



LHSAA GENERAL GUIDELINES FOR FALL SPORT COMPETITIONS

MEMORANDUM

To: LHSAA Member School Principals, Athletic Directors, Parish Athletic Directors, Superintendents, LHSAA Officials and Cross Country, Football, Swimming and Volleyball Head Coaches

From: LHSAA Executive Director/ Eddie Bonine

Subject: Fall Sport Competition Guidelines

Date: September 17, 2020

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Dear LHSAA Administrators and Coaches,

As the Louisiana High School Athletic Association (LHSAA) continues to adapt and move forward with fall sports for the 2020-2021 school year. Below are the guidelines pertaining to COVID-19 that were made with support from the NFHS, the Sports Medicine Advisory Committee (SMAC), Board of Elementary and Secondary Education (BESE) and local health officials. These updated regulations and guidelines are effective immediately for the sports of Cross Country, Football, Swimming and Volleyball.

The LHSAA acknowledges that no plan can guarantee that an individual will not contract COVID-19. The recommendations in this plan are designed to mitigate the spread of the virus. The LHSAA fully intends to support its member schools and the student-athletes who desire to compete in interscholastic athletics and will continue to assess all areas as more information becomes available. These are minimal guidelines that are subject to modification. Any updates, changes or new information will be disseminated by the LHSAA to all member schools as soon as available. Regulations, guidelines and circumstances can vary from one member school to the next. The goal from everyone is to provide a safe environment for student-athletes, coaches, athletic directors, athletic trainers, game officials and spectators. The LHSAA recommends that schools work with local health officials if further guidance is desired. If you have questions, please contact your school administrators as they will have the latest information pertaining to your school and/or parish, our student athletes, communities and state. Again, please understand that these are minimal guidelines, and each member school and corresponding school system are free to adopt additional guidelines for the health and safety of student-athletes, students, coaches, faculty and others expected to attend contests.



GENERAL GUIDELINES

REQUIRED EDUCATION:

NFHS COVID-19 for Coaches and Administrators Course (free) – All coaches and administrators must complete the free online NFHS course “covid-19” prior to the first competition. Certificate of completion should be kept on file at the school. <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>

ACT 9 (Liability for COVID-19) -<https://legis.la.gov/legis/ViewDocument.aspx?d=1185639>

BESE Minimum Standards -

[https://go.boarddocs.com/la/bese/Board.nsf/files/BRDTN7782333/\\$file/B741NP.pdf](https://go.boarddocs.com/la/bese/Board.nsf/files/BRDTN7782333/$file/B741NP.pdf).

General Competition Guidelines for ALL Sports:

1. Screening process for athletes, coaches, game personnel:

- i. Questionnaire written or electronic form prior to competition or prior to getting on the bus for travel. In the past 7 days have you had:
 - a. Fever
 - b. Cough
 - c. Shortness of breath
 - d. Difficulty breathing
 - e. Fatigue
 - f. Loss of taste or smell
 - g. Sore throat
 - h. Nausea, vomiting, diarrhea
 - i. Rash
- ii. Temperature Check
 - a. Anyone with a temperature of 100.4 or greater will not be permitted to enter the venue.
- iii. COVID-19 Athlete/Coach Monitoring Form:
https://cdn.lhsaa.org/uploads/forms/pdf/COVID_19_Form.pdf

2. Fans/Spectators:

- i. If permitted, fan attendance must comply with state and local guidelines on occupancy. Occupancy guidelines include designated fan seating areas, all subject to social distancing requirements. Occupancy guidelines and limitations do not include players, coaches, officials, trainers, and medical personnel on the sidelines, field, court or other designated participant or team areas.
- ii. Face coverings and social distancing must be maintained during the entirety of the competition.
- iii. Concessions are discouraged. However, to the extent concessions are allowed, they should be coordinated in a manner to allow for social distancing and sanitation standards to the greatest extent possible.
- iv. Restroom facilities should be cleaned and sanitized prior to the start of the game and periodically during the event.
- v. If attendance restrictions are in place, proportionate access to tickets should be granted to the visiting team’s fans.



