



2020 Coaches Handbook

Bastrop Athletic Department Contact Information

- BISD Service Center: (512) 772-7100
- Director of Athletics: Andy Sexton Cell: (281) 799-7464
- Memorial Stadium Manager: Alex Jones Cell: (512) 718-9261
- Admin. Assistant: Jennifer Schneider Office: (512) 772-7152

Bastrop

- Bastrop High School: (512) 772-7270
- Campus Athletic Coordinator/ Head Football: Todd Patmon Cell: (214) 457-0145
- Assist. Athletic Coordinator/ Head Volleyball: Leslie Rangel Cell: (512) 968-8505
- Athletic Secretary: Jennifer Adare Office: Ext 27270

Bastrop High School
1614 Chambers St
Bastrop, TX 78602
(512) 772-7200
Fax (512) 321-6301

Bastrop Middle School
709 Old Austin Hwy
Bastrop, TX 78602
(512) 772-7400
Fax (512) 321-1557

Cedar Creek

- Cedar Creek High School: (512) 772-7300
- Campus Athletic Coordinator/ Head Football: Bryan Hill Cell:
- Assist. Athletic Coordinator/ Volleyball: Leah McCarrus Cell: (512) 706-5325
- Athletic Secretary: Cheryl Osborn Office: Ext:27325

Cedar Creek High School

793 Pope Bend Rd.

Cedar Creek, TX 78612

(512) 772-7300

Cedar Creek Middle School

125 Voss Pkwy.

Cedar Creek, TX 78612

(512) 772-7425

Coaches Paperwork

1. Coaches must have all UIL certifications and trainings

- UIL CCP Training - All BISD/UIL coaches must complete this program annually and turn in certificates to Campus coordinator.
 - A. Constitution and Contest Rules
 - B. Ethics
 - C. UIL Steroid Education
 - D. Safety Training
 - E. Sport Specific Training
- CPR/AED/FA Certification – All BISD coaches must maintain a current Red Cross and/or American Heart Association certification in adult CPR / AED / FA. Campus Coordinators are responsible for verifying each coach has a current certification.
- Concussion Education Program – With the implementation of HB 2038, all UIL coaches are required to maintain continuing education relating to the identification and treatment of concussions.
- NFHS Fundamentals of Coaching Course – The UIL mandates all new coaches to the profession or new to the state of Texas must complete the NFHS Fundamentals of Coaching course. There is a \$35 charge for course.
- Football Coaches Only – All football coaches must take new Statewide Tackling Course and turn in certification to campus coordinator.
- ESL Training – First year coach at BISD has one year to complete the ESL training and pass ESL certification test by April 1st.
- CDL Certification – All BISD coaches are expected to have an updated CDL. They must meet all trainings and physical through Goldstar Transportation. Information about how to obtain certification, annual trainings, and the annual physical will be made available.
- All Coaches must have UIL Professional Acknowledgement Form – signed and on file
- Access 2020 Coaches Handbook through Safe Schools and be sure to acknowledge you have completed the course for certification.

B.I.S.D District Athletic Department Philosophy and Mission Statement

- B.I.S.D District Athletic Department Philosophy and Mission Statement
- Athletics should function as an integral part of the total education of the student. The athletic program should always be consistent with the general objectives of the school. Program leaders should constantly strive for the development of well-rounded individuals, capable of taking their place in modern society. Athletic competition should develop school spirit, sportsmanship, discipline and the skills necessary to function as part of a team and learning to deal with both success and failure.
- Participation in a B.I.S.D. sponsored athletic program involves a competitive selection process and therefore not all students will be selected to participate. We will follow State, District, UIL Rules and Policies. EXPECT the best from yourself and everyone you work with. Teamwork and cooperation accomplishes more than competition among each other. Treat ALL people with respect and dignity even if they don't do the same. All athletic department employees and coaches are to be professional, positive role models, fair, honest, stress integrity, teach respect and good sportsmanship. Cussing or manhandling athletes can't be supported or defended. Be honest with athletes and parents. If you have a problem with something an individual said or did, see them before you talk to someone in authority. Everyone has the right to express themselves at the appropriate time and place. To say nothing means you agree. Once decisions are made, whether you agree or not, support and implement, then work to change if necessary.
- B.I.S.D. MISSION Statement: The mission of the BISD athletic department is to improve character of the student athletes, enhance their academic performance and to exhaust all means necessary to give EVERY student-athlete the best chance to succeed as a team as well as reach their individual athletic potential.

Professional Expectations of Coaches

Leadership / Professionalism

- Coaches are role models in the community and must possess the highest degree of professionalism, honesty, enthusiasm, and integrity. Their professionalism and love of the sport are demonstrated through their appearance and behavior. Head coaches must exhibit effective leadership for their students as well as their assistant coaches in order to inspire the highest level of performance.

Discipline

- Discipline is the cornerstone upon which an effective athletic program must be built. Particular attention must be paid to training rules, adhering to school policy, following the rules of the game, and good sportsmanship. The key to having good discipline is consistency. We must be consistent in our decision making, accountability and the relationship with our peers and our athletes.

Communication/Public Relations/Rapport

Coaches are expected to interact positively with the community, parents, professional staff, support staff, officials, assistant coaches the student body, as well as all factions of society associated with schools and communities with whom they work and play. Remember that in the coaching world, **perception is REALITY**. It is how people perceive your actions that is important. Coaches must demonstrate an awareness of the needs of the community as well as demonstrating confidence in their program, good sportsmanship, and enthusiasm. They must possess effective communication skills and present factual results of their team's contest to the media.

Cooperation

Cooperation between the coach, Director of Athletics, the Campus Coordinator and the Principal is mandatory. Loyalty to the local campuses and support of the Bastrop Independent School District and it's students is mandatory.

Professional Growth

It is important to take advantage of opportunities for self-improvement. Attendance and participation in such activities as UIL rule-interpretation meetings, workshops, clinics, league meetings, etc., are expected when budget permits. Coaches are expected to do what it takes to improve in their craft on a yearly basis. Coaches are also expected to maintain membership in various professional organizations and groups whose goals are directed toward performance and achievement.

Attire

BISD coaches are expected to dress professionally every day. This includes dressing appropriately for all practices and contest. School colors as well as school logo's are the preferred attire anytime you are with student athletes and representing Bastrop ISD. If you have to question what you are wearing than it is best to assume it is inappropriate. It is the expectation from the BISD Athletic administration that ALL tattoo's (when possible) will be covered when in the Coaching Role at your school. (Practice, Games, Meetings etc.)

End of Season Summary and Evaluation

Head coaches are required to complete and submit an End of Season report within 2 weeks of their last contest to the Director of Athletics and Campus Athletic Coordinator. The End of Season summary will cover all aspects of athletic program from 9th through varsity levels including evaluations of each assistant coach in that particular sport. The campus coordinator will schedule the end of season evaluation of the Head Coach.

