

DoDEA Guidelines for Reopening Athletics, Extracurricular & Physical Activities & Music

*adapted from [NFHS Guidance for Opening Up High School Athletic and Activities](#) [NCAA Core Principles of Resocialization of Collegiate Sport](#) and [Virginia High School League](#)

Updated 12/10/20

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| Objective | To provide the way forward for DoDEA schools in designing return-to-activity protocols in accordance with local restrictions. |
| Position Statements | <p>Social distancing is an essential tool to maintain the health and safety of the DoDEA community during the COVID-19 pandemic. The purpose of this guide is to provide school leaders with a range of solutions as they enter SY 20-21 in a number of areas at HPCON Alpha, Bravo, and Charlie and options for implementing those guidelines in accordance with CDC and DoD requirements. It is not an exhaustive list of every action that a district or school leader will need to take with regard to social distancing, as each school and community is unique in its configuration, enrollment, and population. The different circumstances at each school will require innovation and flexibility to develop comprehensive responses at each location. School and district leaders are expected to collaborate and partner with installation commanders as they develop plans for execution within their local communities.</p> <p>Specific wording, procedures and details are provided herein relating to Athletics, Extracurricular Activities, PE and Music, which contain broad guidance in DoDEA's "<i>Ensuring a Safe and Healthy Return</i>" document. Guidelines provided here are also a support to the DoDEA "<i>Operations Guidelines and Protocols</i>" which specifically reference Sports, Activities and Physical Education.</p> <p>New research and information with regard to the COVID-19 pandemic is constantly evolving and will continue to develop at a rapid rate. This document will be updated as needed. DoDEA will not approve any actual game activity listed under the "moderate or high risk" categories during HPCON C or B.</p> <p>"Low risk and moderate risk" activity is approved under HPCON A using the guidance outlined in this document.</p> |

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| Points of Emphasis | <p>Expanding knowledge of COVID-19 transmission could result in significant changes to this guidance.</p> <p>All coaches and participants who have signs or symptoms of illness must be encouraged to stay home when ill to decrease risk of viral transmission.</p> <p>Any student-athlete must obtain a current Pre-participation Physical Evaluation (PPE) prior to any athletic participation moving forward dated after May 1, 2020 as required by DoDEA. Student physicals must be kept on file with the school nurse. PPEs 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.</p> <p>Returning to activities should also take into account that most student-athletes will be deconditioned. They will require a prolonged acclimatization and progression of intensity of activities. Therefore, the intensity and duration of training should be moderated upon return.</p> <p>All schools should have a plan in place for students who exhibit signs of illness prior to, during and after events. Procedures should account for returning students home, quarantine locations, notification to parents and leadership.</p> <p>No group may travel to an area where a quarantine time is expected upon entering the country or outside the country if a quarantine time is expected upon reentry.</p> |

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| <p>Guiding Principles</p> | <p>Athletics, physical education and extracurricular activities support the physical and mental well-being of students. All attempts should be made to maintain these activities in the safest manner possible.</p> <p>HPCON levels are based on disease prevalence and community transmissions. It is possible that a school may move up or down in levels and guidance from local/state/country public health officials.</p> <p>Permitted activities (other than those not currently approved DoDEA-wide) may fluctuate based on local levels.</p> | | |
| | <p>HPCON C (Substantial) Phase 0/1</p> | <p>HPCON B (Moderate) Phase 2</p> | <p>HPCON A (Limited) Phase 3</p> |
| <p>Facilities Cleaning</p> | <p><i>HPCON C</i> <i>Sustained Community Transmission</i></p> <p>No athletics or activities are permitted in HPCON C.</p> | <p><i>HPCON B</i> <i>Increased Community Transmission</i></p> <p>It is the shared responsibility of facility users and custodial staff to maintain safe facilities. Refer to “DoDEA School COVID-19 Operational Guidelines and Protocols” for cleaning and sanitation guidelines for athletic facilities, equipment and utilized surfaces.</p> <p>DoDEA recommends and follows the CDC specific guidelines for disinfecting schools and other community facilities found here: https://www.cdc.gov/coronavi</p> | <p><i>HPCON A</i> <i>Community Transmission Beginning</i></p> <p>It is the shared responsibility of facility users and custodial staff to maintain safe facilities. Refer to “DoDEA School COVID-19 Operational Guidelines and Protocols” for cleaning and sanitation guidelines for athletic facilities, equipment and utilized surfaces.</p> <p>DoDEA recommends and follows the CDC specific guidelines for disinfecting schools and other community facilities found here: https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning</p> |

