



OVERVIEW OF IMPORTANT RETURN-TO-PLAY TOPICS

***This document was updated on February 15, 2021.** Over time, this document will change. Please check back frequently for updates. The first four pages of this document feature easy-to-understand overviews of Winter 2020-21 COVID-document-related guidelines. For more detailed answers, read this entire packet. Winter athletics will not be risk-free, but by following the guidance in this document, we all can help mitigate those risks. You should also consider your interactions outside of sports during this season in order to limit the potential for exposure in other portions of your daily routine.*

PROTOCOL FOR POSITIVE CASES: A detailed and more complete version of these protocols can be found on page 4 of this document (“What to Do When Someone Gets Sick”).

1. Contact health department and follow guidance.
2. Close contacts MAY have to quarantine for 14 days; follow health department guidance. “Close contact” is defined as someone who was within six feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period, starting from two days before illness onset.
3. Notify all schools, families and officials involved without identifying the person involved.
4. Students, coaches, officials and others at the event but NOT in close contact should be closely monitored for symptoms and may not need testing. Follow health department guidance.
5. Clean the area.

FACE MASKS: The December 18, 2020 order issued by the Michigan Department of Health and Human Services (MDHHS), as amended, mandates that masks are to be worn during practice and competition. In general, face masks are required for athletes in basketball, bowling, competitive cheer and ice hockey at all times. In wrestling, all participants must have a negative rapid antigen test on either the day before or day of a meet or a negative PCR test within 72 hours of competition. All tested wrestlers would be able to compete without wearing a mask during the match; masks would be required of all individuals at all other times during meets and practices. Face masks are optional for athletes in active participation in gymnastics and skiing but are required at all other times when not involved in active participation. Bench personnel are required to wear face masks at all times. This includes athletes not currently in the game, coaches, managers, trainers, statisticians, media and anyone else on the sideline. If a student has a disability or medical situation that would not permit a mask to be worn, the student would need to obtain documentation of such disability or medical situation from a medical provider (MD, DO, PA, NP) and complete a negative COVID test within 24 hours (rapid antigen test) or 72 hours (PCR test) for each day of competition and practice. Both items must be documented and paper copies shall be made available to all officials and opponents prior to each contest. Management, school administrators, table personnel, announcers, media, broadcasters and all staff are required to wear face masks. Spectators are required to wear face masks.

REGULAR-SEASON TOURNAMENTS, INVATIONALS, MULTI-TEAM COMPETITIONS: The following limitations are in place for regular season winter tournaments and invitationals, both home and away. Regular-season dual/head-to-head matchups, between multiple levels of two different schools, are not affected.

- Bowling – 72 individual competitors at a site
- Competitive Cheer – four schools/teams at a site
- Gymnastics – four schools/teams at a site
- Skiing – 72 individual competitors at a site
- Swimming & Diving – four schools/teams at a site
- Wrestling – four schools/teams at a site
- Basketball & Ice Hockey – one game permitted for a team in a day. Host sites must strictly enforce spectator capacity limits on a game-by-game basis and actively sanitize between games. Event organizers must consider proper scheduling, seating areas, and crowd entry and exit to facilitate sanitizing and physical distancing.

When determining the number of teams present at a tournament, count the school's varsity team as one team, and its JV team as a second team. The goal is to achieve physical distancing at all possible times; teams not in competition should be provided adequate space, and spectator limitations must be followed. Consider staggered contest and team arrival times to maintain physical distancing.

Where two sites and/or facilities are used, there should not be any crossover competition between the two tournaments.

SCRIMMAGES: There are no scrimmages allowed for any sports this winter.

SPECTATOR LIMITATIONS: The current MDHHS epidemic order indicates that in facilities with fixed seating of more than 10,000, the maximum number of spectators is 500. In facilities with fixed seating of less than 10,000, the maximum number of spectators is 250. If a facility has no fixed seating such as an ice rink with no bleachers, the maximum number of spectators is 100. For smaller gyms or other school facilities (under a seating capacity of 1250), the spectator capacity limit would be 20% of the facility's seating capacity. Schools may limit spectators further (two per participant, as suggested by MDHHS) but the order defines the maximum number of spectators based on facility size and type.

