
VERMILLION'S RETURN TO ACTIVITY PLAN (Winter)

- The following has been created using the recommendations from the CDC, SDHSAA, and NFHS.
- The guidelines are subject to change based on current conditions. They will be re-evaluated periodically.
- Safety of VHS participants is the highest priority and decisions are made based on what is best for our participants.
- Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings.

Sport/Activity Categories released by NFHS Sports Medicine Advisory:

- **Lower Risk:** Sports/Activities that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use. (Examples: Golf, weight training, sideline cheer, individual running events, tennis, cross country, throwing events like shot put, journalism, debate, oral interp.)
- **Moderate Risk:** Sports/Activities that involve close, sustained contact, with protective equipment in place that may reduce the likelihood of respiratory particle transmission or intermittent close contact or group activities or sports/activities that use equipment that cannot be cleaned between participants. (Examples: Basketball, volleyball, soccer, gymnastics, high jump, pole vault, 7 on 7 football, one-act play.)
- **Higher Risk:** Sports/Activities that involve close, sustained contact between participants with lack of significant protective barriers which create a high probability that respiratory particles will be transmitted between participants. (Examples: Football, wrestling, competitive cheer/dance, All-State Chorus, Orchestra.)

The NFHS has proposed rule modifications for Winter sports. Recommendations from SDHSAA staff on those rule modifications fall under three categories- mandatory, optional, and impermissible. Those rule modification recommendations along with Fine Art considerations are attached.

Stages for All Vermillion Activities, Sports, and Attendance

GREEN -All Activities and Sports, and Attendance are open as normal. Practices/ Events/ Travel may occur at all levels.

YELLOW -Practices/Events/Limited Travel/ Essential (athletes, coaches, officials, event staff, medical staff, parents and students allowed at events/ (Non-essential) allowed to attend events in limited capacity.

ORANGE -Practice Only/Limited events/Limited Travel/ Parents **or** students only **or** no fans. Essential workers only

RED -No Practice/ No Events/ No Travel

Health and Safety Measures:

A. Screen for signs of COVID-19:

- All rostered individuals will be screened for signs/symptoms of COVID-19 prior to a practice/game/event, or any travel.
- Responses to screening questions for each person should be recorded and stored securely and in compliance with privacy laws so that there is a record of everyone present in case a student develops COVID-19.
- Any person with symptoms of COVID-19 should not be allowed to participate and should contact his or her primary care provider or other appropriate health-care professional.
- People at risk for COVID-19 should consult with their medical provider regarding participation in athletic activities.

B. Protocol for Confirmed Close Contact and Positive Cases:

- **ALL indications of positive cases and confirmed close contact (within 6 feet for at least 15 minutes of time starting two days prior to symptom onset) must come through the South Dakota Department of Health.**
- Any Department of Health verified close contact must follow SDDOH guidelines. Currently, those guidelines require a 14-day quarantine from the date of contact away from school and daily screening of symptoms.
- Any Department of Health verified positive case must follow SDDOH guidelines. Currently, those guidelines require the individual to self-isolate for 10 days from the first onset of symptoms and must be fever free for 24 hours without the use of fever-reducing medications. SDHSAA Covid-19 Return to Play Form is required for re-entry in participation. Schools must notify the SDHSAA of any verified close contact or positive cases of rostered individuals via the SDHSAA School Zone. No personally identifiable information will be contained in the notification to the SDHSAA. All information will be treated in compliance with HIPAA and FERPA from the member school and the SDHSAA.

C. Practice Good Hygiene

- Athletes, coaches, officials, and staff should wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces. Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts or contests.
- Avoid touching your face.
- Sneeze or cough into a tissue or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.
- All are encouraged to wear face coverings while in public and when social distancing is not possible.
- Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.
- No pre-game and post-game handshakes/high-fives/fist bumps in any activity.
- Students will be encouraged to shower and wash their practice/game clothing as soon possible when finished with practices or games.