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3. Face Coverings:

- i. Face coverings must be worn by coaches, medical staff, game personnel and players on the sideline at all times.
- ii. Players and Officials that are actively participating in competition are allowed to remove their face covering during play.
- iii. Active players should apply their face covering during timeouts **(if possible)** and when entering the sideline.
- iv. For athletics in the State of Louisiana, neck gaiters on coaches, staff, and non-participating student-athletes will be permissible if made of 2-ply tight weave cotton or if there is a section of 2-ply tight weave cotton sewn into the area that would cover the nose and mouth. For a neck gaiter to be worn in high school athletics in Louisiana, a school official would have to assure that they are made of appropriate material fully covering the nose and mouth.
- v. Face coverings will follow uniform guidelines already in place, ~~they should be solid in color and all alike, and not contain any images or logos.~~

4. Cheer, Dance and Band:

- i. Cheer teams should maintain adequate distancing from the team bench to allow for adequate distancing between groups.
- ii. Pre-game banners or other congregations should be discouraged.
- iii. Bands should maintain distancing from fans, cheer groups, and players.
- iv. Bands must wait until the teams exit the playing area before they can enter for halftime performances.
- v. Cheer, Dance and Band must enter and exit the field through end zones and not through player benches.
- vi. All cheer, dance, and band groups are required to wear a face covering at all times except while performing on the field or court.
- vii. Cheer, Dance and Band members are included in the state/local occupancy number of the venue. They are not included in the LHSAA designated areas. *Exception:* Cheerleaders and Dance Teams located between the spectator area and the “sidelines” allowing for the 6’ social distancing between them and the coaching and player designated area as well as the spectator areas.

5. **Media:** Media personnel must be screened and maintain adequate distancing from the team bench area.

6. PA Announcements/Posted Signs:

- i. If available, PA announcements should remind attendees to follow best practice guidelines for the prevention of COVID-19 transmission. **Example: We are excited to begin competitive team activities. Please do your part to help us finish the season. Wear your mask, practice social distancing and wash your hands frequently.**

Guidelines for Symptomatic individuals with presumed or confirmed Covid-19:

- 1) **Presumed Infection:** Isolate individual with suspected infection; if in the athletic facility, provide a mask, isolate, and refer to a medical professional for evaluation and management.
- 2) **Pre-competition patient under investigation (PUI):** For cases that arise after pre-competition testing but before competition begins, the athlete needs to be promptly isolated and contact traced to quarantine close contacts prior to competition.



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- 3) **In-competition PUI:** For cases that arise during competition, the athlete needs to be promptly isolated and contact traced to quarantine close contacts, and that information should be shared with the current opponent and officials to aide in decisions about how to proceed with that competition.
- 4) **Post-competition PUI or confirmed case:** For cases that arise after competition is completed, the athlete needs to be promptly isolated and contact traced to quarantine close contacts. If found to be COVID positive or having symptoms related thereto during the forty-eight (48) hour period following conclusion of the contest, information should be shared with the previous opponent(s) and the Regional Coordinator of Officials; if applicable, to facilitate contact tracing at the opponent's institution.
 - i) Symptomatic individuals with suspected or confirmed COVID-19: o *Symptom-based strategy.* Exclude from participation until: ▪ At least 1 day (24 hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications and improvement in symptoms (e.g., cough, shortness of breath); AND, at least 10 days have passed *since symptoms first appeared.*
 - ii) A Return to participation assessment and cardiac workup based on current recommendations must be completed before clearance by Team Physician to a graduated return to play.
 - iii) Individuals with laboratory-confirmed COVID-19 who have not had any symptoms: o *Time-based strategy.* Exclude from participation until: ▪ 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test. If they develop symptoms, then the *symptom-based strategy* should be used. Note, because symptoms cannot be used to gauge where these individuals are in the course of their illness, it is possible that the duration of viral shedding could be longer or shorter than 10 days after their first positive test.
- 5) **Individuals considered close contacts through contact tracing.**
 - i) Close contacts (less than six feet for more than 15 minutes regardless of mask use, or direct face to face physical contact) will be required to quarantine. Before returning to participation with the team, individuals must quarantine for 14 days per CDC guidelines.
 - ii) Return to play after a close contact to a known positive: Allowable if no symptoms develop while quarantined and has quarantined for the recommended 14-day time. Institutions may consider testing contacts during quarantine if the local testing supply is adequate, however this does not shorten or remove the need for 14-day quarantine period.
- 6) Any individual who screens positive for COVID-19 will not be allowed to participate and will be immediately removed from the competition venue. A student-athlete, coach or other essential game personnel is urged to seek medical attention.
- 7) The LHSAA understands that there are student-athletes that have underlying conditions that could significantly increase their risk of contracting and transmitting virus. All student-athletes and their families should discuss their medical conditions with their family healthcare providers.