Bowling and swimming & diving spectators limits are 25% of the bowling center or bather limit capacities.

If local health department orders exist that are stricter than these updated MHSAA requirements, member schools and host venues are expected to follow those local orders.

Sideline cheerleaders, dance team members and pompon squads would be considered participants if a school allows. If a non-athletic support organization such as a pep band is allowed in a facility, all those individuals must be counted in the total number of spectators.

ENTRANCE/EXIT STRATEGIES: Event organizers and venues must consider proper scheduling, seating areas, and crowd entry and exit to facilitate needed sanitizing and physical distancing protocols.

PRE-WORKOUT AND PRE-GAME SCREENING: All coaches and students should be screened daily for signs and symptoms of COVID-19 prior to participating, including with a temperature check. This check may take place onsite or be completed and verified prior to arrival onsite (at home, for example). Anyone with a temperature of greater than 100.3 degrees should not participate and be sent home. Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19. These records must be kept confidential. Any person displaying symptoms of COVID-19 should not be allowed to participate, should self-isolate and contact his or her primary care provider or other healthcare professional. Continue to remind and insist that coaches and students disclose symptoms so all schools can compete safely. Involve local health departments if positive cases of COVID are discovered. Vulnerable adult individuals should not coach, supervise or participate in any competitions or workouts. School districts will make the decision on vulnerable individuals.

COVID GAME CANCELLATIONS: Any game or contest cancelled because of COVID issues is not considered a forfeit. It is considered a no-play, provided the contest has not started. For officials' payment purposes, this is considered an act of God.

TICKETS: Schools should strongly consider using a digital ticket or cashless system. Schools must work together to develop a distribution plan for the limited amount of tickets available per game. If a physical ticket is used, each school should consider conducting a pre-sale, with no onsite ticket sales – only tickets, not money, is collected at the event site.

TRANSPORTATION: The use of buses is a local school district decision. Cleaning and ability to physically distance should be part of the decision. Schools should also consider length of trips when determining the season schedule. When feasible, consider having parents drive athletes to and from games.

LOCKER ROOMS: Home teams are not required to offer locker room access. Visiting teams should arrive dressed and ready to play. Locker room restrooms should be available, and a cleaning schedule should be created.

FACILITY CLEANING: Adequate cleaning schedules should be created and implemented for all athletic facilities. Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (bleachers, chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.). Individuals should wash their hands for a minimum of 20 seconds before participating in workouts. Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

CONCESSIONS: The current MDHHS order states that consumption of food or beverages is permitted only where patrons are seated and those groups of patrons are separated by at least six feet. The order also states that no more than six patrons may be seated at a table and those groups of patrons cannot intermingle.

BEST PRACTICES FOR NON-ATHLETES – THIS IS NOT SPORT-SPECIFIC

Administrators/Host Management

- Administrators must wear face masks and practice physical distancing.
- Obtain officials' information in order to trace contacts if necessary. (This information may be accessible through Arbiter.)
- Provide clear instruction to teams in advance of contests about entrance and exit points of the facility.
- At larger spectator events, consider providing volunteers to monitor entrances and spectator seating areas who can promote physical distancing and face masks.
- Schools should restrict spectators on both sides of the gym from sitting in the first two rows of bleachers closest to the gymnasium floor to allow for adequate spacing between the spectators and contest participants, permit a scorer's table/judge's table and benches to be moved back or use the first row of bleachers for team bench seating if needed.
- When possible, officials and teams should be provided separate bathrooms and/or gathering areas.
- Scorer's Table/Press Box – essential personnel should be 6 feet apart when possible.
- A cordless microphone could be used.
- Cleaning supplies should be available onsite with devices sanitized between uses.

