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GUIDANCE FOR OPENING HIGH SCHOOL ATHLETICS AND ACTIVITIES

PURPOSE OF MPA GUIDELINES

The COVID-19 pandemic has sparked dramatic changes across all aspects of our daily lives. The combination of lifestyle modifications and potential comorbidities associated with COVID-19 also presents important, athlete specific health and safety risks as return to sport plans emerge. While transition periods have a higher risk for catastrophic sport injury, some of the factors that place athletes at higher risk during these periods may be amplified because of social distancing measures. Even athletes within the same team may have a spectrum of risk profiles. As plans for a return to organized sport begin, healthcare providers and administrators are giving tremendous consideration for how to reduce risk while re-introducing sport.

Returning to physical activity is essential for high school aged athletes for both physical and mental wellbeing. Although risk cannot be eliminated entirely, this document serves to decrease the risk of transmission of communicable disease by adding preventative measures until there is a cure, vaccine, or effective treatment of COVID-19.

This document provides recommendations and guidelines for the remobilization of sports and extracurricular activities in Maine schools. This is created using the latest research and guidelines and best practice from the Center of Disease Control (CDC), the National Federation of State High School Associations (NFHS), the NFHS Sports Medicine Advisory Committee (SMAC), the National Association of Athletic Trainers (NATA), Korey Stringer Institute (KSI), the Maine Department of Education (DOE), the Maine Principals' Association (MPA) Sports Medicine Committee, as well as emerging guidance from local and federal government. This policy is a living, working document that is being continuously reviewed and updated. It is designed to specifically address return to physical activity following physical distancing and associated de-training of student-athletes during the COVID-19 pandemic.

INTRODUCTION

The novel human coronavirus, known also as COVID-19 is a respiratory illness caused by a virus (SARS-CoV-2) that affects humans, as well as animals such as cats, dogs, and birds. While many strains of coronaviruses exist generally causing mild respiratory symptoms and only transmitted within the species, SARS-CoV-2 is a recently identified strain. COVID-19 is termed a “spillover event” meaning it can be transmitted between varied species, causing symptoms or respiratory distress ranging from mild to severe in humans globally.

- COVID-19 is considered a droplet-transmitted disease, spread from person to person through microscopic particles of saliva that are expelled from the mouth or nose when someone talks, coughs, or sneezes. Droplets can be transmitted both through the air if in close exposure (within 6 feet) or on a surface that has been contaminated with droplets from a person infected with COVID-19. Currently there is no cure, vaccine, or effective treatment. Both the form and ease of transmission pose unique challenges for returning students to school based athletics and doing so safely.

Reported symptoms of COVID-19 range from very mild to life threatening, generally appearing in an affected person between 2 and 14 days after being exposed to the virus. Symptoms include, but may not be limited to the following:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

While certain groups of individuals have been identified as “high risk” for potentially developing severe illness from COVID-19, the nature of the threat continues to remain mainly hidden. Even if a person is only mildly ill, the people they spread it could experience severe or life-threatening symptoms. Based on currently available information, the following have been identified as potentially “high risk” profiles:

- People 65 years and older
- People of all ages with underlying medical conditions including but not limited to
 - Chronic lung disease including asthma
 - Serious heart conditions
 - Immunocompromised due to illness or
 - Cancer treatment
 - Smoking
 - Bone marrow or organ transplant
 - Immune deficiencies
 - AIDS or HIV
 - Corticosteroid use
 - Other immune weakening medications
- People who are obese (BMI 40 or higher)
- People with diabetes
- People undergoing dialysis
- People with liver disease

Until a proven cure, vaccine or treatment for the virus that causes COVID-19 is found, decreasing potential exposure to respiratory droplets is the guiding principle behind this document.

Definitions:

Extracurricular Activities- For this document, extracurricular activities are defined as programs that are governed by the Maine Principals' Association. It is understood that all these activities are purely voluntary on the part of the student.

Close Exposure - A close exposure is defined as having a household member with COVID-19, prolonged exposure (>10 minutes) within 6 feet of an individual with confirmed COVID-19, direct exposure to infectious secretions (e.g., being coughed on) or direct physical contact during sports from an individual with COVID-19.

COVID RESPONSE TEAM

Every school should establish a COVID-19 Response Team to help identify and implement policies and procedures for safe return-to-school and sport activities. This team could include the school/team physician, certified athletic trainer, athletic director, administrator, and school nurse. The team could also assist in developing policies related to COVID-19 reporting, screening and contact tracing.

It is crucial that prior to the start of any organized activity a well-developed emergency action plan (EAP) be put in place with specific language regarding COVID-19. It is also important that each location where training is taking place have access to an AED. For more information on developing an EAP, please reference Anyone Can Save a Life: www.anyonecansavealife.org. Appendix F of this document also provides a simple EAP outline with suggestions on dealing with the virus.

