CHSAA has secured variances from CDPHE and state officials which will allow all Season B sports and activities to begin practice on Jan. 18. The approved calendar will begin competition on Jan. 25.

We need to protect opportunities for all students/programs with the many uncertainties during these times so a failure to uphold all safety requirements for the season may result in the removal of an individual or team from season participation.

All school athletic directors should meet with each head & assistant coach and go through specific sport variance prior to Monday, January 18th.

Link to CHSAA Sports Medicine Info

Swimming & Diving

Boys & Girls Wrestling

Spirit/Cheer

Boys & Girls Basketball
CHSAA Swimming/Diving: Coaches must review this document with their Athletic Director and District Aquatics Manager before hosting competitions at their school/facility and must communicate your guidelines in a clear manner to students, parents, officials, etc.

50 participants during a swim/dive competition (Practice is up to 25).
All Girls Swim/Dive Meets during the 2020-2021 school year must only include schools from the same league/conference to avoid contact across different regions of the state and must adhere to the local limitations around number of participants allowed indoors.

● **STUDENTS/COACHES/MANAGERS SHOULD NOT GO TO PRACTICE/RACE IF** Any are exhibiting any symptoms of the coronavirus. Have been in contact with someone with COVID-19 in the last 14 days.
● **Social distancing** between individuals of at least 6 feet must be maintained at all times. Handshakes, fist bumps, hugging, etc. are not permissible.
● **Sanitation** - There should always be sanitation materials (disinfecting wipes, sprays, hand sanitizer, etc.) in prime locations for meet personnel, team & coaching staff to clean and disinfect frequently touched surfaces and equipment.
● **Spectators** – If meet hosts allow spectators, they must wear facial coverings and maintain 6 feet social distance at all times. Spectators must follow CDPHE Indoor Events guidance at the current dial level of the host county.
● **No Scrimmages or Foundation Meets.**
● **Students must wear facial coverings at all times except when in the water or on the diving board.** All other personnel on deck (not competing) must wear face coverings at all practices and meets (coaches, officials, timers, lap counters, etc.).
● **Ventilation** - Open all doors and windows whenever safe to do so to promote ventilation of indoor spaces.
● The use of locker rooms should be eliminated whenever possible. Athletes should arrive to practice and competitions ready to participate. If locker rooms must be used, ensure athletes can maintain social distancing. Avoid using any indoor space with poor ventilation.

**General Meet Requirements:** Refer to CHSAA COVID-19 Requirements & Mandates while also adhering to state/county/local health restrictions; facilities may have stricter standards.

● If needed, auxiliary spaces (i.e. gymnasiums, classrooms, lunchrooms, etc.) should be used as holding areas for student participants, meet personnel, spectators, etc. All auxiliary spaces must allow for social distancing and adhere to state/county/local health restrictions (facilities may have stricter standards). The home team must be responsible for supervising this area and ensure everyone in the holding area is wearing a facemask.
• Must limit the deck to essential personnel only. These are defined as swimmers/divers, coaches, athletic trainers, lifeguards, and officials. Authorized timers, recorders, runners, computer operator’s necessary to conduct competition are essential. All others, i.e., team managers, video people, media photographers, family members, non-competing students, etc. are considered non-essential personnel and must be in the gallery remaining in the seating area (when present) or remaining outside the deck area. Timers must assemble at the finish of each race at the edge of the pool within the 6-8 feet confines of the lane which they are timing. **Timers must wear cloth facial coverings.**

Lap Counting - Only one person per lane must be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices.

- Meet protocols that cause coaches, participants, and/or spectators to congregate closely together (results boards, awards ceremonies, water stations, locker rooms, etc.) must be avoided. Should consider using an online platform for results. Should consider using general PA announcements or an online platform for award recognitions. Athletes must bring their own water bottle and have their own plan for retrieving their water after competition. Athletes should arrive at the competition venue already in competitive attire. If locker rooms must be used, ensure athletes can maintain social distancing.

