Rhode Island Interscholastic League
Return to Education-based Athletics Practices and Competition
2020-21
Return to Education-Based Athletics Practices and Competition

The Rhode Island Interscholastic League (RIIL) has continuously worked in conjunction with the Governor’s Task Force, the Rhode Island Departments of Health and Education, the National Federation of State High School Associations (NFHS), Superintendents, Principals, Athletic Directors, and other state leaders to plan and prepare for a safe return to education-based athletics. As science, data and health metrics continue to evolve, changes and/or addendums will be made accordingly.

- **OVERVIEW:**
  - Drawing on the expertise of the National Federation of State High School Associations (NFHS), Department of Environmental Management (RIDEM), Department of Education (RIDE), Department of Health (RIDOH), Centers for Disease Control (CDC) and RIIL Sports Medicine Advisory Committee (SMAC), the RIIL offers this document as guidance on how RIIL member schools may consider approaching the “Return to Play” for high school athletics in RI.
  - While we all remain concerned about the dangers of COVID-19, RIIL believes it is essential to the physical and mental well-being of high school students across the state that efforts be made to return to physical activity and athletic competition where that can occur in a reasonably safe environment. With that goal in mind, RIIL offers these considerations for the 2020-2021 school year on “Return to Competition” (currently the RIIL individual sport considerations are just for fall sports).
  - The considerations 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.
  - The RIIL is committed to maximizing the athletic opportunities for student-athletes across the state and will remain flexible in considering that certain sports may be impacted differently. Based on currently known information, the RIIL Sports Medicine Advisory Committee believes that STRICT ADHERENCE by schools and teams to their school-adopted 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 High School sports is voluntary for both the individuals and the schools.

*Protect Yourself, Protect Others, Protect the Season*
Important Reminders

Affirmation: Please be reminded that in accordance with RIIL Rules & Regulations, the principal must affirm through the annual Principal’s Pledge that they will follow all RIIL Rules & Regulations, including the guidance in this document and addendums. This pledge will be expanded to include all Athletic Directors and Head Coaches employed by member schools in a separate affirmation completed by each individual.

- Student-Athletes
  - In accordance with RIIL and RIDOH guidance, responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, Athletes are required to wear cloth face coverings/masks per RIDOH guidelines. During play when spacing between players is greater than 10 feet, athletes may momentarily take brief face covering relief. The default expectation is that the mask will be on. In addition, coaches, trainers, spectators and all other individuals who are not engaged in physical activity are required to wear a face covering per RIDOH guidelines.
  - Students should tell coaches immediately when they are not feeling well.
  - No hugging, high fives, shaking hands, or fist bumps.
  - Required to cooperate with all contact tracing and quarantine requirements from RIDOH.

- Coaches
  - In accordance with RIIL and RIDOH guidance, responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, individuals must wear acceptable face coverings. In addition, coaches, trainers and other individuals who are not engaged in physical activity are required to wear a face covering.
  - Coaches and team staff must wear acceptable face coverings at all times while coaching.
  - Coaches administrators, and game administration are the primary parties responsible to enforce all RIIL and RIDOH guidance for the members of their team.
  - Students should tell coaches immediately when they are not feeling well.
  - Coaches will schedule frequent breaks during practices to allow for a break from face coverings.
  - No hugging, high fives, shaking hands, or fist bumps.
  - Required to cooperate with all contact tracing and quarantine requirements from RIDOH.

- Parents/Spectators
  - In accordance with RIIL and RIDOH guidance, spectators must maintain six feet of physical distance between individuals and/or family/household units at all times and all spectators must wear face
coverings when they are in common areas and situations where six feet of distancing is not able to be 
maintained, so long as they are over the age of two and medically able to tolerate such covering.

- Disinfect student’s personal equipment after each game or practice.
- Required to cooperate with all contact tracing and quarantine requirements from RIDOH.

**Officials**

- Officials are responsible for game management, which does NOT include monitoring activities on the 
sidelines, such as social distancing, face coverings, hand washing, symptoms of illnesses and other such 
issues. This monitoring obligation remains with the responsible parties.
- In accordance with RIIL and RIDOH guidance, responsible parties must ensure a distance of at least six 
feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core 
activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, Athletes 
are required to wear cloth face coverings/masks per RIDOH guidelines. During play when spacing 
between players is greater than 10 feet, athletes may momentarily take brief face covering relief. The 
default expectation is that the mask will be on. In addition, coaches, trainers, spectators and all other 
individuals who are not engaged in physical activity are required to wear a face covering per RIDOH 
guidelines.
- Required to cooperate with all contact tracing and quarantine requirements from RIDOH.