D. Travel

- When using a bus, students and staff will sit appropriately spaced within the bus.
- Sports teams and activities should limit travel to only those who will play/participate particularly when long trips are required by bus or van.
- Students will wear face coverings while in a school vehicle/bus.
- Transportation staff will clean and disinfect high contact areas on a frequent basis.
- Hand sanitizer will be available in each bus/van in which athletes will use when they enter and exit the school vehicle.
- Students will be socially/physically distanced as possible – family members may sit multiple to a seat.
- We will load the bus from back to front and exit from front to back.
- All who ride the bus will sit in the same seat to and from the activity.
- If requested in advance the athlete may request travel to and from an event with Parent/Guardian

Head Table:

Only essential workers will be allowed in this area. Managers, statisticians, trainers, etc must sit in the bleachers to allow for social distancing at the head table.

Bench area or sideline:

Only coaches and athletes in uniform will be allowed on the bench or sideline to allow for social distancing (Medical personnel can be an exception on the sideline). Benches will be spread apart as much as possible. Only team personnel who may play in the contest will dress to allow for social distancing. If there are not enough chairs in the bench area, the extra players must sit in the bleachers behind the bench. **Masks for players not playing are required.** All athletes should use hand sanitizer, provided at the head table, before entering and exiting the playing court.

Concessions:

Vermillion will follow the COVID-19: FOOD CONCESSION STAND FOR SCHOOL AND TEMPORARY EVENTS put out by the SD Department of Health.

Other Guidelines:

1. Guidance regarding social distancing and hygiene will be posted at facility entrances and high traffic areas.
2. The use of masks by spectators will be mandatory at all indoor activities.
3. Spectators at game will be a local decision. The host school **MUST** inform the visiting school in advance if any restrictions are in place as early as possible. If school want to save sections for social distancing, those should be clearly marked and advertised.
4. Facility cleaning guidance for the summer should be continued throughout the school year.
5. SDHSAA will determine if a contest is a “no contest” or “forfeit”. This will be outlined in the SDHSAA Fall Sports/Activities Task Force Plan.
6. Goals for all schools should be consistent:
 - Do what is best for ALL kids.
 - Do what is best to start and end each season.
7. Follow in-season modifications outlined by SDHSAA and let visiting schools know of procedures to follow when traveling to the host school at least a day or two in advance.

SDHSAA Winter 2020 Rule Modifications

Rule modifications are divided into three categories: 1. Mandatory- rule changes that must be followed until further advised 2. Optional- rules allowances that may be utilized if desired until further advised 3. Impermissible- items that are not allowed by SDHSAA rule.

GYMNASTICS MANDATORY MODIFICATIONS

Notification of Exposure: In the event a competitor tests positive for COVID, schools shall notify the school of any competitors of the positive individual during the previous 48 hours and inform them of the positive test and exposure. Competitors are expected to be forthright in the close contact investigation and inform those completing the investigation of close contact with teammates and people on opposing teams.

Competitors shall carry a gym bag with the following items in it:

- A reusable cloth facial covering.
- Grips, wristbands and any braces that are normally used during practices will stay in the gym bag.
- Include a travel size spray bottle filled with water to spray grips. Keep the spray bottle inside a Ziploc bag in case it leaks.
- Personal bottle of hand sanitizer - less chance of possible cross contamination and less time standing around waiting to use a shared gym bottle – be sure to have this inside a Ziploc bag, in case it leaks. This will be used before each event and when exiting the building.
- Disinfectant wipes for personal use to disinfect feet – can be alcohol wipes. These will be used when entering, after each event and before exiting.
- 1 ½” white athletic tape and any other tape normally used during practice.
- Fingernail clippers – flat edge instead of round because they are for cutting rips
- Personal water bottles for drinking– the water fountains will not be in use because of CDC guidelines
Water stations may be available
- Shoes shall also be stored in the gym bag, in a separate compartment or bag that is inside the gym bag, preventing possible cross contamination with other items in the gym bag.
- A Gallon size freezer Ziploc bag or plastic container big enough to get your hands into. Each gymnast shall have chalk for their personal use. There will not be any shared chalk buckets available in the gym.
- Everything inside the gym bag shall be disinfected after every practice – before you return to the gym again. Be sure the disinfectant doesn't contain bleach; it could ruin the bag. Be sure to spray the inside and the outside of the bag as well. This is for everyone's protection, we don't want to take a chance of carrying any potential virus back and forth.