Coaches

- Coaches must wear face masks and practice physical distancing.
- Provide and review NFHS Playing Rule modifications with players and parents.

Spectators

- Spectators must wear face masks and practice physical distancing.
- Entrance and exit protocols, and posted signs by host management must be obeyed.

Media Personnel

- Media must wear face masks and practice physical distancing.
- Press box/table accommodations should allow for appropriate physical distancing.
- Promote to local media the need to call in advance of the event to secure accommodations.
- Designate locations where photographers may shoot from and enforce it. Make sure photographers are aware of restrictions when they arrive. Photographers must be kept out of team box and bench areas.
- Limit postgame interviews to open-air areas. No locker room access.
- Establish times when the venue will become available to the media and when it will close.

Preparing for When Someone Gets Sick

Precautionary Measures (in addition to other protocols and precautions)

- Anyone attending or participating in an MHSAA regular season or tournament event should check his/her temperature before arriving. Spectators, participants or personnel displaying COVID-19 symptoms (e.g., *fever, cough or shortness of breath*), or with temperatures of 100.3°F or greater, should stay home and consider coronavirus testing if symptoms persist.
- Prior to participation, the COVID-19 athlete/coach monitoring form should be used, which includes five questions plus a temperature check. **NOTE: Athletic directors should consider requiring similar precautions for game officials.**

Protocol for Suspected Cases of COVID-19

- All schools should have an emergency action plan in place for each site. If a student, coach or official is or becomes sick on site with symptoms of COVID-19, they should be placed in a clearly identified and designated quarantine area with a mask in place until they can be picked up. Staff who are identified to care for students must wear a mask.
- A symptomatic student should be sent home with a parent or designated adult until they have tested negative or have been released from isolation according to the local health department's protocols.
- Students, coaches, and/or officials should be transported by their parent or guardian, emergency contact or ambulance (if clinically unstable) for off-site testing. If an ambulance is called, or someone is being brought to the hospital, there should be an attempt to call the hospital first to alert them that the person may have COVID-19. If a student, coach or official becomes sick, they must not use group transportation to return home.

Protocol for Positive Cases of COVID-19

- The local health department should be contacted by the school for further direction. They likely will initiate contact tracing, following regular public health practices.
- All schools, public and private, must cooperate with the local public health department if a confirmed case of COVID-19 is identified, and collect the contact information for any close contacts (*i.e., someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period*) starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated. Close contacts should stay at home for up to 14 days after last contact with a person who has COVID-19. Follow the recommendations of the local health department. Options they may consider include stopping quarantine after day 10 without testing and after day 7 after receiving a negative test.
- Administrators of the schools involved, as well as students/families/officials in attendance, should be notified of the presence of any laboratory positive or clinically diagnosed cases of COVID-19 so there continues to be awareness and close observation of any symptoms. **NOTE: Student communicable disease related information is protected health information. The individual with COVID-19 should not be identified by name to non-family or non-health department officials. Even if a family/student acknowledges and publicly discloses a positive test, school staff and officials must not participate in discussion or acknowledgement of a positive test by identifying a specific student.**
- Students, coaches or officials who were at the event, but not in close contact with a positive case, should continue to be closely monitored for any symptoms of COVID-19. At this time, these individuals are not required to receive testing unless they develop COVID-19 symptoms.
- Areas that were used by the sick person should be closed off and should not be used until after cleaning and disinfecting them (this includes surfaces or shared objects in the area). If possible, cleaning and disinfecting of the area should not occur until at least 24 hours has elapsed. If 24 hours is not feasible, as much time possible should be allowed to pass before cleaning or disinfection occurs.



SPORT: Skiing
ASSISTANT DIRECTOR: Cody Inglis

cody@mhsaa.com

This information is provided to schools to help conduct a high school ski season. The intent of this information is to minimize and reduce risk as much as possible. As such, parents and athletes should discuss the risks and determine if these provisions allow participation for their child.

This is not an exhaustive list and there might be additional steps in each school, city and state to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams.

