



UPDATED:  
2/18/2021

## SPRING SPORTS

**SEASON OF SPORT BEGINS:  
MARCH 1, 2021**

**SEASON OF COMPETITION BEGINS:  
MARCH 12, 2021**

- All students, coaches and sideline/dugout personnel will be required to wear a cloth mask, disposable non-surgical mask, or gaiter for the entirety of a game/contest. Mesh masks do not meet this requirement.
- Each school will complete the AIA COVID-19 Athlete/Coach Monitoring Form the day of all games/contests and provide a copy to the opposing school prior to the contest.
- Spectator attendance is at the discretion of the home school.
- Anyone who attends spring sports events is required to wear a face covering for the entirety of the contest.
- In team sports multi-team scrimmages, invitational tournaments, or Region tournaments are not permitted for the 2021 season. If permitted a scrimmage may be held the week of March 8th but must be prior to the first scheduled contest.
- Individual sports tournaments must begin after 3:00pm if held on Monday - Friday. Saturday tournaments are permissible.
- AIA member schools are not permitted to play any out of state team, nor participate in an out of state tournament.
- Must have a minimum of 10days of practice before any competition.
- For the 2020-21 school year, the Non-school Participation Rule for spring sports will take effect on March 12, 2021. The Season of Competition begins March 12th for all schools in all spring sports without exception.
- Testing is recommended if possible in your county.
- Conference Leadership will determine the minimum number of contests required to qualify for the state tournament.
- **Any school that violates any of the mandatory modifications, including the COVID-19 Return to Play Form, will lose access to AIA officiating.**
- **All sport modifications are required.**



## 2021 AIA Baseball Modifications

This document provides guidance and game modifications for schools, administrators, coaches, and players to follow in accordance with NFHS, state and local restrictions and recommendations. Game Administration is responsible for informing all participants of local guidelines for participation.

- **IF YOU ARE SICK - PLEASE STAY HOME!**
- **EVERYBODY WEARS A FACE COVERING AT THE BALL PARK - Mesh masks do not meet this requirement.**
- **PHYSICAL DISTANT OF 6' AT ALL TIMES POSSIBLE.**

### ❖ PRIOR TO CONTEST & TRAVEL

- Home team Athletic Director should Contact the opponents Athletic Director prior to the day of the contest to discuss any logistics and guidelines, including mask requirements for that particular school and/or district.
- Bring your own equipment and towel. Do not share.
- Bring your own cups and/or water bottles.

### ❖ PREGAME & WARMUPS

- Facilities for teams should be properly cleaned and sanitized prior to arrival of visiting team.
- Before, during, and after the contest, players, coaches, team personnel and game administration should wash or sanitize their hands as often as possible.
- Maintain social distancing of 6 feet at all times while on the field during pregame when possible.
- Plate meeting, one (1) coach only per team and maintain 6'. **Head Coaches will exchange the AIA COVID-19 Athlete/Coach Monitoring Form.**
- No handshakes prior to, during and following the game.

### ❖ COACHES

- **Mask up Fully for Coaches is Mandatory.**
- NFHS rules allow for dugouts/designated warm up areas to be extended to provide physical distancing.
- Do not share gloves, bats, helmets (without sanitizing), equipment, water bottles, and other apparel.
- All teams are responsible for bringing their own hand sanitizer and masks.
- No spitting allowed - including NO Sunflower seeds or shelled peanuts allowed
- Coaches are encouraged to use hand sanitizer as frequently as possible.