Pre-Season Meetings

Pre-Season Meetings

Prior to the start of each sport season, the head coach will have a parent and team meeting to present the coach's expectations, team procedures, and guidelines. Each head coach shall present rules and procedures in written form to the Campus Coordinator. These procedures shall include the District's Student Code of Conduct in addition to the following:

1. Tryout procedures (if applicable)
2. Guidelines for cutting squad
3. Practice Regulations
 - a. Length of practice
 - b. **Holiday / Weekend practice schedule**
4. Consequences of missing practices and games

Pre-Season meeting (cont'd)

5. Expectations of grooming
6. Expectations of grades
7. Expectations of behavior
8. BISD Drug testing policy
9. Care of injuries
10. Training rules
11. Communication procedures
 - Rank One
 - Remind
 - Twitter (etc.)
12. Rank One login
13. Lettering guidelines
14. COVID-19 PROTOCOLS

PRE-SEASON MEETINGS MUST TAKE PLACE VIRTUALLY DUE TO COVID-19

Schedules

Schedules shall be approved by Director of Athletics, Campus Coordinator, and campus principal before starting a sport. After approval, copies will be given to the trainer, principal, athletic secretary, SSC, GoldStar, Grounds Crew, District Athletic Administrative Assistant and input into Rank One. Schedules should be on standard BISD Athletic Schedule format and be given to other appropriate school personnel so that the event will be placed on the school calendar. All non-district away games should, if at all possible, be within a 60 mile radius of BISD.

Please send to Lauri Anzaldua, Web & Multimedia Specialist

Please note: Due to COVID-19, it is important to stay up-to-date on all scheduling protocols set by UIL to ensure accuracy.

Conflict Resolution

Head coaches must keep the Campus Coordinator informed of all aspects of their sports. Head coaches and assistant coaches must screen all problems. If a problem arises that cannot be resolved by the head coach or Campus Coordinator and/or Director of Athletics, then a meeting should be set up with the principal. ***However, it is preferable that the Campus Coordinator resolves all athletic problems.***

Budgets

Yearly Budgets will be set by the District and handed down to each campus by the Director of Athletics. The campus coordinator will allocate the funds per sport and then send those allocations to the Director of Athletics for approval. All purchase orders from each sport will be approved through the campus coordinator and then the Director of Athletics. It is the expectations of every Head Coach to be good stewards of the district budgets and spend the allocated funds to help their respective programs be as successful as possible.

Facilities

It is the expectations of each Head coach to take care of their own facilities. The condition of their facility is a direct reflection of that Head coach. If work needs to be done, work orders will be submitted and the head coach will follow through and make sure work order is completed. This includes all coaches offices throughout the school.

Bottom line – take pride in your area.

Bastrop I.S.D. Booster Club Expectations

- Must have approval thru Athletic Directors office to operate Booster Club.
- Recommended to operate as a non-profit organization as described in section 501c(3).
- Must have updated By-Laws and turned in annually to Athletic Directors office.
- By-Laws must include:
 1. At least 3 Executive Board positions filled (President, Vice President and Treasurer)
 2. Annual Executive Board Elections
 3. Elections held in general meetings
 4. Term Limits on Exec. Board
 - President and Treasurer- No more than 2 consecutive one year terms
 - Vice President and Secretary (other)- No more than 3 consecutive one year terms
 5. Duties of officers should be out-lined in by-laws.
 6. No BISD employee shall serve on Exec. Board in a financial capacity
 7. Treasure's Report should be given at every general meetings. The report should be detailed and show all deposits and disbursements for the month.
 8. Only one family member/household may serve on Board at the same time.
 9. Board position must be held by parent or guardian of current or upcoming freshman athlete in program
 10. Qualifications to be a member (Yearly renewal of memberships)
 11. Date when elections are to be held for Board
 12. Require at least 2 signatures needed on bank transactions.
 13. Dates when general meetings are held (at least 3 a year)
 14. Do DEBIT cards should be used for any booster club transactions.
 15. Yearly self-audit and turned into Athletic Director's office.

Officials

The Head coach is responsible for confirming officials for each varsity and sub-varsity home game. Middle school coordinator and Head coaches at both middle schools are responsible for confirming officials for middle school home games.

Rosters

Copies of all rosters must be given to the trainers, athletic secretary, Director of Athletics, Administrative Assistant to the Director of Athletics and put into Rank One.

Getting Players Out of Class for Games

Every effort shall be made to schedule athletic events after the school day is complete. Care should be given not to disturb classes in session. In the event that athletes must leave their classes for competition, all necessary signatures and approvals must be acquired prior to departure from school. All students will be responsible for ALL work they missed due to leaving school early.

Playoff Guidelines

Approval from the Director of Athletics concerning playoff arrangements should be discussed before final arrangements are made. After the playoff game form is completed by the sport's head coach, it should be sent immediately to the campus athletic office for approval. When scheduling a playoff game, the head coach and Campus Coordinator should consider the best interests of the school and students.

Lightning Protocol

In an attempt to protect the student-athletes and to minimize the risks associated with lightning, the following procedures should be observed.

1. The licensed athletic trainer will monitor weather conditions using various means (including Pocket Perry Lightning software) and will stay in contact with the campus administration, coaches and game officials. The licensed athletic trainer will abide by guidelines set forth by National Athletic Trainers' Association (NATA) and the UIL to assist in the decision making process.
2. All decisions to postpone/suspend activity will be made by the following chain of command:
 - a. Game officials
 - b. Director of Athletics
 - c. Campus Coordinator
 - d. Athletic Trainer
 - e. Head Coach
3. In the event that the activity is lightning delayed, all participants and spectators should be directed to the nearest safe location. A safe location is any substantial, frequently inhabited building. The building should have four solid walls (not a dugout), electrical and telephone wiring, as well as plumbing, all of which aid in grounding a structure. The secondary choice for a safer location from the lightning hazard is a fully enclosed vehicle with a metal roof and the windows completely closed.

Excessive Heat Issues

The Bastrop Independent School District currently takes the following steps to minimize the risks associated with excessive heat problems:

1. Licensed athletic trainers are on site at all high school facilities during outdoor practice sessions. Licensed athletic trainers will also have cell phones for emergency use.
2. Licensed athletic trainers continually monitor weather conditions on-site, including temperature and heat index.
3. All outdoor workouts are modified as necessary according to the weather conditions.
4. Water and ice are continuously available during these practice sessions. Additionally, during extreme heat, extra water breaks will be given every hour of workout.
5. All athletic staff are educated in heat-related illnesses, from recognition to its care and prevention.
6. Athletes are educated in heat-related illnesses, from its recognition to its care and prevention.
7. In accordance with UIL procedures, all coaches and licensed athletic trainers are certified in First Aid/CPR.
8. Along with physical conditioning, the factor of acclimatization to heat is important. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80 percent acclimatization can be expected to occur after the first seven to ten days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.

BISD Extreme Heat Policy

95°-99° or
Heat Index of
100°-104°

- Access to cool water is unlimited during all practices regardless of conditions.
- Monitor for heat related medical emergencies.
- All items listed in Excessive Heat Issues from previous slide.

100°-104° or
Heat Index of
105°-110°

- All items listed in section “95°-99°” and “Excessive Heat Issues” above.
- Shorts and Shoulder pads
- Water breaks every 30 minutes for no less than 5 minutes.
- A outdoor practice that does not exceed 2 hour maximum.
- OR
- All items listed in section “95°-99°” and “Excessive Heat Issues” above.
- Full Pads
- Water Breaks every 20 minutes for no less than 5 minutes.
- A outdoor practice that does not exceed a 1.5 hour maximum.
- HS Conditioning should take place without helmets and shoulder pads.
- MS Conditioning should be moved indoors.

