



2020 WVSSAC Covid-19 Guidelines and Recommendations

AUGUST 2020

Football Recommendations and Requirements

WVSSAC FOOTBALL MODIFICATION GUIDANCE DOCUMENT – FALL 2020

WVSSAC

Notes: Two rules will be waived for the 2020 season.

Eight games will not be required to be playoff eligible. / Six games in your own class or above will not be required to be playoff eligible.

Flex days may be used only with principal approval and phase III limitations must be followed.

Requirements

1. Extend the coaching box for social distancing on the sidelines. (15 to 15)
2. All water provided will be individual containers / No public water sharing systems
3. Limit sidelines to essential personnel only. (Coaches, Trainer, Manager etc.)
4. Extend time outs and length of time between quarters to 2:00
5. Social distancing announcements should be made over the PA throughout the contest.

Recommendations

1. Travel with fewer players to away games / Dress fewer for home games
2. Modify pregame meals
3. Use extra dressing facilities / come partially dressed to away games/ Dress in smaller pods of 10-15 at a time.
*Arrange dressing and shower situation with host team.
4. Conduct halftimes in the end zones instead of dressing rooms.
5. Pay per view options for schools to recover lost revenue.
6. Transportation and or bus modifications per WV State Department guidelines
7. Limit practices to only one contact day per week.
8. No pre or post game handshakes
9. Electronic tickets recommended
10. Hand sanitizing stations on the sidelines
11. Use CDC COVID 19 screening questions. Follow local health department guidelines for reporting suspicious cases.
12. Teams use end zones or other outside areas at halftime.
13. Disinfectants and Cleaning Agents / use CDC and WVDHHR protocols for cleaning equipment, facilities, etc.
14. Band and Cheerleaders – recommend they do not travel to away games
15. Face shield information will be made available to schools

Football Recommendations and Requirements

Football Modifications - Recommendations

- TRAVEL WITH FEWER PLAYERS TO AWAY GAMES / DRESS FEWER FOR HOME GAMES
- MODIFY PREGAME MEALS
- USE EXTRA DRESSING FACILITIES / COME PARTIALLY DRESSED TO AWAY GAMES / DRESS IN SMALLER PODS OF 10-15 AT A TIME
 - *ARRANGE DRESSING AND SHOWER SITUATION WITH HOST TEAM.
- CONDUCT HALFTIMES IN THE END ZONES OR OTHER OUTSIDE AREAS INSTEAD OF DRESSING ROOMS
- PAY PER VIEW OPTIONS FOR SCHOOLS TO RECOVER LOST REVENUE IF ATTENDANCE IS IMPACTED
- TRANSPORTATION AND OR BUS MODIFICATIONS PER WV STATE DEPARTMENT AND COUNTY GUIDELINES
- NO PRE OR POST GAME HANDSHAKES
- ELECTRONIC TICKETS INSTEAD OF TRADITIONAL TICKETS
- HAND SANITIZING STATIONS ON THE SIDELINES
- USE CDC COVID 19 SCREENING QUESTIONS. FOLLOW LOCAL HEALTH DEPARTMENT GUIDELINES FOR REPORTING SUSPICIOUS CASES.
- DISINFECTANTS AND CLEANING AGENTS / USE CDC AND WVDHHR PROTOCOLS FOR CLEANING EQUIPMENT, FACILITIES, ETC.
- CHEERLEADERS – RECOMMEND THAT THEY DO NOT TRAVEL TO AWAY GAMES
- FACE SHIELD INFORMATION WILL BE MADE AVAILABLE TO SCHOOLS

Football Recommendations and Requirements

Football Modifications - Requirements

- EXTEND THE COACHING BOX FOR SOCIAL DISTANCING ON THE SIDELINES. (15 TO 15)
- ALL WATER PROVIDED WILL BE INDIVIDUAL CONTAINERS / NO PUBLIC WATER SHARING SYSTEMS
- LIMIT SIDELINES TO ESSENTIAL PERSONNEL ONLY. (COACHES, TRAINER, MANAGER ETC.) EVERYONE ON THE SIDELINES MUST WEAR FACE COVERINGS
- EXTEND TIME OUTS AND LENGTH OF TIME BETWEEN QUARTERS TO 2:00
- SOCIAL DISTANCING ANNOUNCEMENTS SHOULD BE MADE OVER THE PA THROUGHOUT THE CONTEST.
- BAND IS NOT TO TRAVEL TO AWAY GAMES.

2020 Soccer Recommendations and Requirements



Soccer Modifications

- Electronic whistles may be used
- Pregame conference – limit number of people (one player only)
- Keep hands to yourself – No handshakes (before or after game), hand slaps, high fives, back slapping, etc.
- Water – student/athletes should use own bottle. No sharing.
- Scrimmage – one scrimmage (no soccer-o-rama)
- Dressing rooms – limit use as much as possible. Come to game dressed.
- Extend the team area – 20 yds to 30 yds

2020 Soccer Modifications

- ▶ 2020 Soccer Modifications
- ▶ Listed below are modifications for the 2020-21 soccer season. Please share with your coaches.
 - Electronic whistles may be used
 - Pregame conference – limit number of people (one player only)
 - Keep hands to yourself – No handshakes (before or after game), hand slaps, high fives, back slapping, etc.
 - Water – student/athletes should use own bottle. No sharing.
 - Scrimmage – one scrimmage (no soccer-o-rama)
 - Dressing rooms – limit use as much as possible. Come to game dressed.
 - Extend sideline – 20 yds to 30 yds

Should you have questions, please contact the WVSSAC office (304) 485-5494.