**Screening**

- RIIL guidance states the following pertaining to screening: Responsible Parties must implement 
mandatory health screenings of students, faculty, staff, and, where applicable, contractors, vendors, and 
visitors to identify any individuals who may have COVID-19 or who may have been exposed to the 
COVID-19 virus.
- Responsible Parties cannot mandate that patrons/spectators complete a health screen or provide contact 
information but may encourage patrons/spectators to do so.

**COVID-19 Screening Tool:**

RIIL SPORTS MEDICINE ADVISORY COMMITTEE GUIDELINES

• **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 (i.e. spectators, parents, media, photographers, cheerleaders, teachers, school staff).
  - Consider limiting staff to only essential personnel.
  - Take into account the capacity of rooms/buildings and stay within the recommended guidelines.
  - Large social gatherings in any space should be discouraged, including outdoors and must follow existing executive orders on gathering sizes.
  - Consider spacing in the cafeterias, classrooms, weight rooms, athletic training rooms/locker rooms, and other on-campus venues.
  - Virtual team meetings should take place when possible.
  - 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 sit every other seat on a bench and should avoid using a dugout when possible. They 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](https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19)
  - Hand sanitizer should be made available throughout the facility for use before, during, and after workouts and games.
  - Each athlete should have his/her own personal defined hydration container that is never to be shared. Look for ways to use a disposable wax paper cup system during on field timeouts.

• **Personal Protective Equipment**
  - Everyone is strongly encouraged to use masks when in all spaces. This is inclusive of the athletic training rooms, locker rooms, and weight training/fitness rooms. 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/)
  - Coaches and staff must wear masks at all times with no exceptions.
  - 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 and gaiters should be of multiple layers.
• In accordance with RIIL and RIDOH guidance, responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, Athletes are required to wear cloth face coverings/masks per RIDOH guidelines. During play when spacing between players is greater than 10 feet, athletes may momentarily take brief face covering relief. The default expectation is that the mask will be on. In addition, coaches, trainers, spectators and all other individuals who are not engaged in physical activity are required to wear a face covering per RIDOH guidelines.

• Wearing gloves has not been shown to decrease transmission of the virus. Recommendation is for frequent handwashing and avoidance of touching the face.

• Mouthguards needed for certain sports. The NFHS SMAC recommends that mouth guards be kept in throughout competition or practice. If there is a need to remove a mouth guard during activity, athletes should sanitize their hands each time.

• Provide hand sanitizer at all practice and game venues.

• **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.

• **Daily Screening**
  • Student athletes, coaches, and staff should be screened daily with a questionnaire
  • No-touch temperature checks should be done, if available
  • Athletes and Families should take temperature at home prior to arrival
  • COVID-19-specific questions should be included in the screen to include:
  • Have you had any of the following symptoms in the past three days that are not explained by allergies or a non-infectious cause:
    ▪ COUGH
    ▪ SHORTNESS OF BREATH OR DIFFICULTY BREATHING
    ▪ FEVER OR CHILLS MUSCLE OR BODY ACHES
    ▪ SORE THROAT
    ▪ HEADACHE
    ▪ NAUSEA OR VOMITING
    ▪ DIARRHEA
    ▪ RUNNY NOSE OR STUFFY NOSE
    ▪ FATIGUE
    ▪ RECENT LOSS OF TASTE OR SMELL
  • Have you been tested for COVID-19?
• Have you had any known exposure to a COVID-19-positive individual?
• If positive, have you been cleared by a physician to participate?
• A positive screen that would warrant further investigation would be a temperature greater than 100.4°F or a “yes” response to any of these three questions:
• Should an athlete or staff member be observed at the start of their practice or event to have any signs and/or symptoms of COVID-19, they will not be admitted to participate and be sent home.
• Remind athletes that if they feel sick before arrival, they should stay home.

**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.
• Athletes should be seen by their primary care physician.
• If testing is positive, contact tracing will be initiated by RIDOH.
• All individual athletes or adults are required to cooperate with all contact tracing and quarantine requirements from RIDOH.