105° or Heat
Index of 110°
-114°

- Items listed in section “95°-99°” and “Excessive Heat Issues” above.
- Shorts, T-Shirts and Helmets ONLY.
- Water breaks every 20 minutes for no less than 10 minutes.
- No outdoor conditioning. Conditioning can take place indoors.
- A outdoor practice that does not exceed a 1.5 hour maximum.

• ***NO OUTDOOR MIDDLE SCHOOL ACTIVITIES. ACTIVITIES MUST BE INDOORS.***

110° or Heat
Index of 115°

- ***ALL OUTDOOR ACTIVITY IS SUSPENDED.***

Cancelled Trips, Rain Outs, etc.

Any changes in destination, driver or use of the vehicle must be noted as soon as possible. When a trip is cancelled and the bus is not needed due to rainout or other scheduling problems, please let athletic secretary know so the proper paper work can be completed. Make a note of the date, time, person contacted, etc. when making a cancellation.

- Canceled trips need to be reported to the following:
 1. Athletic trainer
 2. Athletic secretary
 3. Campus Coordinator
 4. Campus principal
 5. Transportation (when applicable)
 6. Custodial/maintenance
 7. Officials
 8. Security
 9. District Athletic Office

Coach's Rank One Responsibilities

It is the responsibility of the coach to keep the remaining areas of Rank One up to date throughout the year:

1. Rosters- A current roster must be input and continuously updated by the coach on Rank One of all athletes involved with the specific sport or athletic class. If a student is added or removed from the sport or class, they must be added or removed from the roster within that week.
2. Forms- Coaches must check Rank One for information regarding an athlete's medical paperwork, fees and clearance to participate. All paperwork must be present in Rank One before an athlete is allowed to have ANY participation in the sport or athletic class.
3. Schedules- The game schedule must be put into Rank One by the coach and all changes/ updates must be corrected on the Rank One schedule as they occur.

If there are questions or concerns regarding Rank One, the athletic trainer on your campus can assist in training or direct texting you to a tutorial.

Staff Development Travel- (No Students)

This must be approved two weeks in advance. Travel must be preapproved by Campus Athletic Coordinator and Director of Athletics. If a coach is missing school time, their absence must also be preapproved by the school principal. Staff development reimbursement will be as follows:

- A. When coaches are traveling together (minimum of 2 coaches per room)
- B. One car mileage reimbursement for four coaches
- C. Meal reimbursement for all trips is \$10, \$12, \$16
- D. State tournaments are NOT Staff Development. District funds will not be allocated for coaches to travel to state tournaments. Days taken off to attend state tournaments is dependent on principal approval.
- E. Reimbursements for staff development will be limited due to the annual budgets allocated per sport. Please be aware of this fact. Maximum amounts may be in place.
- F. Dated, signed proof of attendance must be returned with all reimbursement requests.

Staff Development Travel- Cont.

- Once your supervisor authorizes the travel, a purchase requisition to CitiBank Commercial cards should be entered for hotel (and/or airfare if applicable). Once Carol Barron and Sandra Callahan have approved the PO, you may proceed with hotel (or airfare) reservations.
- Purchase orders for registration fees, workshops, or other training, should be payable to the appropriate vendor, i.e., Region 13, TASBO, etc. As always, the PO must be approved by your supervisor/principal, Carol Barron and Sandra Callahan prior to registering.
- Local travel is considered to be within a 50-mile radius and overnight stay is only approved with permission from Sandra Callahan.
- To determine the allowable rates for hotel, go to gsa.gov, click on the travel tab, then enter the city or zip code of your destination as well as the dates of travel, then print the breakdown. Attach this breakdown to your travel expense report when submitting to the Service Center upon your return.
- Hotel - Take the Hotel Occupancy Tax Exemption form with you. Sign it upon your arrival and give it to the hotel when you check in. When you are ready to leave, check out at the front desk, making sure that your room and parking charges are charged to the District CitiBank card (no state tax). Incidentals should be charged to your personal card. Allowable rates can be found at gsa.gov – by city.
- Meals - Itemized receipts are required for all meals to be reimbursed. Alcohol and tips/gratuities are not reimbursable. Note: meals are only reimbursed with an overnight stay.

Travel with Students

Regular Season Trips

1. District budgeted funds will not be used to pay for meals for trips during the regular season.
2. Approved Booster Club or activity fund monies may be used to purchase a meal for students and coaches during the regular season.
3. There will be a maximum of \$10 spent per meal. Money will not be given in advance for this meal, but paid by a prearranged, approved invoice for the group. These meals must be pre-approved two weeks in advance.

Post-Season Trips

1. District budgeted funds will be used to pay for meals on trips during the play-off season. When possible, arrange pre-invoiced meals for play-off games at a max of \$10 per meal, to include coaches. When this is not possible, and meal money is requested in advance, athlete's meals will be at a max of \$8/\$10/\$12. Coaches must pay for their meals and request reimbursement at a rate of \$10/\$12/\$16.
2. If a team qualifies for the playoffs and overnight travel is required, contact the Director of Athletics office to make travel arrangements as soon as possible

Overnight Trips

The Campus Coordinator, Athletic Director and Principal must approve all overnight trips. The head coach must provide the following information to the students and families as well as Campus Athletic Coordinator and Director of Athletics:

1. Date and time of departure and estimated time of return
2. Location of team housing and phone number in case of emergency
3. List of expenses that students may incur
4. Printed copy of team travel rules and itinerary
5. No BISD budgeted funds may be used for regular-season overnight trips
6. At all times, students will have coaching staff supervision
7. **DUE TO COVID-19 Bastrop ISD Athletics is suspending all overnight travel (excluding playoffs) for 2020-2021 until further notice.**

Social media

This excerpt is directly from our BISD website

Bastrop ISD supports the use of social media by its campuses and staff as a way to facilitate communication. Bastrop ISD strongly encourages campus news contacts, faculty, or administrators to submit campus news to the Communications Department, so that it may be posted on the BISD Facebook, Twitter, YouTube page, BISD mobile app, the BISD website, or School Messenger. The following policy serves as a guideline for those initiating a social media feed for their department, classroom, campus, athletic team, or organization.

General Guidelines for District Accounts

- All Bastrop ISD online social media, current and future, shall be authorized via online application.
- Social media behavior should reflect the same standards of what is published in the current BISD Employee Handbook and Responsible Use Policy.
- Any existing sites or pages that represent Bastrop ISD are subject to review by campus and department administrators and may be amended or, when necessary, removed.
- Use of District logos must be requested and have the approval of the BISD Executive Director of Communications.
- Bastrop ISD does not pre-screen posted content, but it shall have the right to remove, in its sole discretion, any content that it considers to violate this policy or the District's Responsible Use Policy. The District does not endorse or take responsibility for content posted by third parties.

General Guidelines for District Accounts Cont.

