



MSAA Rules Modifications & Guidelines Fall 2020

Dance

General Guidelines

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

This document is to be utilized in compliance with all EEA, DESE and DPH guidelines in place.

Pre-Workout/Pre-Contest Screening:

Athletes and coaches may not attend practices or games if they are isolated for illness or quarantined for exposure to infection.

Prior to attending practices or games, athletes and coaches should check their temperature. If a student-athlete or a coaching staff member has a temperature of 100 degrees or above, they should not attend practices or games. Likewise if they have any other symptoms of COVID-19 infection (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>), they should not attend practices or games. Student-athletes and coaches who have symptoms of COVID19 infection should follow DPH guidance regarding isolation and testing.

For students with symptoms who test negative for COVID-19 infection, they may return to sport once they are approved to return to school (when afebrile for 24 hours and symptomatically improved).

Student athletes and coaches who are diagnosed with COVID-19 infection may return to school once they have been afebrile for 24 hours and with improvement in respiratory symptoms, and once ten days have passed since symptoms first appeared, according to DPH guidelines. In addition, persons with COVID19 infection need to receive written clearance from their health care provider in order to return to sport.

Student-athletes and coaches who were exposed to COVID should not participate in practices or games until their 14-day quarantine is completed.

Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

Cohorts and/or Participants:

A record should be kept of all individuals present at team activities i.e. – practices, practice cohorts, competitions, etc.

Social distancing:

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This includes additional spacing between

athletes while stretching, warming up, chatting, changing drills, etc. Athletes must maintain spacing, and there should be no congregating of athletes while running drills. Workouts should be conducted in 'pods' of athletes, with the same 5-10 athletes always working out together. This ensures more limited exposure if someone develops an infection. Records should be kept of who is in each group, each day.

- **Locker Rooms** – Locker rooms and changing areas may be used but should be limited to 50% capacity. Facility Operators should ensure that users can abide by capacity restrictions and social distancing standards and establish signage and visual guidelines. Signage should remind users to limit time spent in enclosed area. If locker rooms are utilized, staggered use based on time and distance is recommended.

When possible, students should report to workouts in proper gear and immediately return home to shower, clean clothing, and equipment at the end of every workout.

- **Practice Field/Site** – Only essential personnel are permitted on the practice/competition field. These are defined as athletes, coaches, medical personnel/athletic trainers, and officials (competition). All others (i.e. managers, photographers, media, etc.) are considered non-essential personnel and are not to be on the field of play.
- **Personal Items** – It is recommended that each athlete bring their own gym bag for personal items (see gym bag information below). All personal items should remain in the gym bag when not in use. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice.
- **Huddles** – Social distancing (6 feet between individuals) must be maintained, as much as possible, and face coverings utilized when the coach is communicating with the entire team, or in smaller groups. Communicating with smaller groups is preferred.

Practice and Game Protocols:

- **Masks/Face Coverings** – Athletes are required to wear cloth face coverings/masks per EEA guidelines. Gaiters are acceptable. Face coverings comprised of multiple layers and a tighter weave are more effective and preferred.

During play when spacing between players is greater than 10 ft athletes may momentarily take brief face covering relief. The default expectation is that the mask will be on. Athletes should reference sport specific guidelines for mask breaks.

Caution should be exercised when replacing a mask if hands are soiled or dirty. For individuals that are unable to wear a face covering due to a medical condition or disability. (Coach must possess the medical note/documentation excusing the player from wearing a mask)

It is the responsibility of the head coach to monitor and ensure that all players not on the playing field are wearing face coverings. A game administrator, home athletic director, or other designee may also assist in monitoring this.

Coaches and officials are also required to wear face coverings. Officials may remove their face covering briefly for a "break" at any point during play when they are socially distanced greater than 6 feet. Spectators, workers, and others are required to wear face coverings and they are expected to follow social distancing guidelines.

