

2020-2021

Guidelines for Return to Participation

The modifications outlined in this guide are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.

In preparing this document, VHSL staff received input from VHSL and NFHS SMAC committees, the NCAA, the Virginia Department of Health, USA Football, USA Field Hockey, US Lacrosse, USA Wrestling, the National Wrestling Coaches Association, VHSL school administrators, and VHSL coaches advisory committees.





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Virginia High School League
 1642 State Farm Blvd.
 Charlottesville, Virginia 22911-8609

Phone: 434-977-8475
 Fax: 434-977-5943
 Web: www.vhsl.org

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VHSL Staff

VHSL is educators serving youth at 318 member schools

The Virginia High School League is an alliance of Virginia's public and approved non-boarding non-public high schools that promotes education, leadership, sportsmanship, character, and citizenship for students by establishing and maintaining high standards for school activities and competitions.

Major policies and decisions affecting VHSL programs are determined by a 37-member Executive Committee. Direction is provided by group boards and by region and district councils. Finally, all member principals have oversight at region meetings and at fall and spring membership meetings.

This democratic, decentralized organizational structure provided for maximum local control and assured participation of school leaders as well as the public-at-large.

2020-2021 Executive Committee

Chairman

Shannon Butler, principal, York

Class 6

Chairman - Dave Cassady, principal, C.D. Hylton

Vice Chairman - Terri Towle, athletic director, Westfield

Secretary - Daniel Smith, principal, Lake Braddock

Delegate At-Large - Jon Crutchfield, principal, Franklin County

Class 5

Chairman - Adrienne Blanton, principal, L.C. Bird

Vice Chairman - Mike Sipe, athletic director, Potomac Falls

Secretary - Dan Hornick, principal, North Stafford

Delegate At-Large - Todd Tarkenton, principal, Green Run

Class 4

Chairman - Dave Spage, principal, Broad Run

Vice Chairman - Robert Curd, athletic director, Amherst County

Secretary - Howard Townsend, principal, Jamestown

Delegate At-Large - Cliff Conway, principal, Courtland

Class 3

Chairman - Tammy Newcomb, William Byrd

Vice Chairman - Dan Forgas, athletic director, Manassas Park

Secretary - Robert Dansey, principal, Spotswood

Delegate At-Large - Shannon Butler, principal, York

Class 2

Chairman - Mike Davidson, principal, Marion Senior

Vice Chairman - Tommy Golding, athletic director, Martinsville

Secretary - Corey McConville, principal, King William

Delegate At-Large - Eric Baylor, principal, East Rockingham

Class 1

Chairman - Chris Stewart, principal, Auburn

Vice Chairman - Travis Gray, athletic director, Holston

Secretary - Mike Myers, principal, Northampton

Delegate At-Large - Ron Proffitt, principal, Altavista

Superintendents of Schools

Region 1 - Eric Jones, Powhatan County Schools

Region 2 - Aaron Spence, Virginia Beach City Schools

Region 3 - Dashan Turner, Colonial Beach City Schools

Region 4 - Tony Brads, Culpeper County Public Schools

Region 5 - Eric Bond, Augusta County Public Schools

Region 6 - Mark Jones, Pittsylvania County Schools

Region 7 - Greg Mullins, Wise County Public Schools

Region 8 - Charles Berkley, Lunenburg County Schools

State Department of Education

Vanessa Wigand, State Department of Education

Virginia School Boards Association

James Coleman, Lynchburg City Schools

Citizen Representative

DeRocke Croom, Hampton

Virginia General Assembly

Jeffrey Bourne, House of Delegates

David Suetterlein, Senate

Chairman Elect

Jon Crutchfield, principal, Franklin County

Non-Voting Member

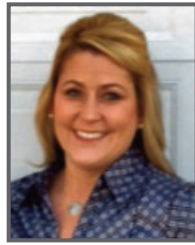
John W. "Billy" Haun, Ed.D., executive director, VHSL



John W. "Billy" Haun, Ed.D.
Executive Director



Tom Dolan
Associate Director



Kelley Haney
Assistant Director/
Athletics



Shawn Knight
Assistant Director/
Athletics



Chris Robinson
Assistant Director/
Athletics



Darrell Wilson
Assistant Director/
Activities



Mike McCall
Director/Communications



Hannah Catherine Munro
Director/Development



Dave Hopkins
Director/Finance



Lora Bickley
Administrative Assistant/
Executive Director



Sharon Condoulis
Activities Program Assistant



Faustina Lee
Athletics Program Assistant



Carrie Little
Athletics Program Assistant



Randi Henry
Bookkeeper

Guiding Principles

Per Centers for Disease Control and Prevention (CDC), the following link is recommended: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Participants

There are a number of actions youth sports organizations [which include the VHSL] can take to help lower the risk of COVID-19 exposure and reduce the spread during competition and practice. The more people a child or coach interacts with, the closer the physical interaction, the more sharing of equipment there is by multiple players, and the longer that interaction, the higher the risk of COVID-19 spread. Therefore, risk of COVID-19 spread can be different, depending on the type of activity. The risk of COVID-19 spread increases in youth sports settings as follows:

- ❖ **Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members.
- ❖ **Increasing Risk:** Team-based practice.
- ❖ **More Risk:** Within-team competition.
- ❖ **Even More Risk:** Full competition between teams from the same local geographic area.
- ❖ **Highest Risk:** Full competition between teams from different geographic areas.