- Content that is illegal, obscene, pornographic, defamatory, threatening, infringing of intellectual property rights, invasive of privacy, profane, libelous, threatening, harassing, abusive, hateful or embarrassing to any person or entity, inhospitable to a reasonable work environment, or otherwise injurious or objectionable is unacceptable and shall be removed.
- Be sure to include a disclaimer stating that the information is representative of your views and opinions, and not necessarily the views and opinions of Bastrop ISD.
- Ensure that online content associated with the social media account is consistently updated with your work at Bastrop ISD. Dormant accounts will be removed.
- FERPA prohibits the release of private student information such as grades, discipline, attendance and test scores.
- Do not post an image/video/name of students whose parent has declined the Media Release form in Skyward.
- Respect [copyright](#) and [fair use](#) guidelines. See U.S. Copyright Office - Fair Use.

**** Remember that as a coach you are an extension of BISD 24 hours a day and 365 days a year. Any personal social media accounts should reflect the same standards as the BISD district accounts. Any information on a social media depicting negative attitudes towards personnel, students or the district will be addressed**

Social Media-Students

- Student-athletes are high-profile representatives of Bastrop Independent School District, and their behavior is subject to scrutiny by their peers, the campus, community, and the media. The actions of a single student-athlete can reflect positively or negatively not only on the individual student-athlete, but also on his or her team and coaches, the Athletics Department and the entire school campus.
- Therefore, student-athletes are expected to represent themselves and BISD with honor, dignity and integrity at all times-including interaction on social networking websites and other online environments. The popularity of social networking websites (e.g. Facebook, Twitter, Vine, YouTube, Instagram, BlogSpot, etc.) has grown tremendously during the last few years. These websites can serve as valuable communication tools when use appropriately. The use of social media, however, has the potential to cause problems for both the student-athlete and the school environment. Almost anything a student-athlete posts on a social networking site may be viewed by others, and both the media and the general public are more likely to view the profiles of student-athletes than the profiles of other students.

Rules Regarding Social Networking Sites

Participation in BISD Athletics is a privilege and not a right. As a condition of being a student-athlete in BISD, student-athletes must abide by the following rules related to the use of the internet and social networking sites:

- a. Any postings or communications via social networking websites which disrupt either the educational or athletic environments or which advocates the violation of any school or team policy would be unacceptable.
- b. Student-athletes may not post online pictures, information or other content that might cause embarrassment to themselves, fellow student-athletes, teams, coaches, the Athletics Department or the campus (examples: obscene images or language, nudity, pictures at parties with alcohol, references to drugs, sex or illegal activities).
- c. Student-athletes may not post any content online that is unsportsmanlike, derogatory, demeaning, or threatening toward any other individual, teammate, coach, faculty member, or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school). No posts should depict or encourage unacceptable or illegal activities (examples: hazing, sexual harassment/ assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
- d. Student-athletes may not post any content online that would constitute a violation of the BISD Student Code of Conduct.
- e. Student-athletes may not post any information that is sensitive or personal in nature or is proprietary to the Athletic Department of the school which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).
- f. Student-athletes are required to abide by all laws related to the use of the internet (including state and federal privacy laws such as FERPA and HIPPA), and student-athletes are personally liable for any violations of those laws

**New Title IX Regulations:
Responding to Allegations of
Sexual Harassment**

What is Title IX?

“No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving Federal financial assistance.”

Enforcement:

- Title IX is enforced by the US Department of Education’s Office of Civil Rights (OCR).
 - Failure to comply is a loss of federal funds.

Litigation:

Individuals can sue districts for alleged Title IX violations and can recover money damages.

Big Picture Changes:

1. May 2020, OCR released its final rule amending Title IX regulations which go into effect August 14, 2020.
2. Before this amendment, Title IX regulations did not refer to sexual harassment.
3. New amended Title IX regulations now define sexual harassment and established procedures concerning how schools must respond to allegations of sexual harassment.
4. The amendments do not impact existing regulations concerning athletic participation or employment.

Title IX Coordinators:

1. Each campus will have a Title IX Coordinator for student allegations. This person will be determined by the campus principal which will be posted on the campus website.
2. The District Title IX Coordinator for adult allegations is Diana Greene, the Human Resource Coordinator.

What is Sexual Harassment:

Sexual harassment = conduct on the basis of sex that satisfies one or more of the following:

1. An employee of the recipient conditions the provision of an aide, benefit, or service of the recipient on an individual's participation in unwelcome sexual conduct;
2. Unwelcome conduct determined by a reasonable person to be so severe, pervasive, and objectively offensive that it effectively denies a person equal access to the recipient's education program or activity, or;
3. Sexual assault, dating violence, domestic violence or stalking. Any of these would likely involve a simultaneous criminal investigation.

Responding to sexual harassment:

A recipient with actual knowledge of sexual harassment in an educatiuon program or activity of the recipient against a person in the United States must respond promptly in a manner that is not deliberately indifferent.

- Actual knowledge = hears/sees something that may be sexual harassment. The determination of sexual harassment will be made during the official investigation.

A recipient is deliberately indifferent only if its response to sexual harassment is clearly unreasonable in light of the known circumstances.

A response/report can be verbal or written, at any time of the day or evening, or any day of the week. A student can report/respond to any adult on campus -- teacher, custodian, child nutrition worker, bus driver, administrator, paraprofessional, etc. The adult receiving a sexual harassment allegation should immediately report the information to the campus Title IX Coordinator for a student or Diana Greene for an adult.

COVID-19 UIL UPDATE

August 11, 2020

STAYING CURRENT

- UIL AND Bastrop ISD Athletic guidelines and protocols are continuously changing. It is the Coaches responsibility to stay up-to-date on these changes and make sure you're always current with the latest regulations!
- If you ever have questions, please reach out the Coach Sexton the Athletic Director for guidance.

FACE COVERINGS

Face Coverings- Executive Order GA-29

- For the purposes of summer workouts, schools must require students, staff, and visitors to wear face coverings when **entering and exiting facilities and practice areas, and when not actively exercising**. Schools may, for example, allow students who are actively exercising to remove face coverings as long as they maintain at least six feet of distance from other students and staff who are not wearing face coverings. However, schools must require students and staff to wear face coverings as they get into positions that allow them to maintain safe distancing.

Exceptions to the wearing of face coverings or face shields include:

- a. Any person with a medical condition or disability that prevents wearing a face covering;
- b. While a person is consuming food or drink;
- c. While the person is in a pool, lake, or similar body of water.
- d. When a congregating group of persons maintains at least 6 feet of social distancing;
- e. Any other reason or circumstance indicated under Executive Order GA-29

*Competitive drills involving one or more students on offense against one or more students on defense may be conducted. While conducting these drills, schools must require all students not actively exercising and staff to wear face coverings as described above.

BISD ATHLETICS STRONGLY ENCOURAGES COACHING STAFF TO MANDATE ALL ATHLETES WEAR FACE COVERINGS AT ALL TIMES.

EXECUTIVE ORDER GA-29

STAFF

Required Screening before attending or participating in activities: Schools must follow TEA screening requirements and screen staff members before allowing staff to participate in UIL activities. Schools may consider screening students for COVID-19 as well. These protocols mirror the guidelines issued by TEA for school operations.



BACK TO SCHOOL: BASTROP ISD ATHLETICS strongly recommends coaching staff is cognoscente in verbally communicating with athletes regarding any illness or symptoms that may reflect COVID-19 Symptoms. We are hopeful that parents do their due diligence in evaluating the athlete before allowing to attend school, practice or games; however, it is important that coaching staff continuously ask also. If an athlete feels ill, please ensure that student goes home immediately.