Remove common chalk bowls. Individuals should bring their own Ziploc bag of chalk for their personal use.

Social Distancing/Hygiene

- Social distancing of at least 6 feet should be maintained at all times. Offer non-contact support/encouragement rather than hugs/handshakes/fist bumps.
- Social distancing while waiting for a turn on the apparatus or moving from one event to another. Communicate gym policies clearly to participants and parents.
- Wash and sanitize hands before entering and leaving the gym and wash/sanitize their hands between rotation to different events.
- Each athlete/coach shall carry and use hand sanitizer following rotations.
- Hand sanitizer shall be plentiful at all contests and practices.
- Stay home if you do not feel well.

OPTIONAL MODIFICATIONS

- Athletes (when not competing), coaches, judges and those working the event –strongly encouraged to wear masks/face coverings and are bring their own water bottle.
- Highly recommended that competitions are organized in “pods” to limit exposure. Warmup, then compete and exit building when pod is completed.
- Coaches may pick up their score sheets prior to leaving the building and results for the competition will be emailed to the coaches at the conclusion of the meet. Considerations for Coaches:
- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” of same students always training and rotating together on apparatus in practice to ensure more limited exposure if someone develops an infection.
- Athlete safety is paramount, and coaches should not be restricted from spotting an athlete if necessary, to protect the athlete from injury.
- Expectations regarding spotting or alternative teaching/coaching methods should be clearly communicated repeatedly during practice.
- It is highly recommended and **STRONGLY ENCOURAGED** that a cloth facial covering for non-coaching staff, coaching staff and student athletes be worn.

Considerations for Students:

- Student should be responsible for their own supplies
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer be placed in your gym bag and used often.
- Athletes should tell coaches immediately when they are not feeling well.
- Highly recommended to wear a cloth facial covering when not actively participating.
- Have your supplies available in you in your personal gym bag.

Considerations for Judges:

- Bring personal hand sanitizer. Wash hands frequently.
- Bring your own equipment and do not share equipment.
- Follow social distancing guidelines.
- Space judges 3-6 feet apart at judging tables.
- Do not shake hands and follow pre and post meet ceremony guidelines established by state associations.
- It is highly recommended and **STRONGLY ENCOURAGED** that judges and meet personnel wear cloth face coverings.

BASKETBALL MANDATORY MODIFICATIONS

Notification of Exposure In the event a competitor tests positive for COVID, schools shall notify the school of any competitors of the positive individual during the previous 48 hours and inform them of the positive test and exposure. Competitors are expected to be forthright in the close contact investigation and inform those completing the investigation of close contact with teammates and people on opposing teams. Pregame Protocol/ Introductions

- Suspend pregame meeting with officials and captains.
- Starters will be announced and go to their free throw line area on their side of the court. No opponent or opposing coach handshakes.
- Suspend post game protocol of shaking hands.

Team Benches (1-13-1)

- Only team personnel allowed on the benches. Stats/managers/book keepers, etc. should find an alternate area.
- Social distancing shall be practiced when possible. (Here are some OPTIONAL suggestions for team benches). * Limit the number of bench personnel to observe social distancing of 6 feet or greater. * Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater. * Create separation between the team bench and spectator seating behind the bench. * Limit contact between players when substituting. Officials Table (2-1-3)
- The host shall sanitize the table before the game and at half time.
- Place officials table sufficiently away from the sideline to allow for additional space for substitutes where feasible.
- Limit seats at the table to essential personnel which includes home team scorer, timer and shot clock operator with a recommended distance of 6 feet or greater between individuals. Other personnel (visiting scorer, statisticians, media, etc.) are not be deemed essential personnel and find an alternate location.
- It is highly recommended/strongly encouraged that table personnel wear a cloth face covering/masks.

Throw-in

- Official shall stand 6 feet or greater away from player making the throw-in and bounce the ball to that player on a frontcourt throw-in. Free Throw Administration
- The lead official shall stand on the end line and bounce the ball to the free thrower.

