

OKLAHOMA SECONDARY SCHOOL ACTIVITIES ASSOCIATION
7300 BROADWAY EXTENSION
OKLAHOMA CITY, OK 73116



The OSSAA offers the following *guidelines* to ensure safety of all, schools may choose to implement all or any portion of these guidelines at the local school district's discretion. The situation surrounding COVID-19 is fluid and adjustments may need to be made. Coaches, participants and spectators should adhere to all CDC, local health authority and school facility guidelines and restrictions, including social distancing.

In addition to these guidelines, the NFHS has provided conditions for modification of game rules specific to each activity. A copy of those conditions can be found on each activity's webpage at OSSAA.com.

ALL FACILITIES: DO NOT ATTEND A WORKOUT OR PRACTICE IF ANY OF THE FOLLOWING ARE TRUE.

- An exposure to COVID-19 exists. (an exposure according to the CDC is defined as coming into close contact, 6 ft. or less for 15 minutes or longer)
- You have a temperature of 100.4 or above. (CDC recommends not returning until you have been free of fever for a minimum of 24 hours without fever reducing medicine)
- You show any symptoms of COVID-19; Symptoms from CDC:
 - o Fever or chills
 - o Cough
 - o Shortness of breath or difficulty breathing
 - o Fatigue
 - o Muscle or body aches
 - o Headache
 - o New loss of taste or smell
 - o Sore throat
 - o Congestion or runny nose
 - o Nausea or vomiting
 - o Diarrhea(recommended to stay away from others for 14 days from feeling first symptoms)

INDOORS

- **Coaches or other supervisory adults must wear a mask or cloth face covering.**
- Each person entering the facility must have their temperature checked upon arrival. Any individual with a temperature registering 100.4 degrees or above must not be permitted to stay.
- Hands must be washed or hand sanitizer used prior to entering the facility and touching any equipment.
- Locker rooms and/or restrooms if opened must be sanitized before use and at the conclusion of the workout
- 2 people maximum on any one piece of workout equipment.
- Spotters must wear a mask or cloth face covering.
- Social distancing requirements must be followed; the total number allowed in a weight room must comply with social distancing requirements (exception: a spotter should be permitted to safely spot).
- Any equipment used including weights, balls, bats, helmets, etc. must be disinfected appropriately with use
- No shared hydrating bottles, towels, gloves, or any other personal equipment is permitted.

OUTDOORS

- **Coaches or other supervisory adults must wear a mask or cloth face covering.**
- Each person entering the facility must have their temperature checked upon arrival. Any individual with a temperature registering 100.4 degrees or above must not be permitted to stay.
- Hands must be washed or hand sanitizer used prior to handling of equipment.
- Locker rooms and/or restrooms if opened must be sanitized before use and at the conclusion of the workout
- Social distancing guidelines must be followed.
- No shared helmets or equipment worn on the head including facemasks.
- No shared hydrating bottles, towels, gloves, or any other personal equipment is permitted.
- Any equipment used including balls, bats, helmets, etc. must be disinfected appropriately with use.

FOR ALL ACTIVITIES

The use of masks is encouraged when social distancing cannot be achieved.

***Neck gaiters are a good alternative to the traditional masks for participants.**

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ACTIVITY SPECIFIC GUIDELINES FOR FALL ACTIVITIES:

CHEER:

- Maintain social distancing guidelines.
- Non-player personnel (coaches, managers, athletic trainers and support individuals) should wear a mask as much as possible during practice.

CROSS COUNTRY:

- Masks or face coverings are recommended.
- Non-player personnel (coaches, managers, athletic trainers and support individuals) should wear a mask as much as possible during practice.

FALL BASEBALL:

- Have team meetings in an outside area whenever possible.
- Adhere to social distancing guidelines of 6 feet spacing whenever possible.
- No sharing of helmets or equipment unless absolutely necessary.
- Allow for social distancing during drill work and limit the number of athletes in a particular drill.
- During a team batting practice time, do not allow athletes to congregate together in one area of the field.
- Any equipment used including balls, bats, helmets, etc. must be disinfected appropriately with use.
- Non-player personnel (coaches, managers, athletic trainers and support individuals) should wear a mask as much as possible during practice.

FAST-PITCH SOFTBALL:

- Maintain a physical distance of 6 feet when in the dugout during scrimmages.
- Limit batting cage to two people at a time.
- Create separate exit and entrances to the dugout and batting cage if possible.
- Wipe equipment with disinfectant cloths after each half inning when scrimmaging.
- Do not share hydration bottles.
- Maintain social distancing during outfield and infield drills.
- Non-player personnel (coaches, managers, athletic trainers and support individuals) should wear a mask as much as possible during practice.

FOOTBALL:

- Have team meetings in an outdoor environment whenever possible.
- Social distancing should be observed as much as possible during practice. (such as, distance between players in lines, drill spacing on the practice area, break areas)
- Limit the number of large group meetings in confined spaces prior to practice and during practice sessions.
- Consider scheduling practice pods of players with consistent personnel groupings.
- Clean and/or sanitize footballs as needed during practice.
- Clean and/or sanitize practice equipment (blocking and tackling dummies/shields) as needed during practice.
- Structure drill work and instruction to avoid coaching from directly in front of players.
- Consider film /video studying by players to be confined to small groups or individually.
- Consider social distancing when using an air-powered whistles for communication purposes.
- Non-player personnel (coaches, managers, athletic trainers and support individuals) should wear a mask as much as possible during practice.

