



COVID-19 PROTOCOLS

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GUIDING PRINCIPLES FOR SAFE RETURN TO PLAY

1. Philosophy

The safety of KJCCC student-athletes, coaches, and staff is paramount and those considerations should guide the conference as our member institutions begin to reopen campus and prepare to host intercollegiate practices and competitions. The emphasis for the 2020-2021 seasons should be on the ability to play games and not on winning championships. This season will be judged less on who wins a championship, but rather on the ability to provide opportunities for our student-athletes to represent our institutions in a safe manner.

2. Local Decision-Making

Campus athletics will operate with approval of each KJCCC school's leadership, and the school will be operating in accordance with local and state public officials regarding a return to campus, a return to practice, and a return to competition. In the end, school and local health department guidelines, will determine who can participate in, assist with, and watch student-athlete practices and competitions.

3. NJCAA Guidance

The NJCAA's [Safety Protocol Recommendations](#) should serve as a guiding document for member colleges in their return to athletics. The information provided is not a mandate from the NJCAA but outlines protocols for member institutions as they develop best practices for a safe return to athletics including competition, athletic facilities, and championships. Further information from the NJCAA may be found on the [NJCAA COVID-19 Homepage](#).

4. Additional Resources

- a. The U.S. Council for Athletes' Health (USCAH) has recently developed a six-part "Return to Sport Health and Safety Framework", which provides suggestions for campuses as they open for the return of student-athletes, athletic department staff and visitors/fans. School may use USCAH resources (<https://www.uscah.com/blog/>) as it addresses "return to campus, return to competition" issues.
- b. The NCAA COVID-19 Medical Advisory Group along with the American Medical Society for Sports Medicine COVID-19 Working Group and the Autonomy 5 Medical Advisory Group have created resources which have been used to help guide the creation of this document including:
 1. [Core Principles of Resocialization of Collegiate Sport \(May 1, 2020\)](#).
 2. [Resocialization of Collegiate Sport: Action Plan Considerations \(May 28, 2020\)](#).
 3. [Resocialization of Collegiate Sport: Developing Standards for Practice and Competition \(July 16, 2020, updated Aug. 14, 2020\)](#).
 4. [Core Principles of Resocialization of Collegiate Basketball \(Sept. 25, 2020\)](#).
 5. [Resocialization of Collegiate Sport: Developing Standards for Practice and Competition, Second Edition \(November 13, 2020\)](#).
- c. To assist athletic departments with preparation and implementation of strategies to enhance a safe return to campus the NATA Intercollegiate Council for Sports Medicine created the following document: [Pre-Return and Return-to-Campus Preparation and Communication Plan](#)

5. Transparency

It is important for KJCCC colleges to be transparent with Campus "Return to Competition" Action Plans and Policies, and these plans should be provided to other KJCCC schools to share best practices and to provide notice to visitors regarding campus protocols.

RETURN TO CAMPUS AND GENERAL SPORT GUIDELINES

1. Adherence to local, state and federal guidelines

- a. KJCCC member institutions should operate in accordance with local and state public officials regarding a return to campus, a return to practice, and a return to competition. In the end, school and local health department guidelines, will determine who can participate in, assist with, and watch student-athlete practices and competitions.

2. Formation of COVID-19 Task Force or equivalent on each KJCCC campus

- a. Each institution should have one person from their institutional "Task Force" or equivalent who will be the assigned contact tracer liaison to the conference.

3. COVID-19 History and Screening for Athletes Return to Campus

- a. COVID-19 history documentation as portion of incoming Pre-Participation Exam
 - i. Sample Screening Tool (Appendix 3)
- b. Upon arrival to campus, student-athletes should go through a COVID-19 screening process

4. Action Plan for Positive COVID-19 Cases/Exposures on Campus

- a. Contact Tracing
 - i. The decision as to who must quarantine or isolate is a local decision, however the KJCCC recommends schools follow KDHE and local health department guidance: [KDHE Isolation and Quarantine FAQ](#)
- b. Positive COVID-19
 - i. Those who have tested positive for COVID-19 should isolate for 10 days beginning from the onset of symptoms OR 72 hours fever free without the use of fever reducing medicine and other symptoms have significantly improved WHICHEVER IS LONGER.
- c. Close Contact/Exposure
 - i. Those who are a close contact per current KDHE Guidelines (As of November 18, 2020, a Close contact is defined as being within 6 feet for at least a period of 10 minutes or having direct contact with infectious secretions of a COVID-19 case) should

quarantine for 14 days after your last contact with the case.

- d. Processes and procedures will be updated if and when current KDHE or Local Health Department Guidelines change.

5. Daily COVID-19 Screening

- a. Coaches, student-athletes and those in close contact with student-athletes should be screened daily prior to any practice or other team activity.
- b. Screening must include at minimum:
 1. Monitoring of symptoms in the past 48 hours
 2. COVID-19 close contact within the past 14 days including isolation due to exposure
- c. The KJCCC Daily Screening is provided as an option for schools to use. Schools can create their own process as long as it is consistent with NJCAA protocols. (Appendix 1)

6. Testing Protocols

- a. Based on testing availability, the KJCCC recommends routinely testing a random percentage of each team on a weekly basis.
- b. In addition to weekly random testing, those coaches, student-athletes and those in close contact with student-athletes who become symptomatic should be tested.
- c. Schools may implement a more comprehensive screening protocol than the conference recommendation.

7. General Considerations

- a. Allow for competitions to take longer due to safety/sanitation protocol.

8. Practice Considerations

- a. Consider conducting workouts in “pods” of the same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- b. Keep accurate records of who attends practice – days and times.
- c. Athletes bring their own water bottle/jug labeled with name.
- d. Maintain static small groups when possible.
- e. Limit the amount of team activities.
- f. No non-essential personnel should be at practice.
- g. Face coverings shall be worn by coaches and essential personnel (i.e. athletic trainers) unless social distancing guidelines are being met.
- h. It is recommended that players always wear masks, if unable to social distance, except during strenuous exercise.
- i. Practice social distancing (six feet apart) whenever possible even during team meetings.
- j. Cleaning/Sanitizing
 - i. Clothes/Uniforms and towels cleaned/washed after each use.
 - ii. Athletes should not share practice jerseys, towels or any other equipment/supplies. Label with names.
 - iii. Balls cleaned/sanitized before and after each practice and game.
 - iv. For games, it is required to have at least one extra game ball at the scorer’s table. If any game ball goes into the crowd, that ball must be removed and sanitized before being placed back into the game.

