

Lynchburg City Schools

GUIDELINES FOR REOPENING SPORTS/ACTIVITIES

(Adopted in full from VHSL Guidelines for Reopening Sports/Activities, June 2020. LCS specific modifications listed in BOLD))

Objective

This document is intended to provide guidance for schools to consider with their stakeholders in designing return-to-activity protocols in accordance with state and county restrictions. It allows for a coordinated reopening following the initial stay at home orders and may also be used if conditions dictate the need for increased restrictions in the future.

Position Statements

The VHSL believes it is essential to the physical and mental well-being of students to return to physical activity and athletic competition

The VHSL recognizes that all Virginia students may be unable to return to – and sustain – athletic activity at the same time across the state. There will also likely be variation in what sports and activities are allowed over the next 9 to 12 months.

While recognizing that county-by-county reopening may lead to inequities, the VHSL advocates for returning students to school-based athletics and activities as directed by state and local guidelines

Prior to allowing use of facilities, schools should review facility use agreements, especially in the areas of sanitation requirements and liability.

Points of Emphasis

Limited testing availability, lack of resources for contact tracing, and expanding knowledge of COVID-19 transmission could all result in significant changes to this guidance. The VHSL will disseminate more information as it becomes available.

Administrators and coaches must emphasize the need for all coaches and participants who have signs or symptoms of illness to stay home when ill to decrease risk of viral transmission.

Currently, the 2019-20 VHSL Physical Form expires on June 30, 2020. Therefore, any student-athlete must obtain a physical prior to any athletic participation moving forward dated after May 1, 2020. PPE's are an important way to screen student-athletes for conditions that may expose them to risk of injury, illness, or death due to athletic activity. The VHSL requires annual pre-participation exams prior to any athletic activity.

Current pre-season conditioning and acclimatization models assume that athletes have deconditioned during the stay at home orders. The current pandemic may result in students being deconditioned for several months. The intensity and duration of training should be moderated upon return. The NFHS is currently involved with several organizations in developing consensus guidelines for the resumption of workouts and practices.

Due to the possibility of recurrent outbreaks in the coming months, schools must be prepared for periodic school closures and the possibility of some teams having to isolate for two or more weeks while in-season. Development of policies is recommended regarding practice and/or competition during temporary school closures, the cancellation of contests during the regular season, and parameters for the cancellation or premature ending to postseason events/competitions.

Phases are in accordance with guidelines published by the Commonwealth of Virginia and are subject to change. Please note that counties must meet “gating” criteria to establish Phase One and that further criteria must be met to advance from one phase to the next. These criteria will be determined by the Governor’s Office and/or VDH/VDOE and should be strictly followed.

Athletic Training Services

Given the coming financial crisis at the state and local levels, the NFHS SMAC fears that athletic trainer positions will be seen as a “luxury” and those positions will be at risk during the budgeting process. It is also assumed that athletic trainers supplied to high schools by hospitals and sports medicine clinics are also at risk as many medical clinics and hospitals have suffered severe revenue loss during the pandemic.

Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they can take lead roles in developing and implementing infection control policy throughout the school. Whenever needed, state associations and their SMACs should promote the importance of athletic trainers in high schools and their role in injury evaluation, treatment and risk minimization as well as being a vital component of any return-to-school and athletics plan.

Guiding Principles

1. Physical and mental well-being of students.
2. Health and safety of all involved in sports: athletes, coaches, sports medicine, volunteers, school officials. Individuals who are at higher risk for severe disease should take extra precautions or sometimes choose not to participate. This includes individuals who: have chronic lung disease, moderate or severe asthma, serious heart conditions, immunocompromised or take immune-suppressant medication, severely obese, diabetes, chronic kidney disease or dialysis, or those over 65 years. CDC Guidelines can be found [here](#).
3. There is a near certainty of recurrent outbreaks in the coming months.
4. Phases 1, 2, and 3 are based on disease prevalence and community transmission (VHSL Phases match Commonwealth phases). It is possible that a school may move up or down the Phase level. This movement, in either direction, will be dependent upon disease prevalence, community transmission, and guidance from local/state public health officials.
5. Permitted activities may fluctuate based on which Phase the school is in. Permitted activities could include: skill-building drills at home, team practice, within-team competition, competition with teams from a specific area, or full competition from different areas.
6. Returning to activities should also take into account that most of the student-athletes will be deconditioned. They will require a prolonged acclimatization and progression of intensity of activities. This especially applies to student-athletes with sickle cell trait.