VOLLEYBALL:

- Disinfect the venue and all equipment, including volleyballs, where the activity will take place.
- Players and Coaches should wash and sanitize hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Modify drills or activities to limit/reduce violations of social distancing requirements, including but not limited to: high fives, huddles, and team meetings.
- Practice social distancing as often as possible.
- Require all participants to wear a mask except those athletes on the court playing.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Bring hand sanitizer and sanitizing wipes.
- Properly dispose of your personal drinking cups, bottles or utensils used.
- Sanitize all surfaces and volleyballs that were used during activities.
- Non-player personnel (coaches, managers, athletic trainers and support individuals) should wear a mask as much as possible during practice.

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WRESTLING:

General Considerations:

- All participants should self-monitor for symptoms of COVID-19 daily. If any signs or symptoms of infection are present, the participant should not attend practice, dual meet, tournament, etc. should notify parents and coaches, and should contact their healthcare provider.
- Continue standard infection prevention measures (frequent handwashing, avoid touching your face, cover your mouth when coughing, etc.)
- Make sure appropriate infection prevention supplies are present in multiple areas (hand sanitizer, facial tissues, facial coverings, etc.)
- Rigorous, frequent cleaning schedule/protocol with disinfectant before, during, and after practice, dual meets, and tournaments should continue.
- Writing utensils, when used, handled by one person, or sanitized between uses by other workers.
- Wipe down computers between users.
- No one touches the score sheet except the scorer.
- Participate in and/or host smaller events (more duals, less tournaments.)
- Reduce traveling parties to essential personnel only (coaches, competitors, and medical personnel.)
- Consider reduced capacity for spectators.
- Check fans' temperature prior to admission.
- Mask strongly suggested or required for attendance.
- Social distance encouraged.
- Consider only two days of dual meet/tournament competition per week.

Practice Considerations

- Daily temperature checks prior to entering facility for students and coaches.
- Monitor and document a daily symptoms checklist.
- Disinfecting wipes, spray, or foam, before and after practice.
- Pods of no more than 3 like wrestlers for purpose of working out throughout the season.
- Mandatory breaks to sanitize and wash hands every 15 minutes.
- Multiple practices allowing for further separation into smaller groups.
- Consider every other day practices by groups.
- Mandatory cleaning of mats and locker rooms before and after practice.
- Reduce/Restrict gatherings of people outside of practice and competition when possible.
- Limit practice facilities to immediate personnel only (coaches, team members, and medical personnel.)
- No shared towels, practice gear, etc.
- No shared drinking facilities.
- Mandatory showers after practice.
- Launder practice gear daily.

Dual Meet Considerations

- Plan and communicate effectively with teams and officials in preparation of weigh-ins, all procedures and protocols that will be implemented and followed.
- Conduct temperature checks for coaches and athletes at weigh-ins.
- Consider single duals only.
- Reduce traveling parties to essential personnel only (coaches, competitors, and medical personnel.)
- Mandatory cleaning of mats before and after each dual meet and at conclusion of event.
- Weigh-ins by team rather than shoulder to shoulder.
- Verify that all contestants are in good health and showing no symptoms of illness.
- Social distancing of wrestlers and wearing mask when not in competition.
- Eliminate shaking hands with opposing coaches and officials.

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Tournament Considerations

- Reduction of teams.
- Eliminate out of state competition.
- Single day events rather than multiple day events.
- Staggering weight classes in any Eight team two-day tournament. (Seven weights Friday, Seven weights Saturday).
- Plan and communicate effectively with teams and officials in preparation of weigh-ins, all procedures and protocols that will be implemented and followed.
- Mandatory cleaning of mats before and after each round or session.
- Conduct temperature checks for coaches and athletes at weigh-ins.
- Weigh-ins by team rather than shoulder to shoulder.
- Conduct weigh-ins in competition area instead of wrestling rooms and/or locker rooms.
- Verify that all contestants are in good health and showing no symptoms of illness.
- Reduce traveling parties to essential personnel only (coaches, competitors, and medical personnel.)
- Hand sanitizer at each table and encourage use before and after each match.
- Eliminate shaking hands of opposing coach and officials.
- Encourage coaches to wear mask when coaching and participants to wear mask when not competing.
- One coach only at mat side.

SWIMMING

- Provide for social distancing in locker rooms and on deck.
- Clean and sanitize equipment including lap counters, watches etc.
- All Officials and Coaches should wear a mask or face covering.
- Officials should maintain appropriate social distancing when speaking with another official, deck personnel, swimmer or coach.
- Electronic whistles are permitted.
- Provide for social distancing between relay swimmers
- Relay takeoff judges should maintain social distancing and wear a face covering.
- Allow for more time in warm-ups when possible and limit the number of swimmers per lane