COMPETITIVE DRILLS

Competitive drills involving one or more students on offense against one or more students on defense may be conducted. While conducting these drills, schools must require all students not actively exercising and staff to wear face coverings as described above.

REMOTE LEARNING

Students participating in remote learning offered by their school district, whether synchronous or asynchronous (as defined by TEA), may participate in UIL activities if they meet all other UIL eligibility requirements. Students must be enrolled in remote learning options through the school the student will represent. Schools may develop local policies with additional requirements for participation. You can find more information related to the full-time student rule in Section 406 UIL Constitution and Contest Rules <https://www.uiltexas.org/policy/constitution/general/eligibility>

GENERAL OPERATIONAL GUIDELINES

Required Screening before attending or participating in activities:

1. Schools must require staff to self-screen for COVID-19 symptoms before participating in UIL activities or entering areas where UIL activities are being conducted.
2. Parents must ensure they do not send a student to participate in UIL activities if the student has COVID-19 symptoms (as listed in this document) or is lab-confirmed with COVID-19 until the below conditions for re-entry are met. School systems may consider screening students for COVID-19 as well.
3. Before visitors are allowed access to areas where UIL activities are being conducted, school systems must screen all visitors to determine if they themselves have COVID-19 symptoms (as listed in this document) or are lab-confirmed with COVID-19, and if so, they must remain off campus and away from areas where UIL activities are being conducted until they meet the criteria for re-entry as noted below.

Health Screenings

1. Parents/Guardians are expected to screen their students for COVID-19 symptoms, including temperature check, each day prior to sending their students to school or putting them on a school bus.
2. Parents/Guardians of students who are in Online Learning but who are participating in extracurricular activities on campus are expected to screen their students for COVID-19 symptoms, including temperature check, prior to sending their students to campus for practice or competition.

Individuals Confirmed or Suspected with COVID-19

1. Any individuals who themselves either: (a) are lab-confirmed to have COVID-19; or (b) experience the symptoms of COVID-19 (listed below) must stay at home throughout the infection period, and cannot return to campus until the school system screens the individual to determine any of the below conditions for campus re-entry have been met:
 - In the case of an individual who was diagnosed with COVID-19, the individual may return to school when all three of the following criteria are met:
 - ☐ at least one day (24 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications);
 - ☐ the individual has improvement in symptoms (e.g., cough, shortness of breath);
and
 - ☐ at least ten days have passed since symptoms first appeared.
 - ☐ **Student who has been diagnosed with COVID-19 to receive clearance from a physician prior to returning to participation in UIL Activities.**
 - In the case of an individual who has symptoms that could be COVID-19 and who is not evaluated by a medical professional or tested for COVID-19, such individual is assumed to have COVID-19, and the individual may not return to the campus until the individual has completed the same three-step set of criteria listed above.
 - In addition to the criteria and processes described above, a student who has been diagnosed with COVID-19 must receive clearance from a physician prior to returning to participation in UIL activities.

Identifying Possible COVID-19 Cases on

Campus

- Schools must immediately separate any student who shows COVID-19 symptoms while at school until the student can be picked up by a parent or guardian.
- Schools should clean the areas used by the individual who shows COVID-19 symptoms while at school (student, teacher, or staff) as soon as is feasible.
- Students who report feeling feverish should be given an immediate temperature check to determine if they are symptomatic for COVID-19.

Close Contact

This document refers to “close contact” with an individual who is lab-confirmed to have COVID-19. The definition of close contact is evolving with our understanding of COVID-19, and individual scenarios should be determined by an appropriate public health agency. In general, close contact is defined as:

- being directly exposed to infectious secretions (e.g., being coughed on); or
- being within 6 feet for a cumulative duration of 15 minutes; however, additional factors like case/contact masking (i.e., both the infectious individual and the potential close contact have been consistently and properly masked), ventilation, presence of dividers, and case symptomology may affect this determination.

Either (a) or (b) defines close contact if it occurred during the infectious period of the case, defined as two days prior to symptom onset to 10 days after symptom onset. In the case of asymptomatic individuals who are lab-confirmed with COVID-19, the infectious period is defined as two days prior to the confirming lab test and continuing for 10 days following the confirming lab test.

Required Actions if Individuals with Lab-Confirmed Cases Have Been in a School or in an Area Where UIL Activities Are being Conducted

- 1. If an individual who has been in areas where UIL activities have been conducted is lab-confirmed to have COVID-19, the school must notify its [local health department](#), in accordance with applicable federal, state and local laws and regulations, including confidentiality requirements of the [Americans with Disabilities Act](#) (ADA) and Family Educational Rights and Privacy Act (FERPA).**
- 2. Schools must close off areas that are heavily used by the individual with the lab-confirmed case (student, teacher, or staff) until the non-porous surfaces in those areas can be disinfected, unless more than 7 days have already passed since that person was on campus.**
- 3. Consistent with school notification requirements for other communicable diseases, and consistent with legal confidentiality requirements, schools must notify all teachers, staff, and families of all students in a school if a lab-confirmed COVID-19 case is identified among students, teachers or staff who participate in any UIL activities. If the person who is lab-confirmed to have COVID-19 participated in a contest against another school(s), the school must notify other school(s) and sports/contest officials involved in the contest.**

COVID-19 Symptoms

In evaluating whether an individual has symptoms consistent with COVID-19, consider the following question:

Have they recently begun experiencing any of the following in a way that is not normal for them?

- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Loss of taste or smell
- Cough
- Difficulty breathing
- Shortness of breath
- Fatigue
- Headache
- Chills
- Sore throat
- Congestion or runny nose
- Shaking or exaggerated shivering
- Significant muscle pain or ache
- Diarrhea
- Nausea or vomiting

Screening Questionnaire Information

1. When asking individuals if they have symptoms for COVID-19, school systems must only require the individual to provide a “Yes” or “No” to the overall statement that they are symptomatic for COVID-19, as opposed to asking the individual for specific symptom confirmation. School systems are not entitled to collect information during screening on the specific health information of an individual beyond that they are symptomatic.
2. Once it is determined that individuals who responded “Yes” to either of these questions have met the criteria for re-entry, school systems must destroy those individuals’ responses.

PERFORMANCE AREAS, LOCKER ROOMS AND OTHER CONGREGATE SETTINGS

- 1. Schools should make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available in these areas.**
- 2. All congregate areas should be regularly and frequently cleaned and disinfected including all frequently touched surfaces such as doorknobs, tables, chairs, lockers, and restrooms.**
- 3. Any equipment that will be kept in student lockers and/or in these areas should be thoroughly cleaned and disinfected each day prior to students accessing these areas. Schools should develop a plan for managing the storage, cleaning and disinfecting, and redistribution of student equipment.**
- 4. Schools should consider identifying staff to monitor locker rooms and other areas where students may congregate to ensure effective use of school protocols. When possible, schools should open windows and/or doors or otherwise work to improve air flow by allowing outside air to circulate in these areas.**
- 5. Schools must require staff and students to wear face coverings while inside locker rooms, meeting rooms, training rooms, band halls and other areas where students may congregate other than shower facilities.**
- 6. As part of their overall plan, schools should develop a plan for mitigating risk of spreading COVID-19 when disinfecting, cleaning, and laundering items such as towels, practice clothes, and uniforms. This plan should include protocols for redistributing these items to students. Involved staff should be trained specifically on these protocols.**

TEAM BOX

Recommended for school teams with large player participation to ensure enough space for social distancing. The extended team box may be agreed upon prior to any contest and may be put into district policy by the DEC.