PREPARTICIPATION PHYSICAL EXAM

Access to healthcare professionals to complete an in-person preparticipation physical evaluation (PPE) may be limited for the 2020-2021 academic school year. Many districts have a policy that requires a physical exam every two calendar years. Given this may not be feasible in our current pandemic, the following procedures are recommended for the 2020-2021 school year:

- Athletes who had a valid PPE on file for the 2019-2020 academic year be granted a one-year extension to receive their PPE. In other words, athletes whose PPE would expire in the 2020-2021 academic year, will be granted a one-year extension to receive a new physical.
- However, all athletes will be required to update and complete the health history questionnaire which should include a COVID-19 specific health history.
(<https://www.aap.org/en-us/Documents/PPE-History-Form-%28English%29.pdf>)
 - The health history and COVID-19 specific health history will be reviewed by the school's healthcare professionals. Positive responses will trigger an evaluation prior to participation in sports.
 - Athletes who are first time participants in athletics, or athletes who did not have a physical exam during the 2019-2020 academic year, will be required to have a physical prior to athletic participation.
- Athletes with a prior COVID-19 diagnosis should undergo a medical assessment before returning to exercise.
 - Every student-athlete with a prior diagnosis of COVID-19, symptoms suggestive of COVID-19, or a "close exposure" to someone with COVID-19 must contact their primary care physician to determine if further evaluation is warranted prior to returning to sports.

- Regardless of if the medical provider deems further evaluation is warranted, documentation must be provided to the COVID-19 Response Team prior to participation.
 - A medical evaluation is required for student-athletes with a confirmed diagnosis of COVID-19. This may include additional cardiac, such as an electrocardiogram (ECG), pulmonary, and kidney function testing as determined by the physician.
- Those at greater risk for developing severe COVID-19 disease or complications should undergo an informed decision-making process with their medical provider before a return to sports as exposure to teammates and opponents may increase their risk of becoming infected. Individuals at higher risk of severe COVID-19 include those with a serious heart condition, uncontrolled or moderate to severe asthma, chronic lung disease, diabetes, obesity, pre-existing kidney disease, or a weakened immune system.
 - Once the COVID-19 specific health history and the past medical history of the PPE are completed; the school medical professional will review and recommend any follow-up precautions to the team physician and the athlete and their parents/guardians.
 - All athletes with prior COVID-19 will be screened for ongoing symptoms of chest pain/pressure with exercise, difficulty breathing or dizziness with exercise, or decreased exercise tolerance.

RETURN TO PHYSICAL ACTIVITY

The MPA understands that many student athletes have had limited or even no access to athletic facilities and organized activities for several months, resulting in potentially significant deconditioning. This level of deconditioning places the student athlete at high risk of overuse injuries with the return to normal activity. When considering plans for a “re-start” of sports activities, consideration must be given to the student athlete’s level of conditioning. Further information concerning return to physical activity/conditioning can be found in Return to Sports and Exercise during COVID-19 Pandemic: Guidance for High School and Collegiate Athletic Programs (Return to Sports and Exercise During the COVID-19 Pandemic)

The following recommendations and guidelines contain a “phase in” approach that includes: 1) a period of voluntary non-sport specific strength, conditioning and agility training (Phase 1); 2) voluntary individual skill activity along with strength, conditioning and agility training (Phase 2); 3) a two week summer period that allows for sport specific activities (Phase3); and 4) a fall sport season (Phase 4).

Phases 1 and 2– Conditioning, Strength Training, Agility, and Individual Skill Activity

Phases 1 and 2 should consist of a four-week period, during which, student athletes will have the opportunity to participate in activities to improve conditioning, strength, agility, and individual skill activity. The four-week period is to be broken down into two parts, with specific guidelines and recommendations implemented for each part. School and district administrators will need to determine if this will be an option on their school campuses. If so, school administrators will need to ensure that adequate staff are present during this time so that all safety precautions are met.

Phase 1 Weeks 1-2 of Conditioning, Strength Training, and Agility (July 6 – July 19)

Use of outdoor facilities only

- Coaches must track attendance of each student and adult daily.
- Students and/or adults who have symptoms of COVID-19 illness or feel sick must stay home and only return with medical clearance.

- Students and/or adults who have symptoms after arriving at a training session must leave the site and only return with medical clearance.
- Student groups or “pods” of 10 or less need to be assigned and names recorded.
- Students stay in their “pod” for the duration of Phase 1.
- All students and adults should maintain proper social distancing (6 feet).
- Face masks/coverings are recommended when appropriate. In accordance with CDC guidance, “face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease).” (CDC Consideration for Youth Sports, 2020) “Face coverings may be challenging for players (especially younger players) to wear while playing sports.” (CDC Consideration for Youth Sports, 2020) “Face coverings should be worn by coaches, youth sports staff, officials, parents, and spectators as much as possible.” (CDC Consideration for Youth Sports, 2020)

Cloth or disposable face coverings should be worn throughout each phase when not engaging in vigorous activity, such as when sitting on the bench, during chalk talks, interacting with an athletic trainer, etc.