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

• Athletes must complete the progression below without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncpe or syncope. If these symptoms develop, the athlete should be referred back to their evaluating physician.
• **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
RIIL CONSIDERATIONS FOR INTERSCHOLASTIC ATHLETICS

• GENERAL CONSIDERATIONS (APPLY TO ALL SPORTS):
  • Individuals (student-athletes, coaches, officials, and other athletic personnel) shall complete a personal health assessment daily.
  • If your temperature is 100.4° F or higher, individual is showing symptoms or is sick, stay home.
  • Notify school personnel and adhere to school adopted plans if you begin to show symptoms.
  • Regularly and thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
  • Make sure to emphasize to all participants the importance of washing hands or using hand sanitizer before, during, and after competitions.
  • 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
  • Spalding Ball Cleaning Recommendations
  https://www.riil.org/sites/riil.org/files/files/Private_User/ri/Spalding%20Ball%20Cleaning%207-20%20Revised.pdf
  • Have a hydration plan and ability to provide water to student-athletes and coaches in a safe manner. Coordinate with visiting teams to ensure that they have safe access to water for their participants.
  • Practice/ competition site – Only essential personnel should be permitted on the practice/ competition site as authorized. These are defined as athletes, coaches, medical personnel/athletic trainers, and officials (competition), etc.
  • Personal Items – It is recommended that each athlete bring their own bag for personal items. All personal items should remain in the bag when not in use. Bags should be placed in a predetermined area six feet apart for the duration of practice or game.
  • Media – Media members should contact host school administrators prior to arriving at games to plan appropriate entry, available workspace and determine school policies.
  • In accordance with RIIL and RIDOH guidance, responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, Athletes are required to wear cloth face coverings/masks per RIDOH guidelines. During play when spacing between players is greater than 10 feet, athletes may momentarily take brief face covering relief. The default expectation is that the mask will be on. In addition, coaches, trainers, spectators and all other individuals who are not engaged in physical activity are required to wear a face covering per RIDOH guidelines.
  • No hugging, high fives, shaking hands, or fist bumps for support/encouragement.
  • Social distancing shall be maintained during the National Anthem and on sidelines.
• Outdoor sports may need to extend bench areas to permit social distancing. Indoor sports may need to use bleachers or multiple levels of seating to ensure social distancing. Schools should consider using cones, paint, or tape as a guide for students and coaches.

• Individuals are required to wear face coverings in accordance with the guidance provided by RIDOH:
  - Everyone must wear a face covering, such as a mask. Coaches, team personnel, and spectators shall wear face coverings at all times.
  - Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but shall wear face coverings when on the sidelines, in the dugout, etc. and anytime 6 feet of social distancing is not possible.
  - If a positive COVID-19 case is determined, follow their school safety plans, Department of Health, CDC, and local health guidelines in determining the plan of action.

• CONSIDERATIONS FOR STUDENT-ATHLETES:
  - In accordance with RIIL and RIDOH guidance, responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, Athletes are required to wear cloth face coverings/masks per RIDOH guidelines. During play when spacing between players is greater than 10 feet, athletes may momentarily take brief face covering relief. The default expectation is that the mask will be on. In addition, coaches, trainers, spectators and all other individuals who are not engaged in physical activity are required to wear a face covering per RIDOH guidelines.
  - Acceptable face coverings for COVID-19 include but are not limited to cloth-based face coverings and disposable masks that cover both the mouth and nose.
    • Students are responsible for their own supplies.
    • Students should wear their own appropriate workout clothing and not share clothing.
    • Students should bring multiple masks with them to each practice and competition to change if masks become wet or soiled.
    • Individual clothing/towels should be washed and cleaned after every workout.
    • Hand sanitizer should be provided by the school and plentiful at all contests and practices.
    • Athletes should tell coaches immediately when they are not feeling well in accordance with school policies.
    • Student-Athletes should keep their mouth guards in their mouth throughout the competition/practice. If the mouth guard is taken out, proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before and after touching the mouth guard.
    • Student-athletes are encouraged to develop healthy habits including, but not limited to, a balanced diet, adequate sleep, and proper hydration.
Healthy eating and attention to hydration is especially important for student-athletes to enhance training capacity and reduce the risk of illness and injury.

- Bring and use your own water bottle.
  - High school athletes are at increased risk for dehydration. It is important that you drink enough fluid before, during and after practice and competition.
  - Student-athletes should follow established guidelines for hydration.
- Student-athletes are encouraged to shower at home as quickly as possible after practice and games.