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| | | <p>ncov/community/organizations/cleaning-disinfection.html.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered and disinfected after each use/person. If equipment cannot be thoroughly disinfected, it should not be used.</p> | <p>-disinfection.html.</p> <p>Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered and disinfected after each use/person. Wipe down all equipment frequently.</p> |
| <p>Safety Procedures</p> | | <p>Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or use hand sanitizer (60% alcohol or greater - touchless dispensers if possible) before touching any surfaces or participating in workouts. Hand sanitizer (60% alcohol or greater - touchless dispensers if possible) must be available to individuals as they transfer from place to place,</p> | <p>Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or use hand sanitizer (60% alcohol or greater - touchless dispensers if possible) before touching any surfaces or participating in workouts. Hand sanitizer (60% alcohol or greater - touchless dispensers if possible) must be available to individuals as they transfer from place to place, especially entrances / exits.</p> |

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| | | <p>especially entrances / exits.</p> <p>Weight equipment should be wiped down thoroughly by users with an approved disinfectant before and after an individual's use of equipment.</p> <p>Students must be encouraged to shower and wash their workout clothing immediately upon returning home.</p> <p>Appropriate clothing/shoes (no tank/crop tops, flip flops, or athletic slides without socks) should be worn at all times to minimize sweat from transmitting onto equipment and surfaces. Gloves should be worn during weight training.</p> | <p>Weight equipment should be wiped down thoroughly by users with an approved disinfectant before and after an individual's use of equipment</p> <p>Students must be encouraged to shower and wash their workout clothing immediately upon returning home.</p> <p>Appropriate clothing/shoes (no tank/crop tops, flip flops, or athletic slides without socks) should be worn at all times to minimize sweat from transmitting onto equipment and surfaces. Gloves should be worn during weight training.</p> |
| Entrance/Exit Strategies | No athletics or activities are permitted in HPCON C. | 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. | Provide hand sanitizer and encourage good hygiene practices. |
| Limitations on Gatherings | No athletics or activities are permitted in HPCON C. | To limit crossover and contact between persons and to prevent groups from gathering, consider separate entrances/exits and | Indoor practices/activities may occur if at least 3 feet of physical distance can be maintained by all persons (including participants, coaches, etc.) at all times. |