Student Code of Conduct: To the extent the following section is adopted by your school system or local governing authority and in order to provide the safest of contest environments, all students must understand and agree to comply with the following health and safety requirements when on campus. First and foremost:

- 1) DO NOT COME TO CAMPUS IF YOU ARE SICK OR IF YOU HAVE ANY SIGNS OR SYMPTOMS OF ILLNESS INCLUDING FEVER, COUGH, OR SHORTNESS OF BREATH. REPORT ANY CONFIRMED CASE OF COVID-19 TO THE SCHOOL. If you are not sick, and do not have any symptoms of illness, by returning to the campus you agree to abide by the following policies and procedures:



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- 2) Symptom Monitoring: All students returning to campus for an athletic contest may have their temperature checked, as well as being asked to answer symptom screening questions. A person exhibiting a temperature within the normal range and does not have a history of symptoms will be allowed to enter campus facilities.
- 3) Personal Protective Equipment: students are required to wear protective face coverings while on campus to the extent necessary to maintain social distancing requirements. Anyone using a personal, reusable mask should follow CDC guidelines for maintaining and sanitizing a reusable mask.
- 4) Personal Hygiene: In addition to wearing personal protective equipment, all students are to follow CDC guidelines of frequent hand washing using soap and water for at least 20 seconds or the use of hand sanitizer containing at least 60% alcohol when hand washing is not feasible. Also, avoid touching your eyes, nose, and mouth.
- 5) Social Distancing: Students will adhere to social distancing guidelines set forth by the CDC.
- 6) Avoid Gathering: students should avoid social gatherings on and off campus. Parties and other social gatherings should be avoided to prevent the transmission of COVID 19.
- 7) Sanitizing/Disinfecting: All school facilities and venues will be cleaned between uses. All campus facilities will be cleaned at the end of each day. Students and faculty will utilize single-use/disposable equipment whenever possible and dispose of said equipment immediately after use. Any student who is experiencing symptoms of illness, should report to a school representative.



CROSS COUNTRY

Recommended COVID-19 guidelines to implement 2020 Cross Country events:

1. **Minimize total attendance:**
 - i. ~~Non-LHSAA/NFHS member schools and club teams SHALL NOT participate. Exclude any non-LHSAA member schools' race divisions.~~
 - ii. ~~Staggered start times.~~
 - iii. Only 2 spectators per competing athlete or depending on the site, no spectators.
2. **Wave/Interval Options During Phase 3 (scoring by time) Starting Options:**
 - i. ~~Individual Time Trial (ITT) Racing: Athletes enter course one at a time separated by 15-30 second intervals (depending upon host site and timing capabilities).~~
 - ii. ~~Team Time Trial Racing: Teams enter course one at a time separated by 30-60 second intervals (depending upon host site and timing capabilities).~~
 - iii. Up to 50 athletes on starting line (Phase 3): Options could include: top 50 athletes by time, or each team's fastest athlete (up to 50).
 - iv. Over 50 athletes on starting line limited to 7 per school (Phase 3): For starts or wave starts over 50, each athlete SHALL wear a mask until physical distance has been established. Packs of 10 runners or less, after the start of the race, are considered distant and may remove their masks. Waves or race divisions starting in masks may line up with less than 6ft between schools.
3. **Create staging areas** where physical distancing is possible in order to facilitate the wave starts, if necessary. Only competing athletes should be in the "staging area." Staging areas open to athletes 5 minutes prior to their scheduled start time. The maximum number of athletes permitted into a staging area will be determined by its size and number of athletes permitted in each wave or race division. ~~In an ITT or TTT, each athlete or team should have a specific start time. If they are scheduled to enter the course at 9:10 a.m., they would be permitted inside the staging area at 9:05 a.m.~~ Facilitators will need to move each group or individual to the starting line from the staging area in order to start the race on time.
4. **Athletes and spectators must wear masks upon arrival to the facility to extent social distancing requirements cannot be maintained.**
5. **All spectators and athletes in attendance MUST wear masks when physical distancing requirements cannot be maintained.**
6. **Spectators and coaches must wear masks when lining the course to cheer on runners.** This is the safest way for cheering spectators to be allowed at meets. There is always the option of not allowing any spectators. If health conditions prevent anyone from wearing a mask, they should avoid the meets in order to help prevent the spread of the virus.
7. **Athletes are asked to leave the facility and/or physical distance** (with only members of their team) post-run. The goal is to reduce crowd size and group gatherings at every point of the day. Athletes should be encouraged to leave the facility grounds within 30 minutes post-run.
8. **Carry in/Carry out** rules apply for food and drinks. Athletes, coaches, spectators, and volunteers are encouraged to bring their own water bottles. Concessions are discouraged. However, to the extent concessions are allowed by the host site, they should be coordinated in a manner to allow for social distancing and sanitization standards to the greatest extent possible. Host sites should consider using food trucks that can adhere to CDC and state guidelines for food service as an alternate option.