If organizations are not able to keep in place safety measures during competition (for example, maintaining social distancing by keeping children six feet apart at all times), they may consider dropping down a level and limiting participation to within-team competition only (for example, scrimmages between members of the same team) or team-based practices only. Similarly, if organizations are unable to put in place safety measures during team-based activities, they may choose individual or at-home activities, especially if any members of the team are at risk.

Consider watching sports at home rather than attending in-person sporting events

Please visit [CDC Consideration for Youth Sports](#) for more information regarding how to assess risk, promote behavior that reduces spread, maintain healthy environments, and provides tips to prepare for when/if someone becomes sick.

People who attend a sporting event can take action to help lower the risk of COVID-19 exposure and reduce the spread while attending sporting events. The more people someone interacts with, the closer, the longer, and the more frequent the interaction, and the more contact with frequently touched surfaces, the higher the risk of COVID-19 spread. Indoor events pose a greater risk than outdoor events.

The greater the number of sporting events someone attends, the greater the risk of COVID-19 spread. The risk of COVID-19 can be different, depending on the type of sporting event someone attends or the way they participate in the sporting event, as well as the number of COVID-19 cases both where they live and where the sporting event is taking place. The risk [for] COVID-19 increases for spectators [and other attendees] in sporting event settings as follows:

Lowest risk

Watching the sporting event on television or online in your home with members of your household

More risk

Tailgating or attending a sporting event in your local community when:

- ❖ The event, including tailgating, is held outdoors
- ❖ All attendees wear masks
- ❖ Attendees are discouraged from yelling, chanting, or singing
- ❖ All attendees stay at least six feet away from people they do not live with
- ❖ Attendees at a community sporting event are from the local area and limited to family and friends of athletes
- ❖ Attendees do not share food or drinks or personal items (e.g., noisemakers) with people they don't live with
- ❖ The sports program has several mitigation strategies (e.g., blocked off seats or rows, visual cues such as floor markings for social distancing, cleaning and disinfection) and messaging in place to prevent or reduce the spread of COVID-19

Even More risk

Tailgating or attending a sporting event in a nearby community when:

- ❖ The event is held in an open, well-ventilated indoor space
- ❖ Most attendees wear masks
- ❖ Attendees yell, chant, and sing while wearing masks
- ❖ Most attendees stay at least six feet way from people they do not live with
- ❖ Attendees are from the local community
- ❖ Attendees limit their sharing of food and personal items (e.g., noisemakers) with others
- ❖ The sports program has a couple of mitigation strategies and messaging in place to prevent or reduce the spread of COVID-19

Highest risk

Traveling to a different geographic area to attend a sporting event or tailgate when:

- ❖ The event is held in a confined, poorly ventilated indoor space
- ❖ Attendees do not wear masks
- ❖ Attendees yell, chant, and sing without masks
- ❖ Attendees do not stay at least six feet away from people they do not live with
- ❖ Attendees travel from outside the area to attend the event
- ❖ Attendees freely share their food and personal items (e.g., noisemakers) with people they don't live with
- ❖ The sports program has no modifications or messaging in place to prevent or reduce the spread of COVID-19

Virginia Department of Health (VDH) Pandemic Metrics

The Virginia Department of Health recommends that schools use the following links to tools and guidance to consider the extent of COVID-19 community transmission: <https://www.vdh.virginia.gov/coronavirus/key-measures/pandemic-metrics/>

This tool was created, in part, to help guide decisions about school programming. The VHSL and other school sports leagues, since they are connected to these school settings, should consider using this information as well, particularly relating to state team travel or for large state events. The VHSL should be prepared to adjust plans in response to changes in extent of community transmission and/or at the recommendation of public health and school officials if that becomes necessary.

2020-21 Guidance for Return to Participation

Masks and Face Coverings

Participants

- ❖ Should not be required to wear face coverings while actively engaged in workouts or competitions, however, athletes, coaches, and officials should wear masks to the greatest extent possible.
- ❖ Should wear face coverings that are not distracting.
- ❖ Must wear face coverings when on the sideline, in the dugout, not actively involved in the competitions etc., and especially anytime 3-6 feet of social distancing cannot be maintained.
- ❖ Must wear face coverings when traveling to and from events using school transportation.
- ❖ In cheer, participants are strongly encouraged to wear face coverings.

Administrative Staff, and Officials

- ❖ Should not be required to wear face coverings while actively engaged in the competition, however, athletes, coaches, and officials should wear masks to the greatest extent possible. (Example – game officials, ticket takers, timers, and scorers).
- ❖ Must wear face coverings when on the field, in the dugout etc., and especially anytime 6 feet of social distancing cannot be maintained.
- ❖ Must wear facial coverings when at or interacting with, the table i.e. clock operators, scorers, announcers.
- ❖ Must wear face coverings when working as or interacting with, field personnel i.e. chain crew, ball boys, game supervision.

Fans, Working Event Staff, Non-Competing Participants, and Coaches:

- ❖ Must wear face coverings at all times.

Additional Informational

The American Academy of Pediatrics

In some cases, cloth face coverings may cause safety concerns, and adaptations or alternatives should be considered. The World Health Organization does not recommend use of a cloth face covering during vigorous exercise, and the CDC cautions that some people who are engaged in high-intensity activity may not be able to wear a cloth face covering. When non-vigorous exercise is being performed and physical distancing is not possible, a cloth face mask should be worn. Cloth face coverings should not be worn in water activities (example, swimming, diving) or in activities where they could pose an injury risk as a result of catching on equipment or accidentally impairing vision during performance of sport (example, gymnastics, cheer). Special considerations may be appropriate when there is an increased risk of heat-related illness. Individuals younger than 2 years old should not wear a cloth face covering.

