from a school should be placed into the same flight during the preliminary rounds.
- To limit contact: athletes/schools will provide their own implements and should retrieve their own implements after all throws when instructed by an official. Athlete’s personal throwing equipment will not be available for use by any other competitor and should be sanitized between each use.
- The facility will set a measuring tape for Long Jump. The measuring tape will stay on the runway throughout the competition and cannot be touched by the athletes.
- HJ and Pole vault mats must be disinfected in between athletes.
- Blocks should be disinfected after each heat/race if possible.
- For relays and pole vault, schools will bring their own batons/vaulting poles when possible. Sanitize the equipment and athletes’ hands immediately after the race.

Guidelines for Student-Athletes:

- Each student is responsible for his/her own equipment.
- Students-athletes must wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Students must come dressed appropriately to compete in running events. Sweats or other nonessential equipment will not be allowed at the start line.

Guidelines for Coaches:

- **Roster Size: 25 athletes per team**
- Conduct workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Coaches will be allowed to assist their athletes in setting marks in the following events LJ, HJ, TJ and Pole Vault. Coaches must leave the area once competition begins.
- Prior to each meet, communicate with host facility and school to ensure compliance with all state facility capacity requirements.

Guidelines for Officials:

- Social distancing practices should be observed by officials and timers.
- Electronic whistles will be allowed if needed in an event.
In addition to complying with all guidelines and restrictions listed in this document, the subsequent sport-specific modifications must also be followed. All visiting players should report to the game already dressed for play. **Locker rooms should not be used.**

### Rule Modifications
- All players, coaches and game personnel, both on the field and on the sidelines, must have a mask on and be following social distancing guidelines before, during and after games.
- A mask and water break, taken in the bench areas and with social distancing, will be scheduled at approximately the (20) minute mark of each half and will be of (5) minutes in duration. The officials will facilitate the start, timing and conclusion of the break during a dead-ball situation.
- Halftime will be (5) minutes in duration allowing players to socially distance for water and mask breaks, before regrouping as a team for the coach’s instructions.

### Game Balls
- The home team is required to provide a minimum of 3 game balls.
- Balls should be exchanged with a disinfected ball during throw-ins whenever possible.
- The visiting team is responsible for providing their own soccer balls for warmups.

### Substitution Procedures
- Players should use hand sanitizer when entering or exiting the field at any time (i.e. before game, during substitutions, between halves, after game)

### Roster and Participation Limits
- A maximum of (18) student-athletes and (2) coaches are permitted on a team's game-roster. A maximum of (21) individuals (players, coaches, scorer) are permitted within the bench area per team; however, teams are highly encouraged to further limit roster size in order to encourage social distancing.

### Team Benches/Sidelines
- The home team/host school is responsible for providing socially distanced sideline areas.
- The host school should set up designated areas for students from each team to take mask breaks when coming off the field.
- The host school must follow CDC and RIDOH protocols to clean/disinfect the sideline area between games.

### Scorer’s Table
- Limit to essential personnel, including home team scorer and timer(s), with a recommended distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternate location.
- Home team/host school should provide hand sanitizer for each team at the scorer’s table/area.

### Post-Game Protocol
- No post-game handshakes.
Guidelines for Soccer Officials

- Electronic whistles are required.
- The primary responsibility for mask compliance lies with the head coach, and coaches should address instances of non-compliance with their players at all times. However, officials do have the authority to enforce all face covering regulations for athletes and coaches within the competition area.
- If a player is in violation of the mandatory mask rule, the official has the authority to send the player off the field. *See “Penalty for mask violation” below.

Penalty for mask violation

- Coaches must wear a face covering at all times.
- Offenses have to be consecutive, not concurrent
  - First offense - any player/coach: Verbal warning issued to the individual at the discretion of the official.
  - Second offense – any player/coach: An offending athlete is removed from the field. An offending coach receives a second verbal warning.
  - Third offense - any player/coach: An offending athlete is removed from the field, and a yellow card is issued. An offending coach is issued a yellow card.
  - Fourth offense - any player/coach: An offending athlete is removed from the field and a red card is issued. An offending coach is issued a red card.
- Officials should address broken/damaged masks when the play advantage has subsided (similar to how injuries are handled).

Guidelines for Coaches

- The primary responsibility for mask compliance lies with the head coach, and coaches should address instances of non-compliance with their players at all times.
- Coaches and all team personnel must wear a face covering at all times.
- Soccer balls and other instructional equipment used for warm-ups/practices must be cleaned before storing for the next game/practice.
- Coaches must maintain proper social distance when holding any pre-game, half-time, timeout and post-game meetings.
- Coaches should implement a process to conduct timeouts abiding by all social distancing guidelines.
In addition to complying with all guidelines and restrictions listed in this document, the subsequent sport-specific modifications must also be followed. All visiting players should report to the game already dressed for play. **Locker rooms should not be used.**

**Rule Modifications**
- Masks must be worn at all times throughout the meet.
- Starting line...The starting line will consist of a straight line across with perpendicular lines to section off the teams. Each team will start in their sector.
- Finish line...no modifications other than to maintain social distances as best possible.