CROSS COUNTRY

9. **To reduce gathering sizes, facilities/meets can adhere to the following around the course:**
 - i. Runners enter the staging area or course only when it is their turn to approach the starting line to reduce the maximum number of runners on the course at any one time. This also prevents starting lines with large numbers of individuals in close proximity.
 - ii. If athletes are allowed 2 spectators, they will be permitted along the course at any one time. Spectators are asked not to aggregate along the course until 10 minutes prior to their athletes start time. Upon athletes finishing the race, associated spectators should immediately return to their cars.
 - iii. Each athlete can be given 30 minutes to cool down and return to their car before being asked to leave the facility.
 - iv. Athletes should warm-up and cool-down away from the cross country course to maximize physical distancing efforts and minimize group sizes.
 - v. Minimum of 30 minutes between races/divisions to allow for turnover of athletes, spectators, and volunteers. Each division can be run in waves/intervals until that division's athletes are done. 30 minutes from the last wave, the next division can start.
10. **Start line and finish line in different locations.**
11. **All individuals present on race day should avoid shaking hands, fist bumps, or high fives before, during, or after competition.**
12. **No Awards ceremonies** - awards may be presented after each race/division provided they can be completed before the next race/division has started and physical distancing requirements can be met. ~~can be sent to participating schools post meet.~~
13. **Separate entrance and exits** should be identified, if possible, to minimize cross traffic.
14. **LHSAA COVID Monitoring form** - each participating school SHALL complete the LHSAA coach/athlete COVID-19 monitoring form. Before each competition and present to host school upon arrival or packet pickup.
https://cdn.lhsaa.org/uploads/forms/pdf/COVID_19_Form.pdf
15. **Reporting requirements if an athlete or spectator falls ill** - individuals or representative of said individual (coach, parent, guardian, etc.) will make the Meet Director aware of any positive COVID-19 diagnosis in the or symptoms related thereto occurring during the forty-eight (48) hours following the conclusion of any event. Contact information will be part of the athlete or team registration process. Those individuals who would have been in the "staging area" with the COVID-19 positive athlete will be notified of the positive test result.
16. **NFHS Covid-19 Course:** All head coaches will be required to complete the FREE course offered by the NFHS on Covid-19. This course must be completed by September 1st and the certificate of completion must be kept on file along with other LHSAA compliance forms for review. The link is here: <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>.



FOOTBALL

Recommended COVID-19 guidelines to implement 2020 Football events:

This document is not an exhaustive list, but it provides recommendations from the LHSAA to member schools concerning football and may be updated before and during the 2020 fall season. It is vital that administrators, athletic directors and head coaches are familiar with the information in this document and purposeful in its application. Due to possible changes in the foreseeable future all the below is subject to change.

1. SOCIAL DISTANCING

- i. Coaches are responsible for ensuring that social distancing is maintained between players as best/much as possible.
- ii. Players maintain proper social distancing of at least 6 feet apart when receiving coaching instruction.

2. SCRIMMAGES / JAMBOREES

- i. For the 2020 football season, jamborees, 7-on-7 practices/tournaments, or other types of practices between teams will not take place.
- ii. Scrimmages will be allowed between two interscholastic teams only. Scrimmages shall be played September 24 – September 26, 2020. Sub-varsity scrimmages are allowed to be contested during these dates.

3. SUB-VARSITY GAMES – Junior Varsity and Freshman football games will follow the same protocols as Varsity games. A JV/Freshman game will not be contested prior to the beginning date of October 1, 2020.

4. GAME PROTOCOL

- i. Coin Toss/Pre-Game/Halftime/Post-Game Meetings:
 - a. Should take place with social distancing and face coverings.
 - b. Social distancing of 6 feet must be maintained during the pre-game conference and coin toss.
 - c. Reduce personnel in coaches' conference to Referee, Umpire, and 1 representative from each team.
 - d. Maintain social distancing while performing all pre-game responsibilities with officiating crew members, game administration staff, chain crew and clock operators.
 - e. Consider retreating to the end zone for halftime meetings to allow for social distancing.
 - f. Handshakes, hugs, etc. should not take place.
- ii. Team Benches/Sideline:
 - a. Social distancing should be maintained for team bench personnel.
 - b. Face coverings must be worn by coaches, medical staff, game personnel, managers, statisticians, chain crews, ball boys and athletes on the sideline.
 - c. Team Box will be extended to the 15 yard lines to allow for social distancing.
 - d. Players and coaches are encouraged to provide their own water and water bottles.
 - e. Single use cups should be used when available over squeeze bottles.
 - f. Helmet shields can substitute for face coverings on the sideline.
- iii. Roster Size: Depending on team size, it is recommended that roster limits be implemented to improve social distancing. This assists in the number of individuals in the team box on the sidelines.
- iv. Press Box:
 - a. Press Box shall be sanitized prior to game.
 - b. Should be limited to official personnel only to allow for social distancing.
 - c. Masks are required.
 - d. Roles of personnel should be evaluated; work that can be performed away from the press box should be relocated.