KJCCC COMPETITION GUIDELINES

1. Adherence to local, state and federal guidelines regarding travel

- a. Kansas Jayhawk Conference competition, including scrimmaging, is not permitted against teams from regions identified on the KHDE Travel & Exposure Related Isolation/Quarantine list.
 - i. Current Kansas Travel Restrictions: <https://www.coronavirus.kdheks.gov/175/Travel-Exposure-Related-Isolation-Quaran>
- b. For out of state non-conference travel, institutions are responsible for monitoring any travel restrictions

2. Creation of a KJCCC COVID-19 Team

- a. Comprised of KJCCC Commissioner, KJCCC President, Region 6 Directors & Assistant Directors, Athletic Trainers Association President
 - i. Verify each school has a COVID-19 Task Force
 - ii. Verify each school has a designated liaison
 - iii. Verify each school has a written COVID-19 Policy/Procedure
 - iv. Verify each school has a return to play protocol in place

3. Mandatory COVID-19 Game Day Screening

- a. Each institution must implement a daily screening as described below, although an institution may include additional components or questions it may deem necessary. Screening must include: (Appendix 1)
 - i. Monitoring of symptoms in the past 48 hours
 - ii. COVID-19 close contact within the past 14 days including isolation due to exposure
- b. All travelling teams for conference play are required to complete the KJCCC COVID-19 Game Day Screening (Appendix 2) prior to their departure for competition. All screening must be completed by an athletic trainer, healthcare professional, or another person designated by the institution. A coach may not perform health screenings on personnel from his/her team.
 - i. Prior to the visiting team’s departure, the athletic directors must discuss the current COVID-19 situation within the team including

- how many members of the team including coaches, student-athletes, and support staff are currently in isolation due to a positive COVID-19 test, suspected probable COVID-19 cases, and symptomatic for COVID-19 after the pre-departure screening.
- ii. Both athletic directors must agree for the game to proceed. If one athletic director does not agree because of the current COVID-19 situation, the game will be postponed/cancelled. If no makeup date can be found the game will be declared a no-contest.
 - iii. It is highly recommended that the visiting team limit their travel party to only essential personnel. It is further recommended that injured athletes, red-shirts, and non-team personnel not travel to limit the size of the travel party.
- c. Prior to competition, all game-day participants (student-athletes, coaches, support staff, officials, etc.) are required to be screened within six hours of the beginning of the contest (Appendix 2). All screening can be done by an athletic trainer, designated healthcare professional or a member of the host school's athletic administration. If the visiting institution does not have an athletic trainer traveling, it will be the responsibility of the host institution to conduct all prescreening requirements for the visiting team(s).
 - i. If a student-athlete or staff member shows COVID-19 symptoms during a pre-competition screening, it must be reported to the opposing team's Athletic Director immediately.
 - ii. If one or more individuals from either team's roster is removed from the competition due to COVID-19 symptoms discovered during the pre-competition health screening, the host Athletic Trainer, in consultation with the home team Athletic Director, visiting team Athletic Director, and Commissioner, shall determine whether the contest will be played or should be postponed.
 - d. No member of the either team including student-athletes, coaches, and support staff shall be allowed to travel or be in attendance if:
 - i. Currently in isolation due to a positive COVID-19 test
 - ii. Suspected probable case per CDC
 - iii. Displaying symptoms consistent with COVID-19 according to current CDC guidelines
 - e. Timely communication regarding COVID-19 and scheduled contests is of the utmost importance.
 - f. Referee Pre-Competition Screening Process
 - i. Prior to the season, all officials will be required to fill out the COVID-19 Screening for Officials and turn it in to the Commissioner. (Appendix 4)
 - ii. Prior to departure the day of a contest, all officials must complete the KJCCC – COVID 19 Daily Screening form and present it to the host athletic administration upon arrival at the host institution. (Appendix 1)
 - iii. If an official has any symptoms, they must notify the coordinator of officials a minimum of six (6) hours in advance of the game to provide ample time for the coordinator of officials find a replacement.
 - iv. Upon arrival at the institution a member of the host school will perform a second screening before clearing the official to participate. All screening will be done by an athletic trainer, designated healthcare professional or a member of the host school's athletic administration. Results of any officials who fail to pass the pre-game screening must be immediately reported to the host athletic director.
 1. If an official does not pass the pre-game screening, every effort will be made by the supervisor of officials to find a replacement official. If no official is available, a game may be played with fewer than the normal number of officials provided the Athletic Directors from both schools agree.
 2. It is recommended that schools provide a list of possible local officials to the conference commissioner prior to the start of the season that, in case of emergency, could fill in at the last minute if needed.
 - g. Media Pre-Competition Screening Process
 - i. Prior to departure the day of a contest, all media members must complete the KJCCC Daily Screening form and present it upon arrival at the host institution. (Appendix 1)
 - ii. If a media member has any symptoms they are not allowed to travel or attend.
 - iii. Upon arrival at the institution a member of the host school will perform a second screening before clearing the media member to enter the facility. All screening will be done by an athletic trainer, designated healthcare professional or a member of the host school's athletic administration. Results of any media member who fail to pass the pre-game screening must be immediately reported to the host athletic director.
 - h. It is recommended that schools establish a method to identify those who have been screened and allowed to be in the competition area, press row, etc.

4. Positive COVID-19 Reporting for KJCCC Competition

- a. Conference Reporting
 - i. Each institution will report positive COVID-19 cases within 24 hours of confirmed cases after conference competition between member institutions starting no sooner than September 5, 2020.
 1. The conference will have a secure Google Form for institutions to submit this information to the conference office.
 - ii. Each institution will confirm the number of student-athletes in isolation, and returning to practice and/or competition on a sport by sport basis (Cross Country, Football, Golf, Soccer, Tennis, and Volleyball) via an online form developed by conference office.
- b. Based on the COVID-19 Reporting, the KJCCC Commissioner along with the KJCCC COVID-19 Task Force and KJCCC Executive Committee may pause competition until further notice.

5. Return to Play Protocol Following a Positive COVID-19 Diagnosis

- a. KJCCC member colleges must have a Return to Play policy on file with the conference office. It is recommended that the protocol include:
 - i. A medical evaluation before any return to exercise progression
 - ii. Additional cardiac testing based on clinical concern
 - iii. Graduated return to physical activity while monitoring symptoms
- b. An example of a Return to Play Form is provided in Appendix 5

6. Non-Conference & Neutral Site Competition

- a. If a school hosts a game against a school that is not a member of the KJCCC, the non-KJCCC member must agree to abide by

- all KJCCC conference protocols.
- b. If a school travels for a non-conference competition that school should review the hosts protocols to ensure that adequate measures are taken.
 - c. In order for schools to make the most informed decision, member schools must have their online schedule up to date on the conference website so that upcoming opponents know where a school has traveled to recently.

7. Procedures for Cancelled Games Due to COVID-19

- a. A game that has been cancelled due to COVID-19 may be made up if teams can find an available date. Given the short window many sports have to complete their schedule, and the fact that in many instances more teams than usual are in season at the same time, there may be times when a makeup date is not available.
- b. Games that have been cancelled due to COVID-19 and are not able to be made up will be ruled a no-contest.
- c. In instances where multiple games are cancelled due to COVID-19, teams may reschedule during that date with another team that also had a game cancelled due to COVID-19.
 - i. Example: Team A is scheduled to play Team B but team B has to cancel due to a COVID-19 outbreak within the team. On the same day Team C is scheduled to play Team D but team D must also cancel due to COVID. If Team A and Team C agree they may play a game that day instead.
 - ii. Schools must notify the conference office if they chose to reschedule games in this manner.
 - iii. A game rescheduled in this manner would become a conference game and replace the conference game scheduled later in the year between the two teams. If the teams have completed their conference games with each other it would become a non-conference game.