- Medical grade face coverings are not necessary. Cloth or disposable face coverings are acceptable.
- Face coverings should not be worn when engaging in high intensity aerobic or anaerobic workouts, distance running, or swimming.
- Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.
(2020 NFHS Guidance for Opening up High School Athletics and Activities, 2020)
- Coaches, officials, and other contest personnel should always wear cloth face coverings. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.) (2020 NFHS Guidance for Opening up High School Athletics and Activities, 2020)
- Activities are to be limited to conditioning, strength training, and agility. No sport specific equipment or skill activity is allowed.
- Limit of one hour of activities per student per day.
- Students should bring their own water bottle. No sharing of water bottles allowed.
- Disinfectants and hand sanitizers should be available on site.
- Students and adults should practice frequent hand washing when in contact with others or with equipment (jump ropes, weights, etc.)
- Any equipment used should be sanitized after each individual use. For guidance on use and cleaning of equipment, please reference the CDC guidelines:

https://azgovernor.gov/sites/default/files/guidance_for_gyms_fitness_providers.pdf

<https://www.cdc.gov/coronavirus/2019-ncov/community/cleaning-disinfecting-decision-tool.html>

Phase 2 Weeks 3-4 of Conditioning, Strength Training, and Agility (July 20 – August 2)

Use of indoor and outdoor facilities

- Coaches should continue to track attendance of each student and adult daily.
- Students and/or adults who have symptoms of COVID-19 illness or feel sick must stay home and only return with medical clearance.
- Students and/or adults who have symptoms after arriving at a training session must leave the site and only return with medical clearance.

- Use of outdoor and/or indoor (such as weight rooms, gyms, and wrestling rooms) facilities allowed.
- Student groups or “pods” of 10 or less (indoors), but up to 50 students allowed in designated areas (outdoors).
- Students stay in their “pod” for the duration of Phase 2.
- All participants and adults should maintain proper social distancing.
- Face masks/coverings are recommended when appropriate. In accordance with CDC guidance, “face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease).” (CDC Consideration for Youth Sports, 2020) “Face coverings may be challenging for players (especially younger players) to wear while playing sports.” (CDC Consideration for Youth Sports, 2020) “Face coverings should be worn by coaches, youth sports staff, officials, parents, and spectators as much as possible.” (CDC Consideration for Youth Sports, 2020)
 - Cloth or disposable face coverings should be worn throughout each phase when not engaging in vigorous activity, such as when sitting on the bench, during chalk talks, interacting with an athletic trainer, etc.
 - Medical grade face coverings are not necessary. Cloth or disposable face coverings are acceptable.
 - Face coverings should not be worn when engaging in high intensity aerobic or anaerobic workouts, distance running, or swimming.
 - Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates. (2020 NFHS Guidance for Opening up High School Athletics and Activities, 2020)
 - Coaches, officials, and other contest personnel should always wear cloth face coverings. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.) (2020 NFHS Guidance for Opening up High School Athletics and Activities, 2020)
- Activities are to be limited to conditioning, strength training, agility, and individual skill development. Individual sport specific activities and equipment will be allowed, such as individual dribbling and shooting. No form of competition (including 1v1 drills) is allowed.
- Limit of two hours of activities per student per day.
- Students should bring their own water bottles. No sharing of water bottles or other personal items allowed
- Disinfectants and hand sanitizers should be available on site.
- Students and adults should practice frequent hand washing when in contact with others or with equipment (jump ropes, weights, etc).
- Any equipment used should be sanitized after each individual use. For guidance on use and cleaning of gyms and weight rooms, please reference the CDC guidelines:

https://azgovernor.gov/sites/default/files/guidance_for_gyms_fitness_providers.pdf
<https://www.cdc.gov/coronavirus/2019-ncov/community/cleaning-disinfecting-decision-tool.html>

**Phase 3 Extended conditioning and acclimatization period – Guidelines TBD
 (August 3 – Aug 16)**

Phase 4 TBD

COMMUNICATION

Education of the illness, policies, and communication to all parties involved is a top priority in creating and maintaining a safe environment. In the event of a COVID-19 infection, all parties involved will need to communicate information related to that infection

- Athlete will need to communicate with parent/coach/athletic trainer/nurse that they feel ill
- Parent will need to communicate with coach/athletic trainer/nurse if their child is ill
- Athletic trainer/coach/nurse will need to communicate to parent about illness that occurs during an athletic event
 - Updated contact information is necessary to ensure that a parent can be notified of a suspected illness (or injury)

Parent will need to communicate with physician for treatment/testing/clearance from COVID-19 infection.