FOOTBALL

- v. Timeouts:
 - a. Heat and Humidity timeouts shall be implemented during the month of October 2020.
 - b. The break between the 1st and 2nd quarter and the 3rd and 4th quarter shall be two minutes in length.
 - c. Maintain social distancing from the team bench area during timeouts.
- vi. Dressing Facilities:
 - a. To the extent possible, the home institution is responsible for providing rest room facilities that are separate from fan use.
 - b. If available, dressing facilities for game officials and teams should be large enough to allow for social distancing and should be cleaned and sanitized prior to use. If no adequate space is available, consider rotating use to an appropriate number of individuals.
 - c. If adequate dressing room facilities are not available teams should consider traveling dressed.
- vii. Sideline Protocol for Essential Personnel: Only essential personnel are permitted on the field of play. The field of play is defined as the area within the boundary lines and the goal lines. Essential personnel are defined as players, coaches, athletic trainers, officials, and the chain crew. *Note:* We understand that “other” personnel are important to the administration of a football contest. Those personnel are considered to be ball boys, student managers and trainers, and statisticians. All are expected to be on the sideline, maintaining social distance of 6 feet apart, and not entering the playing field. Please remember that LHSAA Handbook Bylaw 6.27, “Contest Management” states, “A school shall be prohibited from allowing non-essential and unauthorized personnel on its sideline and/or its team bench area during any LHSAA contest at any level of play” and must be enforced by school administration. Because of the extension of sidelines from the 15 yard line to the 15 yard line, we ask that school administration severely restricts the use of the area from the 15 yard line to goal line on both ends for the proper game administration by officials, contest limits for players and coaches, and chain crew/ball boys. Your help is greatly needed and appreciated in this to help ensure social distancing. **PLEASE** assist in adhering to By-law 6.27.
- viii. Sanitizing: The wide availability of hand sanitizer should be accessible to all personnel. Hand sanitizing should be used as much as possible. The NFHS and LHSAA Sports Medicine Advisory Committee (SMAC) recommends using hand sanitizer when going on and off the field. Players are encouraged to provide their own hand sanitizer and/or disinfecting wipes.
- ix. Mouthpieces: Athletes should refrain from removing mouth guards while on the playing field.
- x. Game Balls/Ball Boys: Balls should be cleaned and sanitized throughout the contest using sanitizing solutions recommended by the ball manufacturer. It is recommended that each team provide at least two reliable and knowledgeable ball boys for each contest. The ball boys must maintain the appropriate social distance of 6 feet throughout the contest.
- xi. Post-Game Team Meetings: Game administrators should keep all fans and others from congregating/not engaging with players, coaches, and team personnel in post-game team activity.
- xii. Facility Sanitizing: Follow all CDC and public health guidelines regarding facility sanitization.
- xiii. Other Considerations: Coaches must assist to facilitate in the reduction of handshakes, high fives and fist bumps.
- xiv. Officials:
 - a. Officials are not responsible for monitoring activities on the sideline such as social distancing, hand washing/sanitizing, symptoms of illness, handshakes, or other covid-19 mitigation practices. These responsibilities fall on the team coaches and school administrators.
 - b. Officials should provide their own water, sports drink, etc.



FOOTBALL

5. GENERAL FOOTBALL CONSIDERATIONS

- i. Online Football Rules Clinic: The annual rules clinic has been shifted to an online platform. The clinic will open on September 18th and closes on October 4th. All head coaches are required to complete the rules clinic prior to the deadline on October 4th. Coaches who fail to complete the rules clinic by the deadline shall not legally coach in a LHSAA football game this season.
- ii. NFHS Covid-19 Course: All head coaches will be required to complete the FREE course offered by the NFHS on Covid-19. This course will present material from that document along with some other helpful information and materials to assist school coaches to conduct workouts, practices and contests as safely as possible. This course must be completed prior to the 1st playing date and the certificate of completion must be kept on file along with other LHSAA compliance forms for review. The link is here: <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>.



SWIMMING

Recommended COVID-19 guidelines to implement 2020 Swimming events:

All coaches, athletes, officials and personnel must wear a mask in accordance with the State of Louisiana mandate.

1. Entries

- i. Limit entries to a manageable number.
- ii. Maximum occupancy based on pool location:
Phase 2: 25 people max; Phase 3: 50 people max.
- iii. Warm-ups – Maximum of 3 swimmers per lane (socially distanced when not swimming).

