



General Recommendations for Return to Participation

Referencing Orders and Guidelines from the Following Resources

National Federation of State High School Associations
Governor's Office - State of Maine
Maine Center for Disease Control and Prevention
Maine Department of Education
Maine Department of Economic & Community Development
Maine Department of Health and Human Services
Maine Principals' Association Sports Medicine Committee

GENERAL CONSIDERATIONS (APPLY TO ALL SPORTS):

- Individuals (student-athletes, coaches, officials, and other athletic personnel) should complete a personal health screening daily.
 - Any individual showing symptoms or is sick, must stay home.
 - Cover your mouth and nose with a tissue when coughing or sneezing.
 - Adhere to school/organization adopted plans if you begin to show symptoms.
- Regularly and thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
 - Make sure to educate all participants on the importance of washing hands or using hand sanitizer before, during, and after competitions.
- Ensure that facilities have been properly sanitized and have hand sanitizer and disposable masks readily available for practices and contests.
- Clean and disinfect frequently touched surfaces and equipment including balls. (Please use recommendations by the ball manufacturer)
- Social distancing should be maintained, where feasible. No hugging, high fives, shaking hands, or fist bumps for support/encouragement.
 - Social distancing should be maintained on all sidelines.
 - Outdoor sports may need to extend bench areas to permit social distancing. Indoor sports may need to use bleachers or multiple levels of seating to ensure social distancing.
 - Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings when on the sidelines, in the dugout, etc. and anytime 3-6 feet of social distancing is not possible. Volleyball, as an indoor sport, must have athletes, coaches, and spectators, wear facemasks at all times.
 - Coaches, staff, and spectators (if permitted) must wear face coverings, unless they meet the face mask exemption rule adopted by the State of Maine.
- Athletes and coaches should bring and use their own water bottle. Each team should have a hydration plan and ability to provide water to student-athletes and coaches in a safe manner should they not have their own water bottle. Coordinate with visiting teams to ensure that they have safe access to water for their participants.
- If a positive COVID-19 case is determined, follow their school safety plans, Department of Health, CDC, and local health guidelines in determining the plan of action.

CONSIDERATIONS FOR STUDENT-ATHLETES/COACHES/HOST ADMINISTRATORS:

- Teams should consider making each student responsible for their own supplies. Students should wear their own appropriate workout clothing and not share clothing. Individual clothing/towels should be washed and cleaned after every workout.
- All schools, teams and facilities MUST have a well-rehearsed Emergency Action Plan in place for every sport and every venue prior to any event taking place.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Student-athletes should keep their mouth guards in their mouth throughout the competition. If the mouth guard is taken out, proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so.
- Student-athletes are encouraged to develop healthy habits including, but not limited to, a balanced diet, adequate sleep, and proper hydration.
 - Healthy eating and attention to hydration is especially important for student-athletes to enhance training capacity and reduce the risk of illness and injury.
- All participants should bring and use their own water bottle.
 - High school athletes are at increased risk for dehydration. It is important that they drink enough fluid before, during and after practice and competition.
- Coaches should communicate all guidelines in a clear manner to students and parents.
- Coaches should consider conducting workouts in “pods” of the same students, always training and rotating together in practice to ensure less exposure if someone develops an infection.
- Coaches must keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Coaches should limit game day squad sizes for social distancing purposes.
- Coaches should make sure the team brings their own medical supplies.
- Parents/Guardians should monitor their children of any symptoms prior to any sporting activities. Children who are sick or showing symptoms must stay home. (If there is doubt stay home).
- Parents/Guardians, along with the coaches, should assess levels of risk of individual athletes who may be at a higher risk for severe illness.
- Parents/Guardians should assist their child in disinfecting their clothing and equipment after each game or practice.
- Parents/Guardians should inform coaches if the student-athlete has been exposed to someone who is known to have COVID-19.