	LCS PHASE 1	LCS PHASE 2	LCS PHASE 2 ENHANCEMENTS	LCS PHASE 3
Facilities Cleaning	<p>No athletics or activities are permitted in Phase 1.</p>	<p>Adequate cleaning schedules should be created and implemented for all athletic facilities. VDH recommends a minimum of every 2 hours and disinfect after every use of any shared equipment.</p> <p>Athletic Training facilities may be utilized if adhering to the cleaning, occupancy limits, and physical distancing. VDH Guidelines can be found here.</p> <p>Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.). A list of EPA approved disinfectants can be found here.</p> <p>Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.</p> <p>Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or use hand sanitizer containing at least 60% alcohol before touching any surfaces or participating in workouts.</p> <p>VDH recommends hand sanitizer be available to individuals as they transfer from place to place, especially entrances / exits.</p> <p>Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered and disinfected. If equipment cannot be thoroughly disinfected it should not be used.</p> <p>Students must be encouraged to shower and</p>	<p>Adequate cleaning schedules should be created and implemented for all athletic facilities. VDH recommends a minimum of every 2 hours and disinfect after every use of any shared equipment.</p> <p>Athletic Training facilities may be utilized if adhering to the cleaning, occupancy limits, and physical distancing. VDH Guidelines can be found here.</p> <p>Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.). A list of EPA approved disinfectants can be found here.</p> <p>Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.</p> <p>Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or use hand sanitizer containing at least 60% alcohol before touching any surfaces or participating in workouts.</p> <p>VDH recommends hand sanitizer be available to individuals as they transfer from place to place, especially entrances / exits.</p> <p>Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered and disinfected. If equipment cannot be thoroughly disinfected it should not be used.</p> <p>Students must be encouraged to shower and</p>	<p>Adequate cleaning schedules should be created and implemented for all athletic facilities. VDH recommends a minimum of every 2 hours and disinfect after every use of any shared equipment.</p> <p>Athletic Training facilities may be utilized if adhering to the cleaning, occupancy limits, and physical distancing. VDH Guidelines can be found here.</p> <p>Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.). A list of EPA approved disinfectants can be found here.</p> <p>Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.</p> <p>Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or use hand sanitizer containing at least 60% alcohol before touching any surfaces or participating in workouts.</p> <p>VDH recommends hand sanitizer be available to individuals as they transfer from place to place, especially entrances / exits.</p> <p>Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered and disinfected. If equipment cannot be thoroughly disinfected it should not be used.</p> <p>Students must be encouraged to shower and</p>

		wash their workout clothing immediately upon returning home.	wash their workout clothing immediately upon returning home.	wash their workout clothing immediately upon returning home.
Entrance/Exit Strategies	No athletics or activities are permitted in Phase 1.	To limit crossover and contact between persons and to prevent groups from gathering, consider separate entrances/exits and staggering starting/ending times for workouts and other athletic activities. Consider posting CDC signage at entrances / exits. See CDC Print Resources link in the Additional Resources/Links/Signage section.	To limit crossover and contact between persons and to prevent groups from gathering, consider separate entrances/exits and staggering starting/ending times for workouts and other athletic activities. Consider posting CDC signage at entrances / exits. See CDC Print Resources link in the Additional Resources/Links/Signage section.	To limit crossover and contact between persons and to prevent groups from gathering, consider separate entrances/exits and staggering starting/ending times for workouts and other athletic activities. Consider posting CDC signage at entrances / exits. See CDC Print Resources link in the Additional Resources/Links/Signage section.
Limitations on Gatherings	No athletics or activities are permitted in Phase 1.	Indoor practices/activities may occur if at least 10 feet of physical distance can be maintained by all persons (including participants, coaches, etc.) at all times. The total number of attendees (including participants, coaches, etc.) cannot exceed the lesser of 30% of the occupancy load of the room in which the activity is being held or 50 persons. No spectators allowed during practices. Outdoor practices/activities are allowable if at least 10 feet of physical distance can be maintained by all persons (including participants, coaches, etc.) at all times. The total number of attendees (including participants, coaches, etc.) cannot exceed the lesser of 50% of the occupancy load of the venue or 50 persons. Workouts should be conducted in “pods” of students/coaches with the same 5-10 students/coaches working out together weekly to limit overall exposure. Smaller pods can be utilized for weight training.	Indoor practices/activities may occur if at least 10 feet of physical distance can be maintained by all persons (including participants, coaches, etc.) at all times. The total number of attendees (including participants, coaches, etc.) cannot exceed the lesser of 30% of the occupancy load of the room in which the activity is being held or 50 persons. No spectators allowed during practices. Outdoor practices/activities are allowable if at least 10 feet of physical distance can be maintained by all persons (including participants, coaches, etc.) at all times. The total number of attendees (including participants, coaches, etc.) cannot exceed the lesser of 50% of the occupancy load of the venue or 50 persons. Workouts should be conducted in “pods” of students/coaches with the same 5-10 students/coaches working out together weekly to limit overall exposure. Smaller pods can be utilized for weight training. Pods must remain the same for a minimum of 3 weeks.	Indoor practices/activities may occur if at least 10 feet of physical distance can be maintained by all persons (including participants, coaches, etc.) at all times. The total number of attendees (including participants, coaches, etc.) cannot exceed the lesser of 50% of the occupancy load of the room in which the activity is being held or 250 persons No spectators allowed during practices Outdoor practices/activities are allowable if at least 10 feet of physical distance can be maintained by all persons (including participants, coaches, etc.) at all times. The total number of attendees (including participants, coaches, etc.) cannot exceed the lesser of 50% of the occupancy load of the venue or 250 persons. No spectators allowed during practices. Workouts should be conducted in blended “pods” of students/coaches with the same 20-30 students/coaches working out together weekly to limit overall exposure. Smaller pods can be utilized for weight training but should not mix larger pods. Pods must remain the same for a minimum of 3 weeks.