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| | | <p>staggering starting/ending times for workouts and other athletic activities.</p> <p>Indoor practices/activities may occur if at least 6 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 10 persons. No spectators allowed during practices (NFHS).</p> <p>Outdoor practices/activities are allowable if at least 6 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 10 persons.</p> <p>Workouts should be conducted in “pods” of students/coaches with the same 5-10 students/coaches working</p> | <p>Appropriate social distancing will need to be maintained on sidelines/bench during contests and events. Consider using tape or paint as a guide for students and coaches.</p> <p>Who should be allowed at events:</p> <p>Group people into tiers from essential to non-essential and decide which tiers will be allowed at an event:</p> <ul style="list-style-type: none"> ● Tier 1 (Essential): Student participants, coaches, officials, event staff, medical staff, security, clubs & activities’ sponsors, theater directors and administrators. ● Tier 2 (Preferred): Media ● Tier 3 (Non-essential): Spectators & vendors <p>Only Tier 1 and 2 personnel will be allowed to attend events until state/local/host nation/installation guidance lifts restrictions on mass gatherings.</p> |
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| | | <p>out together weekly to limit overall exposure. Smaller pods can be utilized for weight training.</p> <p>There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Consider using tape or paint as a guide for students and coaches.</p> | |
| <p>Physical Education Classes</p> | | <p>Physical education classes should be conducted outside with at least six feet between students to the extent possible. If outside is not possible, physical education classes may be held in the gym and/or classrooms with at least six feet between students to the extent possible.</p> <p>Students should wash their hands for a minimum of 20 seconds with warm water and soap or utilize hand sanitizer before touching any surfaces and after participating in class. Refer to DoDEA’s “Ensuring a Safe and Healthy Return to School” guidance document.</p> | <p>Encourage physical distancing but face covering is no longer required except as directed for appropriate categories of personnel. Physical education classes may be conducted inside or outside with at least 3 feet between students to the extent possible.</p> <p>Students should wash their hands for a minimum of 20 seconds with warm water and soap or utilize hand sanitizer before touching any surfaces and after participating in class. Refer to DoDEA’s “Ensuring a Safe and Healthy Return to School” guidance document.</p> |

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| <p>Pre-Workout Screening</p> | <p>No athletics or activities are permitted in HPCON C.</p> | <p>Per the “DoDEA School COVID-19 Operational Guidelines and Protocols”</p> <p>DoDEA schools will require staff members and students to perform a prescreening protocol at home within two hours of departing for school.</p> <p>An adult prescreening includes a temperature check and a visual check for shortness of breath or cough, flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), fatigue, or extreme fussiness.</p> <p>The student or staff member must be fever-free (a temperature less than 100.4 degrees) with a reduction in symptoms for at least 72 hours without the use of fever-reducing medication of DoDEA COVID-19 Operational Guidelines and Protocols.</p> <p>During SY2020/21 student enrollments, parents will be required to sign a standard form acknowledging their responsibility for completing the prescreening requirement for their children. DoDEA school staff members and</p> | <p>The prescreening requirement will be discontinued upon the supported military community’s achievement of HPCON “A” conditions of the “DoDEA COVID-19 Operational Guidelines and Protocols.”</p> |
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| | | <p>contractors will be required to sign a similar "acknowledgement" form upon arriving for duty for SY2020/21. The prescreening requirement will be discontinued upon the supported military community's achievement of HPCON "A" conditions of the DoDEA COVID-19 Operational Guidelines and Protocols.</p> | |
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| <p>Face Coverings</p> | <p>No athletics or activities are permitted in HPCON C.</p> | <p>DoDEA, state, local or installation guidelines for cloth face coverings should be strictly followed. DoDEA recommends that students use face coverings during HPCON B to the extent possible but especially when social distancing cannot be practiced.</p> <p>Encourage the use of cloth face coverings in students per HPCON guidance, if feasible. Face coverings are most essential in times when physical distancing is difficult.</p> <p>Cloth face coverings are not recommended for anyone who has a diagnosed respiratory condition, trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the covering without assistance.</p> <p>The NFHS recommends that cloth face coverings be worn by students during HPCON B and C. Exceptions are swimming, distance running, or other high intensity aerobic activity. Cloth face coverings may continue to be used during HPCON A when not engaging in vigorous activity, such as sitting on the bench during contests,</p> | <p>Encourage physical distancing but face covering is no longer required except as directed for appropriate categories of personnel.</p> |
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in the locker room, and in the athletic training room.

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.

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.)

Face coverings should be laundered on a daily basis and hands should be washed after touching/adjusting face coverings.