The situation with COVID-19 continues to change and these considerations may quickly become outdated. Continue to keep up with the latest from the CDC and your local health department. A coach and the athletic director within the program should be designated to be responsible for responding to COVID-19 concerns.

Requirements for Skiing to Occur:

- **Face coverings are required in SKIING except when in active participation on the course.** This includes all times except when in active participation and all times during non-active participation.
- There are no provisions in the MDHHS mandate on facial coverings for medical intolerance reasons or medical waivers. This is not an MHSAA regulation, and thus the MHSAA has no legal authority to waive or modify this emergency order from HHS.
- In practice and training sessions in all regions of the state, this same guidance applies.
- Traditional cloth/fabric masks, buffs, gaiters are allowed facial coverings. The facial covering must cover the nose and mouth at all times.
- **Face coverings are required for all spectators, coaches and event workers.**
- All other MHSAA requirements, including uniform, are still in effect.
- All other MHSAA rules shall be enforced.
- No scrimmages (*other than within your own team*). The only occasions where students from different schools can be together is for official contests.

Equipment:

- **Skier's Personal Equipment** – Each competitor MUST use his or her own equipment. This includes boots, skis, gloves, hats, bibs, braces, etc. No sharing of equipment is allowed.
- **Water Bottles** – Each competitor MUST use his or her own water bottle that is not to be shared with others.
- **Waxing activities** – should take place outside or in a well-ventilated indoor space where physical distancing can be maintained at all times.
- **Need to have shared equipment sanitized** – Coaches must sanitize equipment before and after each practice and competition.

Practice Guidelines/Protocols:

- Team Meetings Prior to Practice – Observe social distancing. Wearing of face masks required.
- Handouts/Rule Books – Use of online materials, emails, sport team apps and other electronic communication is recommended.
- Hydration/Food, Snacks – All players must provide their own water bottles or drinks and snacks. There is to be no sharing of food or drink. Also, public drinking facilities should not be used. Coaches/teams should not provide food or drink to players unless it is individualized to each player and/or commercially prepared or prepackaged.
- Ensure that skiers are properly spaced out and there is no congregating of skiers while not racing or practicing.

- There should be a minimum distance of 6 feet between each individual at all times when not in active participation.
- Lines or congregations of skiers on the hill need to be eliminated during practices.
- Skiers may be limited in the equipment that they can bring into a ski facility at any one time. This may mean that a vehicle may be where storage needs to take place.
- There should be no shared athletic equipment (towels, clothing, masks or specific equipment) between student-athletes.
- Students should wear their own appropriate clothing (do not share clothing).
- Cleaning/sanitizing supplies should be readily available onsite.
- Coach Modeling – Coaches should be great role models for their players and observe all of the stay safe, stay healthy guidelines. Coaches should promote physical distancing.
- Player Habits – Coaches should work to continue to reinforce safe and healthy habits. This includes staying away from touching their face, social distancing of 6 feet between individuals, use of hand sanitizer and hand washing of at least 20 seconds before and after competition.
- Hand Sanitizer and/or Sanitizing Wipes – Players, coaches and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes. Coaches and other team officials should have this available as needed.
- Players should have a separate and multiple face masks that they use for practice/competition, and one they wear when not training or competing. These face masks need to be washed regularly and often.
- Team-issued uniforms and equipment must be sanitized before handing out, and if possible, players would be advised to use their own equipment or keep it for the duration of the season.