<p>Pre-Workout Screening</p>	<p>No athletics or activities permitted in Phase 1.</p>	<p>Plan for daily health screening questions of staff and students.</p> <p>Responses to screening questions for each person should be recorded and stored. Screening and record keeping should meet local HR and OSHA requirements.</p> <p>Temperature screening performed using infrared thermometers. Any temperature at or above 100.4F will lead to no participation. The division action plan will be executed.</p> <p>Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional. Return to participation guidelines will be developed by local school divisions. VDH guidelines can be found here and CDC guidelines can be found here.</p> <p>Vulnerable individuals should not supervise or participate in any workouts during Phase 2 as defined by the local school system.</p>	<p>Plan for daily health screening questions of staff and students.</p> <p>Responses to screening questions for each person should be recorded and stored. Screening and record keeping should meet local HR and OSHA requirements.</p> <p>Temperature screening performed using infrared thermometers. Any temperature at or above 100.4F will lead to no participation. The division action plan will be executed.</p> <p>Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional. Return to participation guidelines will be developed by local school divisions. VDH guidelines can be found here and CDC guidelines can be found here.</p> <p>Vulnerable individuals should not supervise or participate in any workouts during Phase 2 as defined by the local school system.</p>	<p>Plan for daily health screening questions of staff and students.</p> <p>Responses to screening questions for each person should be recorded and stored. Screening and record keeping should meet local HR and OSHA requirements.</p> <p>Temperature screening performed using infrared thermometers. Any temperature at or above 100.4F will lead to no participation. The division action plan will be executed.</p> <p>Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional. Return to participation guidelines will be developed by local school divisions. VDH guidelines can be found here and CDC guidelines can be found here.</p> <p>Vulnerable individuals can resume public interactions but should practice physical distancing and minimize exposure to social settings where physical distancing may not be practical unless other precautionary measures are taken.</p>
<p>Face Coverings</p>	<p>No athletics or activities are permitted in Phase 1.</p>	<p>State, local or school district guidelines for cloth face coverings should be strictly followed.</p> <p>Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for physical activity. All students should wear face coverings when physical distancing is not possible.</p> <p>Executive Order 63 allows an exemption for face coverings when individuals are exercising or using exercise equipment.</p> <p>One piece plastic shields covering the entire face will not be allowed during participation</p>	<p>State, local or school district guidelines for cloth face coverings should be strictly followed.</p> <p>Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for physical activity. All students should wear face coverings when physical distancing is not possible.</p> <p>Executive Order 63 allows an exemption for face coverings when individuals are exercising or using exercise equipment.</p> <p>One piece plastic shields covering the entire face will not be allowed during participation</p>	<p>State, local or school district guidelines for cloth face coverings should be strictly followed.</p> <p>Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for physical activity. All students must wear face coverings when physical distancing is not possible.</p> <p>LCS School Board Policy GB EY/JHCCAZ: All Staff and students in pre-kindergarten through the 12th grade and beyond shall be required to wear a mask or face covering: (a) while attending school or a school function in any school building, facility, or other area of a</p>