EQUIPMENT AND ACCESSORIES

- Basketball o Ball given to officials in the locker room, where it is sanitized as recommended by the ball manufacturer and not used for warm-ups.
- Officials and Athletes shall bring their own water/water bottle.
- Hand sanitizer shall be available for athletes/coaches to use upon entering and exiting the contest (substitutions, timeouts, etc.)
- Clean frequently touched areas and provide ample hand sanitizer at all practices and contests.

OPTIONAL MODIFICATIONS

Equipment and Accessories

- Strongly encourage cloth face coverings for team personnel not actively participating in the contest, including coaches. Color is not an issue, a single, solid color is preferred.
- Cloth face coverings for players are allowed.
- Media, spectators etc. should practice social distancing at all times in the stands.
- Site administration should have safety plans for entering and exiting courts. Officials Uniform and Equipment • Long-sleeved shirts are permissible.
- Officials are not be required to wear jackets during pre-game court/player observation.

- Electronic whistles are permissible (supplies are limited). * Choose a whistle whose tone will carry inside. * Check the market for choices
- Cloth face coverings are permissible.
- If not wearing a mask, consider covering whistle with “whistle pouch”
- Gloves are permissible.

WRESTLING MANDATORY MODIFICATIONS

Exposure in Wrestling: Due to the nature of the activity, any athlete, coach or individual that engages in a match, practice, sparring or other hand-to-hand activity in the sport of wrestling shall be considered for exposure. The CDC guidelines are simply not applicable in wrestling given the nature of the sport. As such:

In Practices – Develop practice “pods” such that a group of athletes only interacts within that group. If someone in a pod becomes infected, the whole pod shall be considered for exposure. Coaches should be specifically limited to demonstrating/contacting a singular group of athletes. If coaches bounce from pod-to-pod and physically interact/demonstrate with the wrestlers, all pods that interact with that coach should be considered for exposure. If any wrestler, or the coach themselves, becomes a positive case. Similarly, should any team choose not to use the pod system, an entire team shall be considered for exposure in the event any member of the coaching staff or team test positive.

In Contests – In the event a competitor tests positive for COVID, schools shall notify the school of any competitors of the positive individual during the previous 48 hours and inform them of the positive test and exposure. Competitors are expected to be forthright in the close contact investigation and inform those completing the investigation of close contact with teammates and people on opposing teams.

Mandatory Changes to NFHS Wrestling Rules:

- Rule 1-5: Weight Control Program – Due to challenges of properly conducting body mass, hydration and testing of athletes, SDHSAA will continue to use “50% of Weigh-Ins” language for weight class eligibility in 2020-21. Descent plan will take effect in 2021-22.
- Rule 2-2: Team Benches – In Dual format, only those competitors actually eligible to compete in the dual are allowed in the team bench area. Team benches shall be a minimum of 10’ from the mat, and social distancing should be considered.
- Rule 2-2: Team Benches – Corners – Seating for teams shall be “assigned” in the corners. Only one person per seat, per match. Different assistant coaches/statisticians cannot rotate in-and-out of the seats in a single dual setting. The same 3 individuals are the only three allowed matside, all others shall remain 10’ from the mat in the bench area.
- Rule 2-3: Scorer’s Table – Only the official timekeeper, head scorer, scoreboard operator, PA announcer and TrackWrestling operator(s) shall be allowed at the head table. All other personnel shall be in a team bench or spectator area.
- Rule 3-1-1: Referee’s Uniform & Duties – DISK – Officials shall “Catch” the disk for any and all tosses and not allow the disk to fall to the mat/floor.
- Rule 3-1-5: Referee’s Duties – Skin Checks & Grooming – Referees shall not perform skin checks or check for grooming issues prior to a match. Skin checks shall be done by a licensed health care professional, which could be an athletic trainer, school nurse or other comparable individual. This professional is required to wear PPE when performing skin checks.
- Rule 4-1: Wrestler’s Uniform –Headgear shall be cleaned between each match/competition. As a reminder, Tape cannot be worn/used on headgear.

- Handshakes – No handshakes, team or individual, shall occur prior to or following any match, dual, event or tournament.