Younger athletes may find wearing a cloth face mask challenging and may need to be reminded and/or assisted by parents/coaches. People should be reminded not to touch the front of the face mask and remove it from the straps whenever possible. Cloth face coverings should be routinely washed daily in hot water and not reused until cleaned.

Evidence for Effectiveness of Masks

Masks are recommended as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the mask coughs, sneezes, talks, or raises their voice. This is called source control. This recommendation is based on what we know about the role respiratory droplets play in the spread of the virus that causes COVID-19, paired with from clinical and laboratory studies that shows masks reduce the spray of droplets when worn over the nose and mouth. COVID-19 spreads mainly among people who are in close contact with one another (within about 6 feet), so the use of masks is particularly important in settings where people are close to each other or where social distancing is difficult to maintain. CDC's recommendations for masks will be updated as new scientific evidence becomes available.

2020-21 Guidance for Return to Participation

Locker Room

Host schools should be responsible for providing a clean environment for all visiting teams to dress and have pre-game meetings. When possible, the area should be large enough to maintain social distancing.

If locker/dressing rooms are not large enough to maintain social distancing, visiting teams may want to consider traveling dressed and/or limiting travel team numbers.

General Guidelines for all Locker Room Situations

- ❖ Prior to an individual or groups of individuals entering the locker room, hard surfaces within that locker room should be wiped down and sanitized (chairs, training tables, furniture etc.).
- ❖ Any equipment kept in student lockers should be cleaned out nightly by the athlete to allow for proper cleaning and sanitization. i.e. Soft clothing items will be taken home daily. Items such as helmets and shoulder pads may remain.
- ❖ Staff, coaches and student/athletes must wear face coverings while inside locker rooms, meeting rooms and training rooms.
- ❖ Every effort will be made to alternate smaller groups through the locker room to minimize exposure with other athletes. Coaches will devise plans based on the number of athletes and the space available. Entrances will be monitored by coaches.
- ❖ Student athletes are to dress as rapidly as possible to minimize time in the locker room.
- ❖ Social distancing measures will be in effect throughout all locker rooms.
- ❖ Athletes will not be required to wear a mask in the shower area.
- ❖ Hand sanitizing stations must be available.
- ❖ Athletes will leave the locker once cleaned and changed – no congregating.

School Transportation

Phase 2 and 3 School Bus Guidance from the Virginia Department of Education

Physical distance should be created between children on school buses when possible (e.g. seat children one per seat, every other row and/or staggered, aisles and windows) limiting capacity as needed to optimize distance between passengers. If three to six feet of distance cannot be maintained, wearing of face coverings is strongly encouraged and may help reduce disease transmission. Children (such as siblings) living together may sit together on the bus, and assign seating where possible. If possible, given the age of students, weather conditions, etc., consider opening windows to improve ventilation.

VHSL Return to Participation Guidelines

Requirements Applying to Everyone

- ❖ Passengers and driver are required to wear masks at all times while traveling via school transportation.
- ❖ Team parties must follow school health and VDH guidelines with respect to seat occupancy distancing.
- ❖ All passengers will follow any identified entrance and exit plans established in school health plans. It is recommended that loading of the bus should occur from back to front and unloading occur front to back.
- ❖ Team parties may not exceed the maximum number of passengers established within school health and VDH guidelines.
- ❖ All individuals are responsible for keeping individual equipment with them at all times. Community storage of equipment on the bus should be avoided.
- ❖ Passengers must occupy the same seats both going to and returning from an event trip.
- ❖ When possible seats should be sanitized upon arrival at the event and once the bus returns from an event and all passengers and equipment have been removed.
- ❖ At no point should passengers pass around or share food or drink items.

2020-21 Guidance for Return to Participation

The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Return to Participation

General Considerations Applying to all Participants:

- ❖ Individuals associated with any events should complete a personal health screening daily and should stay home if they are experiencing symptoms consistent with COVID-19 or are in close contact with someone with COVID-19. **(A sample screening tool can be found in the Appendix of this document).**
- ❖ Individuals should be educated on the need to thoroughly wash their hands regularly with soap and water for at least 20 seconds and/or use at least a 60% alcohol based hand sanitizer before, during and after any activity.
- ❖ Facility staff should ensure that facilities have been properly sanitized and have hand sanitizer and disposable masks available when they host events.
- ❖ Facilities should be cleaned and disinfect frequently touched surfaces and practice/game equipment including balls. Contact equipment manufacturers for specifics on proper cleaning protocols for their equipment (some valuable information regarding some manufacturer requirements may be found later in this document).
- ❖ Social distancing of 6 feet should be maintained, when possible. There should be no hugging, high fives, handshakes or fist bumps. Additionally:
 - Pre and postgame handshakes will be eliminated.
 - Pregame meetings, if necessary and/or required should be limited to essential personnel with every attempt to maintain the social distancing guidelines observed.
 - Postgame award ceremonies should be eliminated.
 - Whenever possible social distancing must be maintained on all sidelines.
 - Outdoor activities may require extending bench areas.
 - Indoor activities may require the use of bleachers or multiple levels of seating.
 - All fans stay at least 6 feet from people they do not live with.
 - Capacity limits will be enforced.
- ❖ Participants and coaches should bring and use their own water bottle. Each group should have a hydration plan and ability to provide water to those within that group in a safe manner should they not have their own water bottle. Host schools should ensure visiting teams have safe access to water for their participants.
- ❖ If a positive COVID-19 case is determined, schools must follow their safety plan as well as adhere to Virginia and local Department of Health guidelines in determining a comprehensive plan of action.
- ❖ Where applicable score sheets/books should be handled only by the scorer.
- ❖ If writing implements are a necessary part of an event, they should be sanitized and not shared with anyone.
- ❖ Prior to and after games, individuals must refrain from congregating in groups.