2020 Volleyball Modifications

WVSSAC VOLLEYBALL MODIFICATIONS REVISED AUGUST 3, 2020

- Regular season tournaments limited to:
 - 3 teams if one court
 - 4 teams if two courtsThis includes ALL regular season tournaments (both in and out of state)
- No switching benches between games
- Pre match conference – R1 and R2 and head coach from each team will meet at center court. Rosters are to be submitted to the officials' table.
- Suspend the coin toss – visiting team coach will have option to serve or receive in set 1 – alternate for remaining non deciding sets. For deciding set, home team coach will decide to serve/receive
- Limit personnel at officials' table – 2 scorekeepers and one timer only. Libero trackers can be at end of the bench, behind officials' table, etc.
- Avoid handshakes, hand/back slaps, huddles, etc. No unnecessary contact between players/coaches
- Electronic whistles permitted
- Reduce the number of people traveling when possible
- Do not supply water bottles/cups for shared use. Each athlete is responsible for bringing her own water. No shared water stations, coolers, etc.
- Teams may only have one scrimmage against one other team; no previews allowed
- Face coverings are required if social distancing is not possible as per Governor's order



2020 Cross Country Modifications



Cross Country Modifications

Maximum of 35 at starting line (equivalent to 5 full teams)

More than 35 participants would require a stagger start with 5 minutes between starts

No awards ceremonies (Individuals/teams need to leave when race is finished)

No water coolers – individual water bottle/drinks only

No handshakes, hand/back slaps, etc.

No group/team huddles prior to meet without using social distance

Prior and post meet require a face covering if unable to socially distance

2020 Cheer Modifications

Cheer Modifications

- NO stunting for entire season, including all competitions, games, etc.
- Cheerleaders are to be appropriately spaced on the court, field, or sideline to ensure social distancing
- Open portion of regional and state competitions will be reduced to a maximum of 2:00. Technical cheer remains the same
- Changes in score sheet
 - Addition of 5 points for jumps
 - Increase dance from 8 to 10
 - Increase tumbling from 7 to 10
 - Eliminate 10 points for partner stunts/pyramids



2020 Band Modifications

- ▶ Band and Choir Practice – Summer 2020
- ▶ Since the announcement during Governor Jim Justice's press conference on July 10, 2020 regarding school athletics, there have been many questions regarding marching band, show choir and fine arts activities. Marching bands may begin practicing under current West Virginia Secondary Schools Activities Commission (WVSSAC) *guidelines* (outdoors, pods of no more than 10, etc.). Proper social distancing and sanitation protocols are required. Unfortunately, there will be no band camps this year. At this time, neither the WVSSAC nor the West Virginia Department of Education can support bringing such large numbers of students together for full days of large scale activities. We understand the importance and value of band camps and regret that traditional band camps will not be possible this year. However, bands may rehearse for a three-hour period each day using best public health practices and pods of 10 or less.
- ▶ Show choirs, general choirs and ensembles may also hold summer practices outdoors in small groups of less than 10, while utilizing proper social distancing, sanitation protocols and best health practices. Indoor rehearsals are prohibited because of the threat of spreading aerosolized droplets from singers in small or confined spaces. When held in confined spaces, these activities carry a high threat threshold for disease transmission and are not permitted. For additional information, refer to WVSSAC *guidelines* for school bands.
- ▶ Further guidance will be provided as we approach the school year.WEST VIRGINIADEPARTMENT

2020 Sudden Cardiac Arrest Information

Sudden Cardiac Arrest AWARENESS

- ALL COACHES required to take course annually
- SCA occurs when the heart stops suddenly
- 400,000 people in the U.S. suffer SCA annually
- 10% survive
- 75% are adults
- Every 3 days an athlete dies
- Refer to packet for additional information

2020 Sudden Cardiac Arrest Information

SUDDEN CARDIAC AWARENESS



What is Sudden Cardiac Arrest?

- Occurs suddenly and often without warning.
- An electrical malfunction (short-circuit) causes the bottom chambers of the heart (ventricles) to beat dangerously fast (ventricular tachycardia or fibrillation) and disrupts the pumping ability of the heart.
- The heart cannot pump blood to the brain, lungs and other organs of the body.
- The person loses consciousness (passes out) and has no pulse.
- Death occurs within minutes if not treated immediately.

What are the symptoms/warning signs of Sudden Cardiac Arrest?

- SCA should be suspected in any athlete who has collapsed and is unresponsive
- Fainting, a seizure, or convulsions during physical activity
- Dizziness or lightheadedness during physical activity
- Unusual fatigue/weakness
- Chest pain
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)
- Family history of sudden cardiac arrest at age <50

ANY of these symptoms/warning signs may necessitate further evaluation from your physician before returning to practice or a game.

What causes Sudden Cardiac Arrest?

- Conditions present at birth (inherited and non-inherited heart abnormalities)
- A blow to the chest (Commotio Cordis)
- An infection/inflammation of the heart, usually caused by a virus. (Myocarditis)
- Recreational/Performance-Enhancing drug use.
- Other cardiac & medical conditions / Unknown causes. (Obesity/Idiopathic)

What are ways to screen for Sudden Cardiac Arrest?

- The American Heart Association recommends a pre-participation history and physical which is mandatory annually in West Virginia.
- Always answer the heart history questions on the student Health History section of the WVSSAC Physical Form completely and honestly.
- Additional screening may be necessary at the recommendation of a physician.

What is the treatment for Sudden Cardiac Arrest?

- Act immediately; time is critical to increase survival rate
- Activate emergency action plan
- Call 911
- Begin CPR
- Use Automated External Defibrillator (AED)

Where can one find additional information?

- Contact your primary health care provider
- American Heart Association (www.heart.org)