SDHSAA-SPECIFIC RULE MODIFICATIONS –

- Regular Season competitions are limited in size based upon number of participating teams & teams allowed to be present. The maximum number of participants for any given event is limited to 112 participants (if a girls division is offered, up to 24 female participants can attend) from no more than 12 teams. For example, whether a series of duals is scheduled, or an individually-bracketed tournament is scheduled, the maximum number of participants at that event cannot exceed 112 (14 8person brackets).
 - * The term “event” includes any/all matches, duals, tournament, etc., that occur in a day within that facility.
 - * Duals, Triangulars, and Quads may be allowed, however, teams “waiting” to compete must do so in a manner that encourages distancing and limits exposure. Scheduling shall be done so that teams arrive and leave on a staggered schedule and interaction is limited between all parties and to allow appropriate cleaning and sanitizing when a new team comes into the facility.
 - * Individually-bracketed tournaments are allowed, however, the number of participating individuals and/or teams must adhere to the 112/24 participants from no more than 12 teams limitations as above. See below consideration for “scramble match” use as opposed to use of traditional tournament-setting.
 - * Teams cannot “combine” for a tournament entry – the number of teams is specific to teams that have specifically identified themselves as a “team” for SDHSAA postseason competition.
- No more than two days of competition in a calendar week.
- No more than four matches per day, per wrestler.
- Weigh-ins should be conducted at home as often as possible in accord with SDHSAA rule. Again, a school administrator shall be present when weigh-ins are conducted as per SDHSAA policy. When conducted on-site, weigh-ins shall be done by team and not by weight class. Ensure that scales are properly cleaned between uses.

Maximizing competition opportunities:

- “Scramble Matches” will be allowed at dual and multi-team events in lieu of or immediately following traditional duals. A use of “only” scramble matches may be the most effective for multiteam events versus individually bracketed events, and should be considered as an alternative to tournaments for the season. * For example, Team A receives a forfeit at 138#, while Team B receives a forfeit at 145# in the dual. Following the conclusion of the dual, those two wrestlers could compete in a “scramble match” that counts towards varsity record, etc., but does not count toward the result of the dual. * For girls’ wrestling, consideration of participants in “scramble matches” has been the design/inclination for 2020-21. The same process should be used here – girls competitors should be allowed to “scramble match” at the end of a dual in situations that make sense between two teams/programs as participation/interest allows.
- Teams will be allowed to make considerations for “exhibition” type matches to allow athletes to actually compete as opposed to being locked-in to a forfeit. The lone requirement for scramble matches is that the athletes must have weighed-in at neighboring weight classes to compete against one another. Athletes are reminded of the above regulations of 4 matches per day max.
- Expand the number of weigh-in opportunities for athletes to 18 total, again with no more than two allowed in a calendar week.

SDHSAA Postseason:

- Postseason will consist of traditional events, however, discussion about further modifications to the Regional and State Tournament and the format of those events will be upcoming. Consideration of splitting the State Championships, or limiting the # of rounds, competitors or consolations will be held in the future.



(Insert School Logo Here)

SDHSAA COVID-19 MONITORING FORM RESPONSE GUIDE

	Yes (Any response)	No	Action
Section 1	X		Follow school guidance on school illness policy (symptom free for 24 hours without use of fever reducing medication)
Section 2		X	

	Yes (Any response)	No	Action
Section 1	X		Contact healthcare provider for evaluation/possible testing OR self-quarantine for 14 days from symptom onset and/or potential exposure
Section 2	X		

	Yes (Any response)	No	Action
Section 1		X	Contact the South Dakota Department of Health for further guidance.
Section 2	X		

NOTES:

- ANY PARTICIPANT WITH A SOUTH DAKOTA DEPARTMENT OF HEALTH CONFIRMED POSITIVE COVID-19 TEST RESULT MUST HAVE THE RETURN TO PLAY FORM COMPLETED PRIOR TO RETURN TO ACTIVITIES.
- ANY SOUTH DAKOTA DEPARTMENT OF HEALTH CONFIRMED CLOSE CONTACT MUST SELF-QUARANTINE FOR 14 DAYS FROM DATE OF POTENTIAL EXPOSURE AND COMMUNICATE DAILY SCREENING PER SDDOH GUIDANCE.