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| <p>Hydration/Food</p> | <p>No athletics or activities are permitted in HPCON C.</p> | <p>All students must bring their own water bottle.</p> <p>Water bottles must not be shared.</p> <p>Food should not be shared. Hydration stations (water cows, water trough, water fountains) should not be used.</p> | <p>All students must bring their own water bottle.</p> <p>Water bottles must not be shared.</p> <p>Food should not be shared. Hydration stations (water cows, water trough, water fountains) should not be used.</p> |
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| <p>Travel</p> | <p>No athletics or activities are permitted in HPCON C.</p> | <p>Adherence to DoD travel restrictions is required. Follow DoDEA guidance when traveling by bus and follow DoD, Airline, Country guidance when traveling by air.</p> | <p>Adherence to DoD travel restrictions is required. Follow DoDEA guidance when traveling by bus and follow DoD, Airline, Country guidance when traveling by air.</p> |
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| <p>Locker Rooms and Athletic Training Room</p> | <p>No athletics or activities are permitted in HPCON C.</p> | <p>Shower use should not be allowed at schools. Athletes are encouraged to shower and change clothing immediately upon returning home. If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.</p> <p>Athletic Training facilities may be utilized if adhering to the cleaning,</p> | <p>Athletes are encouraged to shower and change clothing immediately upon returning home. If locker rooms or meeting rooms are used, there must be a minimum distance of 3 feet between each individual at all times.</p> <p>Athletic Training facilities may be utilized if adhering to the cleaning, occupancy limits,</p> |
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| | | occupancy limits, and physical distancing. | and physical distancing. |
| Weight Rooms | No athletics or activities are permitted in HPCON C. | <p>Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.</p> <p>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.</p> | <p>Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.</p> <p>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 wiped down after each use.</p> |
| Physical Activity, Physical Education and Athletic Equipment & Clothing | No athletics or activities are permitted in HPCON C. | Per standard pre-COVID-19 pandemic practices, occupants of the schools are responsible for cleaning and disinfecting commonly touched surfaces and objects before or after each use including PE equipment and sports equipment of DoDEA School COVID-19 Operational Guidelines and | Per standard pre-COVID-19 pandemic practices, occupants of the schools are responsible for cleaning and disinfecting commonly touched surfaces and objects before or after each use including PE equipment and sports equipment of DoDEA School COVID-19 Operational Guidelines and Protocols. |

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| | | <p>Protocols.</p> <p>There should be no shared athletic or physical education equipment (towels, clothing, shoes, or sports specific equipment) between students. Equipment should be cleaned after every use.</p> <p>Students should bring their own water bottle for their personal use. (pg. 9 of DoDEA Ensure, Safe & Healthy Return).</p> <p>Students should wear their own 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/physical education equipment are permissible, but the equipment should be cleaned prior to use by the next individual. Recommend disinfecting all equipment between each group's usages.</p> <p>Physical contact such as high-fives, fist</p> | <p>There should be limited shared athletic or physical education equipment and frequent cleaning of equipment should occur. When possible, students should wear gloves and practice good hygiene habits, (i.e handwashing, no spitting, no high fives, no handshakes and avoid face touching etc).</p> <p>Towels, clothing, shoes, or sports specific equipment should not be shared between students and, should be washed after every work out.</p> <p>Low to moderate risk sports, activities, workouts, practices and games are permissible.</p> <p>Some high risk sports, activities, workouts, practices and games are permissible. Please review the high risk section.</p> |
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| | | bumps, and hugs should not be allowed. | |
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| General Activity Description | Individual Skill Development and Workouts: Maintain Physical Distancing, No Contact with Others & No Sharing of Equipment |
| Lower Infection Risk Activities *Approved in DoDEA under HPCON B | <p>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.</p> |

