

USSA COVID-19 Protocols 2020-2021

The USSA would like to thank the Utah High School Activities Association for their willingness to let us use their Return-To-Play documents for the USSA league. We are all in this together

Please refer regularly to the Utah State Health Department and your County Health Department for COVID Protocol updates and regulations

General Best Practices and Guidelines

1. No shaking hands before/after game
2. Players/coaches on bench/sideline are highly recommended to wear masks
3. Fans are encouraged to wear masks when social distancing isn't feasible
4. Understand and practice school/district and local health protocols for COVID-19 prevention and tracking
5. Place signage in facilities to inform participants/spectators on protocol and best practices
6. Any players, coaches, or spectators who are sick shall not be engaged in practices and/or contests

Cross Country

General Considerations

Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement. Cross country meets should consider using staggered, wave or interval starts

Possible Rule Modifications:

Consider widening the course to at least 6 feet at its narrowest point.

Finish:

- Consider using finish corrals and FAT timing for larger meets as easier to distance at finish
- With no FAT timing system consider alternative means of finish place and time to address congestion at finish line
- Consider using image-based equipment at finish to assist with picking place to avoid congestion
- Clean and disinfect frequently touched surfaces and exercise equipment

Pre and Post Game Ceremony:

Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the meet

Considerations for Coaches:

Communicate your guidelines in a clear manner to students and parents. Consider conducting workouts in "pods" of same students always training and rotating together in practice to ensure

more limited exposure if someone develops an infection. Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed

Considerations for Students:

- Consider making each student responsible for their own supplies
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/ towels should be washed and cleaned after every workout immediately upon returning home
- Hand sanitizer should be plentiful at all contests and practices
- Athletes should tell coaches immediately when they are not feeling well
- Cloth face coverings are permitted
- Bring your own water bottle

Considerations for Parents

(A family's role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home),
- Provide personal items for your child and clearly label them
- Disinfect your students' personal equipment after each game or practice

Volleyball

- No pre-game and post-game handshakes/high-fives/ fist bumps
- Nets, standards, officials stands, and balls should be cleaned and sanitized after set up and before contest
- Each team is responsible for its own hand sanitizer and its own med kit
- Option of eliminating benches and allow players to stand with social distancing (players remain at least 6 ft. from court)
- Limit bench personnel to observe social distancing of 3 to 6 feet
- Only athletes will touch the balls; balls should be set on the floor during a time out
- Players should use hand sanitizer before entering and exiting the court
- No hand touching allowed during substitutions
- Each school is responsible to bring towels to wipe sweat off the floor
- Electronic whistles are preferred where possible
- Officials should bring their own pen to sign the line-up sheets
- Scorer's table - scorekeeper, libero tracker and scoreboard operator should be 3-6 feet apart where possible
- Rosters are submitted directly to the of officials' table before the 10- minute mark rather than at the pre-match conference
- Suspend teams switching benches between sets. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present
- Move the location of the pre-match conference to center court with one coach and one referee positioned on each side of the net. All individuals maintain social distance of 3 to 6 feet
- Coaches, scorer's table personnel, officials, and players on the bench are encouraged to wear cloth face coverings

- Players on the court are NOT required to wear face coverings but may do so if they desire
Cloth face coverings and gloves are permissible

Considerations for Parents

(A family's role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home)
- Provide personal items for your child and clearly label them
- Disinfect your students' personal equipment after each game or practice