Considerations Applying to Student Participants/Coaches/Host Administrators:

- ❖ Each student should be responsible for their own equipment/supplies. There should be no sharing of clothing or community laundering of workout supplies. There should be daily cleaning of all workout clothing/towels.
- ❖ All schools, teams and facilities MUST have a well-rehearsed Emergency Action Plan in place for every sport and every venue prior to any event taking place.
- ❖ Hand sanitizer should easily be available in sufficient quantities at all events/practices.
- ❖ Athletes MUST tell coaches immediately when they are not feeling well. Additionally, athletes should stay home if they are experiencing symptoms consistent with COVID-19 or are in close contact with someone with COVID-19.
- ❖ Student-athletes should keep mouth guards in their mouth throughout the competition. If the mouth guard is taken out, proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should be washed/disinfected before doing so.
- ❖ All participants should bring and use their own water bottle.
- ❖ Coaches/Administrators must communicate all guidelines in a clear manner to students and parents.
- ❖ Coaches should consider, and administrators should strongly encourage, conducting workouts in “pods” of the same students, always training and rotating together in practice to ensure less exposure if someone develops an infection.
- ❖ Coaches must keep accurate records of those athletes and staff who attend each practice in case contact tracing is necessary.
- ❖ Schools should consider limiting game day squad sizes for social distancing purposes.
- ❖ Coaches should make sure the team brings their own medical supplies.
- ❖ Parents/Guardians should inform coaches if the participant has been exposed to someone who is known to have COVID-19.
- ❖ The local health department should be consulted if COVID issues arise in your area.
- ❖ Coaches and school staff should be trained on school specific procedures regarding how to prepare and respond if someone gets sick, as outlined in each school divisions health plan.

General Guidelines for Cleaning and Disinfecting Athletic Equipment

The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Return to Participation

Jerseys, cleats, shin guards, shoulder pads, gear bags...they all harbor germs and bacteria.

It's good to know the same regular bleach that sanitizes your laundry can also clean and disinfect sports equipment. Any equipment with a hard, nonporous surface (think plastic, nylon, and even painted wood and polyurethane coatings) can be wiped down with a bleach and water solution, making it a great choice to kill bacteria, including MRSA.

Materials needed:

- ❖ Regular Bleach
- ❖ Measuring cup
- ❖ Plastic dishpan
- ❖ Gloves
- ❖ Sponge
- ❖ Clean white towels
- ❖ Lingerie bags

Procedure:

1. Measure $\frac{1}{2}$ cup bleach, and add it to 1 gallon cool water in a plastic dishpan.
2. Wearing gloves, use the sponge to apply the bleach and water solution to hard, non-porous sports equipment. Reapply as needed to keep the surface wet for 5 minutes.
3. After 5 minutes, rinse with clean water.
4. Hang equipment to air dry; alternately, lay on a clean towel or prop up to air dry.

Here's how to sanitize laundry with regular bleach.

1. For high efficiency clothes washers, add $\frac{1}{3}$ cup bleach along with your favorite detergent; use the bleach dispenser if your clothes washer has one.
2. For traditional deep-fill clothes washers, add $\frac{2}{3}$ cup bleach along with your favorite detergent.
3. Ensure that the bleach contacts the load for 10 minutes.

DO

Wipe mud off of cleats before treating with the disinfecting bleach and water solution.

DON'T

Forget your gym bag—if it's nylon or polyester, it can be machine washed. Just add a few towels along with the bag to help balance the load, and wash as directed above.

2020-2021 Cross Country Recommendations

The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Return to Competition

General Recommendations

- ❖ Cross-country meets should use staggered, wave or interval starts.
- ❖ Finish:
 - Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
 - With no FAT timing system, consider alternative means of finish place and time to address congestion at finish line.
 - Consider using image-based equipment at finish to assist with picking place to avoid congestion.
- ❖ Clean and disinfect frequently touched surfaces and exercise equipment.
- ❖ Pre and Post Event Ceremony: Establish cross-country specific social distancing meet protocols including the elimination of handshakes before and after the meet. Event results should not be posted but available online and/or email results to coaches. Awards will be picked up by the coach prior to team departure.

Rule Modification for the 20-21 school year

- ❖ 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.

Recommendations for Coaches

- ❖ Communicate your guidelines in a clear manner to students and parents.
- ❖ Conduct 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 in case contact tracing is needed.

Recommendations for Student-Athletes

- ❖ Consider making each student-athlete responsible for their own supplies.
- ❖ Student-athlete should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- ❖ Student-athletes should tell coaches immediately when they are not feeling well.

2020-2021 Track & Field Recommendations

The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Return to Competition

General Recommendations

- ❖ Shot Put and Discus events should enforce social distancing for all athletes and officials.
 - To limit contact: athletes should provide their own implements (that pass inspection) and retrieve their own implements after all throws.
 - If athletes cannot provide their own implements, then it is recommended that implements be sanitized between each use.
- ❖ Long and Triple Jumps should enforce social distancing for all athletes and officials.
- ❖ Sprint, Hurdle, relay events run entirely in lanes, may use every other lane to assist with distancing.
 - Blocks should be disinfected after each heat / race.
 - Recommend not using baskets at start line for apparel.
- ❖ Middle Distance and distance races on the track of 800m and longer (any event not run entirely in lanes) are considered moderate risk activities if conducted under normal circumstances.
- ❖ Event results should not be posted but available online and/or email results to coaches. Awards will be picked up by the coach prior to team departure.