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| | HPCON C (Substantial) Phase 0/1 | HPCON B (Moderate) Phase 2 | HPCON A (Limited) Phase 3 |
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| Cross Country | <p>No athletics or activities are permitted in HPCON C.</p> | <p>Runners should maintain at least 6 feet of distancing between individuals, with no grouping (i.e., starts and finishes).</p> | <p>Runners should maintain at least 3 feet of distancing between individuals when possible.</p> <p>Hand sanitizer should be available for participants before and after each event.</p> |
| Track & Field | <p>No athletics or activities are permitted in HPCON C.</p> | <p>Runners should maintain at least 6 feet of distancing between individuals, with no grouping (i.e., starts and finishes). No sharing of</p> | <p>Runners should maintain at least 3 feet of distancing between individuals. Limit sharing of equipment when possible. Padded equipment should be cleaned</p> |

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| | | implements / equipment. Padded equipment should be cleaned after each use by an athlete. | after each use by an athlete. Hand sanitizer should be available for participants before and after each event. |
| Swimming | No athletics or activities are permitted in HPCON C. | Relays must maintain physical distancing of 6 feet. | Relays must maintain physical distancing of 3 feet. Hand sanitizer should be available for participants before and after each event. |
| Golf | No athletics or activities are permitted in HPCON C. | Maintain appropriate physical distancing 6 feet apart. | Maintain appropriate physical distancing 3 feet apart. Hand sanitizer should be available for participants before, during and after each round. |
| Tennis | No athletics or activities are permitted in HPCON C. | 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. | Players may do individual, group or team drills and games. Wipe down racket and equipment after each use. Matches are permissible. Hand sanitizer should be available for participants before and after each event. |

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| <p>Forensics/Debate</p> | <p>No athletics or activities are permitted in HPCON C.</p> | <p>Social distancing of 6 feet should be practiced in all clubs and activities, which may include smaller groups that allow greater space between students. Clubs and activities that require or encourage students to be in close proximity or considered high risk should not be held at this time.</p> | <p>Social distancing of 3 feet should be practiced in all clubs and activities, which may include smaller groups that allow greater space between students.</p> <p>Hand sanitizer should be available for participants before and after each event.</p> |
| <p>Scholastic Bowl/Spelling Bees</p> | <p>No athletics or activities are permitted in HPCON C.</p> | <p>Social distancing of 6 feet should be practiced in all clubs and activities, which may include smaller groups that allow greater space between students. Clubs and activities that require or encourage students to be in close proximity or considered high risk should not be held at this time.</p> | <p>Social distancing of 3 feet should be practiced in all clubs and activities, which may include smaller groups that allow greater space between students.</p> <p>Hand sanitizer should be available for participants before and after each event.</p> |

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| <p>General Activity Description</p> | <p>Individual Skill Development and Workouts: Maintain Physical Distancing, No Contact with Others and No Sharing of Equipment</p> |
| <p>Moderate Infection Risk Activities</p> <p>***Actual game play not approved in DoDEA under HPCON B***</p> | <p>Activities/sports with intermittent close contact, group activities/sports or sports that use equipment that can't be cleaned between participants are moderate risk.</p> <p>Note: Volleyball*, Baseball*, Softball*, Gymnastics* and Soccer* could potentially be considered "Lower Infection Risk" with appropriate cleaning of equipment, mitigation protocols and use of face coverings by participants .</p> |