**CONSIDERATIONS FOR COACHES:**

- In accordance with RIIL and RIDOH guidance, responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, Athletes are required to wear cloth face coverings/masks per RIDOH guidelines. During play when spacing between players is greater than 10 feet, athletes may momentarily take brief face covering relief. The default expectation is that the mask will be on. In addition, coaches, trainers, spectators and all other individuals who are not engaged in physical activity are required to wear a face covering per RIDOH guidelines.
- Coaches, administrators, and game administration are the primary parties responsible to enforce all RIIL and RIDOH guidance for the members of their team
- 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.
- Coaches should limit game day team sizes to essential personnel for social distancing purposes.
- Coaches should bring their own water bottle(s) and follow established guidelines for hydration.

**CONSIDERATIONS FOR PARENTS/GUARDIANS:**

- A family’s role in maintaining safety guidelines for themselves and others:
- In accordance with RIIL and RIDOH guidance, responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, Athletes are required to wear cloth face coverings/masks per RIDOH guidelines. During play when spacing between players is greater than 10 feet, athletes may momentarily take brief face covering relief. The default expectation is that the mask will be on. In addition, coaches, trainers, spectators and all other
individuals who are not engaged in physical activity are required to wear a face covering per RIDOH guidelines.

- Non-essential personnel must observe a 14-foot barrier from the outer-limit of play.
- Parents/Guardians should monitor their student-athletes for any symptoms prior to any sporting activities.
- Student-athletes who are sick or showing symptoms must stay home. (If there is doubt stay home).
- Parents/Guardians should assess levels of risk based on individual athletes on the team who may be at a higher risk for severe illness.
- Provide personal items for your student-athletes and clearly label them.
- Disinfect your student-athlete’s personal equipment after each game or practice.
- Be prepared with face coverings for members of your family when permitted to attend events.
- Inform proper school personnel if your student-athlete has been exposed to someone who is known to have COVID-19.

**CONSIDERATIONS FOR SCHOOL ADMINISTRATORS:**

- In accordance with RIIL and RIDOH guidance, responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, Athletes are required to wear cloth face coverings/masks per RIDOH guidelines. During play when spacing between players is greater than 10 feet, athletes may momentarily take brief face covering relief. The default expectation is that the mask will be on. In addition, coaches, trainers, spectators and all other individuals who are not engaged in physical activity are required to wear a face covering per RIDOH guidelines.
- 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 should limit game day team/roster sizes for social distancing purposes.
- The determination of sub-varsity and varsity teams is made by individual school districts.
- Have a plan in place if someone begins to show symptoms during a practice/game.
• **Considerations when traveling to a competition**
  
  
  - Make sure to communicate with the host school prior to the competition to discuss plans.
  - Follow all policies and guidelines the host school has communicated.
  - Make sure your team is bringing its own medical supplies and emergency action plans.
  - Students should be made aware of the locker room availability and advised to bring additional shirts or clothing to easily change into, if locker room use is limited or not available.
  - Have a plan in place if someone begins to show symptoms during a practice/game.

• **Considerations 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 amongst spectators, if present and on field of competition/practice.
  
  - Since the COVID-19 crisis is fluid and ever evolving, it is recommended schools host “senior” recognition games at the beginning of the season rather than at the end.
  
  - Communicate ahead of time with the incoming schools and officials about procedures, policies and guidelines at the facility
    - **Examples to be covered include but not limited to, the following:**
      
      - Parking & Where to enter facility
      - What equipment should the visiting team bring including Water availability
      - Bench area seating (how many can be accommodated while maintaining social distancing
      - Locker room availability and resources
      - Emergency action plans for the specific facility
      - How will game day paperwork be handled (electronic exchange of information is preferred)
      - Ensure facilities have been properly sanitized before visiting team arrives.
      - Have hand sanitizer and disposable masks readily available.
      - It is recommended to make frequent announcements prior to and during the competition, pertaining to face coverings being required and social distancing requirements.
      - Clean and disinfect frequently touched surfaces and equipment.
      - Have a plan in place if someone begins to show symptoms during the event.
• **Considerations for facilities**
  - In accordance with RIIL and RIDOH guidance, the following could be utilized to ensure appropriate social distancing during interscholastic athletic participation.
  - In accordance with RIIL and RIDOH guidance, responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, Athletes are required to wear cloth face coverings/masks per RIDOH guidelines. During play when spacing between players is greater than 10 feet, athletes may momentarily take brief face covering relief. The default expectation is that the mask will be on. In addition, coaches, trainers, spectators and all other individuals who are not engaged in physical activity are required to wear a face covering per RIDOH guidelines.
  - Acceptable face coverings for COVID-19 include but are not limited to cloth-based face coverings and disposable masks that cover both the mouth and nose.
  - Responsible Parties should put in place measures to reduce bi-directional foot traffic of patrons/players/spectators walking through the space using barriers, tape, or signs with arrows on sidewalks, walking paths, aisles, or hallways.
  - Responsible Parties should clearly designate separate entrances and exits
  - Responsible Parties should rearrange waiting areas (e.g. lines, parking areas) to maximize social distance among other patrons/players/spectators and minimize interaction with others in the area.
  - Responsible Parties must ensure the cashier or ticket-taker wears a face covering when interacting with any patron/player/spectator. This process should be contactless to the extent possible.
  - Responsible Parties must ensure individuals not participating in sports or recreation activities (e.g. coaches, spectators) wear appropriate face coverings when they are within less than six feet of other individuals, unless a physical barrier is present. Additionally, employees must wear face coverings any time they interact with patrons/players/spectators, regardless of physical distance.