2. Timing

- i. Touch pads are recommended whenever possible with or without a backup (either push button or stop-watch).
- ii. Push button timer (includes Dolphin system and stop watches)
 - a. 1 timer per lane
 - Timer would need to sit/stand approximately 7' behind the block to allow swimmers to approach and step up onto the block.
 - Timer approaches the pool on last leg of race.
 - Pushes the button and then goes back 7'.
 - b. 2 timers per lane (ONLY if the timers live in the same household)
 - Timers follow same procedure as stated above

3. Swimmers

- i. Swimmers should wear a mask until the start of the race.
- ii. Required designated queuing area to accommodate two heats
 - a. Swimmers should be spaced 6' apart and in order by lane.
 - Swimmers are REQUIRED to report to queuing area.
 - Furthest lane would be first.
 - b. Swimmers walk to their blocks and follow traditional starting protocol.
- iii. Exiting the pool
 - a. Option 1: Swimmers wait until last swimmer finishes.
 - Exit the pool and exit behind the blocks 6' apart.
 - Next heat walks in and restarts to process.
 - b. Option 2: Swimmers wait until the last swimmer finishes.
 - Swim a 25 choice and then exit the pool.
 - While swimmers are swimming their 25-choice, next heat approach the blocks.

4. Events

- i. Individual Events
 - a. Option 1: Traditional format (alternating girls and boys by event)
 - b. Option 2: Run all girl events followed by all the boy events
 - This allows for fewer swimmers in/around the facility at a given time.
 - Girls would warm-up, compete, and then depart.
 - Boys would warm-up, compete, and then depart.
 - c. Option 3: Virtual Meet



SWIMMING

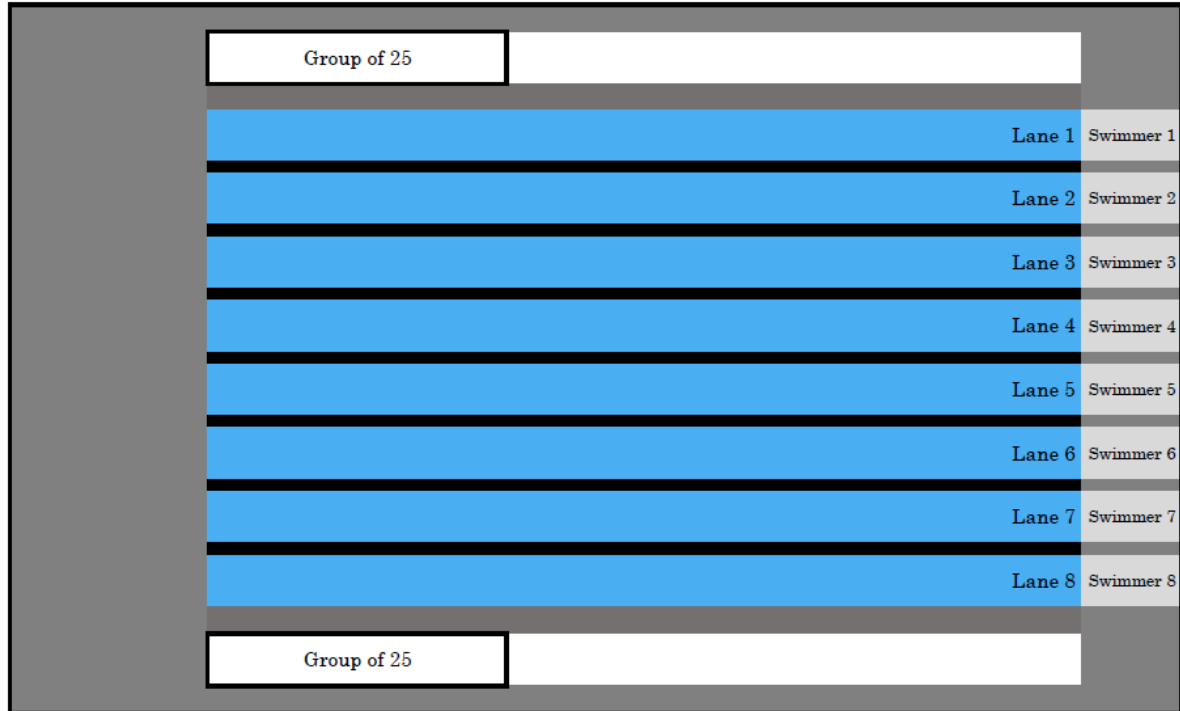
- Teams would swim and submit their results to a “host” school. The host school will combine results from several teams and the outcome of those results will be the official meet results.
- ii. Relays Events
 - a. Relays are not required and are at the discretion of the host team.
 - Officials will only be located on the outside lanes.
 - Must have a queuing area large enough to accommodate relay swimmers.
 - Once swimmer #1 starts, swimmer #2 should approach the block.
 - Swimmer #3 will approach the block once the swimmer #1 has exited the pool. Swimmer #4 approaches block once swimmer #2 exits the pool.
 - Swimmers MUST remain 6’ apart.
- 5. **Forms**
 - i. Each team MUST submit a “COVID-19 Athlete/Coaches Monitoring Form” to the host team prior to entering the facility.
 - a. Please note: if athletes carpool to a meet, if one athlete answers “yes” to any question or is running a fever then all athletes from the carpool are not permitted to attend and must leave.
- 6. **Disinfecting Surfaces**
 - i. Keep egresses open
 - ii. Blocks washed down between heats
 - iii. Timing devices (excluding touch pads) should be disinfected each time the timer changes
- 7. **NFHS Covid-19 Course:** All head coaches will be required to complete the FREE course offered by the NFHS on Covid-19. This course must be completed by September 1st and the certificate of completion must be kept on file along with other LHSAA compliance forms for review. The link is here: <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>.