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| | <p>HPCON C (Substantial) Phase 0/1</p> | <p>HPCON B (Moderate) Phase 2</p> | <p>HPCON A (Limited) Phase 3</p> |
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| <p>Volleyball</p> | <p>No athletics or activities are permitted in HPCON C.</p> | <p>Permitted activities include conditioning, individual ball handling drills and each player having their own ball. A player should not use a volleyball that others touch or hit in any manner.</p> <p>Players should use disinfectant before, during and after workouts, whenever appropriate, including after coming into contact with other players, coaches, or shared equipment.</p> | <p>Permitted activities include conditioning, individual and team ball handling drills, practice and games.</p> <p>Appropriate social distancing of 3 feet will need to be maintained on sidelines/bench during contests and events.</p> <p>Hand sanitizer should be available for participants before and after each event.</p> |
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| | | Only allow group practice if it can be completed in accordance with 6 feet social distancing and equipment sharing recommendations. | |
| Field Hockey | No athletics or activities are permitted in HPCON C. | Permitted activities include conditioning, individual drills and each player having her own ball. A player should not use a field hockey ball that others touch in any manner. All equipment should be cleaned after each use and should not be shared. | Permitted activities include conditioning, individual and team drills, practice and games. Players should have their own equipment. Appropriate social distancing of 3 feet will need to be maintained on sidelines/bench during contests and events. Hand sanitizer should be available for participants before and after each event. |
| 7 on 7 Football | No athletics or activities are permitted in HPCON C. | Permitted activities include conditioning, individual drill or skill development exercises. All equipment and event apparatus should be cleaned after each athlete uses equipment. Football will not be passed between players. | Permitted activities include conditioning, individual and team ball handling drills, practice and games. Flag system play only, no touch. Appropriate social distancing of 3 feet will need to be maintained on sidelines/bench during contests and events. Hand sanitizer should be available for participants before and after each event. |
| Gymnastics | No athletics or activities are permitted | Permitted activities include conditioning, individual drills or skill | Permitted activities include conditioning, individual practice and meet. Individuals |

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| | in HPCON C. | development exercises. All equipment and event apparatus should be cleaned after each athlete uses equipment. No chalk bowls are allowed. | <p>should have their own chalk. Equipment should be wiped down after each use.</p> <p>Appropriate social distancing of 3 feet will need to be maintained on sidelines/bench during contests and events.</p> <p>Hand sanitizer should be available for participants before and after each event.</p> |
| Soccer | No athletics or activities are permitted in HPCON C. | Permitted activities include conditioning, individual drills or skill development exercises with each player having their own ball, feet only play. | <p>Permitted activities include conditioning, individual and team ball handling drills, practice and games.</p> <p>Appropriate social distancing of 3 feet will need to be maintained on sidelines/bench during contests and events.</p> <p>Hand sanitizer should be available for participants before and after each event.</p> |
| Baseball | No athletics or activities are permitted in HPCON C. | Permitted activities include conditioning, individual drills, skill development and tee work. Players should not share gloves, helmets or bats or throw a baseball that will be tossed among the team. A single | Permitted activities include conditioning, individual and team drills, practice and games. Players should have their own equipment (helmet & glove) when possible; bats should be wiped down after |

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| | | <p>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.</p> <p>No more than 5 individuals are permitted in the dugout at a given time.</p> | <p>each use.</p> <p>Appropriate social distancing of 3 feet will need to be maintained on sidelines/bench during contests and events.</p> <p>Hand sanitizer should be available for participants before and after each event.</p> |
| Softball | No athletics or activities are permitted in HPCON C. | <p>Permitted activities include conditioning, individual drills, skill development and tee work. Players should not share gloves, helmets 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 catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.</p> <p>No more than 5 individuals are permitted in the dugout at a given time.</p> | <p>Permitted activities include conditioning, individual and team drills, practice and games. Players should have their own equipment (helmet & glove) when possible; bats should be wiped down after each use.</p> <p>Appropriate social distancing will need to be maintained on sidelines/bench during contests and events.</p> <p>Hand sanitizer should be available for participants before and after each event.</p> |
| Basketball | No athletics or activities are permitted in HPCON C. | <p>Permitted activities include conditioning, individual drills and skill development. No contact or sharing of balls. A player may shoot with a</p> | <p>Permitted activities include conditioning, individual and team ball handling drills, practice and games.</p> |