DAILY SCREENING

A key component of safety as we resume athletic activity is the monitoring of symptoms related to COVID-19. To ensure the health and well-being of all people involved with athletic activities, a screening tool has been developed to monitor the onset of any of the following symptoms:

- Fever
- New cough
- Runny nose
- Sneezing
- Sore throat
- Headache
- Muscle aches
- Chills
- Fatigue
- Malaise (feeling unwell)
- Chest pain
- Difficulty breathing
- Inability to keep liquids down because of vomiting
- Diarrhea
- Loss of Taste or Smell
- Screening will be performed for athletes, coaches, and staff involved with activities
 - Screening should be performed prior to arrival
 - Record of attendance should be kept on file by the coach
- Follow protocol for “YES” responses
 - If an athlete, staff member or coach answers ‘yes’ to any of the daily screening questions:
 - **PRIOR** to arrival
 - DO NOT REPORT TO SESSION
 - Report symptoms to member of the COVID-19 Response Team at the school
 - Athletic trainer
 - Coach
 - Nurse
 - Athlete should inform (coach/athletic trainer/nurse) of YES response
 - **DURING** session
 - Follow isolation protocol in place at specific venue
 - Contact with parent to detail steps required for further evaluation and treatment

- Report symptoms to member of the COVID-19 Response Team at the school
 - Athletic trainer
 - Coach
 - Nurse

Any athlete, staff member or coach who has answered 'yes' to a daily screening tool may be asked for clarification by a member of the COVID-19 Response Team. If indicated, they must follow-up and return with a clearance note from a physician, following the CDC guidelines for return to activity.

**** Sample documents for communication and education of Parents, athletes and coaches are provided in Appendices A,B, and C of this document.*

****A sample Daily Screening tool is provided in Appendix D and E of this document*

FACE COVERINGS

As detailed earlier in this document, COVID-19 is considered a droplet-transmitted disease, spread from person to person through microscopic particles of saliva that are expelled from the mouth or nose when someone talks, coughs, or sneezes. Face coverings can prevent these droplets from traveling in the air. As such, it is imperative that everyone involved with the return to athletic activity do their part to prevent the spread of respiratory droplets which includes the use of face coverings (masks)

- All participants (athletes, coaches) provide their own mask for every training session
- Disposable masks should be disposed of when appropriate
- Cloth masks should be washed daily
- Masking will be required when social distancing (6 Feet) cannot be maintained
- Masks will not be worn during training periods of intense physical activity (outside or inside)
- Masks will be worn while not involved in strenuous exercise
 - In bench area of field
 - Moving from field to field
 - Speaking with coach, athletic trainer
- Masks should be worn properly
 - Cover nose and mouth
 - Bottom should be under chin
 - Ensure that you can breathe easily

HYDRATION and FOOD

In the first two phases of the MPA Guidelines there is strict direction that hydration stations NOT be used. The reasoning for this includes concern for the transmission of COVID-19 by touching common surfaces.

- Athletes/Coaches/Staff will be required to bring their own water vessel
- The vessel should contain enough water to maintain hydration throughout the workout
- Water bottles will NOT be SHARED
- Failure to arrive at a workout without water will result in the athlete not being able to participate that day
- Food limited to only that required for medical purposes

INFECTION CONTROL

The National Federation of State High Schools (NFHS) guidance will be used for sanitizing athletic facilities and equipment to mitigate any communicable diseases. To find out if the disinfectants your school or facility is using have been registered by the EPA to be used to

kill COVID-19, please reference: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>

****Appendix G contains a sample infection control policy to be fit for use at your facility*

Important points of sanitization in your facility include but are not limited to:

- Availability of hand sanitizer before, during and after every training session
 - Multiple stations should be available
- Availability of clean workout clothing every training session
 - No sharing of clothing (pinnies, shoes, etc.)
- Athletes must shower at home after each training session
- No Spitting
- WHEN GUIDELINES PERMIT
 - Equipment that is used should be sanitized after each use
 - Weight equipment
 - Balls
 - Ropes, bands

APPENDIX A: Sample Parent/ Guardian Communication Letter

Dear Parent/ Guardian(s)

(Insert your school/ institution) has been working closely with the MPA and school Athletic Administrators to help provide a safe “opening” of athletics in our community schools. As you all know, this has been a very trying time for all of us and we want to assure you all that we will be taking steps to provide a safe environment for our student athletes as we start to move forward. We all recognize that there has been a lengthy period that our student athletes have been away from athletics. We recognize that some athletes have maintained their fitness and conditioning levels however, many have not. The priorities that the MPA Sports Medicine Committee have identified were developed to promote opportunities where coaches and athletes can begin to re-organize and begin to re-condition. This first step is critical to injury prevention as well as preparation for the possibilities of fall athletics to begin. We will be working with the school administration, coaches, and athletes to promote a team approach in managing the risk associated with transmission of the virus. We will be following the MPA guidelines as well as already established Maine CDC and State of Maine directives. We also understand that there are many dynamics associated with each school regarding facilities and access. Our COVID-19 Response Team will be working with all of our coaches to be certain that we are all on a single plan and that all processes are in place regarding training, reporting, documentation, security of confidentiality, and solid communication with parents of our student athletes.