8. Universal Masking

- a. All individuals who access the competition area are required to wear a face covering (mask/neck gaiter), other than student-athletes and officials who are currently engaged in competition. The proper use of a mask/neck gaiter as a mitigation strategy requires that the mask/neck gaiter must completely cover both the nose and mouth such that neither nostrils nor the tip of the nose is visible.
 - i. Student-athletes, coaches, and other team personnel in the bench area must have a mask on while not currently engaged in competition.
 - ii. Those seated at the score table must wear a face covering at all times.
- b. Fans in attendance are required to wear a face covering when in attendance at events involving KJCCC member colleges.

9. Locker Rooms

- a. Team must have access to locker rooms/shower facilities following competitions
- b. Adhere to state/county/institutional policy for usage; cleaning before and after each usage; suggestions include staggered use by teams of locker rooms; consider consistent groupings and rotations of students in locker rooms; clothes cleaned after use; equipment cleaned before storing.
- c. Prior to visiting teams arriving, locker rooms should be thoroughly sanitized; showers should be made available; adequate locker room space is provided; the visiting team must pick up the locker room area before departure

10. Athletic Training Facilities

- a. Considerations should be made for pre-event and post-event care for visiting teams regarding the usage of the home teams' athletic training facility.
- b. When possible, the home institution can designate an area for use by the visiting team for any preparation necessary before or following the event.
- c. Should a team not be traveling with an athletic trainer, the visiting team will need to contact the host institution 48 hours via email prior to the event

11. Handshakes

- a. For the purposes of limiting exposure and physical contact, pre-game and post-game handshakes are prohibited.

12. Transportation

- a. Each institution must have a contingency plan in place to transport symptomatic athletes that need to be isolated while on the road/opposing site.
- b. When possible, overnight travel should be avoided and teams are encouraged to travel the day of the contest.
- c. Mask for all members of the travel party are required any time social distancing is not possible including while in transit on a bus, van, car, etc.

13. Admission/Ticketing

- a. The KJCCC will not allow fans to attend sporting events through February 5. On February 1 the conference will review the decision to not allow fans beyond February 5.
- b. The President/CEO for each member institution will provide guidance for their respective campus.
 - i. If KJCCC member institutions are allowed spectators to attend, the home-site limit numbers of those attending will be no more than 25% of total capacity.
 1. KJCCC member institutions may place further restrictions on total capacity limits for their facilities.
 2. Visiting fans should check athletic department websites to know what each institution's fan seating policy.
 3. KJCCC member institutions are not required to have an allotment of tickets available for visiting fans. Visiting fans may purchase tickets in accordance with the host schools attendance/ticketing policy.

- ii. The Executive Committee of the KJCCC reserves the right to further reduce total capacity for conference members based on changing circumstances.
- iii. There must be a minimum six-foot area marked off separating the teams and participants from the spectators. If schools can provide a larger buffer between fans and the playing surface they are encouraged to do so.

14. Pep Bands

- a. If the conference allows fans at future events, the KJCCC recommends that pep bands not play at indoor venues.
- b. If a school opts to allow their pep band to play, it is recommended that all possible precautions including but not limited to 'bell socks' and masks designed for playing an instrument be utilized.

15. Spirit Squads (Cheer, Dance, Pom Squads, Etc.)

- a. Spirit Squads may participate provided they have the ability to maintain a minimum of 8 feet of distance at all times from the playing surface.
 - i. If schools do not have room to provide 8 feet of distance between spirit squad members and the playing surface, they may have them seated in the stands and they may perform during timeouts, quarter breaks, halftimes, etc.
- b. Spirit Squads must wear a mask at all times.
- c. Spirit Squads may not travel to away games during the 2020-2021 season.

16. Competition Hosting

- a. Cleaning/Sanitizing
 - i. Have sanitizer in officials' room and scorer/officials' tables.
 - ii. Clean/Sanitize locker rooms, officials' room, team bench areas, and scorer/officials' table before and after each use.
 - iii. Encourage all involved individuals to use hand sanitizer or wash hands before, during, and after a competition.
 - iv. Athletes should not share pennies, towels or any other equipment/supplies.
 - v. Balls cleaned/sanitized before and after each game.
 - vi. For games, it is required to have at least one extra game ball at the scorer's table. If any game ball goes into the crowd, that ball must be removed and sanitized before being placed back into the game.
- b. Hydration for Student-Athletes and Staff in Team Bench Area
 - i. Bottled beverages with names on them are recommended. Each participant should have his/her own drink container.
- c. Social Distancing
 - i. Consider extending team bench areas and officials'/scorer table area and mark off six feet sections to help with social distancing.
 - ii. Consider having team bench areas on opposite sides of the field.
 - iii. Consider moving six feet off the court/field to minimize interactions with sideline official.
 - iv. Ball holders should maintain six feet social distancing from others.
- d. The visiting teams opposite gender (i.e. men's basketball during the women's game) is allowed to sit in the bleachers during the game.

17. Conference HIPAA Release for COVID Information

- a. TBD, Pending OK by attorney.

18. Failure to Abide by KJCCC COVID-19 Protocols

- a. Sanctions: Failure to abide by KJCCC COVID-19 Protocols sanctions could include, but not limited to: Letter of Reprimand, Fines up to \$1,000.00, Suspension of Coaches or Players, Forfeiture of Games, Loss of Post Season, Cancellation of Remainder of Season.

SPORTS INFORMATION GUIDELINES

1. General Information

KJCCC institutions are expected to follow guidelines as set forth by their state and/or local ordinances when it comes to social distancing, masking, etc.

Institutions should plan their game day set up to account for social distancing, in addition to requiring masks to be worn on press row, in the press box, etc. Every effort should be made to accommodate all media requesting space, while keeping social distancing. This may require non-traditional seating location, or the declination of space for some media.

Essential game day staff (PA, music operator, scorebook, scoreboard, clock workers, SIDs) should be mapped out with their space requirements first before media. Media should be accommodated as best as possible, with the likelihood that seating may not be in a traditional spot, but those alternative spots should still provide a clear, unobstructed view of action, requested connectivity, power, and protection from environmental conditions (if outside).

Each institution should set these parameters and notify other media of changes in accommodations, or the possible inability to accommodate media.

2. Game Day Procedures

- a. Institutions should make every effort to reduce the number of items handed out during games such as programs, game notes, etc.
- b. It is recommended that schools develop alternate methods to deliver electronic versions of those items.

3. Statistics Procedures

- a. For those sports in which stats are required to be kept by conference bylaw, schools should designate a member of their coaching staff to receive a copy of stats emailed at halftime and at the conclusion of games.

4. Visiting Media (Radio, Live Stream, Sports Information.)

- a. For the 2020-2021 school year, it is encouraged that only the home team live stream broadcasts. Visiting schools may live stream games on the road only with prior written approval from the host institution.
- b. For the 2020-2021 school year visiting radio will be limited to one person. Visiting schools may bring additional members only with prior written approval from the host institution.
- c. For the 2020-2021 school year visiting sports information staff will be limited to one person. Visiting schools may bring additional members only with prior written approval from the host institution.