### ❖ PLAYERS

- **Mask up Fully for Players is Mandatory.**
- No spitting allowed - including NO Sunflower seeds or shelled peanuts allowed
- Players are encouraged to use hand sanitizer as frequently as possible after every half inning or after every at bat etc.
- Prohibited: Pitchers are not allowed to put their hands to their mouths or blow into their hands prior to pitching the ball. This will be a "no pitch." Any umpire is permitted to make this call. The ball goes to the dugout for sanitizing, pitcher sanitizes hands before play continues.
- Per guidance from the NFHS Sports Medicine Advisory Committee, plastic shields covering the entire face (**unless integrated into the face mask and attached to a helmet**) shall not be allowed during contest. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.
- Cloth facial coverings are required. Face coverings must be of one color, not distracting, school logo allowed. Each pitcher will be allowed to carry a small cloth moistened with water only in their back pocket to use on their fingers. Mesh masks do not meet this requirement.

**Game Baseballs – each team brings at least 3 game balls to the contest. Defensive team brings game ball onto the field. Catcher shows plate umpire game ball, umpire OKs – play ball!**

**Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on aiaonline.org.**



## 2021 AIA Beach Volleyball Modifications

This document provides guidance and game modifications for schools, game administrators, coaches, players, and officials to follow in accordance with NFHS, state and local restrictions and recommendations. Game Administration is responsible for informing all participants of local guidelines for participation.

### ❖ **PREGAME, TRAVEL & FACILITIES**

#### • **DRESSING ROOM FACILITIES, TRAVEL & PREGAME**

- Dressing facilities for game officials and teams should be large enough for them to use social distancing protocols and should be properly cleaned and sanitized prior to their arrival.
- Before, during, and after the contest, players, coaches, game officials, team personnel and game administration should wash or sanitize their hands as often as possible.
- Maintain social distancing of 6 feet at all times while on the court during pregame when possible.
- Team personnel (including players) must wear face covering during travel, pregame, and postgame.

### ❖ **RULE MODIFICATIONS**

#### • **PREMATCH CONFERENCE**

- Suspend the coin toss to determine serve/receive/side. The visiting team will have the first option of serve/receive/side and the other team will have the remaining option.
- Suspend roster submission at the pre-match conference. Rosters are submitted directly to the officials prior to the 10-minute mark.
- No handshakes prior to and following the match.

#### • **COURT SWITCH**

- Maintain social distancing of 6 feet while switching.
- Do not share uniforms, towels, water bottles, and other apparel or equipment.

#### • **BALL**

- The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
- Any ball personnel should maintain social distancing of 6 feet at all times during the contest.

#### • **VOLLEYBALL RULES INTERPRETATIONS**

- Cloth face coverings are required - Mesh masks do not meet this requirement.
- Gloves are permissible
- Long sleeves are permissible
- Long pants are permissible
- Undergarments are permissible but must be unadorned and of a single, solid color to the predominant color of the uniform top or bottom.

#### • **UTILIZE MULTI-BALL ROTATION**

- If possible, use a multi rotation system. This permits the intermittent cleansing of game balls, allowing them to dry before game use, using disinfecting wipes during the match.

#### • **CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES**

- Players, officials, and coaches should have their own beverage container that is not shared.
- A single charged time-out may be extended in length for hydration and to sanitize game equipment.

#### • **INTERMISSION BETWEEN PERIODS AND AFTER SCORING**

- The intermission between sets may be extended for hydration and to sanitize game equipment.

- **PERSONNEL & COACHES**

- Persons on the court and player area must be restricted to players and coaches. Mesh masks do not meet this requirement.
- All coaches, players and other personnel must wear face coverings.

- ❖ **POSTGAME**

- **HANDSHAKE LINE**

- No handshakes, high fives, fist bumps, hugs, etc. should occur pre or post-match.
- Maintain social distancing prior to and following the contest.

- ❖ **OFFICIALS**

- **PRIOR TO CONTEST & TRAVEL**

- Contact the AIA Office if you have a temperature or are not feeling well. Do NOT attempt to travel to or work a game sick.
- Officials should contact the Athletic Director prior to the day of the contest to discuss logistics and requirements for that particular school, district, or municipality. Officials must follow any additional requirements imposed by the school or municipality.
- Drive yourself to the contest when possible. If carpooling is necessary, wear face covering and limit the amount of people in a single vehicle.
- Bring your own equipment and towel. Do not share.
- Bring your own container of water.
- Arrive at the game site dressed if possible.