Based on MPA, Maine CDC, and Maine Department of Education guidance, one key component in the safety of our student athletes is going to be daily screening for all participants. We have developed a screening tool that can be used to monitor the student athletes and to identify a process to monitor if there are any identified signs/symptoms of the virus. This screening process will be done at home prior to the start of the activity. Any “yes” answers automatically disqualify the athlete from participation, and they must stay home. This process will include mandatory parental communication with one of the Covid-19 Response Team members and follow up with their own PCP for a return to activity clearance. This will be a critical piece of the process as it will prevent unnecessary potential transmission of the virus, protect confidentiality, and not overburden coaches with more paperwork and responsibilities. Coaches will be tracking daily attendance if tracking or tracing needs to be reviewed.

We have also developed an Emergency Action Plan, Coaches Information Guide and Student Athlete Information Guide that schools may utilize as a guideline to develop a school specific plan of action regarding sanitization, masking, documentation, screening, and isolation in the event that someone becomes symptomatic while participating in activities.

We recognize that there are varying degrees of concern about the virus and we certainly understand this. We also recognize that the number one priority for all of us is the safety of the student athletes, their families, and our coaches, and we are committed to do everything that we can to work with the schools to keep risk low and provide an environment of awareness and safety.

If at any time you may have any concerns or questions, please feel free to contact me at any time.

List name, position below

APPENDIX B: COVID-19 Summer Participation Info Sheet for Athletes

Sanitization

- Availability to hand sanitize before, during and after every training session
- Clean workout clothing every training session
 - No sharing of clothing – ie. Pinny's
- Must have your own water bottle – it should be cleaned everyday
 - Do not share your water bottle with anyone
- Must shower at home after each training session
- No spitting

Masks

- Must provide own for every training session
 - Disposable masks should be disposed of when appropriate
 - Cloth masks should be washed daily
 - Masking will be required when social distancing (6 Feet) cannot be maintained
 - Masks will not be worn during training periods of physical activity (outside or inside)
- Masks should be worn properly
 - Cover nose and mouth
 - Bottom should be under chin
 - Ensure that you can breathe easily

Self-Monitor

If you are staying at home because of symptoms – please check in with your coach/Athletic Trainer/Administrator to let them know

- Any Symptoms – Stay at home – must be evaluated by PCP and cleared to return
 - Self-Monitor for Symptoms
 - Fever
 - New Cough
 - Runny nose
 - Sore throat
 - Headache
 - Muscle aches
 - Chills
 - Fatigue (extreme tiredness)
 - Malaise (feeling unwell)
 - Chest pain
 - Shortness of breath
 - Difficulty breathing
 - Inability to keep liquids down because of vomiting
 - Diarrhea
 - Loss of taste or smell

Food and Hydration at Training Sessions

- No food, including sunflower seeds or gum, unless necessary for medical condition
- Must provide own water for each training session

Points of Consideration

- When you sneeze or cough, do so into the crook of your elbow, then you must sanitize immediately
- Avoid touching your face

APPENDIX C: COVID-19 Summer Participation Info Sheet for Coaches

Daily Protocol

- Screening and Documentation of all athletes and coaches daily
 - Track attendance
 - Verbal acknowledgement from all athletes of having filled out questionnaire at home

Symptoms Monitored at Home and in Screening

- Any Symptoms – Stay at home
 - Symptoms
 - Fever
 - New Cough
 - Runny Nose
 - Sneezing
 - Sore Throat
 - Headache
 - Muscle aches
 - Chills
 - Fatigue
 - Malaise
 - Chest pain
 - Shortness of breath
 - Difficulty breathing
 - Repeated vomiting
 - Diarrhea
 - Loss of taste or smell
- If you have any symptoms – YOU must stay home and if there is no one to cover your session you must cancel.

Communication

- Communicate with Coach, School Nurse, or Athletic Trainer on illness and injuries
- Communicate with parent regarding illness, injury, or COVID-19 symptoms of an athlete should they show up to a session symptomatic.
 - You must be sure they get an appropriate ride home.

Sanitization

- Availability to hand sanitize before, during and after every training session
- Clean workout clothing every training session
 - No sharing of clothing – ie. Pinny's
- Everyone must have their own water bottle – it should be cleaned everyday
 - Do not share your water bottle with anyone
 - No water coolers or team hydration equipment
- Must shower at home after each training session
- When guidelines allow, used equipment, (jump rope, weights, balls, etc.) hands and equipment should be sanitized after each use
- Whenever possible, hands and equipment should be sanitized

Masks

- All participants (athletes, coaches) provide their own for every training session
 - Disposable masks should be disposed of when appropriate
 - Cloth masks should be washed daily
 - Masking will be required when social distancing (6 Feet) cannot be maintained
 - Masks will not be worn during training periods of physical activity (outside or inside)
- Masks should be worn properly

- Cover nose and mouth
- Bottom should be under chin
- Ensure that you can breathe easily

Food and Hydration

- No food, including sunflower seeds or gum, unless necessary for medical condition
- Must provide own water for each training session