5. COVID-19 Screening for Media Members

- a. Media Pre-Competition Screening Process
 - i. Prior to departure the day of a contest, all media members must complete the KJCCC COVID 19 Daily Screening form and present it to the host athletic administration upon arrival at the host institution. (Appendix 1)
 - ii. If a media member has any symptoms they are not allowed to travel or attend.
 - iii. Upon arrival at the institution a member of the host school will perform a second screening (Appendix 3) before clearing the media member to enter the facility. All screening will be done by an athletic trainer, designated healthcare professional or a member of the host school's athletic administration. Results of any media member who fail to pass the pre-game screening must be immediately reported to the host athletic director.

**These guidelines are intended as a resource for member institutions to use in coordination with applicable government and related institutional policies and guidelines, and they remain subject to further revision as data and related information become available.*

SPORTS GUIDELINES

BASEBALL

1. Gameday Considerations

- a. Pre-Game Conference
 - i. Limit attendees to umpires and the head coach from each team.
 - ii. All individuals maintain social distance of six feet
 - iii. Suspend all handshakes prior to and following the pregame conference.
 - iv. All parties will wear a mask during the pregame conference
- b. Umpires
 - i. The home plate umpire must wear a mask/neck gaiter at all times because of the proximity to the catcher and batter
 - ii. The base umpire must wear a mask when they are unable to maintain a distance of six feet or more.
- c. Equipment
 - i. Players should not share equipment including helmets, masks, and gloves.
- d. Officials Locker Rooms
 - i. Whenever possible, locker rooms should be large enough for each official to have 6-foot social distancing while changing.
 - ii. The locker room must be cleaned and sanitized before and after each game.
- e. Post-Game
 - i. Teams will not shake hands following games.
- f. General Considerations
 - i. Only those individuals who have been screened are allowed inside the fence, dugouts, or press box.
- g. Masking
 - i. Masks must be worn in accordance with Item 8 of the Covid-19 Protocols on Universal Masking

BASKETBALL - MEN & WOMEN

1. Gameday Considerations

- a. Officials Locker Rooms
 - i. Whenever possible, locker rooms should be large enough for each official to have 6-foot social distancing while getting dressed.
 - ii. The locker room must be cleaned and sanitized before and after each game.
- b. Pregame Conference Players
 - i. Limit attendees to head referee and a single captain from each team.
 - ii. All individuals maintain a social distance of six feet.
 - iii. Suspend handshakes prior to and following the Pregame Conference.
- c. Pregame Conference Scorer's Table and Coaches
 - i. The lead official will approach the scorer's table prior to the game and check the official book.
 - ii. The official will not sign the book, but will ask the scorekeeper to sign for them.
 - iii. The lead official may take the official book to the head coach prior to the contest to review the starters and players; however, they must wear a mask and stay socially distanced.
 - iv. The officials will not do handshakes with the coaching staff prior to tip-off.
- d. Team Benches
 - i. Benches should not extend past the end line. Teams are encouraged to spread out players by placing some of the bench players in benches/seats behind the main bench.
 - ii. No fans are allowed to sit within 6ft of team bench/benches.
- e. Substitution Procedures
 - i. The player will go to an "X" on the floor in front of the scorer's table to check-in. After checking in the player(s) must go to sides nearest the bench they came from and not stay at the center of the court.
- f. Scorer's Table
 - i. If scorer's table does not have enough space to socially distance, consider moving personnel to benches/bleachers behind scorer's table.
 - ii. Limit to essential personnel which includes: Official Scorer, Statistician, Spotter for Statistician, Scoreboard Operator, game/Shot Clock Operator, Public Address Announcer
- g. Pre-Game and Post-Game Ceremonies
 - i. Traditional starting lineups are allowed.
 - ii. Players are not allowed to shake hands/fist bump or have any other contact with officials or visiting team coaches during starting lineups or postgame.
- h. Pre-Game and Post-Game Ceremonies
 - i. Referees are required to wear a mask during the entire warm-up.
 1. Masks are allowed to come off before tip-off
 2. If the official and a coach need to have a discussion, but must be wearing a mask.
 - ii. Any food/beverages provided to officials should be prepackaged/bottled/disposable or ask officials to bring their own.
- i. Masking
 - i. Masks must be worn in accordance with Item 8 of the Covid-19 Protocols on Universal Masking
 - ii. Failure to comply with mask wearing while not actively in the game by a player or actively coaching by a coach will result in:
 1. Warning to the player / coach / bench.
 2. Class A technical foul
 - iii. Players checking into the game will be considered as actively in the game.
- j. Warm-up Balls
 - i. It is required that the visiting team bring their own balls to be used during pre-game warmups.
- k. Music/Public Address/Etc.
 - i. No music or piped in crowd noise will allowed during live ball action.
 - ii. It is recommended that teams continue a normal pre-game including starting lineup introduction.

CROSS COUNTRY - MEN & WOMEN

1. Gameday Considerations

- a. Warmups
 - i. Teams should stay together, do not intermingle with other schools.
 - ii. No pre-race huddles.
 - iii. Maintain social distancing of six feet.
 - iv. Consider wearing masks other than times of physical exertion.
- b. Competition
 - i. Finishing corrals are not allowed.
 - ii. FAT timing is recommended, if there is no FAT timing system available, consider alternative means of finish place and time to address congestion at the finish line.
 - iii. Starting boxes should be a minimum of six feet away from other teams starting boxes.
 - iv. Course width should be a minimum of 5 meters (15 feet), it is highly recommended a course width be a minimum of 10 meters (30 feet).
 - v. Limit the number of runners per race or entries per school.
 1. Per meet director's and course decision
 - vi. Coaches should wear masks.
 - vii. Face coverings are permitted for runners.
 - viii. Consider having runners wear facemasks, in the starting box, until start of race and then remove.
 - ix. Competitors may wear face covering prior to race starting and then take it off after race has started.
- c. Officials
 - i. Follow social distancing guidelines during: Pre-Post Meet conferences with coaches; clerking at the start line; during tabulation of results.
 - ii. Bring personal hand sanitizer.
 - iii. Bring their own water bottle.
 - iv. Do not share equipment.
 - v. Do not shake hands.
 - vi. Use a megaphone or loudspeaker for commands
- d. Event Staff
 - i. Bring personal hand sanitizer.
 - ii. Use gloves when handling equipment.
 - iii. Social distancing of six feet should be maintained.
 - iv. No shaking hands, hugging, high fives.
 - v. Limit contact with runners at finish line area.