• **Considerations for spectators**
  - Responsible parties are encouraged to minimize spectators, but if allowed, the number of spectators allowed at each sporting event cannot exceed what is allowed by executive order or regulation established by the State of Rhode Island. To further prevent the spread of COVID-19, responsible parties may adhere to the limit of two persons per student-athlete as established in the State of Rhode Island guidance, “Return to Play RI: Phase III: Youth, Adult & School Sports Guidelines
  - In accordance with RIIL and RIDOH guidance, responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, Athletes are required to wear cloth face coverings/masks per RIDOH
guidelines. During play when spacing between players is greater than 10 feet, athletes may momentarily take brief face covering relief. The default expectation is that the mask will be on.

In addition, coaches, trainers, spectators and all other individuals who are not engaged in physical activity are required to wear a face covering per RIDOH guidelines.

- Non-essential personnel must observe a 14-foot barrier from the outer-limit of play
- Attendance will be subject to some important limitations
  - Seating areas, including bleachers, must adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household. To assist with proper social distancing, areas should be clearly marked. Adults must wear a face covering at all times.
  - Spectators should not enter the field of play or bench areas.
  - Nonessential visitors, spectators, and volunteers should be limited when possible, including activities with external groups or organizations.
  - Responsible Parties may facilitate appropriate distancing through the use of markings on the ground or seating areas, and other signage.

- **Considerations for Media**
  - All media members must wear an approved face covering at all times.
  - Media members should complete a personal health assessment daily.
  - If temperature is 100.4°F or higher, an individual who is showing symptoms or is sick, stay home.
  - The media must make contact with the school prior to attending to obtain approval to attend and make appropriate arrangements for attendance.
  - Media availability may be limited especially if there are limits on capacity.
  - Media is restricted to outside 14 foot barrier from the outer-limit of play at all times
  - Media must obtain administrative approval for all interview requests
  - Interview request may be limited and should be allowed only with strict social distancing protocols
  - Media are required to wear face covering at all times.
  - Press box availability may be limited.

- **Cleaning and Disinfection**
  - The following could be utilized for proper hygiene, cleaning and disinfecting:
    - Responsible Parties must ensure adherence to hygiene and cleaning and disinfection requirements as advised by the CDC and RIDOH (https://reopeningri.com/) and (CDC Cleaning and Disinfection Guidance)
    - Responsible Parties should provide and maintain hand hygiene stations on site, as follows:
      - For handwashing: soap, running warm water, and disposable paper towels.
▪ For hand sanitizing: an alcohol-based hand sanitizer containing at least 60% alcohol for areas where handwashing facilities may not be available or practical.
▪ Hand sanitizer should be placed throughout the site for use by employees and patrons/players/spectators. It should be placed in convenient locations such as points of entrance/exit.
▪ Responsible Parties should provide appropriate cleaning and disinfection supplies for shared and frequently touched surfaces and encourage employees to use these supplies, following manufacturers’ instructions, before and after use of these surfaces, followed by hand hygiene.
▪ Responsible Parties should conduct regular cleaning and disinfection of the site and frequent cleaning and disinfection for high risk areas used by many individuals and for frequently touched surfaces. Cleaning and disinfection should be rigorous and ongoing and should occur at least after each shift, daily, or more frequently as needed.
▪ Responsible Parties should ensure regular cleaning and disinfection of restrooms. Restrooms should be cleaned and disinfected more often depending on frequency of use.
▪ Responsible Parties must ensure distancing rules are adhered to by using signage, occupied markers, or other methods to reduce restroom capacity where feasible