- **PREGAME**

- Social distance during pregame as best as possible.
- Consider holding pregame discussions outside if necessary.

- **FACE COVERINGS & GLOVES**

- Officials must wear a face covering while on campus.
- The use of electronic whistles is permissible.

*Please refer to the AIA Recommended Guidelines for Return to Activity; Recommendations for Facilities Management (Section IV, page 16).*

*Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on [aiaonline.org](http://aiaonline.org).*



## 2021 AIA Boys Volleyball Modifications

This document provides guidance and game modifications for schools, game administrators, coaches, players, and officials to follow in accordance with NFHS, state and local restrictions and recommendations. Game Administration is responsible for informing all participants of local guidelines for participation.

### ❖ PREGAME, TRAVEL & FACILITIES

#### • DRESSING ROOM FACILITIES, TRAVEL & PREGAME

- Dressing facilities for game officials and teams should be large enough for them to use social distancing protocols and should be properly cleaned and sanitized prior to their arrival.
- Before, during, and after the contest, players, coaches, game officials, team personnel and game administration should wash or sanitize their hands as often as possible.
- Maintain social distancing of 6 feet at all times while on the court during pregame when possible.
- Team personnel (including players) must wear face covering during travel, pregame, and postgame.

### ❖ RULE MODIFICATIONS

#### • PREMATCH CONFERENCE

- Suspend the coin toss to determine serve/receive. The visiting team will have the option to serve/receive first in set 1 and alternate first serve for the remaining of the non-deciding sets.
- Suspend roster submission at the pre-match conference. Rosters are submitted directly to the officials table prior to the 10-minute mark.
- No handshakes prior to and following the coin toss.

#### • TEAM BENCH

- Suspend teams switching between sets, unless there is a distinct advantage as will be determined by the officials.
- If necessary, maintain social distancing of 6 feet while switching.
- Do not share uniforms, towels, water bottles, and other apparel or equipment.

#### • DECIDING SET PROCEDURES

- Coin toss should take place in the center of the court, with the team captains divided by the net while maintaining distancing with the second referee. A coin toss, called by the home team, will determine serve/receive.

#### • BALL

- The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
- The ball personnel should maintain social distancing of 6 feet at all times during the contest.

#### • SUBSTITUTION PROCEDURES

- Maintain distancing between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone and closer to the attack line.

#### • OFFICIALS TABLE

- Limit to essential personnel which includes home team scorer, libero tracker and timer with a recommended 3-6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not considered essential personnel and may need to find an alternative location.
- Officials' table personnel must wear a face covering.

- **VOLLEYBALL RULES INTERPRETATIONS**

- Cloth face coverings are required
- Gloves are permissible
- Long sleeves are permissible
- Long pants are permissible
- Undergarments are permissible but must be unadorned and of a single, solid color to the predominant color of the uniform top or bottom.

- **UTILIZE 5-BALL ROTATION**

- If possible, use a 5-ball rotation system. This permits the intermittent cleansing of game balls, allowing them to dry before game use, using disinfecting wipes during the match.

- **CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES**

- Players, officials, and coaches should have their own beverage container that is not shared.
- A single charged time-out may be extended in length for hydration and to sanitize game equipment.

- **INTERMISSION BETWEEN PERIODS AND AFTER SCORING**

- The intermission between sets may be extended for hydration and to sanitize game equipment.

- **BENCH PERSONNEL**

- Persons on the bench must be restricted to players and coaches.
- All coaches, players and other personnel must wear face coverings. Mesh masks do not meet this requirement.
- Team benches may extend past the end line.

- ❖ **POSTGAME**

- **HANDSHAKE LINE**

- No handshakes, high fives, fist bumps, hugs, etc. should occur pre or post-match.
- Maintain social distancing prior to and following the contest.