Rule Adjustments for the 2020-21 School Year

- ❖ Rule 5-10-5 Current rule: The baton is the implement, which is used in a relay race and is handed by each competitor to a succeeding teammate. Gloves are not permitted in relay events.
 - States may permit the use of gloves for this year.
 - Schools can bring their own batons, or they should be disinfected after each heat/race.
- ❖ High Jump and Pole Vault should enforce social distancing for all athletes and officials.
 - To lower the risk of these events meets can cover pits by a tarp that is removed and disinfected after each athlete (therefore multiple tarps needed to keep event moving).
 - Rules 6-4-11 and 6-5-24: events may consider alternate ways to conduct the vertical jumps. Lowering the cross bar after competition has begun may be one-way events may modify rules. With small numbers of competitors, events may wish to jump each athlete to completion.
 - To limit contact: athletes should not share vaulting poles.

Recommendations for Coaches

- ❖ Communicate your guidelines in a clear manner to students and parents.
- ❖ Conduct 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 in case contact tracing is needed.

Recommendations for Student-Athletes

- ❖ Consider making each student-athlete responsible for their own supplies.
- ❖ Student-athletes should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- ❖ Student-athletes should tell coaches immediately when they are not feeling well.
- ❖ Bring your own labeled water bottle.



Appendix

Virginia High School League
1642 State Farm Blvd.
Charlottesville, Virginia 22911-8609

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VIRGINIA HIGH SCHOOL LEAGUE

1642 State Farm Blvd., Charlottesville, VA 22911

Phone: 434-977-8475 Fax: 434-977-5943

www.vhsl.org

Championships +1.

Regular Season

See Calendars Pages 3 - 4

- Sideline Cheer has been moved from Season 2 to Season 1 to accommodate the beginning of the yearly calendar. These teams serve as an auxiliary group for any sport team sponsored by a member school.
- Each sport will play 60% of the normal contests allowed
- For the 2020-21 school year no district may intentionally disadvantage a member school relative to scheduling. A school may request of its district to fill their schedule with non-district opponents. All District decisions relative to scheduling require the unanimous approval of the district.

Penalty for failure to comply: Intentional violations of the scheduling rule will result in the offending district schools being ineligible for post-season participation.

- Football will have 7 dates to play 6 games.
 - 1 - 02/22
 - 2 - 02/27
 - 3 - 03/05
 - 4 - 03/12
 - 5 - 03/19
 - 6 - 03/26
 - 7 - 04/02
- Any game not played due to COVID-19 issues will be treated as a game “not played” versus a forfeit.
- Regular season academic events do not have a calendar. Schools/teams may participate in these activities throughout the regular school year per local school approval.
- Dead Periods:
 - Season 1: 12/07 - 12/19
 - Season 2: 02/04 - 02/20
 - Season 3: 04/12 - 04/24

Championships

Every sport will hold a state championship

- The calendar allows for one week of region tournaments and one week for a state tournament-semi-finals and finals.
- Teams not participating in region tournaments will be allowed to schedule 1 additional game/contest that must be completed by the region deadline
- Each region will advance 1 team to the state tournament in all sports. Team state championships will be hosted by the team at the top of the bracket if the venue meets VHSL State Tournament Site Requirements, otherwise the game will be hosted in a facility in the geographic area that meets the requirements.
- State Championships will be one day events when possible to eliminate team/school expense, overnight accommodations, meet COVID safety requirements for indoor facilities
- Wrestling will be 8- person brackets and 1-day state tournaments.
- Cross Country will advance to state competition based on region finish – 1 team and top 5 individuals
- Indoor Track will qualify the top 3 region finishers in each event (Standards will not be used for the 2020-2021 state meet).
- Outdoor Track will qualify the top 4 region finishers in each event (Standards will not be used for the 2020-2021 state meet).
- Swimming & Diving will qualify the top 4 region finishers in each event (Standards will not be used for the 2020-2021 state meet).
- Golf(boys) will qualify 1 team and 3 individuals per region
- Golf(girls) will qualify through zone qualifiers, there will be no automatic qualifiers
- Gymnastics will be one team per region and top 3 individuals per region for each event (inclusive of all-around) and the top 2 all-around finalists per region. Qualifying standards will not be used for the 2020-2021 state meet.
- Class 3 – 4 Theatre state championships has been scheduled to coincide with the Class 5 – 6 Theatre state championships.

Region/District Responsibilities

- Districts will create all district schedules and create protocols for handling situations for games affected by COVID-19.
- Districts/Regions will be responsible for implementing all guidelines and recommendations approved by the VHSL Executive Committee that are designed to decrease exposure to COVID-19 and protect student-athletes, coaches, officials, game administration and fans. (VHSL staff will work with athletic directors/principals, SMAC, and coach advisory committees to create these guidelines and recommendations).