NOTE: Officials must be contacted prior to the game if the game will be played with an extended Team Box.

- The team box may be extended on both sides of the field to the 10-yard lines in order for more social distancing space for the teams.
- For the extended team box, a back limit, 6' from the front limit line should be added.
- Only players and coaches are allowed in the extended team box. Cheerleaders and other auxiliary team members and spectators are not to be in the extended team box.
- Enforcement of the extended team box is the responsibility of game management.
- Social distancing of 6 feet should be maintained at all times while in the team box.
- Players, coaches, and auxiliary team members should maintain social distancing of 6 feet from all game officials and chain crew members.

PRACTICE ACTIVITIES

In addition to the above general guidelines and rules in the UIL Constitution and Contest Rules and UIL manuals and handbooks, the following applies to practice activities during the 2020-2021 school year.

1. All surfaces in practice areas should be thoroughly disinfected throughout and at the end of each day.
2. Any equipment should be regularly disinfected before, during, and after practice sessions.
3. Schools may provide food, water or other drinks. If they provide these items, schools should do so in a manner that ensures students are not sharing these items.

TEAMS & PARTICIPANTS

- 1. If the school is planning to offer transportation for students, schools should follow TEA guidance related to such transportation.**
- 2. Teams and participants are required to wear face coverings as described in Executive Order GA-29.**
- 3. The host site should designate a cleaned and disinfected area for teams to unload and load buses separate from fans, spectators, and other individuals not essential to the team or group.**
- 4. Visiting team /group locker rooms should be cleaned and sanitized by the host site before the visiting team arrives. Visiting teams/groups are responsible for cleaning and disinfecting equipment once it is unloaded. Schools should limit access to these facilities to only students and staff essential for the game, contest, or event.**
- 5. Before each game, contest, or event, schools should follow the screening protocols described above to screen all staff members, contractors, volunteers, sports officials, contest judges, and any individuals otherwise involved in working the event. These individuals should also self-screen as described in these screening protocols.**
- 6. Fan and spectator areas including bleachers, stands, walkways, and other spectator areas should be at least six feet from team /group areas such as team benches or performance areas. Where distancing is not feasible, other methods should be utilized to slow the spread of COVID-19, such as face coverings, implementing engineered controls such as physical barriers, or other risk mitigation efforts the school deems appropriate.**
- 7. As previously indicated, water or other drinks and/or food may be provided. Schools or host sites should consider doing so in a manner that ensures students are not sharing these items.**
- 8. Other areas used by participants, such as press box areas, should be cleaned and disinfected prior to and after use. Sites should develop plans for providing access to these areas that limit or remove potential contact between participants and non-participants.**

TEAMS & PARTICIPANTS CONT.

- 9. The host site should provide sports and contest officials an area to enter and exit separate from fans when possible. Officials should be provided a dressing and meeting area, if applicable, that has been cleaned and disinfected prior to their arrival.**
- 10. Pregame or pre-event meetings between teams and/or sports and contest officials should be planned to allow appropriate distancing between individuals.**
- 11. Pregame and post-game gestures of sportsmanship should be conducted between teams and sports and contest officials in ways planned to help reduce the risk of spread of COVID-19.**
- 12. All participants should be provided with entry and exit plans for contest areas that maintain separation from non-participants and fans. Individuals not essential to the team or group should not be given access to contest areas, performance areas, courts, or fields at all before, during, or after contests and events.**
- 13. The pregame officials/head coach conference will take place on the field where social distancing of 6 feet can be maintained. This conference should be 1 hour to 1.5 hours before the scheduled game time**
- 14. For the coin toss, limit attendees to the referee, umpire and one designated representative from each team (head coach or 1 captain). All remaining team members must remain in the team area. Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6 feet.**
- 15. The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.**
- 16. There shall be NO postgame handshake between teams following the game**

SPECTATORS, AUDIENCES, FANS AND MEDIA

STUDENT GROUPS NOT DIRECTLY INVOLVED IN THE GAME OR CONTEST

These student groups should remain separate from the game or contest participants at all times. These student groups should avoid mixing with fans or non-group members throughout the game or contest.

- 1. Maximum 50% capacity limitation**
- 2. Schools and/or host sites should post visible signs and/or messaging stating any individuals who are confirmed to have, suspected of having, are experiencing symptoms of, or have been in close contact with an individual who has been confirmed to have COVID-19 should not enter the facility.**
- 3. Spectators, audiences, fans and media are required to wear face coverings as described in Executive Order GA-29.**
- 4. Schools should not allow seating in consecutive rows, and should block off seating to maintain a minimum six feet of distance between groups.**
- 5. Schools should provide hand sanitizing stations and/or hand washing stations at entrances and inside the facility.**
- 6. Seating, hand rails, and other common surfaces should be cleaned and disinfected prior to each game or contest.**
- 7. Press Box seating should include social distancing of at least six feet between individuals when possible.**

PRACTICE REGULATIONS- CONFERENCE 5A-6A

- **For football and volleyball, schools may allow students to continue strength and conditioning and sport specific instruction through September 4, 2020, whether or not the instructional school year has started.**
- **For activities other than football and volleyball, students who have not started in-season activities may continue summer workouts until the first day of instruction.**
- **Beginning August 3, the time for sport specific activities will increase from sixty (60) minutes per day to two hours per day.**
- **If the school year begins prior to September 7, 2020 students may continue to engage in sport specific instruction for two hours per day. The time in the athletic period counts as part of that two hour total.**

Off season Activities During the School Year

- **For the 2020-2021 school year only, students may participate in a maximum of sixty (60) minutes per day of strength and conditioning activities outside the school day. Local school policy will determine the students who may attend.**

SPORTS SPECIFIC

HIGH SCHOOL FOOTBALL SPORT SPECIFIC

Summer S&C- Sport Specific Skill

Continue with current regulations through the August 3rd

August 3rd — Sport-specific time increases to 2 hours per day per student, Monday -Friday. The 2 hours of sport-specific training will stay in effect through September 7 for all sports. The school athletic period will count towards the 2 hour allotted time once your school year has started

Schools who have offered strength and conditioning since August 24:

Regular Season

September 7th: Begin Acclimatization Period

September 17-19: Scrimmage

September 24-26: Week One

December 5 - District Certification

*Schools will have 11 weeks to play 10 games

JUNIOR HIGH FOOTBALL

Schools may schedule junior high football anytime during the fall semester within the game limits listed in the UIL Constitution and Contest Rules. All other practice regulations and limitations remain in effect. We will continue to monitor the public health situation and announce any further modifications as they are available.