Points of Consideration

- When you sneeze or cough, do so into the crook of your elbow, then you must sanitize immediately
- Avoid touching your face
- No spitting

APPENDIX D: Sample Daily Screening Tool

COVID-19 Daily Screening Tool

1

- Today or in the past 24 hours have you had any of the following:**

Fever
New Cough
Runny nose
Sneezing
Sore throat
Headache
Muscle aches
Chills
Fatigue
Malaise (feeling unwell)
Chest pain
Shortness of breath
Difficulty breathing
Inability to keep liquids down because of vomiting
Diarrhea
Loss of taste and/or smell

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

- 2 In the past 14 days have you had contact with a person known to be infected with the novel coronavirus (COVID-19)?**

- 3 Have you traveled to any "hot spot" area within the past 14 days?**

- 4 Do you have a sick family member at home with any of the above symptoms?**

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

****REPORT ANY "YES" RESPONSES TO THE ABOVE QUESTIONS TO YOUR COACH, ATHLETIC TRAINER, SCHOOL NURSE, OR SUPERVISOR, WHO MAY ASK FOR CLARIFICATION OF YOUR ANSWERS.****

APPENDIX E: Sample Daily Attendance Log

COVID-19 Daily Attendance Log

For Month Of

Coach _____

[illegible]

APPENDIX F : Sample COVID-19 Facility EAP

Sanitize

- All surfaces (weight room and sport equipment) cleaned before and after each athlete use
- Hand sanitize self before and after each athlete contact

Mask

- Mask must be worn when within 6 feet of social distancing inside or outside
- Disposable mask must be disposed of when appropriate
- Cloth mask must be washed daily
- Masks should be worn properly
 - Cover nose and mouth
 - Bottom should be under chin
 - Ensure that you can breathe easily

Documentation

- Attendance of each athlete daily
- Daily documentation of each athlete's attendance and at home screening
- If isolation is necessary due to development of Covid symptoms, document and refer appropriately
- Parent contacted due to COVID suspicion will be documented
- Return to play documentation necessary prior to athlete re-engagement
- Schools will determine how all documentation is filed

Screening

- Athletes will be screened based on MPA guidelines

FAILED SCREENING

- Answers yes to any symptoms and/or screening questions for COVID-19 is considered a "failed" screening.
- Temperature (optional) of 100.0° F or higher is considered a "failed" screening

Isolation

- All venues must have a designated area for potential COVID athletes
- All med kits should include an "isolations kit"
 - Mask, hand sanitizer, gloves, thermometer (according to school tool protocol)
- Coaches Role:
 - Remove athlete from play.
 - Administer temperature/symptom screening.
 - Document findings.
 - Contact parent and school administrator

Clearance

- Any patient that "fails" a screening or who develops COVID-19 symptoms must have clearance from a medical provider before returning to any sports participation.

APPENDIX G: Sample Athletic Facility Disinfectant Protocol

Product	Dwell Time	Use
QT Plus	10 minutes	Hard surfaces in the locker room, weight room, and used by each athlete to wipe down their athletic equipment after each use. Bottles of the product will be available in each locker room, as well as the weight room
Cavicide Spray and Wipes	2 minutes	Hard surfaces in the athletic training room, weight room. Wipes in each med kit, used for disinfection of athletic equipment and balls

Athletic Facility Procedures

- Individuals should wash their hands with soap and water for at least 20 seconds before touching any surfaces or participating in workouts.
- Prior to entering or exiting a facility including AT Room, locker room or weight room, personnel will be required to use hand sanitizer. Sanitizer will be in each locker room, as well as the weight room and AT room in wall mounted, touchless dispensers. A free standing sanitizer dispenser will be available at Alumni Stadium.
- Weight room surfaces and equipment must be disinfected between each use. This will be done by all athletes and coaches using the facility.
- Any equipment with exposed foam should be covered with waterproof material.
- Athletes are encouraged to wash their workout clothing and shower immediately after returning home.
- There should be no shared athletic equipment between athletes, including but not limited to clothing, towels, water bottles, shoes, or sport-specific equipment.
- Clothing and towels should be washed after each workout, and sport-specific equipment should be disinfected after each use.
- If locker is used, athlete must disinfect all surfaces in and on top of locker before leaving
- Unless otherwise specified, no equipment or clothing should be left in the locker room.
- After each use, all benches/ seats/ tables must be disinfected

Athletic Training Room Procedures

- No more than 3 athletes in AT room at one time, allowing for 6 feet spacing between each
- Individuals must sanitize when entering room
- Treatment and taping tables: must be disinfected between each use
- No ice bath use unless heat illness related. Ice packs available but not wrapped on
- No hydrocollator use
- Disinfect all surfaces prior to leaving AT room
- Athletic trainers will wash hands prior to every treatment.

