



16 Voluntary Spring Sports High School Player Contact Days (Sept. 8- Oct. 31, 2020)

These may change if Executive Orders dictate.

1. **Students participating in the 16 player-coach-contact days must meet the same physical exam requirements prior to this activity for 2020-21: Students with a valid 2019-20 sports physical from any school or grade need only complete a Health Questionnaire (HQ).** If the answer is “yes” to any question on the HQ, requires that the student must get a new physical examination for 2020-21.
2. A student who tests positive for COVID-19 must have a statement signed by the examining MD, DO, Physician’s Assistant or Nurse Practitioner that the student has been examined and is physically able to return to athletic tryouts, practices and contests. This applies to students who returned a Health Questionnaire and then tested positive and those who may have had a physical previously and later tested positive. **For a student to return after a positive COVID- 19 case he/she must be cleared by an MD, DO, PA or NP.**
3. **MHSAA medical insurance and concussion gap insurance** will cover spring sports students during these 16 days for spring sports (Sept. 8-Oct 31, 2020). As in the past, MHSAA insurance is not extended for any other out of season activity (four player work) or conditioning activity that may take place on other days during the school year.
4. **Sport specific guidance** for these spring workout/practice days will be provided on each sports home page prior to Sept. 8. This includes the monitoring form and page titled “What to Do If Someone Gets Sick.” Face coverings must be worn at all times, and physical distancing must be practiced to the extent possible.
5. In the days that are NOT among the 16 contact days, a spring sports coach may have **normal four player work** and rotations, conditioning and weight training but must follow all masking, social distancing and safety protocols.
6. **All fall activity is outside** for spring sports in Phase 4 areas. Bad weather that cancels or postpones one of the 16 days does not move activity indoors. A school may reschedule if less than half of the activity for the day has been cancelled due to weather.
7. A school may determine that for staffing and facility reasons, **boys and girls may practice together** during the 16 days in those sports that are both fall and spring (soccer, golf and tennis).
8. Students in **Cooperative Agreements** may practice together provided **ALL** school administrations agree.
9. The activity must be voluntary, not part of team selection and be **open to any student** in the school, not just those who played the sport last year.
10. The 16 dates are to be counted similar to the allowed dates of competition. **16 days total for any one team and any one student in that sport.** Please consider how your school is scheduling so students who play two sports will not have to choose between activities.
11. **Students** who are participating in fall competitions may take part in these 16 contact days if the school allows. So a fall athlete who also plays a spring sport would have 16 dates in their spring sport.