Pre-Workout & Pre-Meet Screening:

- All coaches and students should be screened daily for signs and symptoms of COVID-19 prior to participating, including a temperature check. This check may take place onsite or be completed and verified prior to arrival onsite (at home, for example). Anyone with a temperature greater than 100.3 degrees should not participate and be sent home. Responses to screening questions for each person should be recorded and stored of everyone present in case a student develops COVID-19. These records must be kept confidential. Any person displaying symptoms of COVID:
 - Should not be allowed to participate.
 - Should self-isolate and contact his or her primary care provider or other healthcare professional.
- Continue to remind and insist that coaches and students disclose symptoms so all schools can compete safely. Involve local health departments if positive cases of COVID are discovered. Vulnerable adult individuals should not coach, supervise or participate in any competitions or workouts. School districts will make the decision on vulnerable individuals.
- If onsite temperature checks are conducted, coaches should record temp checks with infrared thermometers prior to practice or competition. Temperatures should be recorded on a log sheet or via software/applications.
- The MHSAA COVID Tracking Form is provided on the last page of this document.
- Schools may also develop their own online survey (Google Forms, or other software/applications) used for contact tracing. Many schools currently are utilizing this system for daily attendance, with parents providing the information. This may be something you can develop through your school system. You may also consider developing a QR Code for players to access forms/applications without touching pens/paper.
- Below are typical questions to ask daily before participation:
 1. *Date (that day's date)*
 2. *Last Name*
 3. *First Name*
 4. *Have you been diagnosed with COVID-19 in the past 14 days?*
 5. *Are you experiencing symptoms typically associated with COVID-19, such as: rash, diarrhea, fever, coughing, fatigue, headache, chills, loss of taste/smell or respiratory distress?*
 6. *Have you been in contact with anyone who has a suspected or confirmed diagnosis of COVID-19 in the past 14 days?*
 7. *Have you taken medicine for a fever or body aches within the past 24 hours?*

8. *If you have answered "YES" or your temperature is 100.3 degrees or higher, you are not able to participate in today's activities. Please isolate and contact your primary care physician for direction.*
9. *By submitting, I am certifying that all information supplied is accurate and true.*

Competition Guidelines:

- In ski racing, onsite at any one time, there should be no more than 72 participants allowed onsite in any ski competition. Seventy-two participants are by gender; you can have 72 boys and 72 girls at a site competing at any one time.
- Please remember that 72 participants is the maximum. To start the season, smaller dual races between two schools are recommended and encouraged.
- For larger leagues and conferences and invitationals when resumed, it is recommended that schools and leagues be creative to schedule all skiers on the hill. For example, one discipline (Slalom, GS) a day, one discipline (Slalom, GS) split up over two days, complete one section or heat of race, close out that section, clear the hill and start a new section, JV race on one day, Varsity race on another, or using multiple days to complete races are all examples of working within the guidelines.
- In the 2020-21 MHSAA ski regular season, the school's ski team roster size is limited and reduced to no more than 6 student-athletes per team, per gender, at any one time competing and on the hill. This will allow as many schools to responsibly be on the hill during competition.
- Limited SPECTATORS may have to be considered, especially for indoor spaces. This will need to be enforced by the high school and ski resort. The spectator capacity is limited to 250 persons at outdoor gatherings under the latest MDHHS order.
- Host facilities and ski resorts must strictly enforce spectator capacity limits. MDHHS guidance indicates that indoor facilities like ski resorts cannot exceed 25% of the total occupancy limit set by the Fire Marshal. Because of this mandate, normal indoor ski team activities may have to take place outside or offsite.
- Ski resorts can and will set their own restrictions on spectators and these must be followed.
- Host sites, schools and ski resorts must actively manage sanitation and cleaning protocols during transition times.
- Event administration and ski resorts must consider proper scheduling, seating areas, and crowd entry and exit to facilitate needed sanitizing and physical distancing protocols.
- Congestion areas that commonly occur in ski resorts, cafeterias, ticket windows and lodges MUST be avoided.
- Provide clear instruction to teams in advance of races about entrance and exit points of the ski resort.
- Provide clear instruction regarding suggested arrival time and protocols (including temperature screening, contact tracing, online forms or waivers) for ski resort.
- It is strongly recommended that visiting schools/teams provide ahead of time a roster and list of team members, coaches and personnel who will be attending the race. This will assist the host school and ski resorts on the entrance protocols and expedite visiting teams' arrival.
- When using the restroom facilities, maintain social distancing while waiting and avoid congregating in the restroom.
- Athletes may not be able to use ski lodge or restrooms to prepare for the race or to "boot up" prior to practice or competition. Alternative arrangements such as coming dressed ready to ski or dressing in vehicles should be considered.
- Arrival of teams and skiers may be restricted to a timeframe prior to the race or practice time (for example, entry onto the ski hill no earlier than 45 minutes prior to race time). This must be coordinated with your ski resort and athletic director.
- Each team is responsible for its own hand sanitizer and its own med kit.
- All skiers are encouraged to have their own hand sanitizer in addition to what the coach has available.
- Consideration should be given to limiting or restricting access to shared areas.
- On-hill team tent areas should NOT be used as a team gathering area and may not be allowed per resort policy. It is best to check with your ski resort and host school on this hill policy.