- After each heat concludes, finished swimmers must exit the pool before swimmers for the next heat can come onto the bulkhead. No flyover starts.

- Relays should use alternate lanes and switch open lanes for the next heat (i.e. use lanes 1, 3, 5 for heat 1 and lanes 2, 4, 6 for heat 2). Relay competitors must wear their facemask unless they are in the pool or on the starting block.

- For dual, multi-team and virtual meets, there must be a heating area on deck for 2 heats. Cones and/or tape will indicate the socially distant location for each swimmer in the heating area. If chairs are provided in the heating area, there must be an assigned resource to wipe down each chair between heats. The referee/starter will use a series of 4 short whistle blasts to signal the next heat to the starting area and for the subsequent heat to move up.

- For dual, multi-team and virtual meets, pools not using automatic or semi-automatic timing must have every other lane open to allow for two timers per lane and to allow for proper social distancing.

- Equipment such as watches, clip boards, boards use for lap-counters, etc., must be sanitized after each use.

- Diving Warm-up Areas: Number of divers must be limited during warm-up by creating multiple sessions. During competition, divers must not approach the board until their turn to compete. Hot tubs/on deck showers should not be permitted (must maintain 6 feet of social distance while in use). Dive order sheets should be given to
each coach and/or posted in multiple areas (only one diver can approach the dive sheet posting at a time) to reduce number of divers viewing at the same time.

- **Swimming Warm-up Areas:** Multiple sessions for warm-up periods should be established to allow for appropriate social distancing and adhering to capacity limits. Dive well may be used as warm-up area during the meet as long as capacity limits are adhered to.

- The number of swimmers in the competition area must adhere to capacity limits. Athletes must be spaced out in the pool to ensure social distancing at all times. It is recommended that no more than 4 athletes should share a lane at a time, alternating two athletes at one end and two at the other. Multiple teams in the same lane must not be permitted.

- **Coaches Packet Pick-up:** All entries must be submitted electronically prior to the meet. All information must be transmitted to coaches (and officials) electronically prior to the meet. Meet programs should be emailed to all schools at least one day prior to the start of the meet. Coaches will be responsible for printing out their own meet programs. Hard copies must not be provided at the meet. Changes to the meet after the meet program has been sent out that would require a re-seeding are not permitted. It is recommended that cell phone numbers of all coaches should be shared and any changes/scratches should be sent via text to avoid in-person contact.

- **Pre-meet coaches’ meetings:** Coaches meetings must consist of one coach (per school) and one official. Should conduct electronic or virtual meetings when possible. Multiple smaller meetings with a smaller number of attendees at a time should be considered as a way to allow for social distancing. Hard copies of any meet material must not be distributed at pre-meet coaches’ meetings (i.e. ballots for awards/voting, heat sheets, etc.) All officials and coaches must wear facial coverings at pre-meet coaches’ meetings.

- **OFFICIALS:** Use of electronic whistle is recommended. The infinity start system and speaker must only be utilized by the meet referee/starter (only one person may handle the equipment at each meet). Must be sanitized before and after each meet.

**Number of officials** - Three officials is standard and recommended for pools with up to 6 lanes. Four officials would be standard and recommended for pools with more than 6 lanes. Two officials would be in compliance with all NFHS rules. Meet programs should be emailed to all officials at least one day prior to the start of the meet. Officials will be responsible for printing out their own meet programs. Hard copies must not be provided at the meet. Changes to the meet after the meet program has been sent out that would require a re-seeding are not
permitted.

Referee and Starter - Various rules require interactions between officials, coaches, and athletes. Alternative methods of communication including use of the P.A. system, hand signals or written communication (signs) should be utilized.

Notification of Disqualification - Notification should occur from a distance via use of hand signals or the P.A. system.

Recommended to judge from the side of the pool when possible.

Meet Officials – All communication between officials at the table must be done at the appropriate social distance.