On-Field Procedures

- Public hydration will not be available at fields. This includes shared water bottles and water sources. Each athlete will be required to bring their own individualized and labeled bottles. If an athlete arrives to practice or competition without an individualized bottle, they will not be allowed to partake in the practice/competition.
- Masking policy will be adhered to as per MPA guidelines.
- Athletes are responsible for picking up and sanitizing their own equipment after each use, no personal equipment, clothing, water bottles left on the field.
- Benches, goal posts and sports-specific equipment must be disinfected after each use.

APPENDIX H: Commonly Asked COVID-19 Questions and Answers

1. What is the MPA doing to respond to concerns regarding the COVID-19 raised by the membership?
The MPA Sports Medicine Committee has developed a set of guidelines that align with recommendations by local, state, and federal officials.
2. Can a district establish stricter guidelines than those suggested by the MPA?
Yes, a district may impose more stringent restrictions than what is suggested. An example would be that many districts have closed their campuses for the entire summer.
3. Can a school or sport program override the suggested guidelines?
No, we are asking all schools to follow the guidelines to provide us with the best chance of having a fall athletic season.
4. What are the signs and symptoms of the virus?
Click [here](#) for a list of the signs and symptoms of the virus.
5. Should athletes be screening themselves prior to arriving at a school sponsored workout.
Yes, all adults and athletes should be completing the Daily Screening Tool prior to arrival at a practice session.
6. Will all athletes be required to wear a facemask? Coaches? Officials?
Athletes, coaches, and officials are encouraged to wear a face mask when appropriate to minimize the exposure to respiratory droplets. Face coverings should not be worn during high intensity aerobic activity.
7. Are there specific facemasks that should be worn?
A simple cloth face covering to slow the spread of the virus is fine. "Medical grade" masks are not needed for physical activity.
8. Should athletes have their temperature taken prior to a workout.
At this point the taking a temperature reading is not required but may be something that adults and coaches wish to do prior to working out. Anyone with a temperature over 100 degrees should not participate.
9. What should a coach do if an athlete displays signs and symptoms of the virus during a workout?
Each district should have a COVID-19 Response team in place prior to the start of any activity. The coach should send the child home, communicate with the family, and notify the COVID-19 Response Team that an athlete displayed signs and symptoms.
10. What supplies should be made available prior to starting an activity?
Schools should have an AED available during all activities. They should also have hand sanitizer tissues, and cleaning supplies available. If possible, it is recommended that a hand-washing station be available.
11. Are there guidelines about how to clean and disinfect equipment?
Yes, please click [here](#) for the CDC recommendations about cleaning and disinfecting equipment.
12. Should locker rooms be used for changing and showering?
No, athletes should arrive dressed for the activity and should shower immediately upon their return home.
13. If an athlete plays on an outside team that competes against a team from outside of Maine should the athletes be quarantined for 14 days? Plays against a Maine team from one of the three Maine counties identified as "hot spots"?
The MPA has no authority over these outside programs. Athletes that compete on outside teams that travel, either in state or to another state, must follow the recommendations from the Governor's Office and the Maine CDC in terms of quarantining.

14. Can all coaches communicate with athletes remotely?
Yes, as of June 14 coaches could provide individual sport workouts for athletes, but all contact must remain virtual through July 5.
15. Can a coach work with athletes individually prior to July 6?
No, that would be a violation of the revised MPA Sports Season Policy.
16. May groups of students get together for a workout?
An organized workout, commonly known as a “captains’ practice” would be considered a violation.
17. Many outside groups have now started playing games, why are the MPA guidelines so restrictive?
The guidelines developed by the MPA are based on medical recommendations from state and national experts with the hope of being able to have a full fall season.
18. Can athletes participate in virtual competitions?
There are no restrictions on athletes participating in virtual competitions.
19. Will coaches be restricted with the number of athletes that they may work with at any given time?
Starting on July 6 (Phase 1) coaches may work with up to 10 athletes in a pod and all workouts should be outdoors. Starting on July 20 (Phase 2) coaches may work with up to 50 athletes in a pod, given that they are able to maintain the social distancing and that it is outside, or up to 10 athletes inside of a facility.
20. Are coaches expected to keep a daily log of all students participating in their program?
Yes, it is crucial that a coach keep a daily log of those students that are present on a given day.
21. Is it acceptable for a coach to ask the screening questions to a group prior to a practice?
No, these screening questions, and the answers to the questions, should be done privately at home prior to the activity. It is acceptable for the coach to ask an athlete if they completed their screening prior to their arrival.
22. Should athletes provide their own equipment (ball, stick, etc.) to use during individual skill development.
Athletes should be encouraged to bring their own equipment with them during individual skill work whenever possible. All school equipment that is used during a practice should be thoroughly cleaned after each use.
23. Is there a risk of sharing a ball during a workout.
At this point there is very little data that addresses the spread of the virus by the sharing of balls, but the recommendation is that all balls be thoroughly cleaned after each use.
24. Is it permissible to use a water trough during outdoor workouts?
No, each athlete should be required to provide their own water bottle.
25. Should athletes be allowed to attend any session being held by a coach?
No, they should remain with the same group of students (pod) for their workouts.
26. Are coaches allowed to work with their athletes in an outside program not overseen by the school?
Coaches should follow the established guidelines that have been developed. Working with high school athletes from their school in an outside program would be considered a violation.
27. Can a coach require that an athlete participate in a summer conditioning program?
No, all summer programming is voluntary and should have no impact on team selection during the season.