Sports Regular Contest Limits 60% Contest Limit Maximum Contest Limit per player Regardless of Level

Basketball	22	14	14
Gymnastics	10	6	6
Indoor Track	10	6	6 with each individual team member allowed 2 sanctioned events that count toward their 6
Sideline Cheer	N/A	N/A	N/A
Swim and Dive	10	6	6
Wrestling	12	8	8 with each individual team member allowed 2 sanctioned events that count toward their 8. In girls they will be allowed 3 additional all girl sanctioned invitational events
Competition Cheer	5	3	3
Cross Country	10	6	6 with each individual team member allowed 2 sanctioned events that count toward their 6
Field Hockey	16	10	10
Football	10	6	6 with a maximum of 24 or



Sports Regular Contest Limits 60% Contest Limit Maximum Contest Limit per player Regardless of Level

Golf	12	8	8 with girls being allowed 3 additional all girl sanctioned invitational events
Volleyball	20	12	12 dual matches; or 10 duals and 1 invitational event; or 8 duals and 2 invitational events
Baseball	20	12	12
Lacrosse	14	9	9
Soccer	16	10	10
Softball	20	12	12
Tennis	16	10	10
Track & Field	10	6	6 with each individual team member allowed 2 sanctioned events that count toward their 6



VHSL Championship + 1 Calendar 2020-21

(Adopted September 17, 2020)
MPR (minimum practice requirements)

SEASON 1 DEAD PERIOD	Dec. 7-19		
SEASON 1 WINTER SPORTS	WEEK	DAY	2020-21
BASKETBALL	8-day MPR; Contests Limits = 14		
First Practice	Week 23	Mon.	Dec. 7
First Contest	Week 25	Mon.	Dec. 21
Region Start Date	Week 32	Mon.	Feb. 8
Region Deadline	Week 32	Sat.	Feb. 13
State Semifinals	Week 33	Tues.	Feb. 16
VHSL Championships (Finals)	Week 33	Sat.	Feb. 20
GYMNASTICS	8 - day MPR; Contests Limits = 6		
First Practice	Week 24	Mon.	Dec. 14
First Contest	Week 26	Mon.	Dec. 28
Region Start Date	Week 31	Mon.	Feb. 1
Region Deadline	Week 31	Sat.	Feb. 6
VHSL Championships	Week 32	Fri.-Sat.	Feb. 12-13
INDOOR TRACK	8 - day MPR; Contests Limits = 6		
First Practice	Week 24	Mon.	Dec. 14
First Contest	Week 26	Mon.	Dec. 28
Region Start Date	Week 31	Sat.	Feb. 6
Region Deadline	Week 33	Sat.	Feb. 20
VHSL Championships	Week 36	Mon./Tues./Wed.	Mar. 1-3
SIDELINE CHEER	20-day MPR for each individual		
First Practice	Week 23	Mon.	Dec. 7
Stunting at games	Week 27	20-day Ind.PR	
Season Ends	End of school year		
SWIM & DIVE	8 - day MPR; Contests Limits - 6 meets		
First Practice	Week 24	Mon.	Dec. 14
First Contest	Week 26	Mon.	Dec. 28
Region Start Date	Week 31	Mon.	Feb. 1
Region Deadline	Week 31	Sat.	Feb. 6
VHSL Championships	Week 32	Sat.	Feb. 13
WRESTLING	8-day MPR; Contest Limits = 8 (Individuals limited to 2 sanctioned events that count toward their 8 (must follow WCP) Girls allowed 3 additional all girl sanctioned invitational events. WCP window begins Monday, Dec. 7.)		
First Practice	Week 24	Mon.	Dec. 14
First Contest	Week 26	Mon.	Dec. 28
Region Start Date	Week 31	Mon.	Feb. 1
Region Deadline	Week 32	Sat.	Feb. 13
VHSL Championships	Week 33	Thurs./Fri./Sat.	Feb. 18-20

VHSL Championship + 1 Calendar 2020-21 (Adopted September 17, 2020)

MPR (minimum practice requirements)

SEASON 2 DEAD PERIOD	Feb. 4-20		
SEASON 2 FALL SPORTS	WEEK	DAY	2020-21
COMPETITION CHEER	20-day MPR per individual; Contest Limits = 3		
First Practice	Week 31	Thurs.	Feb. 4
First Contest	Week 35	Mon.	Mar. 1
Region Start Date	Week 40	Mon.	Apr. 5
Region Deadline	Week 40	Sat.	Apr. 10
VHSL Championships	Week 41	Sat.	Apr. 17
CROSS COUNTRY	8-day MPR; Contest Limits = 6 (Individuals allowed 2 sanctioned events to count towards their 6.)		
First Practice	Week 33	Mon.	Feb. 15
First Contest	Week 35	Mon.	Mar. 1
Region Start Date	Week 41	Mon.	Apr. 12
Region Deadline	Week 41	Sat.	Apr. 17
VHSL Championships	Week 42	Thurs/Fri./Sat.	Apr. 22-24
FIELD HOCKEY	8-day MPR; Contest Limits = 10		
First Practice	Week 33	Mon.	Feb. 15
First Contest	Week 35	Mon.	Mar. 1
Region Start Date	Week 41	Mon.	Apr. 12
Region Deadline	Week 41	Sat.	Apr. 17
State Semifinals	Week 42	Tues.	Apr. 20
VHSL Championships	Week 42	Sat.	Apr. 24
FOOTBALL	15-day MPR; Contests = 6 (20-day MAX prior to 1st contest; 18 practices required for 2nd scrimmage)		
First Practice	Week 31	Thurs.	Feb. 4
First Contest	Week 34	Mon.	Feb. 22
Region Start Date	Week 40	Wed.	Apr. 7
Region Deadline	Week 41	Sat.	Apr. 17
State Semifinals	Week 42	Sat.	Apr. 24
VHSL Championships	Week 43	Sat.	May 1
GOLF (Boys)	No MPR; Contests Limits = 8		
First Practice	Week 33	Mon.	Feb. 15
First Contest	Week 35	Mon.	Mar. 1
Region Start Date	Week 41	Mon.	Apr. 12
Region Deadline	Week 41	Thurs.	Apr. 15
VHSL Championships	Week 42	Mon.	Apr. 19
GOLF (Girls)	No MPR; Contests Limits = 8 (If on boys team, 3 additional girls only events permitted)		
First Practice	Week 33	Mon.	Feb. 15
First Contest	Week 35	Mon.	Mar. 1
Zone Qualifiers	Week 42	Wed.-Thurs.	Apr. 21-22
VHSL Championships	Week 43	Mon.	Apr. 26
VOLLEYBALL	8-day MPR; Contest Limits = 12 (or 10+ Tournament or 8+2 Tournaments; 15 set max per tournament)		
First Practice	Week 33	Mon.	Feb. 15
First Contest	Week 35	Mon.	Mar. 1
Region Start Date	Week 41	Mon.	Apr. 12
Region Deadline	Week 41	Sat.	Apr. 17
State Semifinals	Week 42	Tues.	Apr. 20
VHSL Championships	Week 42	Fri.-Sat.	Apr. 23-24