Diving Officials – Alternative methods should be used for submitting entries and movement of non-electronic information. There must be a distance of 6 feet between individuals seated at the desk/table. Must create a 6 feet distance between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform.

Diving Judge Flashcards must be sanitized before and after each use. Recommended that officials use their own cards if possible.

Submission of Entries to Referee – Alternative forms of entry submission should be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries.

Meet results should be sent electronically to the Meet Referee at the conclusion of the meet. The referee will certify the results back to the meet host electronically.

Clerking – Officials must conduct clerking at the starting blocks to avoid competitors congregating in a separate location prior to their race.

For dual, multi-team and virtual meets, there must be a heating area on deck for 2 heats. Cones and/or tape will indicate the socially distant location for each swimmer in the heating area. If chairs are provided in the heating area, there must be an assigned resource to wipe down each chair between heats. The referee/starter will use a series of 4 short whistle blasts to signal the next heat to the starting area and for the subsequent heat to move up.

Should bring personal hand sanitizer and wash your hands frequently. Must not share equipment. Must follow social distancing guidelines.

Communication with coaches, participants, meet personnel, or spectators must be done at the appropriate social distance.

Must refrain from shaking hands.

**Officials must wear a face covering at all times.**

**Meet-Specific Options & Considerations**: Dual meets are most effective in maintaining fewer competitors, school personnel, officials, and spectators. Dual meets make it easier to space
those in attendance to the appropriate social distancing. For duals, teams should be kept on opposite sides of the pool and require one team to compete in lanes 1-3 and the other team to swim in lanes 4-6 (lanes 1-4 and 5-8 for 8-lane pool). Opponent must be a league opponent.

- Multi-team meets - If schools have scheduled anything larger than a dual, again, hosts must adhere to meet capacity guidelines listed above. Opponents must all be from the same league. Dive-only meets should have a minimum of 3 officials.

- Virtual meets - Teams compete at their own facilities and then combine results to score. Opponent can be a league or non-league opponent. Capacity limits will be 50 participants for virtual competition involving one school. Officials must be present at each site for virtual meets. Minimum of 2 officials for 6 lane pools and minimum 3 for 8 lanes or bigger.

**Practice Options & Considerations:** Refer to CHSAA COVID-19 Requirements & Mandates while also adhering to state/county/local health restrictions; facilities may have stricter standards.

- Coaches should conduct workouts in “pods” of same students who are always training and rotating together. This will ensure more limited exposure if someone develops an infection.
- Must keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Athletes should maintain as much separation as possible during practices. Whenever possible, coaches should be promoting social distancing in the pool area, while recognizing that there may be times of close contact by players.
- A limited number of people should use training equipment for practice drills; should use hand sanitizer after handling this equipment. At the conclusion of practice, coaches should not ask athletes to participate in picking up any equipment from the pool.

[Link to CHSAA info and bulletin](#)
CHSAA Boys & Girls Wrestling: 25 total in a practice session

● All guidelines from CHSAA, the Colorado Department of Public Health and Environment (CDPHE), and Local Public Health Agencies (LPHA) must be adhered to.

● STUDENTS/COACHES/MANAGERS SHOULD NOT GO TO PRACTICE/COMPETITION IF Any are exhibiting any symptoms of the coronavirus. Have been in contact with someone with COVID-19 in the last 14 days.

● Social distancing between individuals of at least 6 feet must be maintained at all times when not in active practice or competition.

● Participants and spectators should avoid unnecessary physical contact, such as Handshakes, fist bumps, hugging, etc. are not permissible.

● Spectators – If host school allows spectators, the school must follow and maintain all guidance from indoor events guidance at the current dial level for the host county.

● Players, coaches, and others must wear a mask or face covering when not in active practice or competition.

● Competitors may remove face coverings when wrestling checking in at the scoring table for their individual match and must place the face covering back on immediately at the conclusion of the match.