- (1) **Number of Games.** No team or student shall compete in more than nine (but recommend eight) football games. A scrimmage counts as one of the allowable games.
- (2) **Number of Games Per Week.** One game or scrimmage may be played per calendar week. There shall be a minimum of five days between contests.
- (3) **Season for Workouts and Games.**

Practice shall not begin prior to the first day of school. Football equipment may be checked out to the players on any one day during the week preceding the first day of school. The first five days of practice shall consist of the following acclimatization period:

- Day 1 & 2 - shall be conducted without any contact equipment except helmets.
- Day 3 & 4 - helmets, shoulder pads and padded girdles (shells) may be worn, but no player to player contact is allowed.
- Day 5 - helmets, shoulder pads and padded girdles (shells) may be worn, and player to player contact is permitted.

During the five-day acclimatization period, no full contact activities shall be permitted. All student athletes who arrive after the first day of practice are required to undergo a five-day acclimatization period. No interschool scrimmages or games shall be allowed until after a period of at least seven days of contact football.

HIGH SCHOOL VOLLEYBALL

Summer S&C- Sport Specific Skill

Continue with current regulations through the August 3rd

August 3rd — Sport-specific time increases to 2 hours per day per student, Monday -Friday. The 2 hours of sport-specific training will stay in effect through September 7 for all sports. The school athletic period will count towards the 2 hour allotted time once your school year has started

Schools who have offered strength and conditioning in the previous two weeks:

Regular Season

September 7 – Strength & conditioning work this week, plus volleyball skill work

September 11 - Scrimmages allowed

September 14 – Matches allowed - 3 matches (or dual matches) allowed in calendar week; only 1 match (or dual match) during school week, 2nd and 3rd match (or dual match) is to be played outside the school week, if school is in session.

HIGH SCHOOL VOLLEYBALL cont.

SCRIMMAGE, TOURNAMENT & MATCH SCHEDULING

- Allowable matches: 29
- No tournaments including regional tournament
- Scrimmages – no more than 4 schools may meet for scrimmage purposes at one site. For sites that are used to having multiple groups of 4 at a scrimmage fest, that is not allowed for the 2020 volleyball season.
- *NEW:* For the 2020 season, 1A-6A schools will all be able to play 3 matches (or dual matches) during a calendar week . If school is in session, the 2nd and 3rd match must be played outside the school week.
- Reminder on Dual Matches – a dual match is same competition level and consists of a team playing two other teams or playing the same team twice at the same site, on same night. Counts as one contest allowed for the week and two of allowable matches for the season.

VOLLEYBALL SPORT SPECIFIC

In support of the guidance to opening up junior high school athletics the NFHS volleyball rules committee created considerations for state associations to consider whether any possible rules could be altered for the 2020 volleyball season. The following outline the considerations the UIL volleyball will make for this next season only.

Team Benches (5-4-4b, 9-1-2, 9-1-2 NOTE, 9-3-3b)

- Suspend the protocol of teams switching benches between sets. Prior to warm-ups, the home team will select bench (1-6-1) to be at the entire match, for all matches played on a given night.
- Suspend the use of the coin toss to determine serve/receive. The visiting team will serve first in set 1 and alternate first serve for the remaining non-deciding sets.
- Limit bench personnel to observe social distancing of 3 to 6 feet.

Pre-match Conference (1-2-4a; 1-6-2; 1-6-3; 2-1-10; 5-4-1h, k; 5-6-1; 7-1-1; 7-1-1 PENALTIES 1; 9-1a; 12-2-3)

- Suspend roster submission at the pre-match conference. Rosters are submitted directly to the officials' table before the 10-minute mark.
- Limit the attendees to the head coach and one captain from each team and the R1 and R2.
- Hold the conference at center court with the head coach, one captain and a referee on each side of the net

Deciding Set Procedures [1-2-4b, 5-4-4c, 5-5-3b(26), 9-2-3c]

- Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distance of 3 to 6 feet. A coin toss, called by the home team, will decide serve/receive.
- Suspend the protocol of teams switching benches before a deciding set.

Substitution Procedures (2-1-7, 10-2-1, 10-2-3, 10-2-4)

- Maintain social distancing of 3 to 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.

Pre-match Ceremony

- Both teams (starting players and/or entire team) will line up on their respective end lines
- The R1 will whistle and motion for teams to advance to the attack line
- The R1 will whistle to release the players to line up in their starting positions
- The R1 will display the end of set signal (signal 21)
- Using both open hands with arms extended, the R2 will point toward the attack lines.
- The teams will line up on their respective attack lines facing their opponents

JUNIOR HIGH VOLLEYBALL

- (1) Number of Games.** No team or girl shall compete in more than 12 matches plus 4 additional matches for the 2020-21 season. A scrimmage counts as one of the 12 (16 for 20-21) matches. No tournaments, the 4 additional matches are being given in place of tournaments and must be played outside of the school week for the 2020-21 school year.
- (2) Number of Matches Per Week.** One match or dual match or scrimmage may be played per calendar week. Dual matches played on Saturday may have up to 4 teams competing with no more than two teams competing at the same time/location. No contestant or team shall play more than three matches per calendar day. The 4 additional matches may be played outside of the school week to make 2 matches during the calendar week.
- (3) Season for Workouts and Matches.** Practice shall not begin prior to the first day of school. Schools shall have 86 consecutive calendar days to practice outside the school day and to complete scrimmages and matches. Volleyball equipment may be checked out to the players on any one day during the week preceding the first day of school.

CROSS COUNTRY

September 7	5A & 6A Schools may start Interschool Competition
October 31	District Certification
November 9 & 10	Regional Meets
November 23 & 24	State Meet

- Invitational Meets may have no more than 8 total schools and only one level of competitors (Var/JV/9th) **on site at a given time.** A school could bring a girls and boys team, but they would need to be the same level. **NOTE: (1) There can be up to 10 athletes (per gender) per each of the 8 teams. (2) There may also be an additional 2 schools added to the 8 schools allowed if those 2 schools have no more than 3 runners.**
- District Meets may only have one level of competitors participating on site at a given time. **District Meets will continue to follow the normal entry limit of 7 (+3 alternates).** Example: if Varsity Boys/Girls are running, JV would not be allowed on site until the varsity athletes have left. **District Meets may exceed the 8 school limit if their district has more than 8 schools.**

CROSS COUNTRY cont.

NFHS Considerations

Note: This is not an exhaustive list and there might be additional steps 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. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest health officials in your state.

General:

- Social distancing of at least 6 feet should be maintained when possible. No hugging, shaking hands, or fist bumps for support/encouragement.
- Recommend that the starting line must have a designated school box that is a minimum of 6ft wide and 18ft deep for all members of the team. There must be a minimum of 6ft between all adjoining school boxes. If individuals are entered in the race, there must be a box that is a minimum of 2ft wide and 18ft deep for each individual or team of individuals if fewer than 5 entries from a school. {For example, a race with 8 teams (12 runners per team) and an additional 14 individual runners will need a starting line that is at least 280ft wide. A race with just 8 teams of 12 runners will only need a starting line that is at least 96ft wide.}
- Cross country meets should consider using staggered, wave or interval starts.
- Possible Rule Modifications:
 - 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.
- Finish:
 - Recommend that competitors must proceed immediately out of the finish chute and to a designated team recovery location near the finish area where each team is socially distanced a minimum of 25ft from other teams. It is recommended that each team has a box location with a minimum of 144 sqft. Once all racers have finished the race, then the teams may return to their camp sites from the recovery boxes if used. Water can be provided by the team' coach or manager at the designated recovery boxes. If recovery boxes are not provided after the finish line, it is recommended that runners immediately be directed back to their team camp location and not to remain near the finish line.
 - Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
 - With no FAT timing system consider alternative means of finish place and time to address congestion at finish line.
 - Consider using image-based equipment at finish to assist with picking place to avoid congestion.