- ❖ **OFFICIALS**

- **PRIOR TO CONTEST & TRAVEL**

- Contact the AIA Office if you have a temperature or are not feeling well. Do NOT attempt to travel to or work a game sick.
- Officials should contact the Athletic Director prior to the day of the contest to discuss logistics and requirements for that particular school, district, or municipality. Officials must follow any additional requirements imposed by the school or municipality.
- Drive yourself to the contest when possible. If carpooling is necessary, wear face covering and limit the amount of people in a single vehicle.
- Bring your own equipment and towel. Do not share.
- Bring your own container of water.
- Arrive at the game site dressed if possible.

- **PREGAME**

- Social distance during pregame as best as possible.
- Consider holding pregame discussions outside if necessary.

- **FACE COVERINGS & GLOVES**

- Officials must wear a face covering while on campus.
- The use of electronic whistles is permissible.

*Please refer to the AIA Recommended Guidelines for Return to Activity; Recommendations for Facilities Management (Section IV, page 16).*

*Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on [aiaonline.org](http://aiaonline.org).*



## 2021 AIA Softball Modifications

This document provides guidance and match modifications for schools, administrators, coaches, and players to follow in accordance with NFHS, state and local restrictions and recommendations. Game Administration is responsible for informing all participants of local guidelines for participation.

- **IF YOU ARE SICK PLEASE STAY HOME!**
- **MASK UP FULLY FOR PLAYERS, COACHES, AND OFFICIALS - Mesh masks do not meet this requirement.**
- **PHYSICAL DISTANT OF 6' AT ALL TIMES POSSIBLE**

### ❖ PRIOR TO CONTEST & TRAVEL

- Home team Athletic Director should Contact the opponents Athletic Director prior to the day of the contest to discuss any logistics and guidelines including mask requirements for that particular school, district.
- Bring your own equipment and towel. Do not share.
- Bring your own cups and/or water bottles.

### ❖ PREGAME & WARMUPS

- Facilities for teams should be properly cleaned and sanitized prior to arrival of visiting team.
- Before, during, and after the contest, players, coaches, team personnel and game administration should wash or sanitize their hands as often as possible.
- Maintain social distancing of 6 feet at all times while on the field during pregame when possible.
- Plate meeting, one (1) coach only per team and maintain 6'.
- Recommended for lineup cards exchanged team to team and teams to scorekeeper to be shared via photo or text
- No handshakes prior to, during and following the games.

### ❖ Coaches

- NFHS rules allow for dugouts/designated warm up areas to be extended to provide physical distancing.
- Do not share gloves, bats, helmets, equipment, water bottles, and other apparel.
- All teams are responsible for bringing their own hand sanitizer and masks.
- No Spitting allowed including No Sunflower seeds and No shelled peanuts allowed
- Charged Conferences (3-7-1, 3-7-2, and 3-7-3): Coach Visits to pitcher, the coach must be outside of the pitching circle, the pitcher remains on the pitching rubber during the Time Out, infielders must be outside of the circle 6' apart to hear the coaches message.
- Coaches and Players are encouraged to use hand sanitizer as frequently as possible after every half inning or after every at bat etc.

### ❖ PLAYERS

- **Mask up Fully for Players is Mandatory.**
- Prohibited: Pitchers are not allowed to put their hands to their mouths or blow into their hands prior to pitching the ball. This will be a "no pitch". Any umpire is permitted to make this call. The ball goes to the dugout for sanitizing, pitcher sanitizes hands before play continues.
- Per guidance from the NFHS Sports Medicine Advisory Committee, plastic shields covering the entire face (**unless integrated into the face mask and attached to a helmet**) shall not be allowed during contest. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.
- Cloth facial coverings are required. Facial coverings must be of one color, not distracting, school logo allowed. Pitchers cannot wear yellow facial coverings. Mesh masks are not permitted.