28. Should schools allow indoor practices, or the use of the weight room, starting in July?
The guidelines state that every attempt should be made to use outdoor facilities whenever possible. If a school can follow the state guidelines in terms of physical distancing and the cleaning of equipment, then it would be a local decision on using indoor facilities, including the weight room, during Phase 2 of the plan. The use of free weights, requiring the use of a spotter is discouraged.
29. Can outside groups use a school's facilities?
This is a local decision.
30. Should schools begin developing regional schedules?
It is recommended that until there is a clearer understanding of what the return to school in the fall may look like, including athletic programming, that schools hold off on developing regional schedules.
31. Are some sports going to be allowed to start prior to other sports?
At this point the hope is that all fall sports will be able to start in August. This may be a discussion at some point in the future.
32. Do the guidelines apply to other activities (Band, Performing Arts, etc.)?
Yes, the recommended guidelines are appropriate for all school-based programming.
33. Will athletes that missed the spring season be granted additional eligibility?
No, any student that may need additional time in school to meet the educational requirements may apply for a hearing with the MPA Eligibility Committee to request an additional 18-weeks of eligibility.
34. Does equipment need to be reconditioned prior to the start of the season?
Yes, if a school has equipment that needs to be reconditioned, they should be working to get the equipment reconditioned as soon as possible as the companies that do the reconditioning are currently experiencing a backlog.
35. If a student needs additional time to meet their academic requirements will they be allowed to participate in athletics?
Except for the start of school in the fall, where each school can determine their own eligibility requirements, all other eligibility rules will remain in place.
36. When will the guidelines for Phases 3 & 4 be available?
The MPA Sports Medicine Committee will continue to work on developing the guidelines for Phases 3 (the 1st two weeks in August) and 4 (August 17, the start of the fall preseason) after having an opportunity to see what is happening with the virus. It is difficult to predict what things will look like in August at this point.
37. Will fall sports be allowed to start if school is not in session?
Co-curricular programs are a part of the overall educational program. If schools are not able to open in the fall then co-curricular programming will not be offered.
38. Will all schools be required to wait for a start date even if there is a minimal outbreak in their region?
The decision on allowing some parts of the state to begin while restricting others has not been discussed at this point.
39. Will fall championships be held in 2020?
The hope, with the guidelines that have been developed, is to have a fall season and fall championships.
40. Will the fall preseason be allowed to start on August 17?
We are all hoping that we will be allowed to start as scheduled but at this point it is too early to predict what will happen.

41. Do all athletes need to have a physical prior to participating?
Due to the concern that many communities may be facing a situation where wellness visits at a doctor's office may be difficult to obtain, it is recommended that schools revise their policy regarding PPE's and allow those students that have previously been involved in a competitive sports program a 1-year waiver. They should complete the Health History Questionnaire Form that is used during the years between physical exams. Any student entering competitive sports for the first time, or that has been ill, including being diagnosed with the Coronavirus, should be required to have a physical prior to participating.
42. Will coaches that need to renew their coach's eligibility certification be given a waiver?
Coaches that need to renew their CPR/AED certification will be allowed to recertify by completing the online component of the CPR/AED certification. The hands-on component will be waived. All other requirements of coach's eligibility may be completed online without a need for a waiver. Any first year coach should be required to complete all components of the eligibility requirements, including all CPR/AED certification.
43. Will the MPA Transfer Rule be waived for 2020?
No, the MPA Transfer Rule will still require both school's administration to agree that the transfer is not for athletic purposes.
44. How does the grading system currently being used by schools affect the NCAA and NAIA eligibility?
The NCAA and NAIA have developed a system that recognizes athletes various grading systems because of the virus.
45. Can a coach work with multiple pods?
Yes, coaches may work with multiple pods but must follow the guidelines with each pod.
46. Can Phase 1 and Phase 2 of the plan be held in an ice arena?
Phase 1 of the guidelines call of all activities to be held outdoors. Starting in Phase 2 workouts may be moved inside but the guidelines must be followed.
47. How do multi-sport athletes choose which pod to join?
The grouping of the pods is a local decision but during each phase athletes should remain in the same pod.
48. May multiple coaches work with the same pod of athletes?
Yes, it would be acceptable for more than one coach to work with a given pod of athletes.
49. Will some traditional fall sports be moved to the spring and replaced with spring sports?
At this point there is not a plan to move any sport away from their season. This would be considered as a last resort option.
50. Is it possible for baseball and softball programs to start playing games if they can maintain the social distancing requirement?
No, at this point all athletic programs sponsored by the Maine Principals' Association are to use the same guidelines.