		<p>due to the risk of unintended injury to the person wearing the shield or others.</p> <p>Coaches, officials and other contest personnel should wear cloth face coverings at all times and are strongly encouraged to wear cloth face coverings whenever physical distancing is not possible. Anyone with an identified health condition may be exempt from face covering policy. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.)</p> <p>Face coverings should be laundered on a daily basis and hands should be washed after touching/adjusting face coverings.</p>	<p>due to the risk of unintended injury to the person wearing the shield or others.</p> <p>Coaches, officials and other contest personnel should wear cloth face coverings at all times and are strongly encouraged to wear cloth face coverings whenever physical distancing is not possible. Anyone with an identified health condition may be exempt from face covering policy. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.)</p> <p>Face coverings should be laundered on a daily basis and hands should be washed after touching/adjusting face coverings.</p>	<p>school campus, including at the time of school entry and exit; (b) on an approved trip at any location and, in the case of athletic events, at any home or away athletic site; and (c) when riding in school-provided transportation. All masks and face coverings must cover the nose and mouth of the student and may not contain holes, valves, or mesh material. Bandanas, neck gaiters, and scarves are not permitted. Face shields without an underlying mask or acceptable face covering described in this policy are not permitted. This policy applies to students waiting outside school buildings before and after school.</p> <p>Students participating in physical education, active recess, sporting events, and practices do not need to wear a mask or face covering if a physical distance of ten (10') feet can be maintained however, masks or face coverings are required for participants not actively engaged in physical activity, a game, or practice, such as when standing on the sidelines, in a dugout, and off the field of play any time where six (6') feet or other physical distancing measure as approved by the LCS is not possible;</p> <p>Employees who refuse to wear a mask or face covering at school or at a school function under this policy shall be subject to discipline under policy GBEZ Standards of Conduct for Employees, policy GCPD Professional Staff Discipline, and applicable state law regarding the violation of School Board policies and regulations.</p> <p>One piece plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.</p> <p>Executive Order 63 allows an exemption for face coverings when individuals are exercising or using exercise equipment.</p> <p>Staff and students may be exempt from the</p>
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				<p>face covering policy due to a medically documented health condition or disability</p> <p>(Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.)</p> <p>Until further action of the Superintendent/School Board, all visitors and vendors to LCS shall be required to wear a mask or face covering while in the school building, in another LCS facility, or on school-provided transportation, property and/or campus or LCS sponsored event(s). All masks and face coverings must cover the nose and mouth of the visitor or vendor and may not contain holes, valves, or mesh material.</p> <p>Face coverings should be laundered on a daily basis and hands should be washed after touching/adjusting face coverings.</p>
<p>Hygiene Practices</p>	<p>No athletics or activities are permitted in Phase 1.</p>	<p>Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or use hand sanitizer containing at least 60% alcohol before touching any surfaces or participating in workouts.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.</p> <p>Disinfect frequently used items and surfaces. VDH recommends disinfecting every two hours or after every use of any shared equipment.</p> <p>Strongly consider using face coverings while in public, and particularly when using mass transit.</p> <p>Students must be encouraged to shower and wash their workout clothing immediately upon returning home.</p>	<p>Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or use hand sanitizer containing at least 60% alcohol before touching any surfaces or participating in workouts.</p> <p>If gloves are used, hands should be washed or sanitized before and after glove use. Gloves should also be sanitized intermittently during activity.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.</p> <p>Disinfect frequently used items and surfaces. VDH recommends disinfecting every two hours or after every use of any shared equipment.</p> <p>Strongly consider using face coverings while in public, and particularly when using mass transit.</p> <p>Students must be encouraged to shower and</p>	<p>Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or use hand sanitizer containing at least 60% alcohol before touching any surfaces or participating in workouts.</p> <p>If gloves are used, hands should be washed or sanitized before and after glove use. Gloves should also be sanitized intermittently during activity.</p> <p>Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.</p> <p>Disinfect frequently used items and surfaces. VDH recommends disinfecting every two hours or after every use of any shared equipment.</p> <p>Strongly consider using face coverings while in public, and particularly when using mass transit.</p> <p>Students must be encouraged to shower and</p>

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Hydration/ Food	No athletics or activities are permitted in Phase 1.	All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.	All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.	All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized. Refilling of individual bottles may be performed using hands-free bottle filling stations if available.
Travel	No athletics or activities are permitted in Phase 1.	Keep it local and avoid cross county travel when possible, especially if counties are in different phases.	Keep it local and avoid cross county travel when possible, especially if counties are in different phases.	Keep it local and avoid cross county travel when possible, especially if counties are in different phases.
Locker Rooms and Athletic Training Room	No athletics or activities are permitted in Phase 1.	If locker rooms or meeting rooms are used, there must be a minimum distance of 10 feet between each individual at all times. Shower use should not be allowed at schools. Athletes are encouraged to shower and change clothing immediately upon returning home. Athletic Training facilities may be utilized if adhering to the cleaning, occupancy limits, and physical distancing. Appointments for non-emergency visits are strongly encouraged.	If locker rooms or meeting rooms are used, there must be a minimum distance of 10 feet between each individual at all times. Shower use should not be allowed at schools. Athletes are encouraged to shower and change clothing immediately upon returning home. Athletic Training facilities may be utilized if adhering to the cleaning, occupancy limits, and physical distancing. Appointments for non-emergency visits are strongly encouraged.	If locker rooms or meeting rooms are used, there must be a minimum distance of 10 feet between each individual at all times in locker rooms and 6 feet in meeting rooms/classrooms Shower use should not be allowed at schools. Athletes are encouraged to shower and change clothing immediately upon returning home. Athletic Training facilities may be utilized if adhering to the cleaning, occupancy limits, and physical distancing. Appointments for non-emergency visits are strongly encouraged.
Weight Rooms	No athletics or activities are permitted in Phase 1.	Weight equipment should be wiped down thoroughly before and after an individual's use of equipment. Maximum lifts should be limited and power cages should be used for squats and bench presses. Allowable exercises should be individual	Weight equipment should be wiped down thoroughly before and after an individual's use of equipment. Maximum lifts should be limited and power cages should be used for squats and bench presses. Allowable exercises should be individual	Weight equipment should be wiped down thoroughly before and after an individual's use of equipment. Maximum lifts should be limited and power cages should be used for squats and bench presses. Allowable exercises should be individual