VHSL Championship + 1 Calendar 2020-21

(Adopted September 17, 2020)

MPR (minimum practice requirements)

SEASON 3 DEAD PERIOD	Apr. 12-24		
SEASON 3 SPRING SPORTS	WEEK	DAY	2020-21
BASEBALL	8-day MPR; Contest = 12		
First Practice	Week 41	Mon.	Apr. 12
First Contest	Week 43	Mon.	Apr. 26
Region Start Date	Week 50	Mon.	June 14
Region Deadline	Week 50	Sat.	June 19
State Semifinals	Week 51	Tues.	June 22
VHSL Championships	Week 51	Sat.	June 26
LACROSSE	8 - day MPR; Contests Limits = 9		
First Practice	Week 41	Mon.	Apr. 12
First Contest	Week 43	Mon.	Apr. 26
Region Start Date	Week 50	Mon.	June 14
Region Deadline	Week 50	Sat.	June 19
State Semifinals	Week 51	Tues.	June 22
VHSL Championships	Week 51	Sat.	June 26
SOCCER	8 - day MPR; Contests Limits = 10		
First Practice	Week 41	Mon.	Apr. 12
First Contest	Week 43	Mon.	Apr. 26
Region Start Date	Week 50	Mon.	June 14
Region Deadline	Week 50	Sat.	June 19
State Semifinals	Week 51	Tues.	June 22
VHSL Championships	Week 51	Sat.	June 26
SOFTBALL	8 - day MPR; Contests Limits = 12		
First Practice	Week 41	Mon.	Apr. 12
First Contest	Week 43	Mon.	Apr. 26
Region Start Date	Week 50	Mon.	June 14
Region Deadline	Week 50	Sat.	June 19
State Semifinals	Week 51	Tues.	June 22
VHSL Championships	Week 51	Sat.	June 26
TENNIS	8 - day MPR; Contests Limits = 10		
First Practice	Week 41	Mon.	Apr. 12
First Contest	Week 42	Wed.	Apr. 21
Region Start Date	Week 46	Thurs.	May 20
Region Deadline	Week 48	Sat.	June 5
State TEAM Semifinals	Week 49	Mon.	June 7
State Singles - Semi-Final/Final	Week 49	Fri./Sat	June 11-12
State Doubles - Semi-Final/Final	Week 49	Thu/Fri.	June 10-11
VHSL TEAM Championships	Week 49	Thu.	June 10
TRACK & FIELD	8 - day MPR; Contests Limits = 6		
First Practice	Week 41	Mon.	Apr. 12
First Contest	Week 43	Mon.	Apr. 26
Region Start Date	Week 49	Mon.	June 7
Region Deadline	Week 49	Sat.	June 12
VHSL Championships	Week 50	Fri.-Sat.	June 18-19

VHSL Championship + 1 Calendar 2020-21

(Adopted September 17, 2020)

MPR (minimum practice requirements)

ACTIVITIES	WEEK	DAY	2020-21
THEATRE - <u>Classes 1 & 2</u>			
First Level Deadline	Week 40	Sat.	Apr. 10
Next Level Deadline	Week 42	Sat.	Apr. 24
VHSL Championships	Week 44	Sat.	May 8
THEATRE - <u>Classes 3 & 4</u>			
First Level Deadline	Week 31	Sat.	Feb. 6
Next Level Deadline	Week 33	Sat.	Feb. 20
VHSL Championships	Weeks 35-36	Thur./Fri./Sat./Mon.	Mar. 4-8
THEATRE - <u>Classes 5 & 6</u>			
First Level Deadline	Week 31	Sat.	Feb. 6
Next Level Deadline	Week 33	Sat.	Feb. 20
VHSL Championships	Weeks 35-36	Thur./Fri./Sat./Mon.	Mar. 4-8
SCHOLASTIC BOWL			
First Level Deadline	Week 30	Sat.	Jan. 30
Next Level Deadline	Week 32	Sat.	Feb. 13
VHSL Championships	Week 34	Sat.	Feb. 27
FORENSICS			
First Level Deadline	Week 33	Sat.	Feb. 20
Next Level Deadline	Week 35	Sat.	Mar. 6
VHSL Championships	Week 38	Sat.	Mar. 27
DEBATE			
First Level Deadline	Week 38	Sat.	Mar. 27
Next Level Deadline	Week 40	Sat.	Apr. 10
VHSL Championships	Week 42	Fri.-Sat.	Apr. 23-24
ROBOTICS			
Submission Deadline: April 30			
VHSL Championships	Week 47	Sat.	May 29
FILM FESTIVAL			
Submission Deadline: April 1			
VHSL Championships	Week 48	Sat.	June 5