FOOTBALL

1. Gameday Considerations

- a. Team Box
 - i. The team box has been extended on both sides of the field to the 15-yard lines.
 - ii. Always maintain social distancing of six feet while in the team box.
 - iii. Do not share uniforms, towels and other apparel and equipment.
- b. Balls
 - i. The football should be cleaned and sanitized before, throughout and after each competition as recommended by the ball manufacturer.
 - ii. The game ball holders must wear a mask at all times while on the field.
- c. Tooth and Mouth Protectors (Rule 1-5-1d)
 - i. Tooth and mouth protectors should be cleaned and sanitized after each practice and competition.
 - ii. Should be handled as few times as possible with your hands. Keep them in your mouth.
- d. Charged Timeouts and Authorized Conferences (Rule 2-six-2, 3-5-3, 3-5-8)
 - i. All charged time-outs will be two minutes in length. This is to facilitate proper individual hydration getting individual water bottles to players and for coaching.
 - ii. Limit player personnel in the time-out huddle.
 1. It will be permissible for more than one coach to be involved in these conferences.
- e. Pregame Conference, Coin Toss and Overtime Procedures
 - i. For the coin toss, limit attendees to the referee, umpire and no more than one representative from each team.
 - ii. Maintain social distancing while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, individuals handling the balls during the game and team personnel.
 - iii. For the overtime procedure, please use the same procedures as used at the start of the contest for the coin toss.
- f. Masking
 - i. Masks must be worn in accordance with Item 8 of the Covid-19 Protocols on Universal Masking
 - ii. All officiating crew members, game administration staff, line-to-gain crew, clock operators, and individuals handling the balls during the game must follow the same masking procedures as the team personnel.
 - iii. Coaches must wear masks when directly addressing the officials.
- g. Masks for Officials
 - i. Officials will be required to have their mask on before the snap of each play. Officials may remove the mask as they move toward the play or action in a live ball scenario.
- h. Media
 - i. Follow the guidelines and stay out of the player box and coaches box areas of the field. Therefore, media should not be on the sideline from the 15-yard line to the opposite 15-yard line.
- i. Officials Pay
 - i. If a game is cancelled within 24 hours of kick-off and the officials are on site they will get paid for the game. If the cancellation happens inside of 24 hours but the officials are not on site, they will be paid half of the game fee. If the cancellation happens more than 24 hours prior to kick-off they will not be paid.

GOLF - MEN & WOMEN

1. Gameday Considerations

- a. Spectators
 - i. If there is a limit, make sure to communicate that in advance to the field so that they can communicate that to their players' families.
 - ii. If spectators are allowed, make sure they know about the expectations from the venue and that they wear masks
 - iii. Plan on having additional masks available if necessary
- b. Scoring/Awards
 - i. Players will read their hole-by-hole scores to the official scoring table to limit the contact of scorecards.
 - ii. Masks should be worn in indoor scoring areas. Outdoor scoring areas maintain a six' distance apart.
 - iii. All team and individual awards should be distributed to Head Coaches at the conclusion of scoring. No mass gathering award ceremonies.
- c. Scorecards/Rules Sheets
 - i. These will be pre-assembled into packets, pre-round to be distributed to head coaches only.
 - ii. All players in groups should be listed on each scorecard. Keep ALL players in your group's scores. Compare at the end prior to scoring.
- d. Pins/Rakes
 - i. Courses where pins cannot be removed or touched, and bunker rakes are not available:
 1. Lies in bunker may be improved if all players in the group agree prior to the round
 - ii. If pins can be removed and bunker rakes are available:
 1. The home team is responsible for designating the player in each group to pull the pin and rake bunker for the round.
- e. Pairings: Keep the same pairings throughout the entire tournament
- f. Food: Avoid Buffet style meals. Box lunches separated preferred.
- g. Shotgun Starts: Avoid use of carts for shotgun starts if, at all possible.
- h. Mask Use
 - i. Follow all policies in place by state, local, institution and clubhouse guidelines.
 - ii. Masks recommended anytime social distancing cannot be maintained.
- i. Carts/Shuttles
 - i. Coaches should keep the same cart for the entire tournament.
 - ii. Sanitizing products need to be available for all coaches' carts.
 1. Allows each coach to wipe down the cart during the round, in addition to the clean up the golf course staff provides at the end of the day.
 2. Sanitizing wipes, spray, towels, antibacterial gel, etc.
 - iii. Suggest there are no shuttles. However, if they are necessary, make sure the driver cleans and wipes the cart after every group is dropped off.
- i. Leaderboards: All leaderboards must be digital and accessible via internet.
- j. On Course Bathrooms: Place a large bottle of hand sanitizer outside all outdoor bathrooms for use.
- i. Clubhouse Use: Avoid entering the clubhouse as much as possible.
- k. Warm-Up/Practice Facilities
 - i. Provide adequate spacing of golf balls and team spots on the driving range.
 - ii. Limit warm up times per school or per player to 1 hour and 15 minutes prior to tee time.
 - iii. Social distancing must be maintained at all times.
 - iv. Hand sanitizer will be available in warm-up/practice areas for easy access.
- l. Rules Officials
 - i. Should have the same golf cart assigned to them for the entire tournament.
 - ii. Need to maintain six feet of distance when making a ruling.
 - iii. Make sure a rules official's phone number is on the rules' sheet for the tournament.
 - iv. Rules officials should not give a player a ride for stroke and distance ruling, only the player's coach should do that.

SOCCER - MEN & WOMEN

1. Gameday Considerations

- a. Pregame Conference
 - i. Limit attendees to head referee, assistant referee and a single captain from each team.
 - ii. All individuals maintain a social distance of six feet.
 - iii. Suspend handshakes prior to and following the Pregame Conference.
- b. Team Benches
 - i. Extend team bench areas to the top of the penalty box. (18 yards from end line)
- c. Substitution Procedures
 - i. Maintain social distancing of six feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line.
- d. Officials Table
 - i. Masks should be worn if social distancing of six feet cannot be maintained.
 - ii. Limit to essential personnel which includes:
 1. Official Scorer/Statistician
 2. Spotter for Statistician
 3. Clock Operator
 4. Public Address Announcer
- e. Pre-Match and Post-Match Ceremonies
 - i. Teams and officials must maintain six feet between each other for the pregame world cup introduction line.
 - ii. Suspend pre-match and post-match handshakes.
- f. Officials Uniform and Equipment
 - i. Assistant referees are not required to wear masks at all times; however, if approached by a player/coach they must wear a mask.
 - ii. Best scenario is to provide a separate room for officials that is large enough to allow social distancing of six feet and allow officials access to a shower.
 - iii. Any food/beverages provided to officials should be prepackaged/bottled or ask officials to bring their own.

- g. Masking
 - i. Masks must be worn in accordance with Item 8 of the Covid-19 Protocols on Universal Masking
 - ii. Failure to follow the mask policy will result in:
 - 1. First Occurrence: Warning to the Bench.
 - 2. Second Occurrence: Yellow card to head coach if anyone on the sideline is not wearing a mask.
 - 3. Third Occurrence: Red card to head coach if anyone on the sideline is not wearing a mask.