## 2021 AIA Spring Football Modifications

This document provides guidance and game modifications for schools, coaches, and players to follow in accordance with NFHS, state and local restrictions and recommendations. Site Administration is responsible for informing all participants of local guidelines for participation. **NO INTER-SCHOOL COMPETITION IS PERMITTED.**

### ❖ LOCKER ROOM FACILITIES

- Dressing facilities for all should be large enough to use social distancing protocols and should be properly cleaned and sanitized prior to use.
- Before, during and after practice, players, coaches and team personnel should wash or sanitize their hands as often as possible.
- Maintain social distancing of 6 feet at all times when possible.
- All coaches, players and team personnel should wear a face covering at all times.

### ❖ OTHER MODIFICATIONS

#### ○ BALL

- The ball should be cleaned and sanitized throughout practice as recommended by the ball manufacturer.

#### ○ PLAYER FACE COVERINGS

- Only cloth face coverings, gaiters and non-surgical masks are permitted.

#### ○ TOOTH AND MOUTH PROTECTORS

- Encourage players to sanitize their hands regularly in order to reduce the spread from the use of mouth protectors.

#### ○ GLOVES

- Gloves are permissible, but should comply with either the NOCSAE Standard or the SFIA Specification.

#### ○ HYDRATION

- Players, officials and coaches should have their own beverage container that is not shared.





## 2021 AIA Spring Golf Modifications

This document provides guidance and game modifications for schools, game administrators, coaches, players, and officials to follow in accordance with NFHS, state and local restrictions and recommendations. Game Administration is responsible for informing all participants of local guidelines for participation.

### ❖ GENERAL SAFETY AND SANITATION AT ANY GOLF FACILITY

- Players must practice social distancing at all times while on property i.e. maintain a six-foot distance from others. This includes the driven range, practice putting green, teeing area, etc.
- Sanitizer should be available at starting tees.
- Scores will be posted on line only. There will be no physical scoreboards.
- Players and spectators are requested to leave the golf course immediately after the round to avoid large gatherings.
- Players should not participate in traditional handshakes or hugs, prior to, during or after the round.

### ❖ BUNKERS / RAKES

- Bunker rakes will be removed from the golf course.
- Preferred lies in the bunker: Player may place a ball in the same bunker, within 1 (one) club length of the original spot, not nearer the hole. The ball must remain in the bunker
- Players are encouraged to smooth sand with their feet or club before they leave the bunker.

### ❖ FLAGSTICK / HOLE

- Players must not touch or remove the flagstick at any time. Touching or removing the flagstick may be a violation or the updated code of conduct and may result in a penalty.

### ❖ WARM-UP / BEFORE THE ROUND

- Players should arrive 30 – 45 minutes before their tee times with face covering in place. Range time per team/player will be limited, possibly to 10 minutes per player/team depending on the event and golf course.
- Practice green is only available to players 10 – 20 minutes before each tee time.
- Spectators will not be allowed on the driving range or practice putting green.
- Face coverings must be worn by players at all times. Mesh masks do not meet this requirement.
- Coaches must wear face coverings at all times.

### ❖ STARTING TEE / SCORING

- The method of scoring will be done without the exchanging of scorecards and the gathering of players in an official scoring area.
- The AZPREPS365 Golf app allows event managers to collaborate and set up golf events online prior to the event date and the mobile app automatically assigns players as markers in each paring so players can score digitally for the group or pairing after each hole. At the conclusion of the round, the players in each group verbally validate their scores for the entire round from a safe distance and then notify tournament officials their scorecards are complete and accurate. Tournament official then lock the scores using the edit results interface.
- The AZPREPS365 Golf app eliminates the need to exchange scorecards while maintaining compliance with USGA rules of golf. The USGA Rules of Golf for 2019 rule 3.3b **Scoring in Stroke Play** states the scores must be entered after each hole on a scorecard. The definition of the **Scorecard** states that the scorecard is a documents, either paper or electronic form (as approved by the committee) used to record players' scores.
- Notice to players and hole location documents may be available for players and coaches at the starting tee and/or using your phone's camera will be acceptable.

*Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on [aiaonline.org](http://aiaonline.org).*

- Players should bring their own tees, sunscreen, marking pens, as these items will not be available on the starting tee.
- Scorecards may be available in pro shop for individual use only.

#### ❖ **SPECTATOR GUIDELINES**

- Spectators on the golf course may be limited to two or fewer people per player, preferably a family member or guardian. College coaches may attend AIA events.
- Spectator carts must be pre-approved per AIA policy. Only one person may ride in the cart at a time (Unless the approved person cannot drive a golf cart, then two people would be allowed).
- Spectators must practice social distancing by remaining at least six feet away from others while on the golf course (excluding family members).
- Spectators will not be allowed on the driving range or practice putting green.
- Spectators must wear a face covering.

#### ❖ **FOOD AND BEVERAGE / WATER**

- Coaching staff and volunteers will be equipped with coolers filled with bottled waters located on their golf carts for on – course distribution to player only.
- Players must be prepared to start the round with their own water bottle.
- Golf course food available for purchase may be limited depending on the facility.

#### ❖ **INVITATIONAL TOURNAMENTS**

- No school shall exceed 12 matches including four (4) invitational tournaments. All tournaments must be played on a Saturday with the exception that two of a schools four invitational tournaments may be played on a Friday and Saturday as a 27 hole event. All invitational events will count as one of the 12 matches.



## 2021 AIA Tennis Modifications

This document provides guidance and game modifications for schools, game administrators, coaches, players, and officials to follow in accordance with NFHS, state and local restrictions and recommendations. Game Administration is responsible for informing all participants of local guidelines for participation.

### ❖ PREGAME & WARMUPS

- Facilities for teams should be properly cleaned and sanitized prior to arrival (i.e. on court scorecards)
- Before, during and after the contest; players, coaches, team personnel and game administration should wash/sanitize their hands as often as possible.
- Maintain social distancing of 6 feet at all times while on the court during pregame when possible

### ❖ PREMATCH CONFERENCE

- Rosters are submitted online prior to the match
- Team introductions should only be Varsity players and stand 6 feet apart
- No handshakes prior or following the match
- Home coach to go over the ground rules with the visiting coach and then relay that information to their team

### ❖ TEAM BENCH

- Home team will number courts 1, 2, 3, etc. and then call players to the court and not have them report to the head table
- Do not share towels, water bottles and other apparel or match equipment
- Persons on the bench should be restricted to players and coaches
- All players, coaches and other personnel must wear face coverings - Mesh masks do not meet this requirement.
- Team benches may be extended

### ❖ TENNIS BALLS/SCORECARDS

- When possible, use the racquet to collect and transfer tennis balls (minimize use of hands) in between points
- If using scorecards, each player should only touch their color coded card
- If scorecards are not used, players should change ends on opposite sides or maintain social distancing if changing on the same side
- After each match on the court, cards need to be sanitized for the next match

### ❖ POSTGAME

- No handshakes, high fives, fist pumps, hugs, etc. Touching racquets are fine
- Maintain social distancing when reporting the results of the match

### ❖ MATCH ADMINISTRATION

- Contact the opponent's Athletic Director prior to the day of the match to discuss any logistics and guidelines for that particular school and district
- Bring your own equipment, towels, water, etc. Do not share – each player should have his/her own water bottle
- Arrive at the match site dressed for play if possible
- All present at a match must wear a face covering except students when they are participating



## 2021 AIA Track & Field Modifications

This document provides guidance and game modifications for schools, game administrators, coaches, players, and officials to follow in accordance with NFHS, state and local restrictions and recommendations. Game Administration is responsible for informing all participants of local guidelines for participation.