- During warmup time, coaches are responsible for ensuring physical distancing is maintained. This includes dry-land or non-skiing time.
- No post-race handshakes. Skiers should not fist bump or high-five teammates, opponents, coaches or spectators without gloves on.
- All skiers shall bring their own water bottle or drinks. Water bottles must not be shared.
- Team tables where shared “potluck” style or community food amongst teammates is not allowed. In addition, ski hills and resorts may have a policy of no outside food being brought into their facilities. It is best to check on the policies of your local hill when it comes to food.
- There may be limited to no available indoor space for teams, parents and others at ski hills and resorts and in their cafeterias or lodges. Team zones or areas may be used when there is the ability to physically distance teams, but number of skiers may be limited in these areas.
- Award ceremonies may have to be modified or eliminated. Functions may be held following physical distancing protocol and local guidelines.
- Manual and handwritten leaderboards will need to be changed and eliminated. Live results and/or announcement of names, schools, times and places will have to replace the traditional leaderboard areas which lead to congestion and crowds.
- Limited or no registration or check-in prior to races; team packets could be picked up by one coach to be dispersed to the team.
- No pre-race coaches meeting. Coaches should cover the rules with the athletes as a team. A virtual meeting held before the competition via Zoom is one alternative to in-person meetings. Strong electronic communication via email, social media or websites is recommended as an alternative.
- Shared equipment by volunteers, workers, announcers will need to be sanitized between each use, and if possible, not shared unless this can occur via gloved hands. This includes announcer microphones, race radios, drills, etc.

Host School, Facility and Ski Resort Recommendations:

- Inform the local health district when events are scheduled and establish a plan to handle those persons who fail a symptom assessment or temperature check or exhibit signs and symptoms of COVID-19.
- Assign and limit teams to training lanes to team members and coaches. Limit crossover of teams while on hill at same time during training sessions.
- Locker use may need to be limited or ended.
- Teams may have to store ski equipment “offsite.”
- Chair lifts may be limited to one person, or team members from the same team. Ski teams need to stay within their team and ensure physical distancing while in line for the chair lift.
- Lift ticket purchase may be collected by one person for the team so that the entire team doesn’t have to wait in line. If ticket windows can’t be avoided, physical distancing should be practiced.
- Use contactless payments where possible.
- Do not provide any congregation areas at the facility.
- If possible, provide designated space for tournament operations.
- Start areas must be expanded with team zones at least 6 feet apart from each other with no lines.
- Flights may need to be called up one at a time to the start area.
- Six-feet social distancing must be maintained between individual spectators/family groups while watching races.
- Develop a spectator pathway that allows for physical distancing as spectators move from parking lot, through to the hill to watch.
- Clearly review prior to any contests with coaches, athletic directors and teams the mandates, best practices and ski facility policies as they relate to, but are not limited to, parking; entrances and exits; medical care; spectators; ticketing; ski storage areas; restrooms; water; and equipment.
- Keep three operational thermometers (no-touch recommended) onsite as backup.
- Maintain an adequate number of portable hand sanitizing machines.
- Follow all restaurant and dining rules and regulations for the safe opening and service at such facilities.
- Appoint an individual(s) who may be responsible for assisting the resort manager(s) in logging all incidents and action plans when mandates and guidelines have not been followed and/or incidents occur.