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| | | <p>ball(s), but a team should not practice/pass a basketball among the team where multiple players touch the same ball.</p> | <p>Appropriate social distancing will need to be maintained on sidelines/bench during contests and events.</p> <p>Hand sanitizer should be available for participants before and after each event.</p> |
| Theatre | <p>No activities are permitted in HPCON C.</p> | <p>For live performances, student thespians and audience members should be configured so CDC and other social distancing guidelines are observed. A good practice is to record the performance without an audience and share the recording with stakeholders.</p> <p>Social distancing of 6 feet should be practiced in all theatre activities which may include smaller groups that allow greater space between students.</p> | <p>For live performances, student thespians and audience members should be configured so CDC and other social distancing guidelines are observed.</p> <p>Social distancing of 3 feet should be practiced in all theatre activities which may include smaller groups that allow greater space between students.</p> <p>Hand sanitizer should be available for participants before and after each event.</p> |
| Clubs/Activities | <p>No athletics or activities are permitted in HPCON C.</p> | <p>Social distancing of 6 feet should be practiced in all clubs and activities, which may include smaller groups that allow greater space between students. Clubs and activities that require or encourage students to be</p> | <p>Social distancing of 3 feet should be practiced in all clubs and activities, which may include smaller groups that allow greater space between students.</p> |

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| | | in close proximity or considered high risk should not be held at this time. | Hand sanitizer should be available for participants before and after each event. |
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| General Activity Description | Individual Skill Development and Workouts: Maintain Physical Distancing, No Contact with Others and No Sharing of Equipment |
| Higher Infection Risk Activities ***No actual game activity approved in DoDEA under HPCON C or HPCON B, and limited game play for certain activities in HPCON A. | <p>Activities that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.</p> |

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| | HPCON C (Substantial) Phase 0/1 | HPCON B (Moderate) Phase 2 | HPCON A (Limited) Phase 3 |
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| Football | <p>No athletics or activities are permitted in HPCON C.</p> | <p>Permitted activities include conditioning, individual drills and skill development. 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>Permitted activities include conditioning, individual drills, small group drills, skill development, and practice without contact, adhering to social distancing and sanitation protocols. Game play not approved.</p> <p>Appropriate social distancing of 3 feet will need to be maintained on sidelines/benches during practices.</p> <p>Hand sanitizer should be available for</p> |
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| | | | <p>participants before and after each event. Protective equipment prohibited.</p> |
| Wrestling | No athletics or activities are permitted in HPCON C. | <p>Permitted activities include conditioning, mirror drills with spacing and skill development. No contact may occur. Wrestlers may skill and drill without touching a teammate adhering to at least 6 feet of physical distancing.</p> | <p>Permitted activities include conditioning, mirror drills with spacing and skill development. No contact may occur. Wrestlers may skill and drill without touching a teammate adhering to at least 3 feet of physical distancing.</p> <p>Hand sanitizer should be available for participants before and after each event.</p> |
| Boys Lacrosse | No athletics or activities are permitted in HPCON C. | <p>Permitted activities include conditioning, individual drills and skill development. Each player has his own equipment. A player should not use a lacrosse ball that others touch in any manner.</p> <p>Protective equipment prohibited.</p> | <p>Permitted activities include conditioning, individual drills, small group drills, skill development, practice and games adhering to social distancing and sanitation protocols.</p> <p>Appropriate social distancing will need to be maintained on sidelines/benches during practices.</p> <p>Hand sanitizer should be available for participants before and after each event. Protective equipment prohibited.</p> |
| | No athletics or activities are permitted | Permitted activities include | Permitted activities include conditioning, |

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| <p>Girls Lacrosse</p> | <p>in HPCON C.</p> | <p>conditioning, individual drills and skill development. Each player has her own equipment. A player should not use a lacrosse ball that others touch in any manner.</p> <p>Protective equipment prohibited.</p> | <p>individual drills, small group drills, skill development, practice and games adhering to social distancing and sanitation protocols.</p> <p>Appropriate social distancing will need to be maintained on sidelines/benches during practices.</p> <p>Hand sanitizer should be available for participants before and after each event. Protective equipment prohibited.</p> |
| <p>Competition Cheerleading</p> | <p>No athletics or activities are permitted in HPCON C.</p> | <p>Permitted activities include conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance and tumbling without contact are permissible as long as there is at least 6 feet of physical distancing.</p> <p>No sharing or exchanging of pom poms, megaphones, or signage.</p> | <p>Permitted activities include conditioning and individual technique/choreography work. Students may not practice/perform partner or group stunts. Chants, jumps, dance and tumbling without contact are permissible as long as there is at least 3 feet of physical distancing. No sharing or exchanging of pom poms, megaphones, or signage.</p> <p>Appropriate social distancing will need to be maintained during practices.</p> <p>Hand sanitizer should be available for participants before and after each event.</p> |