**Roster and Participation Limits**
- A maximum of (32) athletes, 16 girls and 16 boys, per school will be **allowed to participate in an event.**

**Team Benches/Sidelines**
- The host school is responsible for providing socially distanced areas for each team, with minimally (14’) of open space between each team area.
- The host school should set up designated areas for students from each team to take mask breaks when coming out of the shoot.

**Guidelines for Coaches**
- The primary responsibility for mask compliance lies with the head coach, and coaches should address instances of non-compliance with their athletes at all times.
- Coaches, athletes and all team personnel must wear a face covering at all times.
Modifications and Guidelines for Basketball

In addition to complying with all guidelines and restrictions listed in this document, the subsequent sport-specific modifications must also be followed. All visiting players should report to the game already dressed for play. **Locker rooms should not be used.**

**Rule Modifications**
- Four 8-minute quarters
- Three full timeouts and two 30-second timeouts per game and may be used at any time
- The length of full timeouts will be increased to 1:15 to provide extra time for sanitizing and appropriate social distancing.
- Teams are required to run their timeout meetings following socially distanced protocols.
- Halftime will be reduced to 5 minutes and locker rooms should not be used
- The length of time between quarters will be 2:00.
- No fifth quarter will be played

**Game Balls**
- The home team is required to provide a minimum of 2 game balls.
- The game ball will be changed at the end of each quarter.
- Basketball will be wiped with disinfectant during each time out and at the end of each period. A disinfected game ball will be used to start each quarter and overtime.
- The visiting team is responsible for providing their own basketballs for warmups.

**Substitution Procedures**
- One player reports to the scorer’s table when a team intends to substitute. Multiple substitutions can be made. When the horn sounds, players must enter from the center of the scorer’s table (marked with an X).
- Players should use hand sanitizer when entering or exiting the court at any time (i.e. before game, during substitutions, between quarters, after game)

**Roster and Participation Limits**
- A maximum of 16 individuals including players, coaches, scorer, and essential personnel is allowed on the bench; however, teams are highly encouraged to limit roster size to encourage social distancing.

**Team Benches**
- The home team/host school is responsible for providing socially distanced bench areas.
- It is strongly recommended that bleachers (where available) be utilized as team benches.
- Additional chairs or rows may be added when possible to allow bench personnel and players to observe social distancing of 6 feet or greater.
- Players and coaches are required to be assigned a specific seat on the bench for the duration of the contest where feasible. In instances where assigned seating is not possible, the person exiting the court is required to disinfect the seat.
- All non-uniformed team members who are not essential to game management shall be seated in the bleachers or general seating area and socially distanced from other groups.
- The host school should set up designated areas for students from each team to take mask breaks when coming off the court.
- The host school must follow CDC and RIDOH protocols to clean/disinfect the bench area between games.
Scorer’s Table
● Limit to essential personnel, including home team scorer and timer(s), with a recommended distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternate location.
● Home team/host school should provide hand sanitizer for each team at the scorer’s table.

Starting Lineups/National Anthem
● There should be no starting lineups announced.
● If the National Anthem is played, all players, coaches and officials must maintain proper social distancing.

Post-Game Protocol
● No post-game handshakes.

Guidelines for Basketball Officials
● Electronic whistles are required.
● The primary responsibility for mask compliance lies with the head coach, and coaches should address instances of non-compliance with their players at all times. However, officials do have the authority to enforce all face covering regulations for athletes and coaches within the competition area.
● If a player is in violation of the mandatory mask rule, the official has the authority to send the player off the court.

Penalty for mask violation
● Coaches must wear a face covering at all times.
● Offenses have to be consecutive, not concurrent
  ○ First offense - any player(s): Warning issued to the Athlete at the discretion of the official.
  ○ Second offense – any player(s): Athlete is removed from the court and verbal warning to the head coach
  ○ Third offense - any player(s): Athlete is removed from the court, final verbal warning and a technical foul is assessed to the head coach.
  ○ Fourth offense - any player(s): Athlete is removed from the court and a second technical foul is assessed to the head coach, resulting in the head coach’s ejection from game
● Officials should address broken/damaged masks when the play advantage has subsided (similar to how injuries are handled).

Guidelines for Coaches
● The primary responsibility for mask compliance lies with the head coach, and coaches should address instances of non-compliance with their players at all times.
● Coaches and all team personnel must wear a face covering at all times.
● Basketballs and other instructional equipment used for warm-ups/practices must be cleaned before storing for the next game/practice.
● Coaches must maintain proper social distance when holding any pre-game, half-time, timeout and post-game meetings.
● Coaches should implement a process to conduct timeouts abiding by all social distancing guidelines.