• CONSIDERATIONS FOR OFFICIALS:
  • Officials are not responsible for monitoring activities on the sidelines, such as social distancing, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the coaching staff and school personnel.
  • Be prepared to have a health screening conducted upon arrival at a school campus.
  • In accordance with RIIL and RIDOH guidance, responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, Athletes are required to wear cloth face coverings/masks per RIDOH guidelines. During play when spacing between players is greater than 10 feet, athletes may momentarily take brief face covering relief. The default expectation is that the mask will be on. In addition, coaches, trainers, spectators and all other individuals who are not engaged in physical activity are required to wear a face covering per RIDOH guidelines.
  • If you have been diagnosed with COVID-19, you shall be cleared by your medical provider prior to returning and notify the school(s) administration where you officiated and partners of those contests.
  • “Vulnerable individuals” are defined by CDC as people 65 years and older and others with serious underlying health conditions. Officials fitting this description may wish to seek medical advice prior to returning to officiating.
• **Contact the Host School**
  - Contact shall be made by the official with school athletic administration leading up to the contest regarding (1) school expectations, (2) to determine where you should enter the host school’s property and (3) to obtain other information that you or the school may want to communicate to each other prior to your arrival.
  - Officiating crews should designate one crew member to contact the host school and provide information to other members of the crew.
  - Request separate and secured parking areas away from other participants.
  - Provide your own hand sanitizer stored at the scorer’s table, if applicable, and use it between periods and during time outs.
  - Conversations should occur with the host school administration regarding the size of changing areas or locker rooms to ensure social distancing can occur.
  - When possible officials should come to contests fully dressed in uniform.

• **General Official Guidelines**
  - In accordance with RIIL and RIDOH guidance, responsible parties must ensure a distance of at least six feet is maintained among individuals at all times, whether indoor or outdoor, unless safety or the core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, Athletes are required to wear cloth face coverings/masks per RIDOH guidelines. During play when spacing between players is greater than 10 feet, athletes may momentarily take brief face covering relief. The default expectation is that the mask will be on. In addition, coaches, trainers, spectators and all other individuals who are not engaged in physical activity are required to wear a face covering per RIDOH guidelines.
  - Be prepared to have your temperature taken and a health screening conducted upon arrival at school campus.
  - Upon conclusion of the contest, leave the contest area and do not interact with others.
  - Officials must pay special attention to rules that require distances between players during play.
  - Maintain distance from players if an altercation occurs.
  - Be aware of the location of medical personnel while you are on school property.
  - Limit the exchanging of documents between yourself and others.
  - Once the contest begins, avoid conversations within 6 feet with coaches.
  - Wash your hands frequently.
  - Officials’ Uniforms and Equipment.
    - Electronic whistles are strongly encouraged.
    - Bring your own towels and hygiene materials. Do not share them.
• Officials are not required to wear face coverings while officiating a contest, but they are permitted. You should seriously consider wearing a face covering when officiating. Face coverings shall be worn when entering the host site, not actively officiating live play, and while inspecting the field/court prior to the contest.

• Game Day

  • Complete a personal health assessment on the day of your contest. If you feel sick – STAY HOME. Notify the contracted schools, your partner(s) and the assignor to let them know.
  
  • COVID-19 Screening Tool:
  
    https://reopeningri.com/wp-content/uploads/2020/05/COVID19_Screening_Tool_English-NEW.pdf?189db0&189db0
  
  • Notify the site administrator immediately if your temperature is 100.4 or above.
  
  • Upon arrival at the host site and throughout the contest, wash and sanitize your hands frequently.
  
  • Do not share uniforms, towels, apparel and equipment.
  
  • Maintain social distancing of 6 feet at all times, including while in the locker room and/or on the court/field.
  
  • Bring your own water bottle or rehydration beverages.
  
  • In an effort to maintain social distancing, officiating positions may need to be changed in a manner that is not necessarily in conformance with standard officiating mechanics.
  
  • If an official is sent home or unable to officiate for any reason, the game may be played with mutual agreement of the remaining officials and both head coaches.

• Pre-Game Conference

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

• Officials’ Table

  • Limit the table to essential personnel, including the home team scorer and timer, with a recommended distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential and may need to find an alternative location. Space
availability at the table is a variable in determining the number of individuals permitted at the officials’ table.

- **Pre-Game and Post-Game Ceremony**
  - No shaking hands during introductions.
  - Traditional pre-game introductions should be altered to ensure social distancing occurs.
  - No postgame shaking hands.