SOFTBALL

1. Gameday Considerations

- a. Pre-Game Conference
 - i. Limit attendees to umpires and the head coach from each team.
 - ii. All individuals maintain social distance of six feet
 - iii. Suspend all handshakes prior to and following the pregame conference.
 - iv. All parties will wear a mask during the pregame conference
- b. Umpires
 - i. The home plate umpire must wear a mask/neck gaiter at all times because of the proximity to the catcher and batter
 - ii. The base umpire must wear a mask when they are unable to maintain a distance of six feet or more.
- c. Equipment
 - i. Players should not share equipment including helmets, masks, and gloves.
- d. Officials Locker Rooms
 - i. Whenever possible, locker rooms should be large enough for each official to have 6-foot social distancing while changing.
 - ii. The locker room must be cleaned and sanitized before and after each game.
- e. Post-Game
 - i. Teams will not shake hands following games.
- f. General Considerations
 - i. Only those individuals who have been screened are allowed inside the fence, dugouts, or press box.
- g. Masking
 - i. Masks must be worn in accordance with Item 8 of the Covid-19 Protocols on Universal Masking

SWIMMING & DIVING - MEN & WOMEN

1. Meet Day Considerations

- a. General Considerations
 - i. Officials, timers, spectators, coaches and athletes will be screened by healthcare providers or approved screeners prior to entry to the competition
 - ii. Local guidelines will determine the number of spectators.
 - iii. Locker rooms will be limited based on the 6' rule.
 - 1. Locker Rooms will be preassigned to individual teams (when applicable).
 - 2. When team locker rooms are not available, host institution needs to post regulations of how many allowed in the locker room at a time.
 - a. Athletes may need to self-monitor the number of people in the locker room and wait outside until there are spots available.
 - iv. Deck and surrounding areas must to be sanitized before away teams arrive.
 - v. All officials, spectators, staff and coaches will be required to wear face coverings during the entirety of the event.
 - vi. Athletes will be required to wear face coverings unless getting into or out of the pool.
 - Only the current heat and next heat of individual swimmers will be allowed behind the blocks—All other athletes are required to stay within the team area.
 - 1. One timer per lane can be allowed behind the blocks.
 - vii. It is recommended for each facility to have a process in place for entering and exiting the pool and timing of face coverings being removed and replaced.
 - viii. Hand sanitizer and disinfecting wipes must be available throughout the facilities, including at the scorer's table.
 - ix. Stop watches and surfaces should be wiped regularly throughout the event.
 - x. It is recommended that relays be swum in every other lane.
- a. Officials
 - i. Official's Locker rooms must be large enough for each official to have 6-foot social distancing while getting dressed.
 - 1. The locker room must be cleaned and sanitized before and after each event.
 - ii. Whistles need to be under face covering or covered with similar material.
- b. Teams Seating Area
 - i. Each venue must have designated areas in the stands/bleachers/facility for teams to socially distance from each other.
 - 1. Create "Team Camps" in the stands for each team, 6-feet from other competitors and spectators.
- c. Pre-meet Coaches and Official's Meeting
 - i. Limit attendees to head official and one coach from each team.
 - ii. All individuals maintain social distancing of six feet and wear face coverings.
 - iii. Suspend handshakes prior to and following the Pre-meet Meeting.
- d. Scorer's Table
 - i. Anyone approaching the Scorer's table needs to wear a face covering and maintain social distancing.
- e. Warm Up
 - i. Warm-up/Warm-down areas need to be designated and given times for each team before, during, and after the event.
- f. Post-Meet/Race
 - i. Players are not allowed to shake hands/fist bump or have any other contact with opponents.

TENNIS - MEN & WOMEN

1. Gameday Considerations

- a. Equipment/Facility
 - i. Scoring towers are permitted and will be managed in the following manner:
 - 1. Team duals, the scoring will be changed by the home team player

2. Tournaments, the player who serves first will change the score.
 3. After every match, the scoring tower/balls will be sanitized.
 - ii. Player's seating must be socially distanced and seated on the same side of the court.
 1. Seats will be cleaned after every match.
 - iii. Provide signage about social distancing and wearing masks by all spectators, coaches, players not playing based upon state, local, institution and facility guidelines.
 - iv. Provide hand sanitizer and wipes at the score table for players to use after reporting match score.
- b. Tennis Balls
- i. Every match will be required to use new tennis balls/can.
- c. Player Equipment
- i. Players should bring their own water containers and towels and avoid sharing with others.
 1. Make sure they are CLEARLY MARKED.
 - ii. Players should clean /wash clothing, braces, etc. after each practice/competition.
- d. Contest Warm Up
- i. Practice social distancing by staying on player side of the net
 - ii. Assign team areas prior to competition.
 - iii. Assign warm up and court times prior to arrival of teams.
 - iv. Each team should use their own tennis balls
- e. Competition
- i. Pre-match Introductions are allowed:
 1. Teams will line up for introductions on respective singles sidelines
 2. Teams will not shake hands after introductions
 3. Facility specific COVID guidelines will be announced at this time
 4. Continue to use the racket spin method for determining side of court, first serve.
 5. Players will switch sides using opposite sides
 - ii. If a ball from another court comes on court, send it back with a kick or with your racket.
 - iii. Scorer's table:
 1. Tournament director/officials at the tables must be socially distanced and/or wear a mask.
 2. There must be an area of 6ft marked off around the scorer's table
 3. Players approaching the table:
 - Players will report scores to director/officials outside of the marked off socially distanced area
 - Players will return game balls directly into home team/tournament ball collector cart.
- f. Official/Roving Umpire
- i. Will practice social distancing and sanitize hands regularly.
 - ii. Masks are not required at all times; however, if a player/coach approaches the official they must put a mask on.
 - iii. Will not be expected to monitor social distancing of players and coaches.
- g. Masking
- i. Masks must be worn in accordance with Item 8 of the Covid-19 Protocols on Universal Masking

TRACK AND FIELD

1. Gameday Considerations

- a. Warmups
- i. Team camps should stay isolated from outside participants, do not intermingle with other schools.
 - ii. Maintain social distancing of six feet with participants from other schools.
 - iii. Wear masks other than times of physical exertion.
- b. Competition
- i. See NJCAA guidelines for meet standards and qualification requirements for indoor meets
 - ii. Coaches should wear masks.
 - iii. Face coverings are permitted for runners.
 - iv. Consider having participants wear facemasks, until start of the event and then remove.
 - v. If an event is hosted by a conference institution then the normal pre-travel and arrival screening protocols will be followed.
 - vi. For events at neutral sites it is expected that prescreening should occur before departure and the record log of that screening be available if requested by the conference office.
- c. Officials
- i. Follow social distancing guidelines during: Pre-Post Meet conferences with coaches; clerking at the start line; check in at field events; during tabulation of results.
 - ii. Bring personal hand sanitizer.
 - iii. Bring their own water bottle.
 - iv. Do not share equipment.
 - v. Do not shake hands.
 - vi. Use a megaphone or loudspeaker for commands
- d. Event Staff
- i. Bring personal hand sanitizer.
 - ii. Use gloves when handling equipment.
 - iii. Social distancing of six feet should be maintained.
 - iv. No shaking hands, hugging, high fives.
 - v. Limit contact with runners at finish line area.
- e. Practice
- i. For indoor and outdoor season KJCCC Track programs will submit a roster to the conference office outlining the different workout/conditioning groups within each member institutions program.
 - ii. The groupings should lift, condition and train separately from other groups on the team.
 - iii. Covid tracking information should be reported to the conference office as new information is available. If a member of the pod group is found to be positive or a presumptive positive for Covid that group will be considered close contact probable positives and be ineligible for competition until the completion of the county or school health guideline have been met
- f. Masking
- i. Masks must be worn in accordance with Item 8 of the Covid-19 Protocols on Universal Masking

- g. Officials shall wear masks at all times in accordance with Item 8 of the Covid-19 Protocols on Universal Masking.