### ❖ PRE-MEET

- For transportation to a meet (on a school bus) coaches are to follow their district guidelines.
- Teams should bring enough shade tents for athletes to accommodate athletes, managers and coaches and are required to allow for social distancing of athletes.
- Masks are to be worn by athletes at all times.
- Coaches are to wear masks at all times. Mesh masks do not meet this requirement.
- Spectators may attend at the discretion of the host school. Spectators must also be masked.
  - Spectators should be spaced 6 feet apart at the ticket gate.
  - Spectators should be encouraged to purchase online tickets.
  - Spectators should socially distance in the stand and not be allowed into the team camp area.

### ❖ MEET DIRECTORS SHOULD DESIGNATE AREAS FOR SPECTATORS AT FIELD EVENTS

- Athletes are to bring their own labeled water bottles and should also bring hand sanitizer.
- One team should enter the facility at a time. Others should wait in their bus or remain socially distanced until the other team enters. Multiple entry gates should be used if possible.
- Coaches should fill out the Covid-19 questionnaire for their team and coaches. This should be turned into the meet director prior to the first event.
- Coaches meetings can occur on site if they can socially distance and they must wear masks.

### ❖ DURING THE MEET AND PRE-EVENT

- When not competing, athletes should remain in their team camp area and not co-mingle with other teams.
- Only competing athletes may be on the infield or at competition areas.
- Designated warm up areas will be provided.
- In a team huddle there is to be no hand holding.
  - A team may still do a team chant.
  - Non racers should NOT be a part of the team huddle.
- Teams are expected to clean up their team camp area prior to departing the meet.
- Team camp areas must be large enough to allow for teams to spread out. The meet director can assign team camp areas
- Coaches' hospitality rooms should have designated servers who have masks and gloves, or should serve pre-packaged food only. Buffet type serving is discouraged.
- Rope off finish area to prevent spectators from crowding along the finish line.

### ❖ MEDICAL STAFFING AND TRAINERS

- Trainers and student trainers all need to wear a mask
- If an athlete is to interact with a medical personnel or trainer; they are to wear a mask.
- Check in and post-race water tables need to have single use cups.
- Personnel filling cups should remain constant and not change.
- Cups at check in and postrace (beyond the finish line) should be handed out by gloved individuals.

## ❖ **ATHLETE CHECK IN:**

- Shorten the time at check in to no longer than 15 minutes prior to race time. Announcements may need to be made.
- Chairs or cones should be set up at check in to socially distance runners in lanes and between heats.

## ❖ **INDIVIDUAL TRACK EVENTS:**

- Throwing events: Athletes are to retrieve their own implements.
  - Establish a rotation—
    - Throw
    - Exit ring, stand to side
    - Next thrower
    - Retrieve while next throw is being measured.
  - If throwers are sharing an implement with a teammate they should be wiped down in between throws.
- Vault and high jump
  - Mats should be sprayed with disinfectant regularly
  - USATF recommends vaulters and jumpers to land in a tarp. These tarps are to be changed out after every individual. I believe the safety factor outweighs the recommendation. The safety factors are how these tarps will be attached to the mats and will the jumper slide off while landing and therefore risk neck or head injury.
- Distance Runs:
  - Fields should be no more than 18 per heat for the 800
  - Fields should be no more than 24 per heat for the 1600
  - Fields should be no more than 28 for the 3200
- Sprints:
  - Blocks should be sprayed with disinfectant after races.
    - Disinfectants are sold by varying company
    - Waxie and Hilyards work with schools.
  - If lining up heats on the track behind the blocks leave ample space between heats
- Awards – eliminate award presentations
- Awards should be put in an envelope for pick up by the coach.
- Results should be posted online or emailed to participating schools.

## ❖ **OFFICIALS**

- All meet personnel must wear masks. Mesh masks do not meet this requirement.
- Finish line crew and anyone else who may touch an athlete must wear masks and should wear gloves.
- All officials must come to the meet wearing a mask.
- Designate workers or athletic trainers to help fallen runners. These workers need to change gloves after each race or more frequently if time permits.