SWIMMING

Updated 9-15-2020

LHSAA Swimming Meet and Practice Guidelines



- If the facility is indoors it must convene in a room enclosed by a wall or partition. This includes large rooms, such as a gymnasium or auditorium, which may include more than one group if each group is separated by a wall or partition.
- All groups of student athletes must stay separate and distinct from each other
- All separate and distinct groups of student athletes cannot exceed 25 people
- All groups of student athletes should social distance and wear masks
- All student athletes, coaches and essential staff should wear a mask except while swimming
- The total number of students will depend on the capacity of the facility as determined by the fire marshal.



VOLLEYBALL

Recommended COVID-19 guidelines to implement 2020 Volleyball events:

All coaches, athletes, officials and personnel must wear a mask in accordance with the State of Louisiana mandate.

1. SOCIAL DISTANCING

- i. Coaches are responsible for ensuring social distancing is maintained between players as much as best/possible.
- ii. Maintain social distancing as much as possible between players and coaches outside of practice and game play.
- iii. The bench areas should allow for spacing of 6ft between players.
- iv. Suspension of pre-game and post-game activities such as hand shaking.
- v. Admittance to team bench area should be limited to participating athletes, coaches, and medical staff.
- vi. Anyone in the team bench area should always wear a mask.

2. PRE-GAME CONFERENCE

- i. *Pre-match conference:* Limit attendees to one coach from each team, home administrator and 1st and 2nd referee. The coin toss will determine serve/receive.
- ii. Suspend roster submission at the pre-match conference. Rosters are submitted directly to the officials' table before the 10-minute mark.
- iii. Suspend hand shaking during this conference.

3. GAME PROTOCOL

- i. *Masks:* Masks will be required to be worn by players, coaches, athletic trainers, statisticians, managers and ANY non-essential personnel when in the team bench area.
- ii. *Team Benches:*
 - a. Suspend the protocol of teams switching benches between sets. Limit bench personnel to observe social distancing of 3 to 6 feet.
 - b. Only allow starting 6 players plus libero on end line before the match.
 - c. Players and coaches should provide their own water and water bottles.
- iii. *Deciding Set Procedures:* Move the location of the deciding set coin flip to center court with team captains and the second referee maintaining the appropriate social distance of 3 to 6 feet. A coin toss, called by the home team, will decide serve/receive. No other options. They will stay on the same side.
- iv. *Substitution Procedures:* Maintain social distancing between the 2nd referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.
- v. *Officials Table:* Limit to essential personnel which includes home team scorer, libero tracker and timer with a recommended distance of 3 to 6 feet between individuals. Visiting team scorekeeper will need to stay on their team bench.
- vi. *Pre and post-match ceremony:* Establish volleyball specific social distancing match protocols including the elimination of handshakes, fist bumps, etc. before and after the match.
- vii. *Dressing Facilities:*
 - a. The home institution is responsible for providing rest room facilities that are separate from fan use;
 - b. If available, dressing facilities for game officials and teams should be large enough to allow for social distancing and should be cleaned and sanitized prior to use. If no adequate space is available, consider rotating use to an appropriate number of individuals.
 - c. If adequate dressing room facilities are not available teams should consider traveling dressed.



VOLLEYBALL

viii. Sanitization:

- a. Follow all CDC and public health guidelines regarding facility sanitization. Volleyballs should be sanitized throughout the game in accordance with the recommendations from the manufacturer.

NFHS Covid-19 Course: All head coaches will be required to complete the FREE course offered by the NFHS on Covid-19. This course will present material from that document along with some other helpful information and materials to assist school coaches to conduct workouts, practices and contests as safely as possible. This course must be completed by September 1st and the certificate of completion must be kept on file along with other LHSAA compliance forms for review. The link is here: <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>.