General Considerations:

- Focus on one single meet first and build from there. There is a mindset switch that needs to occur. We need to operate from the standpoint that we do not have skiing at this time. We have nothing, but want to build on that to get to something using common sense, care and caution. Start with a single event and build from there, not from an invite, tournament or conference event working backwards. The spirit and intent of the rule is important to consider when planning. Everyone needs to be responsible in order for us to come back to skiing. There is not a specific restriction on invitationals, but the strong recommendation is NOT to conduct them early on in the season. The guidance is very clear that there are to be no large-scale events early in the season. Make sure that you can effectively administer a regular ski meet first.
- The latest research and data inform us all that COVID is not being spread during the school day, at athletic practices or during games/matches/meets between teammates and opponents. However, we are learning that many activities loosely connected to schools and school sports are creating COVID challenges for school districts.
- Events such as team dinners, gatherings at homes and restaurants following matches and other team-connected but non-athletic social gatherings on the weekends with little to no mitigation measures of face coverings and social distancing are causing COVID numbers in Michigan to increase. Coaches and schools should work to limit or eliminate these gatherings as much as possible to mitigate the spread of COVID.
- Strong and regular communication between a school ski coach and the school athletic director are key when navigating this pandemic and how it will impact the ski season.
- A coach should also strongly communicate with the ski resort and the manager to ensure that they are aware of new and ever-changing ski resort policies on directives such as temperature checks, contact tracing, check-in procedures and communication with other teams.
- Coaches need to also encourage parents and players to use best communication practices with all involved, including parents, families and players. This may include a less punitive and less restrictive practice policy that allows players to miss because of health and mental health issues (COVID or not). A safe health and wellbeing policy using care, caution and common sense will help a ski team in the long run, this year more than ever.
- Prepare for changes, postponements and work to be flexible in your scheduling, including potentially changing or cancelling meets because of an unexpected, difficult and last-minute decision on a meet or because of a quarantine situation.
- Indoor concession stands or restaurants may be restricted from operating and you will need to communicate with your facility and opponent to ensure that communication occurs on this aspect.
- Advance messaging to teams, spectators and media should be done. Visiting school teams and spectators are expected to comply with the host school strategies for COVID risk mitigation.
- Provide written notice to all attendees, outlining procedures for the event.
- Provide PA announcements to reinforce key site requirements and reminders of guidelines.
- Livestream options for spectators who cannot attend in person – Review and communicate plans to all, consider camera location(s) and state and local policies. Are there creative ways you can broadcast the event to people who can't be there?
- Consider designating an event management team, to include a health professional. This group could have the authority to modify, restrict, postpone or cancel the event based on public health risk or other factors.
- Create Communication Plan – Attendees can receive an emergency notification, if necessary. Think about how you will address and communicate a positive COVID test of an attendee before, during or after the event.
- Attendees – Consider grouping people into tiers from essential to non-essential and decide which tiers will be allowed at an event.
- Athletic Training Services – Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. As healthcare professionals, they can take lead roles in developing and implementing infection control policy throughout the school. School administrators should partner with athletic trainers to develop and implement infection control policy throughout the school.

- Transportation to Events – Schools must consider social distancing requirements when scheduling contests and events for the winter. Masking and social distancing (as required by state or local health departments) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will potentially be needed.

US Ski and Snowboard Rules and COVID-Related Changes and Considerations:

While US Ski and Snowboard does not govern MHSAA high school ski racing or ski rules, it is important to be aware of resources, guidelines and changes in US Ski and Snowboard rules and operations during this pandemic. For more information and resources with updates, please see this website.

<https://usskiandsnowboard.org/covid-19>

MHSAA Tournament and Postseason Update:

Options will be considered regarding MHSAA Regional and Final Tournament format, depending upon the status of COVID-19 and the safe return to MHSAA regular season ski racing.