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| <p>Music Equipment</p> | <p>No shared or in person music activities are permitted in HPCON C.</p> | <p>There should be no shared musical equipment (drumsticks, mallets, mouthpieces, reeds, bows, instruments, etc.) between students. Percussion equipment (timpani, marimba, etc.) that is struck with an implement (sticks/mallets) can be shared, but physical contact should be avoided.</p> <p>Before musical instruments are issued or reissued, they should be cleaned and mouthpieces should be sprayed with a germicide for wind instruments (mouthpiece spray).</p> | <p>There should be no shared musical equipment (drumsticks, mallets, mouthpieces, reeds, bows, instruments, etc.) between students. Percussion equipment (timpani, marimba, etc.) that is struck with an implement (sticks/mallets) can be shared, but physical contact should be avoided.</p> <p>Before musical instruments are issued or reissued, they should be cleaned and mouthpieces should be sprayed with a germicide for wind instruments (mouthpiece spray).</p> |
| <p>Instrumental and Vocal Music</p> | <p>No shared or in person activities are permitted in HPCON C.</p> | <p>Social distancing of 6 feet should be practiced in music classrooms, which may include smaller ensembles that allow space between students. For example, chamber ensembles, sectionals, or other ensemble configurations should be utilized.</p> <p>Singing should occur outdoors and/or in large well ventilated spaces with proper distancing of 6 feet.</p> <p>The CCRSA Music Standards focus on</p> | <p>Social distancing of 3 feet should be practiced in music classrooms, which may include smaller ensembles that allow space between students. For example, chamber ensembles, sectionals, or other ensemble configurations should be utilized.</p> <p>Singing should occur outdoors and/or in large well ventilated spaces with proper distancing of 3 feet.</p> |

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| | | <p>more than just ensemble performance. As such, other musical processes (create, respond and connect) can serve as the focus of face-to-face musical instruction. Music performance skills can be worked on in the home and teachers should provide guidance.</p> | <p>The CCRSA Music Standards focus on more than just ensemble performance. As such, other musical processes (create, respond and connect) can serve as the focus of face-to-face musical instruction. Music performance skills can be worked on in the home and teachers should provide guidance.</p> |
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Additional Resources / Links / Signage:

[DoDEA Ensure to Safe & Healthy Return to School](#)

[DoDEA Operational Guidelines](#)

[Aspen Project Play](#)

[Virginia High School League](#)

[CDC Considerations for Youth Sports](#)

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

[NAfME Music Education Guidance](#)

[NFHS Guidance for Opening Up High School Athletic and Activities](#) [NCAA Core Principles of Resocialization of Collegiate Sport](#)

[NFHS Guidance for Returning to High School Marching Band Activities](#)

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

Additional Guidelines:

<https://www.thsada.com/summer-sc-plans/>

https://www.cifstate.org/covid-19/6.12.20_release

<https://www.nchsaa.org/news/2020-6-8/nchsaa-summer-guide-reopening-sportsactivities>

http://www.nysphsaa.org/Portals/0/COVID%2019/NYSPHSAA%20Summer%20Guidance%2006_26_20.pdf

<https://drive.google.com/file/d/1WEPr-pYj4mLH0wbCzOa3DYMeRPWc8A-b/view?usp=sharing>