VOLLEYBALL

1. Gameday Considerations

- a. Pre-match
 - i. Limit attendees to one player/captain from each team, first referee and second referee.
 - ii. Pre-match conference should ensure individuals maintain a social distance of six feet.
 - iii. Assigning ball carts to each team.
- b. Team Benches
 - i. Suspend the protocol of teams switching benches between sets.
 - 1. 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.
 - 2. Benches must be sanitized in the event teams switch benches.
 - ii. Limit bench personnel to observe social distancing of six feet.
 - iii. Limit bench occupants to essential personnel.
- c. Deciding Set Procedures
 - i. Deciding set coin-toss should ensure individuals maintain a social distance of six feet.
- d. Substitution Procedures
 - i. Maintain social distancing of six feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.
- e. Officials Table
 - i. Limit to essential home team game management personnel which includes:
 - 1. Official Scorer
 - 2. Libero Tracker/Spotter
 - 3. Clock Operator
 - 4. Public Address Announcer
 - 5. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
- f. Pre and Post Match Ceremony
 - i. Establish volleyball specific social distancing match protocols including the elimination of handshakes before and after the match.
- g. Ball Cleaning Info
 - i. Many inquiries regarding how best to clean and/or sanitize volleyballs. In brief analysis, the use of sanitizing wipes inclusive of bleach or similar disinfectant have proven to be effective against emerging viral pathogens. However due to the porous surface of the leather and composite volleyballs, tests have not confirmed the ability to kill the novel coronavirus. When using the wipes, it is suggested to place the wipe in one hand while thoroughly rotating the ball to ensure cleaning of the entire surface.
 - ii. Once the entire surface has been cleansed, the ball will need to dry prior to being placed back in use. Please note due to the chemical properties in the wipes, some of the ink on the ball may be removed. Alcohol wipes have resulted in damage to the product and are not recommended at this time.
 - iii. Please note this is not a recommended practice for regular use when the need for sanitizing volleyballs is not a concern.
 - iv. Teams should have a minimum of six (6) game balls available. Each time there is a dead ball a new ball should be put in play.
- j. Masking
 - i. Masks must be worn in accordance with Item 8 of the Covid-19 Protocols on Universal Masking

WRESTLING – MEN

1. Gameday Considerations

- a. Skin Checks and Weigh-Ins
 - i. Skin checks and Covid-19 screenings (temperature, symptoms, and exposure) will occur simultaneously, and with proper social distancing.
 - 1. Face coverings will be worn during line up for skin checks and only removed when instructed to do so by athletic trainer or coach.
 - ii. Each team will weigh in their entire lineup on the same scale, with opposing coach recording official weights from a safe social distance of at least 6 feet.
 - 1. Making sure to have the weigh-ins in a space that allows for proper social distance of all individuals present.
 - 2. Face coverings will be worn during line up for weigh-ins and removed prior to stepping onto scale and immediately put back on.
- b. Officials Locker Rooms
 - i. Locker rooms must be large enough for each official to have 6-foot social distancing while getting dressed.
 - ii. The locker room must be cleaned and sanitized before and after each game.
- c. Pre-match Official's Instruction
 - i. All individuals must maintain a social distance of six feet and wear acceptable face coverings.
- d. Pre-match Coin Flip
 - i. Limit attendees to head referee and a single captain from each team.
 - ii. All individuals maintain social distancing of six feet and wear masks.
 - iii. Suspend handshakes prior to and following the Pre-match Coin Flip
- e. Scorer's Table and Coaches
 - i. Anyone approaching the Scorer's table needs to wear a mask and maintain social distancing.
 - ii. For Dual meets, Coaches (or appointed staff member) will need to verify/check-in for their wrestlers before each match. (Wrestlers will not have masks on immediately before their match)
 - iii. If scorer's table does not have enough space to socially distance, consider moving personnel to benches/bleachers behind scorer's table.
 - iv. Limit to essential personnel which includes:

1. Official Scorer
 2. Statistician
 3. Scoreboard Operator
 4. Announcer
- e. Team Benches
- i. Benches need to be at least 6 feet from the edge of the mat, more is encouraged.
 - ii. Benches need to be placed in an alternating format with rows that allow for social distancing.
 - iii. No spectators are allowed to sit within 6ft of team benches.
 - iv. All personnel, athletes, coaches, and athletic trainers, need to wear face coverings on the bench.
- e. Warm Up
- i. There should be a designated warm up area behind each team's bench where individuals can socially distance and warm up without a mask.
 - ii. Each team will have a designated warm up time and have the mat to themselves. When possible add on a second mat or the mat needs to be sanitized in between teams.
- e. Pre-Match Ceremonies
- i. Traditional starting lineups are allowed (Stand in line, step out and wave).
 - ii. Players are not allowed to shake hands/fist bump or have any other contact with opponents during starting lineups.
- f. Officials Uniform
- i. Referees are required to wear face coverings whenever they are within 6 feet of athletes or other personal.
 - ii. Whistles need to be under face covering or covered with similar material.
- g. Match
- i. Mat sanitation in between bouts or weight classes is recommended.
 - ii. Shaking hands immediately prior to and at the conclusion of a match between the two contestants will take place.
 - iii. At the conclusion of the match, after contestants have shaken hands they will stand in the center circle and face scorer's table, the Official will point to the winner, and lift their arm with the color associated with the winner.
 - iv. Wrestlers will immediately return to their team's bench and will not attempt to shake the hands of the opposing coaching staff.
- h. Exhibition Matches
- i. A maximum of six (6) exhibition matches per dual are allowed.
 - ii. The cost for officials for the exhibition match shall be shared by the two schools and prorated on a per match rate based on the KJCCC approved conference dual rate.
 - iii. Any exhibition matches must be brought to the officials assigned to the duals a minimum of one week prior.
- i. Masking
- i. Masks must be worn in accordance with Item 8 of the Covid-19 Protocols on Universal Masking

**These guidelines are intended as a resource for member institutions to use in coordination with applicable government and related institutional policies and guidelines, and they remain subject to further revision as data and related information become available.*

Appendix 1 – Daily Screening

TODAY'S DATE:

KJCCC DAILY COVID-19 SCREENING		
PLEASE READ EACH QUESTION CAREFULLY	PLEASE CIRCLE THE ANSWER THAT APPLIES TO YOU	
Have you experienced any of the following symptoms in the past 48 hours: <ul style="list-style-type: none"> • fever or chills • cough • shortness of breath or difficulty breathing • fatigue • muscle or body aches • headache • new loss of taste or smell • sore throat • congestion or runny nose • nausea or vomiting • diarrhea 	YES	NO
Within the past 14 days, have you been in close physical contact (6 feet or closer for a cumulative total of 15 minutes) with: <ul style="list-style-type: none"> • Anyone who is known to have laboratory-confirmed COVID-19? OR <ul style="list-style-type: none"> • Anyone who has any symptoms consistent with COVID-19? 	YES	NO
Are you isolating or quarantining because you may have been exposed to a person with COVID-19 or are worried that you may be sick with COVID-19?	YES	NO
Are you currently waiting on the results of a COVID-19 test?	YES	NO
Did you answer NO to ALL QUESTIONS?	APPROVED. Please show this to security at the facility entrance.	
Did you answer YES to ANY QUESTION?	NOT APPROVED. Please self-isolate contact the appropriate medical provider for further instructions.	