● Ventilation - Open all doors and windows whenever safe to do so to promote ventilation of indoor spaces. Avoid indoor spaces with poor ventilation such as locker rooms and weight rooms.

● Limit travel, especially to other counties or regions, and avoid overnight stays.
PREPARING TO PRACTICE/PLAY

- Protect against infection by:
  - Wash your hands with soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available, before going to the court.
  - Clean and wipe down your equipment. Students should bring clean water bottles. Bring a full water bottle to avoid touching a tap or water fountain handle.
  - When not actively playing, please adhere to all proper personal protective equipment (PPE) and facemask protocols.
  - If you need to sneeze or cough, do so into a tissue or upper sleeve.
  - Arrive as close as possible to when you need to be practice/play and maintain social distancing in groups.
- *Daily screenings must happen before anyone can enter the gym (CHSAA Sign-in Sheet Symptom Tracker)*

WHEN PRACTICING

- All practice shall occur with no more than 25 student-athletes in the gym/wrestling room.
  - Personnel should be kept to essential workers only.
  - Stay at least six feet apart from other players when not involved in a physical activity.
  - Modify drills or activities to limit/reduce potential violations of social distancing requirements. Work within pods or small groups to limit the contact between players. Practice partners must stay the same for the week.
  - Eliminate high fives, huddles, and reduce intimate team meetings. Coaches should avoid a pre/post practice organizational (all levels) meetings. Coaches may meet briefly with their specific team, but as much logistical communication/information that can be shared via email or website is ideal.
  - Coaches and managers should use hand whistles as opposed to regular whistles when possible.
  - Avoid touching your face after any wrestling practice. Wash your hands
promptly if you have touched your eyes, nose or mouth.

- Do not share food, drinks, towels, or personal equipment.
- Equipment is wiped down after each “pod” is finished.
- Schools must have appropriate cleaning supplies on hand and visible.
- Remain apart from other players when taking a break. Keep water bottles spaced away from each other. Students should provide their own water bottles and hand sanitizer, and should use it every time they have a break.
- Everyone inside the gym is required to wear a mask at all times EXCEPT students actively participating in grappling on the mat. Masked individuals include: non-active students, managers, and coaches.
- Students shall wear their own workout clothing (do not share clothing), and individual clothing/towels must be washed and cleaned after every workout.
- Wrestling mats to be disinfected prior to the start of each practice and at the conclusion of each practice.

When Competing

- Essential personnel per gym consists of:
  - 3 coaches per team
  - 1 trainer per team
  - Officials
  - Scoreboard operator
  - Scorekeeper
  - PA Announcer
  - Tapper
  - Video/streamer

- Duals are limited to 25 student-athletes in the competitive gym (12 for each team). If a full 14 weights are to be wrestled, student-athletes will need to stagger arrival and departure to not exceed 25.
- Officials should never touch the wrestlers and should always maintain a safe distance from the wrestlers.
- At the conclusion of a match, the official will instruct the winning wrestler to raise his/her hand while also raising his/her own hand with the same-colored wrist band.
- Officials must use hand sanitizer and should be used between matches. Disposable gloves may be worn if they are replaced in between matches.

[Link to CHSAA Wrestling info & bulletin]
CHSAA SPIRIT (CHEER & DANCE) COMPETITION MODIFICATION: 28 max per roster

STUDENTS, COACHES & VOLUNTEERS SHOULD NOT GO TO PRACTICE/PARTICIPATE IF:

● Those who are exhibiting any symptoms of the coronavirus. According to the CDC, people with COVID-19 have had a wide range of symptoms reported—ranging from mild symptoms to severe illness. These symptoms may appear 2-14 days after exposure to the virus: fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell.
  ● Have been in contact with someone with COVID-19 in the last 14 days.