- **Player habits** – Coaches should work to break old habits and create new ones in an effort to minimize the spread of the virus. Spitting, nose clearing on the field, licking fingers, and spitting on gloves during practices and competitions is not permitted. The habit of minimizing any touching of the face and covering the cough should be practiced.
- **Hand sanitizer and/or sanitizing wipes** – Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use them frequently – including prior to taking the field and upon return to the sideline. Additionally, it is emphasized to avoid touching the face throughout practice and competition.

Equipment:

- **General Equipment** – There should be no shared athletic equipment. Any equipment that is used for practice should be cleaned and disinfected prior to and immediately following practice. Only one individual should handle the set-up and break-down of equipment on any given day (i.e. goals, cones, etc.).
- **Personal Items** – Shoes, clothing, towels, and other personal items must not be shared among athletes. Any items that are not currently being worn/used should be stored inside a personal gym bag. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice/competition.

Hydration:

- All students must bring their own water bottle. Water bottles cannot be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.
- Water fountains are to be used as refill stations ONLY.

COVID-19 Coach:

- It is recommended that schools could designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually and ensure that social distancing is maintained during training. (NFHS COVID-19 FREE Course)

Gym Bag – Supplies recommended for a personal gym bag:

- Reusable facial covering(s)/mask(s) – The mask/face covering must be worn at all times. Sport specific modification may have further guidance for face coverings.
- Warm-up clothing, electronic devices, and other personal items that are used by the athlete, prior to practice/competition, must be placed back in the gym bag before practice/competition begins.
- Athletes are recommended to always have a personal bottle of hand sanitizer available. There will be less chance of possible cross contamination and less time standing around waiting to use a shared hand sanitizer. Be sure to have this inside a sealable bag, in case it leaks. This will be used when you enter and exit the practice/competition site, and at other necessary times in between.
- Athletes are recommended to have disinfectant wipes for personal use. When using a restroom area, it is best to disinfect any surface that may be touched, before and after using the facilities.
- Athletic braces, tape, inhalers, or any other sports-medical item used before, during or after practice/meets should be stored in a personal gym bag when not in use.
- Additional shoes should also be stored in a separate compartment or bag inside a gym bag to prevent possible cross contamination with other items in the gym bag.

- Any other item that is deemed necessary for practice or competition must be stored in the gym bag when it is not being used

**Everything inside the gym bag must be disinfected after every practice and before return to practice again. Be sure to spray the inside and the outside of the bag as well. This is for everyone's protection.

Dance Specific Modifications

Conditions for Practice/Participation:

- Dance participation at level 2 which includes close physical or face to face contact must utilize a cohort concept for competitive contact practices or training.
- Training activities must be performed in "cohorts" of the same small group of individuals that performs all training activities together and without interacting with other individuals or cohorts
- Training areas or boundaries must be marked so that training cohorts are separated in all directions by at least 14 feet. Class sizes should be capped by the number of available training areas based on the size of the facility and in no event more than 25 people on a playing surface.
- Cohorts can be no larger than ten (10) participants and the same cohort assignments must be used for every training session or class. Participants cannot be a member of multiple cohorts, nor can cohort assignments rotate.
- Cohorts may combine periodically for full squad practice but must always maintain social distance of 6 feet. Coaches should monitor the time combining the full squad and strive for cohort practice and training.
- A cohort can compete against other cohorts if each cohort performs separately from other cohorts (e.g., pair figure skating, or small group synchronized swimming) and no contact occurs between cohorts.
- Deliberate close contact must be eliminated. Deliberate close contact includes but is not limited to collisions, partner stunts, close formations.
- Outdoor training/practice is encouraged when possible.
- It is suggested to tape 6 x 6 boxes when indoors for dancers to work "skills and drills"
- Moving in formations and transitioning is not recommended unless dancers are 6 feet apart and outdoors, best practice is side by side and not behind one another

LEADERSHIP MATTERS



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