		based. If a spotter is needed, they should stand at each end of the bar. All equipment should be disinfected after each use.	based. If a spotter is needed, they should stand at each end of the bar. All equipment should be disinfected after each use.	based. If a spotter is needed, they should stand at each end of the bar. All equipment should be disinfected after each use.
Physical Activity and Athletic Equipment	No athletics or activities are permitted in Phase 1.	<p>There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.</p> <p>Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout. Use disposable towels and linens when possible.</p> <p>Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual. Recommend disinfecting all equipment between each group usage.</p> <p>Physical contact such as high-fives, fist bumps, and hugs should not be allowed.</p>	<p>Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual. Protective equipment used for safety precautions may not be shared and must be cleaned and disinfected.</p> <p>A ball may be thrown or passed/caught between two individuals in the same pod, but must be cleaned prior to a third individual touching it.</p> <p>Proper disinfecting procedures (wetting time of 10 min or more) using EPA approved disinfectant will be completed for all equipment immediately following and prior to each group usage.</p> <p>Wilson Equipment Cleaning Info</p> <p>Any ball used by individuals in a pod must stay in the assigned pod for the duration of that day's activities.</p>	<p>Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual. Protective equipment used for safety precautions may not be shared and must be cleaned and disinfected.</p> <p>A ball may be thrown or passed/caught between individuals in the same pod. Intermittent cleaning should be performed.</p> <p>Proper disinfecting procedures (wetting time of 10 min or more) using EPA approved disinfectant will be completed for all equipment immediately following and prior to each group usage.</p> <p>Wilson Equipment Cleaning Info</p> <p>Any ball used by individuals in a pod must stay in the assigned pod for the duration of that day's activities.</p> <p>Athletic equipment such as bats, balls, sleds, tackling dummies, batting helmets, and catchers gear may be used. Equipment should be disinfected frequently before, during, and after practices. Equipment that is used for safety only, should be used by only one person and not shared. (Reminder of 10ft physical distancing at all times)</p>

Lower Infection Risk Activities

Activities that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

General Activity Description	LCS PHASE 1	LCS PHASE 2: Individual Skill Development and Workouts Maintain Physical Distancing (10ft); No Contact with Others; No Sharing of Equipment	LCS PHASE 2 ENHANCEMENTS: Individual Skill Development and Workouts Maintain Physical Distancing (10ft); No Contact with Others	LCS PHASE 3: Individual or Team Based Practice, Skill Building Drills or Conditioning Activities That Allow Physical Distancing at All Times.
Golf	No athletics or activities are permitted in Phase 1.	Maintain appropriate physical distancing 10 feet apart.	Maintain appropriate physical distancing 10 feet apart.	Maintain appropriate physical distancing 10 feet apart.
Swimming	No athletics or activities are permitted in Phase 1.	Relays must maintain physical distancing.	Relays must maintain physical distancing.	Relays must maintain social distancing.
Tennis	No athletics or activities are permitted in Phase 1.	Conditioning, no sharing of balls, each player may use their own can of balls to serve and use racket to pass other balls (singles only), ball machine use by individuals only. Players may do individual drills, wall volleys and serves. Wipe down rackets, tennis balls, and equipment after each use.	Conditioning, individual drills. Players may do individual drills, wall volleys and serves. A shared ball may be used between two individuals in the same pod, but must be cleaned prior to a third individual touching it. Any ball used by individuals in a pod must stay in the assigned pod for the duration of that day's activities. Use racket to pass other balls (singles only), ball machine use by individuals only. Wipe down rackets, tennis balls, and equipment after each use.	Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices. (10 feet of physical distancing is adhered to for duration of activities)
Forensics/ Debate	No athletics or activities are permitted in Phase 1.	Follow your schools established protocols for physical distancing and mitigation in classroom and performance spaces. Physical distancing guidelines for indoor use of LCS classrooms and performance	Follow your schools established protocols for physical distancing and mitigation in classroom and performance spaces. Physical distancing guidelines for indoor use of LCS classrooms and performance	Follow your schools established protocols for physical distancing and mitigation in classroom and performance spaces. Physical distancing guidelines for indoor use of LCS classrooms and performance