PREPARING TO PRACTICE/COMPETE  Protect against infection by:

● Contact and physical distancing should follow all local health guidelines. Use appropriate (at least 6 ft) social distancing at all times.
● Limit contact between groups at entrances and exits by staggering arrival/departures
● Wash your hands with soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available prior to practice.
● Participants should clean and wipe down their equipment.
● Participants should not share any equipment such as pom poms, water bottles, hair & make-up products, etc.
● Mats and other common areas should be cleaned and disinfected.
● For indoor events and practices, set up the space by promoting ventilation. Open all doors and windows whenever safe to do so to promote ventilation of indoor spaces. Avoid indoor spaces with poor ventilation such as locker rooms and weight rooms.
● Bring a full water bottle to avoid touching a tap or water fountain handle.
● Face coverings/mask should be snug-fitting and not impede vision or movement.
● Face covering/mask should be soft and pliable with no exposed metal and should provide adequate ventilation and protection from the spread of droplets.
● Coaches should conduct practices/workouts/drills in “pods” of same students who are always training and rotating together. This will ensure more limited exposure if someone develops an infection.
● If you need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of the tissue in a trash can. Use hand sanitizer when soap and water is unavailable.
● Have participants arrive as close to the start time of practice and leave immediately after practice concludes. Avoid congregating before, during, and after practice.
● Avoid touching common areas such as doors, benches, handrails, etc., when possible. *Daily screenings must happen before anyone can play, coach, or practice (CHSAA Symptom Tracker)

COMPETITION

*Daily screenings must happen before anyone can play, coach, or practice (CHSAA Symptom Tracker)

● Max roster limit of 28
● All National Federation and CHSAA rules will be followed
● Judges and workers will be required to wear a mask at all times
● Competitors will be required to wear a mask, unless performing
● Spectators would be required to wear a mask
• Spectators must follow and maintain all guidance from indoor or outdoor events guidance at the current dial level for the host county.
• During competition, social distancing can be easily monitored and spacing will always be maintained between teams.
• Performance times will be scheduled to allow more time for competitors to leave performance area.
• Limit travel, especially to other counties or regions, and avoid overnight stays.

WHEN PRACTICING/PREPARING FOR GAMES/COMPETITION

• Avoid touching your face – especially nose and eyes.
• Do not share food and drinks.
• Water bottles, bags and all personal equipment must remain 6ft away from the belongings of any other person.
• Require spectators/managers/coaches/officials to wear masks.
• There should be no sharing of personal equipment, including hair and make-up products, gym bags, towels etc.
• Teams should not be in locker rooms, bathrooms, rooms or another confined place all at once.
• Participants should not show up to practices, games, or competitions early.
• Participants should be in uniform and have all hair and make-up done prior to showing up.

• Hand sanitizer can be kept on the field for participants and should be used frequently.
• Mask should be worn at all times during practice, unless performing a high-level skill that poses a safety concern as written by the National Federation.

AFTER PRACTICE/GAMES/COMPETITION

• Wash your hands thoroughly (avoid locker rooms/bathrooms all at once) or use a hand sanitizer until you are able to wash your hands.
• Do not use the locker room, bathroom or changing area. Shower at home.
• All competitors should leave the facility immediately after practice.
• All common areas and equipment should be cleaned and disinfected.

Link to CHSAA Spirit info & bulletin
CHSAA Boys & Girls Basketball: 12 max per roster
Masks will be required for basketball players throughout Season B games and practices per CDPHE. All non-athletes involved with Season B sports, including coaches, trainers, officials, event staff and volunteers, are required to wear masks at all times in these settings.

STUDENTS, COACHES, VOLUNTEERS, MANAGERS SHOULD NOT GO TO PRACTICE OR PARTICIPATE IF:

- Any person is exhibiting any symptoms of the coronavirus or have been in contact with someone with COVID-19 in the last 14 days.
- Symptoms include fever, cough, shortness of breath or difficulty breathing, chills, muscle pain, headache, sore throat, new loss of taste or smell.
- Athletic Director should review this document with their coaches and make sure information is shared in a clear manner with students, parents, officials, and all others that need to be informed.