VDH Interim Guidance for Daily COVID-19 Screening of Patrons

Businesses and employers can help prevent the spread of COVID-19 by following the CDC's [Interim Guidance for Business and Employers Responding to Coronavirus Disease 2019](#). An important part of that is ensuring ill patrons are not permitted to enter the establishment. Businesses should post signage at the entrance that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment. For businesses **required** to screen patrons prior to admission to the venue/facility, the screening questions (page 2, below) can be used as a guide for assessing patrons. Businesses and patrons should know the [symptoms of COVID-19](#) and follow the CDC guidelines for [what to do if they are sick](#) with symptoms of COVID-19. VDH recommends that ALL businesses develop a plan for healthcare support if a patron becomes ill.

If a patron answers YES to any of the symptom screening questions, the business should activate the emergency protocol for COVID-19.

- Immediately isolate the ill person from others and ask that person to wear a facemask or cloth face covering, if not already doing so. Patrons may already be required to wear face coverings under Executive Order [63](#).
- Determine if the person needs medical care.
- Most people with COVID-19 develop [mild to moderate illness](#) and do not require medical care. In these situations, the ill person can be sent home to self-isolate. If the person is not severely ill, but medical care seems indicated, the person should call his or her healthcare provider before visiting the provider's office; if the person does not have a healthcare provider, the person should first call an urgent care center or hospital emergency room.
- If the person is experiencing any medical emergency or emergency warning signs of COVID-19 including, but not limited to, trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, or bluish lips or face, call 9-1-1 immediately and notify the operator that the person might have COVID-19.

All Patrons Should be Educated* On:

- Proper [hand hygiene](#);
- Wearing a face covering when entering, exiting, traveling through, and spending time inside businesses according to [Executive Order 63](#);
- Maintaining appropriate physical distance from persons not living in the same household (at least 10 feet for establishments with physical activity, singing, or cheering and at least 6 feet for all other settings);
- Limiting physical contact with others, as much as possible; and
- Limiting contact with surfaces, as much as possible.

*Education may occur through verbal instruction or signage provided in common areas where all patrons will view the information.

Additional COVID-19 Resources

- VDH website on COVID-19 www.vdh.virginia.gov/coronavirus/
- [VDH COVID-19 Business Website](#) (with a Business Toolkit that includes signage resources)
- [Executive Order 67](#) and [Phase Three Guidelines for All Business Sectors](#)
- [Persons at Higher Risk for Severe COVID-19](#)



COVID-19 Screening Protocol: Survey for Patrons

YES or NO, are you currently experiencing any of the following symptoms?	Yes	No
A new fever (100.4°F or higher) or a sense of having a fever	<input type="checkbox"/>	<input type="checkbox"/>
A new cough that you cannot attribute to another health condition	<input type="checkbox"/>	<input type="checkbox"/>
New shortness of breath or difficulty breathing that you cannot attribute to another health condition	<input type="checkbox"/>	<input type="checkbox"/>
New chills that you cannot attribute to another health condition	<input type="checkbox"/>	<input type="checkbox"/>
A new sore throat that you cannot attribute to another health condition	<input type="checkbox"/>	<input type="checkbox"/>
New muscle aches (myalgia) that you cannot attribute to another health condition, or that may have been caused by a specific activity (such as physical exercise)	<input type="checkbox"/>	<input type="checkbox"/>
A new loss of taste or smell	<input type="checkbox"/>	<input type="checkbox"/>
Have you had a positive test for the virus that causes COVID-19 disease within the past 10 days?	<input type="checkbox"/>	<input type="checkbox"/>
In the past 14 days, have you had close contact (within about 6 feet for 15 minutes or more) with someone with suspected or confirmed COVID-19?⁵	<input type="checkbox"/>	<input type="checkbox"/>

Patrons who answer YES to any of the patron screening questions should not be permitted to enter the facility.⁵

⁵Healthcare workers using appropriate personal protective equipment during the care of a COVID-19 patient should not be excluded from the facility based on close contact with a COVID-19 patient.

COVID 19 Optional Patron Agreement: Infection Control Practices

During your visit, do you agree to:	Yes	No
Immediately notify a staff member if you develop symptoms of COVID-19	<input type="checkbox"/>	<input type="checkbox"/>
Practice proper hand hygiene	<input type="checkbox"/>	<input type="checkbox"/>
Maintain appropriate physical distance between yourself and others, as much as possible (at least 10 feet for establishments with physical activity, singing, or cheering and at least 6 feet for all other settings)	<input type="checkbox"/>	<input type="checkbox"/>
Limit physical contact between yourself and others, as much as possible	<input type="checkbox"/>	<input type="checkbox"/>
Wear a face covering when entering, exiting, traveling through, and spending time inside the venue/facility (unless an exception exists per Executive Order 63)	<input type="checkbox"/>	<input type="checkbox"/>
Limit touching surfaces to only what is necessary	<input type="checkbox"/>	<input type="checkbox"/>