

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.

During each phase each person, each day of attendance in each activity must complete a COVID-19 Screening form. Vulnerable individuals should not oversee or participate in any workouts during any phase.

PHASE ONE—JUNE 1, 2020 THROUGH JUNE 26, 2020

On June 1, 2020 coaches may have face-to-face contact with secondary level students using the provisions provided below. No team practice is permitted. No camps, clinics, or leagues may be conducted. Strength and conditioning is permitted.

INDOORS

WEIGHT ROOM

- 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 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
- Coaches or other supervisory adults must wear a mask or cloth face covering

GYM/INDOOR FACILITY

- 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 before beginning any drills or 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 hydrating bottles, towels, gloves, or any other personal equipment is permitted
- Any equipment used to include weights, balls, bats, helmets, etc. must be disinfected appropriately with use
- No scrimmaging or one-on-one
- Coaches or other supervisory adults must wear a mask or cloth face covering

OUTDOORS

- 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
- Coaches or other supervisory adults must wear a mask or cloth face covering

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



PHASE TWO—JULY 6, 2020 THROUGH JULY 15, 2020

No team practice is permitted. No camps, clinics, or leagues may be conducted. Strength and conditioning is permitted.

- Social distancing guidelines must be followed
- Hands must be washed or hand sanitizer used prior to the use of any equipment
- Any equipment used including weights, balls, bats, helmets, etc. must be disinfected appropriately with use
- Tryouts are permitted (must follow OSSAA Policy for tryouts)
- No shared hydrating bottles, towels, gloves, or any other personal equipment is permitted

JULY 15, 2020

Practice may begin for fast-pitch softball, fall baseball, volleyball, cross country.

Q and A:

1. **Question:** Are non-athletic activities included in these restrictions?
Answer: Yes, all activities are included in the restrictions.
2. **Question:** During phase two of the plan, can teams practice?
Answer: No, summertime practice is not permitted in any activity. EXCEPTION: fall activities may begin practice July 15.
3. **Question:** Does screening need to occur each day for each activity?
Answer: Yes, each person must be screened for COVID-19 prior to participation in each activity, each day during each phase of the plan.
4. **Question:** If a person is sent home due to a yes answer on the screening form, can that person return later in the day?
Answer: No a person sent home may not be permitted to return the same day.
5. **Question:** Does a participant need a physical prior to participation in phases one or two?
Answer: No, a physical is not required until the first practice of any activity for the new school year. (Fall activity participants must have a physical on file before July 15)
6. **Question:** Can a bandana be used as a face covering?
Answer: Yes, a mask, bandana or any cloth face covering may be used.
7. **Question:** Can any student interested in coming to my school tryout during phase two?
Answer: No, only students enrolled or pre-enrolled in your school should be permitted to participate in any try out.