General Guidelines

- Social distancing between individuals of at least 6 feet must be always maintained when not in active participation.
- Participants and spectators should avoid unnecessary physical contact, such as handshakes, fist bumps, hugging etc. which are not permissible.
- If host school allows spectators, the school must follow and maintain all guidelines at the current dial level within the host county.
- Players, coaches, and everyone in the gym facility must always wear a mask or face covering when in practice or competition.
- Avoid using indoor spaces with poor ventilation such as locker rooms and weight rooms. Open all doors and windows whenever safe to do so to promote ventilation of indoor spaces.
- The use of locker rooms should be eliminated whenever possible; only use for restroom use and changing.
- Whenever possible, athletes should arrive to practice and competition fully dressed and ready to play.

Preparations for practice and competition

- Daily screenings must happen before anyone can enter the gym (CHSAA sign-in sheet symptom tracker).
- Wash your hands or use hand sanitizer before going to the court. (hand wash for 20 seconds)
- Clean and wipe down all equipment.
- Players must not share drink or food. Students should bring clean water bottles and avoid touching water fountain handles and touching a tap.
• Plans should be developed to offer separate entry and exit doors for teams. This will help avoid cross-contamination. Arrive as close as possible to practice/game time and maintain social distancing in groups.
• Athletes and coaches must adhere to all proper personal protective equipment and facemask protocols.
• If you need to sneeze or cough, do so into a tissue or upper sleeve.

Practice guidelines
• All practice shall occur with no more than 25 student-athletes in the gym: 3 coaches and one athletic trainer.
• Everyone inside the gym is required to wear a mask at all times. EVERYONE!
• Personnel should be kept to essential workers only.
• Stay six feet apart from other players when not involved in physical activity.
• Modify drills or activities to limit/reduce violations of social distancing.
• Work/practice within consistent pods or small groups to limit the contact between players.
• Coaches should avoid pre- and post-game organizational meetings (all levels) and conduct brief meetings and instead share information using email or social media.
• Avoid touching your face after any basketball practice. Wash your hands promptly if you have touched your eyes, nose and or mouth.
• Equipment should be wiped down frequently and in-between practice times.
• Players should provide their own water bottles and hand sanitizer and use it at every break.
• Students shall wear their own workout clothing and should be washed and cleaned after each practice.
• Basketball should be disinfected/sanitized prior to the start of each practice and at the conclusion of each practice.

Modified guidelines for regular season
• All games shall occur with no more than 24 student-athletes in the gym: 3 coaches per team and one athletic trainer per team. (12 players, 3 coaches, 1 athletic trainer)
• All levels are limited to 12 players per team.
• During rest time/timeouts if an athlete needs to lower or remove their mask, they are encouraged to leave the competitive arena.
• Officials must always wear a face covering at the hosting site of an event including when arriving, departing, and during all other normal duties both on and off the court.
• Officials should never touch the players and should always maintain a safe distance from the players.
• Should multiple games be played in a gym on a single day, facilities (locker rooms, benches, worker table, etc.) must be cleared of all games personnel, players, coaches and spectators, and disinfected/sanitized thoroughly between each game. Doors must be opened to increase outside airflow. There must be a minimum of 30 minutes of “empty gym time” in order to clean and clear the air before new spectators and teams enter. Games times must reflect the cleaning and disinfecting necessary between games.

• For single games in a gym, facilities (locker rooms, benches, worker table, etc.) must be cleared of all games personnel, players, coaches and spectators, and disinfected/sanitized thoroughly between each game. Doors must be opened to increase outside airflow.

• NOTE ON LOCKER ROOMS: If locker rooms are not allowed, teams must arrive in uniform.

• Teams waiting to play must find an empty classroom or adequate space to ensure appropriate social distancing and away from the gym while it is being sanitized.

• Basketball should be disinfected prior to the start of each game and at the conclusion of each game.

[Link to CHSAA Boys Basketball info & bulletin]

[Link to CHSAA Girls Basketball info & bulletin]