FREQUENTLY ASKED QUESTIONS

It was my (*our*) intention here at the LHSAA to continue, as much as possible, to remain in our lane and not “micro-manage” your athletic programs and/or your facility management. This office and many of you were preparing for the ability to have a 50% capacity for indoor and outdoor venues. And as you know, I publically stated such in my testimony at the State Capitol because of information received on the OpenSafely.la.org informational website. *BUT*, the Governor’s recent executive order prescribes differently ... resulting in calls and emails from many of you asking questions. So, please keep in mind a couple of things while reviewing this information, one, we are now in Phase III which permits static groups of 50 *and* there are “three sets of lines” recognized by this office. “**Inside the lines**” on our playing surfaces. “**Sidelines**” which are the coaching areas/boxes and/or the player areas/boxes/ benches nearest to the playing surfaces. “**Outside the lines**” is all areas beyond the playing surfaces and beyond the player/coach areas designated by NFHS rules. The LHSAA and the LHSOA will handle any/all administrative duties “**inside the lines**” *and* on the “**sidelines.**” All other duties “**outside the lines**” are the explicit responsibility of the Local Education Agency (LEA) and fall under the authority of the principal or game day site manager per LHSAA Rule 3.1.

So, in an attempt to assist our membership, please accept the following information in conjunction with the Louisiana State Fire Marshal’s Office as this office’s interpretations for consideration as it relates to the most frequently asked questions to date related to stadium and/or gymnasium capacities.

Questions and Answers

Question: Who is counted within the state/local occupancy (Phase III - 25%) capacity?

Answer: *Any/all individuals and/or spectators that will be seated in the original structure’s fixed seating and/or any additional / portable seating placed in and around the field, court or any other designated playing surface.*

Question: Do we count the school support groups (*i.e.*) band, cheerleaders and dance team in the overall state/local occupancy (Phase III - 25%) capacity?

Answer: *Yes. Exceptions: Cheerleaders and Dance Team members if they are located between the spectator area and the “sidelines” allowing for the 6’ social distancing between them and the coaching/player designated area as well as the spectator areas.*

Question: Do we count press box occupancy in the state/local occupancy (Phase III - 25%) capacity?

Answer: *Yes. Reminder, please account for 6’ social distancing and face coverings.*

Question: Who is considered essential personnel and not included in the state/local occupancy (Phase III - 25%) capacity count?

Answer: *All on-field personnel: players, coaches, LHSOA game officials, chain crew, team manager(s), athletic trainer(s), team doctor(s), emergency medical service, local media (*i.e.*) T.V. and “beat writer”, assigned security and assigned school / parish administrative supervision. Reminder, 6’ social distancing and face coverings required.*

Question: Who will be enforcing face coverings on the sidelines?

Answer: *This responsibility belongs to coaches, athletic trainers, medical personnel and any/all assigned school / parish administrative supervision on the sidelines.*



FREQUENTLY ASKED QUESTIONS

Question: Can cheerleaders stack and/or build pyramids?

Answer: *Yes. Must continue to wear face coverings.*

Question: Can dance team lines lock up?

Answer: *Yes. Must continue to wear face coverings.*

Many member schools are going to an online and / or on campus presale ticket purchase format. Once the maximum number of tickets allotted for both schools are sold and/or accounted for, this may or may not eliminate walk up ticket sales on the day/evening of the event. This process has resulted in the following question:

Question: Will there be a LHSAA sanction/consequence if a member school does not accept LHSOA coach's cards?

Answer: *Yes, however, if member schools choose to adopt an online and/or on campus presale purchase format to remain compliant with state fire marshal capacities for their facilities, they must allow coaching card members the ability to reserve a spot/ticket(s) within those presale numbers. Coach's cards must also be accepted for schools who choose to remain with walkup sales up to the point of the designated fire marshal capacity. If coaching cards are not accepted in these formats please refer to the following bylaws: LHSAA Bylaw 3.11 identifies those who can possess a coaching card, a prescribed requirement for member schools to recognize card holder to LHSAA sanctioned events and LHSAA Bylaw 5.2.6 states "failure to comply with other rules of the association, after due notice, shall be penalized to a degree in keeping with the severity of the situation".*

There of course will be more scenarios in which I (we) did not cover, but again, this is what has been asked to date. Overall, it is my (our) hope this scratches some of the surfaces as we navigate the sports seasons ahead during this very unusual and uncertain time. Good news, we are having seasons, many state associations across the nation are still sitting idle. As always, we are appreciative of your cooperation and communication with our offices.