		areas must be followed. Limitations on gatherings and pods of 10 requirements apply.	areas must be followed. Limitations on gatherings and pods of 10 requirements apply.	areas must be followed. No shared equipment. Limitations on gatherings and pods of 10 requirements apply for indoors. Outdoors may have blended pods of 20-30 while maintaining physical distancing.
Scholastic Bowl	No athletics or activities are permitted in Phase 1.	Follow your schools established protocols for physical distancing and mitigation in classroom and performance spaces. Physical distancing guidelines for indoor use of LCS classrooms and performance areas must be followed. Limitations on gatherings and pods of 10 requirements apply.	Follow your schools established protocols for physical distancing and mitigation in classroom and performance spaces. Physical distancing guidelines for indoor use of LCS classrooms and performance areas must be followed. Limitations on gatherings and pods of 10 requirements apply.	Follow your schools established protocols for physical distancing and mitigation in classroom and performance spaces. Physical distancing guidelines for indoor use of LCS classrooms and performance areas must be followed. No shared equipment. Limitations on gatherings and pods of 10 requirements apply for indoors. Outdoors may have blended pods of 20-30 while maintaining physical distancing.
E-sports	No athletics or activities are permitted in Phase 1.	Follow your schools established protocols for physical distancing and mitigation in classroom and performance spaces. Physical distancing guidelines for indoor use of LCS classrooms and performance areas must be followed. No shared equipment. Limitations on gatherings and pods of 10 requirements apply.	Follow your schools established protocols for physical distancing and mitigation in classroom and performance spaces. Physical distancing guidelines for indoor use of LCS classrooms and performance areas must be followed. Limitations on gatherings and pods of 10 requirements apply.	Follow your schools established protocols for physical distancing and mitigation in classroom and performance spaces. Physical distancing guidelines for indoor use of LCS classrooms and performance areas must be followed. No shared equipment. Limitations on gatherings and pods of 10 requirements apply for indoors. Outdoors may have blended pods of 20-30 while maintaining physical distancing.

Moderate Infection Risk Activities

Activities that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants **OR** intermittent close contact **OR** group sports **OR** sports that use equipment that can't be cleaned between participants.

Note: Volleyball, Baseball*, Softball*, Gymnastics* Could potentially be considered "Lower Infection Risk" with appropriate cleaning of equipment and use of face coverings by participants.*

General Activity Description	LCS PHASE 1	LCS PHASE 2: Individual Skill Development and Workouts Maintain Physical Distancing (10ft); No Contact with Others; No Sharing of Equipment	LCS PHASE 2 ENHANCEMENTS: Individual Skill Development and Workouts Maintain Physical Distancing (10ft); No Contact with Others	LCS PHASE 3: Individual or Team Based Practice, Skill Building Drills or Conditioning Activities That Allow Physical Distancing at All Times.
Baseball	No athletics or activities are permitted in Phase 1.	Conditioning and tee work. Players should not share gloves or bats or throw a baseball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.	Conditioning, individual ball skill drills, no contact with others. Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual. Catchers should wear all protective equipment and it should not be shared. A helmet should be worn for safety but cannot be shared. A ball may be thrown or passed/caught between two individuals in the same pod, but must be cleaned prior to a third individual touching it. Any ball used by individuals in a pod must stay in the assigned pod for the duration of that day's activities.	Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices. Catchers should wear all protective equipment and it should not be shared. A helmet should be worn for safety but cannot be shared. Any ball used by individuals in a pod must stay in the assigned pod for the duration of that day's activities. (10 feet of physical distancing is adhered to for duration of activities)
Cross Country	No athletics or activities are permitted in Phase 1.	Runners should maintain at least 10 feet of distancing between individuals, with no grouping (i.e., starts and finishes).	Runners should maintain at least 10 feet of distancing between individuals, with no grouping (i.e., starts and finishes).	Runners should maintain at least 10 feet of distancing between individuals, no grouping (i.e. starts and finishes).
Softball	No athletics or activities are permitted in Phase 1.	Conditioning and tee work. Players should not share gloves or bats or throw a softball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no	Conditioning, individual ball skill drills, no contact with others. Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.	Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices Catchers should wear all protective

		catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.	Catchers should wear all protective equipment and it should not be shared. A helmet should be worn for safety but cannot be shared. A ball may be thrown or passed/caught between two individuals in the same pod, but must be cleaned prior to a third individual touching it. Any ball used by individuals in a pod must stay in the assigned pod for the duration of that day's activities.	equipment and it should not be shared. A helmet should be worn for safety but cannot be shared. Any ball used by individuals in a pod must stay in the assigned pod for the duration of that day's activities. (10 feet of physical distancing is adhered to for duration of activities)
Track & Field	No athletics or activities are permitted in Phase 1.	Runners should maintain at least 10 feet of distancing between individuals, with no grouping (i.e., starts and finishes). No sharing of implements / equipment. Padded equipment should be cleaned after each use by an athlete.	Runners should maintain at least 10 feet of distancing between individuals, with no grouping (i.e., starts and finishes). No sharing of implements / equipment. Padded equipment should be cleaned after each use by an athlete.	Runners should maintain at least 10 feet of distancing between individuals, with no grouping (i.e. starts and finishes). All athlete, team, and padded equipment should be disinfected frequently before, during, and after practices.
Theatre	No athletics or activities are permitted in Phase 1.	Follow your schools established protocols for physical distancing and mitigation in classroom and performance spaces. Physical distancing guidelines for indoor use of LCS classrooms and performance areas must be followed. No shared equipment. Limitations on gatherings and pods of 10 requirements apply.	Follow your schools established protocols for physical distancing and mitigation in classroom and performance spaces. Physical distancing guidelines for indoor use of LCS classrooms and performance areas must be followed. No shared equipment. Limitations on gatherings and pods of 10 requirements apply.	Follow your schools established protocols for physical distancing and mitigation in classroom and performance spaces. Physical distancing guidelines for indoor use of LCS classrooms and performance areas must be followed. No shared equipment. Limitations on gatherings and pods of 10 requirements apply for indoors. Outdoors may have blended pods of 20-30 while maintaining physical distancing.
Robotics	No athletics or activities are permitted in Phase 1.	Follow your schools established protocols for physical distancing and mitigation in classroom and performance spaces. Physical distancing guidelines for indoor use of LCS classrooms and performance areas must be followed. No shared equipment. Limitations on gatherings and pods of 10 requirements apply.	Follow your schools established protocols for physical distancing and mitigation in classroom and performance spaces. Physical distancing guidelines for indoor use of LCS classrooms and performance areas must be followed. No shared equipment. Limitations on gatherings and pods of 10 requirements apply.	Follow your schools established protocols for physical distancing and mitigation in classroom and performance spaces. Physical distancing guidelines for indoor use of LCS classrooms and performance areas must be followed. No shared equipment. Limitations on gatherings and pods of 10 requirements apply for indoors. Outdoors may have blended pods of 20-30 while maintaining physical distancing.

Higher Infection Risk Activities

Activities that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

General Activity Description	LCS PHASE 1	LCS PHASE 2: Individual Skill Development and Workouts Maintain Physical Distancing (10ft); No Contact with Others; No Sharing of Equipment	LCS PHASE 2 ENHANCEMENTS: Individual Skill Development and Workouts Maintain Physical Distancing (10ft); No Contact with Others	LCS PHASE 3: Individual or Team Based Practice, Skill Building Drills or Conditioning Activities That Allow Physical Distancing at All Times.
Basketball	No athletics or activities are permitted in Phase 1.	Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a basketball among the team where multiple players touch the same ball.	Conditioning, individual ball skill drills, no contact with others. Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual. A ball may be thrown or passed/caught between two individuals in the same pod, but must be cleaned prior to a third individual touching it. Any ball used by individuals in a pod must stay in the assigned pod for the duration of that day's activities.	Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices. Any ball used by individuals in a pod must stay in the assigned pod for the duration of that day's activities. (10 feet of physical distancing is adhered to for duration of activities)
Competition Cheerleading	No athletics or activities are permitted in Phase 1.	Conditioning and individual technique/choreograph work. Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible as long as at least 10 feet of physical distancing is adhered to.	Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible as long as at least 10 feet of physical distancing is adhered to.	Conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance, tumbling without contact are permissible as long as at least 10 feet of physical distancing is adhered to.

<p>Field Hockey</p>	<p>No athletics or activities are permitted in Phase 1.</p>	<p>Conditioning, individual drills, each player has her own ball. A player should not use a field hockey ball that others touch in any manner. Goalie equipment should be cleaned after each use and should not be shared.</p>	<p>Conditioning, individual drills, each player has her own ball. A player may pass a ball only using the field hockey stick to a member of the same pod. Ball must be cleaned if touched. Goalie equipment should be cleaned after each use and should not be shared.</p>	<p>Conditioning, individual or team based skill development allowed. All team and goalie equipment should be disinfected frequently before, during, and after practices.</p> <p>A player may pass a ball only using the field hockey stick to a member of the same pod. Ball must be cleaned if touched. Goalie equipment should be cleaned after each use and should not be shared. (10 feet of physical distancing is adhered to for duration of activities)</p>
<p>Football</p>	<p>No athletics or activities are permitted in Phase 1.</p>	<p>Conditioning and individual drills. A player should not participate in drills with a football that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies / donuts / sleds. Protective equipment prohibited.</p>	<p>Conditioning, individual ball skill drills, no contact with others.</p> <p>Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.</p> <p>A ball may be thrown or passed/caught between two individuals in the same pod, but must be cleaned prior to a third individual touching it.</p> <p>Any ball used by individuals in a pod must stay in the assigned pod for the duration of that day's activities.</p>	<p>Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices.</p> <p>Protective equipment prohibited.</p> <p>Any ball used by individuals in a pod must stay in the assigned pod for the duration of that day's activities. (10 feet of physical distancing is adhered to for duration of activities)</p>
<p>Lacrosse (Boy's and Girl's)</p>	<p>No athletics or activities are permitted in Phase 1.</p>	<p>Conditioning, individual drills, each player has his own ball. A player should not use a lacrosse ball that others touch in any manner. Protective equipment prohibited.</p>	<p>Conditioning, individual skill development allowed.</p> <p>A ball may be thrown or passed/caught between two individuals in the same pod, but must be cleaned prior to a third individual touching it.</p> <p>Boy's: The use of an individual helmet and gloves for safety should be used when a ball is involved.</p> <p>Girl's: The use of individual goggles should be worn when a ball is involved.</p> <p>Goalies: Helmet and protective equipment should be worn during participation when a</p>	<p>Conditioning, individual or team based skill development allowed. All team and goalie equipment should be disinfected frequently before, during, and after practices.</p> <p>Any ball used by individuals in a pod must stay in the assigned pod for the duration of that day's activities.</p> <p>Boy's: The use of an individual helmet and gloves for safety should be used when a ball is involved. Shoulder pads/elbow pads prohibited.</p> <p>Girl's: The use of individual goggles should be worn when a ball is involved.</p>