CROSS COUNTRY cont.

- Recommend that meet hosts must have an area designated for spectators so that the competitors/coaches/officials are always away from the spectators in the venue. Spectators are not allowed near the starting line area/finish line area/team camp area so that those locations maintain social distancing.
- Recommend that there are designated camp locations for all teams that are a minimum of 25 feet apart from other team camps. If hosts allow, buses can be used as a camp location for teams if desired. Clean and disinfect frequently touched surfaces and exercise equipment.
- Recommend that walking the course or cheering along the course by spectators or teams is prohibited to allow all competitors the social distancing space needed. Only officials and coaches of teams competing may be located along the course during competition.
- *Pre and Post Game Ceremony:* Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match.

Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.

Officials:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines:
 - Pre and Post Meet conferences
 - Clerking at the start line
 - Tabulations and posting of results.
- Consider using electronic whistle.
- Do not shake hands and follow pre and post-game ceremony guidelines established by state associations.
- Officials personnel may wear cloth face coverings at all times.

JUNIOR HIGH CROSS COUNTRY

- 1. Number of Meets. No team or student shall compete in more than six meets, including the district meet.**
 - a. Invitational Meets may have no more than 6 total schools and only one level of competitors (7th/8th) on site at a given time. A school could bring a girls and boys team, but they would need to be the same level. NOTE: There can be up to 10 athletes (per gender) per each of the 6 teams.**
 - b. District Meets may only have one level of competitors participating on site at a given time. District Meets will continue to follow the normal entry limit of 7 (+3 alternates). Example: if 8th Grade Boys/Girls are running, 7th Grade would not be allowed on site until the 8th grade athletes have left.**
- 2. Exception to Six Meet Limitation for Cross Country. Schools may also hold competitions with three or fewer schools provided there is no loss of school time.**
- 3. Number of Contest Per Week. Individual sport participants are limited to one contest, meet, or tournament per calendar week.**
- 4. Season for Meets and Workouts. Practice shall not begin prior to the first day of school. This is no mandated season length however, there is a limitation of six meets per school year.**

***Additional Considerations may be found on the Cross Country web page.**

TENNIS

September 7	5A & 6A Schools may start Interschool Competition
October 24	District Certification Deadline
October 26 & 27	Bi-District
October 29, 30 & 31	Area
November 2 & 3	Regional Quarterfinal
November 6 & 7	Regional Tournament
November 11 & 12	STATE TENNIS TOURNAMENT

- Tournaments will be allowed during regular season with no more than 8 teams participating
- Tournaments for determining district representatives will be allowed with the limitation of two schools at one site
- Additional information will be released at a later time concerning Regional and State Meets

Team Tennis Specific Protocols

- Tournaments will be allowed during regular season with no more than 8 teams participating
- Tournaments for determining district representatives will be allowed with the limitation of two schools at one site.
- Additional information will be released at later time concerning Regional and State Meets

TENNIS

- 1. Number of Meets/Tournaments.** No team or student shall compete in more than six meets or tournaments, including the district meet/tournament
Invitational meets may have no more than 4 total schools.
- 2. Exception to Six Meet/Tournament Limitation for Tennis.** If four teams meet for the purpose of playing tennis dual matches, it shall not be counted as one of the six tournaments allowed the team or the individual if no school time is lost and if no tournament draw is set to determine a champion.
- 3. Number of Contest Per Week.** Individual sport participants are limited to one contest, meet or tournament per calendar week.

Tennis Specific Protocols

USTA Team Tennis Considerations

- Social distancing of at least 6 feet should be maintained at all times. Avoid touching court gates, fences, benches and wash your hands with soap and water or use hand sanitizer if soap and water are not available
- Clean and wipe down your own equipment and do not share equipment including racquets, hats, towels etc.
- Bring your own balls, water bottles to avoid sharing of equipment

During Play

- Maintain at least 6 feet of social distancing as feasible during play. Limit physical contact with other players (no shaking hands or high fives)
- Maintain appropriate social distancing from other players while taking a break
- Avoid touching other balls from other courts that enters your court of play (use racquet or foot to send back)
- Avoid changing ends of the court and benches

GOLF

September 7	5A & 6A Schools may start Interschool Competition
April 10	District Certification Deadline
April 19-22	Regional Tournaments
May 10 & 11	Girls' State Tournament
May 17 & 18	Boys' State Tournament

- **Invitational Tournaments may have no more than 18 total teams (no more than 5 students per team). This will allow for no more than one group on a tee box at a time.**
- **No student representing a member school shall participate in more than eight tournaments during the school year.**
- **Tournaments will be allowed with appropriate social distancing protocols followed throughout play.**

GOLF

1. **Number of Meets/Tournaments.** No team or student shall compete in more than six meets or tournaments, including the district meet/tournament.
2. **Exception to Six Meet/Tournament Limitations for Golf.** Schools may also hold competitions with three or fewer schools provided there is no loss of school time.
3. **Number of Contest Per Week.** Individual sport participants are limited to one contest, meet or tournament per calendar week.

Golf Specific Protocols

USGA Back to Golf Considerations

- Face coverings do not have to be worn while actively on the golf course, face coverings are required at all other times when golfers are not able to have 6' of distance between them before or after the tournament.
- Golf Course set up should be restrictive.
No bunker rakes, cups modified for no contact and no on course amenities.
- Practice enhanced sanitation and social distancing protocols.
- Clubhouses should operate at a limited capacity
- No exchange of score cards between groups.

- Invitational Tournaments may have no more than 18 total teams (no more than 5 students per team). This will allow for no more than one group on a tee box at a time.
- Tournaments will be allowed with appropriate social distancing protocols followed throughout play.
 - Face coverings do not have to be worn while actively on the golf course, face coverings are required at all other times when golfers are not able to have 6' of distance between them before or after the tournament.
 - Golf Course set up should be restrictive.
 - No bunker rakes, cups modified for no contact and no on course amenities
 - Practice enhanced sanitation and social distancing protocols.
 - Clubhouses should operate at a limited capacity
 - No exchange of score cards between groups.

BASKETBALL

October 21	Girls Practice Start
October 31	Girls Scrimmages Allowed (Max 2)
November 6	Girls Interschool Games
February 9	GIRLS DISTRICT CERTIFICATION- 17 Weeks
October 28	Boys Practice Start
November 7	Boys Scrimmages Allowed (Max 2)
November 13	Boys Interschool Games
February 16	BOYS DISTRICT CERTIFICATION- 17 Weeks

Scrimmage, Tournament & Game Scheduling

- Allowable game limit – 27 games
- 2 scrimmages - no more than 4 schools may meet for scrimmage purposes at one site. For sites that are used to having multiple groups of 4 at a scrimmage fest, that is not allowed for the 2021 basketball season.
- 3 games may be played in a calendar week. If school is in session, the 2nd and 3rd game must be played after the end of the school week.
- NO tournaments or showcases, including regional tournament

NOTE: Showcases – meeting of multiple (more than 4) teams at one site to play a matched game.