Name:

Signature:

Appendix 2 – Gameday Screening Form – Team Personnel



KJCCC COVID-19 Game Day Screening: Team Personnel

1. Have you experienced any of the following symptoms in the past 48 hours: *fever or chills *cough *shortness of breath or difficulty breathing *fatigue *muscle or body aches *headache *new loss of taste or smell *sore throat *congestion or runny nose *nausea or vomiting *diarrhea
2. Within the past 14 days, have you been in close physical contact (6 feet or closer for a cumulative total of 15 minutes) with: *Anyone who is known to have laboratory-confirmed COVID-19? OR *Anyone who has any symptoms consistent with COVID-19?
3. Are you isolating or quarantining because you may have been exposed to a person with COVID-19 or are worried that you may be sick with COVID-19?
4. Are you currently waiting on the results of a COVID-19 test?

School:

Sport:

Date:

Name	Role (Player, Coach, Mgr, Etc.)	Pre-Departure Screening					Screening Upon Arrival	
		Name of Screener	Symptoms (Y/N)	Close Contact (Y/N)	Isolating (Y/N)	Waiting on Test (Y/N)	Name of Screener	Symptoms (Y/N)
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								
21								
22								
23								



Appendix 3 – Gameday Screening Form – Media, Officials, Etc.



KJCCC COVID-19 Game Day Screening: Officials, Media, and Game Personnel

1. Have you experienced any of the following symptoms in the past 48 hours: *fever or chills *cough *shortness of breath or difficulty breathing *fatigue *muscle or body aches *headache *new loss of taste or smell *sore throat *congestion or runny nose *nausea or vomiting *diarrhea
2. Within the past 14 days, have you been in close physical contact (6 feet or closer for a cumulative total of 15 minutes) with: *Anyone who is known to have laboratory-confirmed COVID-19? OR *Anyone who has any symptoms consistent with COVID-19?
3. Are you isolating or quarantining because you may have been exposed to a person with COVID-19 or are worried that you may be sick with COVID-19?
4. Are you currently waiting on the results of a COVID-19 test?

School: _____

Sport: _____

Date:	Pre-Game Screening					
	Name of Screener	Signature of Screener:	Symptoms (Y/N)	Close Contact (Y/N)	Isolating/Quarantining (Y/N)	Waiting on Test (Y/N)
Name	Role (Official, Ref., Table Staff, etc.)	Temp.				
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						



Appendix 4 – Officials Preseason Screening Form



KJCCC SPORTS MEDICINE

COVID- 19 Screening for Officials/Personnel

Name: _____

Last First Middle

Date of Birth: _____ Age: _____ Cell Phone: _____

(MM/DD/YYYY)

Gender: Male Female Sport(s): _____

Please complete this form to assess your potential exposure / possession of COVID-19 and other illnesses.

Are you currently free from illness? Yes No

During your time away, did you experience, or are you currently experiencing any of the following:

SYMPTOM	YES	NO	LENGTH OF SYMPTOM	EXPLANATION
Fever				
Body Chills				
Extreme Level of Fatigue				
Cough				
Pain / Difficulty Breathing				
Shortness of Breath				
Sore Throat				
Body/ Muscle Aches				
Loss of Taste				
Loss of Smell				
Changes to Vision / Eye Discharge				

QUESTION	YES	NO
2-14 days prior to experiencing these symptoms, did you experience a suspected exposure to COVID-19?		
Have you had any direct contact with anyone who lives in or has visited a place where COVID-19 is spreading and/or is an area reporting an increased number of COVID-19 cases (i.e. "hot spots")?		
Have you had any direct contact with someone that has a suspected or lab confirmed case of COVID-19?		
During your time away, did you self-quarantine due to suspected symptoms or exposure of COVID-19?		
During your time away, have you been living in, or have visited an area reporting an increased number of COVID-19 cases (i.e. "hot spots")?		

Have you previously been or are you currently diagnosed with COVID-19?

Yes No

DATE OF DIAGNOSIS: _____

Do you have medical documentation to support your diagnosis and treatment of COVID-19?

Yes No

PHYSICIAN NAME: _____

PHYSICIAN LOCATION: _____

Please list any countries/states/cities you have traveled to since March 15th, 2020 and the dates you were there:

Signature: _____ Date: _____

Appendix 5 – KJCCC Return to Play



KJCCC COVID-19 Return to Play Form



If an athlete has tested positive for COVID-19, he/she must be cleared for progression back to activity by an approved health care provider (MD/DO/PAC/ARNP)

Athlete's Name: _____ DOB: _____ Date of Positive Test: _____

THIS RETURN TO PLAY IS BASED ON TODAY'S EVALUATION

Date of Evaluation: _____

Criteria to return (Please check below as applies)

- 10 days have passed since onset of symptoms, or date of positive COVID test (whichever came last)
- Symptoms have resolved (No fever ($\geq 100.4F$) for 24 hours without fever reducing medication, improvement of symptoms (cough, shortness of breath)
- Athlete was not hospitalized due to COVID-19 infection.
- Cardiac screen negative for myocarditis/myocardial ischemia (All answers below must be no)
 - Chest pain/tightness with exercise YES NO
 - Unexplained Syncope/near syncope YES NO
 - Unexplained/excessive dyspnea/fatigue w/exertion YES NO
 - New palpitations YES NO
 - Heart murmur on exam YES NO

NOTE: If any cardiac screening question is positive or if athlete was hospitalized, consider further workup as indicated. May include cardiac enzymes, inflammatory markers (ESR and/or CRP), CXR, Spirometry, PFTs, Chest CT, Cardiology Consult

Athlete HAS satisfied the above criteria and IS cleared to start the return to activity progression.

Athlete HAS NOT satisfied the above criteria and IS NOT cleared to return to activity

Medical Office Information (Please Print/Stamp):

Evaluator's Name: _____ Office Phone: _____

Evaluator's Address: _____

Evaluator's Signature: _____

Return to Play (RTP) Procedures After COVID-19 Infection

Athletes must complete the progression below without development of chest pain, chest tightness, palpitations, lightheadedness, pre-syncope or syncope. If these symptoms develop, patient should be referred back to the evaluating provider who signed the form.

- **Stage 1: (2 Days Minimum)** Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training.
- **Stage 2: (1 Day Minimum)** Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate
- **Stage 3: (1 Day Minimum)** Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.
- **Stage 4: (2 Days Minimum)** Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate
- **Stage 5: Return to full activity**

Cleared for Full Participation by School Personnel (Minimum 7 days spent on RTP): _____

Form only required for student-athletes who test positive for COVID-19