			<p>ball is used. All equipment must be cleaned and disinfected. No equipment can be shared.</p> <p>Any ball used by individuals in a pod must stay in the assigned pod for the duration of that day's activities.</p>	<p>Goalies: Helmet and protective equipment should be worn during participation when a ball is used. All equipment must be cleaned and disinfected. No equipment can be shared. (10 feet of physical distancing is adhered to for duration of activities)</p>
Soccer	No athletics or activities are permitted in Phase 1.	Conditioning, individual ball skill drills, each player has their own ball, feet only (no heading/use of hands), no contact.	Conditioning, individual ball skill drills, each player has their own ball, feet only (no heading/use of hands), no contact. A ball may be passed (feet only) to one other individual in the same pod. No throw ins. Ball must be cleaned if touched.	Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices. (10 feet of physical distancing is adhered to for duration of activities)
Volleyball	No athletics or activities are permitted in Phase 1.	Conditioning, individual ball handling drills, each player has their own ball. A player should not use a volleyball that others touch or hit in any manner.	Conditioning or individual based skill development allowed. A ball may be thrown or passed/caught between two individuals in the same pod, but must be cleaned prior to a third individual touching it.	<p>Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices.</p> <p>Any ball used by individuals in a pod must stay in the assigned pod for the duration of that day's activities. (10 feet of physical distancing is adhered to for duration of activities)</p>
Wrestling	No athletics or activities are permitted in Phase 1.	Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (as long as at least 10 feet of physical distancing is adhered to).	Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill without touching a teammate (as long as at least 10 feet of physical distancing is adhered to).	Conditioning, individual or team based skill development allowed. All player and team equipment should be disinfected frequently before, during, and after practices. (10 feet of physical distancing is adhered to for duration of activities)
Music	No athletics or activities are permitted in Phase 1.	Physical distancing guidelines for indoor use of LCS classrooms and performance areas must be followed. No shared equipment. Limitations on gatherings and pods of 10 requirements apply. Singing in groups indoors is discouraged.	Physical distancing guidelines for indoor use of LCS classrooms and performance areas must be followed. No shared equipment. Limitations on gatherings and pods of 10 requirements apply. Singing in groups indoors is discouraged.	Physical distancing guidelines for indoor use of LCS classrooms and performance areas must be followed. No shared equipment. Limitations on gatherings and pods of 10 requirements apply for indoors. Outdoors may have blended pods of 20-30 while maintaining physical distancing. Singing in groups indoors is discouraged.
Band	No athletics or activities are permitted in	Physical distancing guidelines for indoor use of LCS classrooms and performance areas must be followed. No shared	Physical distancing guidelines for indoor use of LCS classrooms and performance areas must be followed. No shared	Physical distancing guidelines for indoor use of LCS classrooms and performance areas must be followed. No shared

	Phase 1.	equipment. Limitations on gatherings and pods of 10 requirements apply. The playing of instruments indoors is discouraged.	equipment. Limitations on gatherings and pods of 10 requirements apply. The playing of instruments indoors is discouraged.	equipment. Limitations on gatherings and pods of 10 requirements apply for indoors. Outdoors may have blended pods of 20-30 while maintaining physical distancing. The playing of instruments indoors is discouraged.
Event Considerations	No athletics or activities are permitted in Phase 1.	No athletics or activities are permitted in Phase 2.	No athletics or activities are permitted	To be determined by VHSL

Additional Resources / Links / Signage

[Phase Guidance for Virginia Schools](#)

[Summary of Virginia's Phased Return to School Plan](#)

[Virginia Department of Health-K12 Resources](#)

[Health Plan Guidance](#)

[Instructional Plan Guidance](#)

[CDC Considerations for Youth Sports](#)

[CDC Recommendations Regarding the Use of Cloth Face Coverings](#)

[CDC Print Resources](#)

[NFHS Guidance for Opening Up High School Athletic and Activities](#)

[NCAA Core Principles of Resocialization of Collegiate Sport](#)

[White House Guidelines for Opening Up America Again](#)