



## MJC ATHLETICS RETURN TO CAMPUS

Modesto Junior College (MJC) is approved to hold Varsity Student-Athlete's classes on campus in a conditioning capacity safely following protocols outlined in the document labeled, "MJC Athletics Return to Campus". [County Approved Protocol for On Campus CONDITIONING CLASSES 10.7.2020D.pdf](#) and Higher Education guidelines.

MJC will continue to offer Varsity classes in a conditioning capacity in Spring 2021 while adhering to the county color codes.

**Class activity will be determined by the color Stanislaus County at any given time during the semester.**

Some sports do not need to change or alter how they are currently conditioning in the purple tier in order to practice or have intersquad. These sports are:

- Cross Country
- Track & Field
- Golf
- Swim
- Tennis

### PRACTICE/COMPETITIONS

MJC request consideration to add Practice/Competition in accordance with the color tier while following the established state, local and college protocols. This information below outlines protocols that will be followed when athletics is determined to be able to return to practice and then eventually competition (games/events/matches/meets).

**GUIDING PRINCIPLES FOR SAFE RETURN TO PRACTICE AND/OR COMPETITION \*The most current and updated documents will be used as they are released to guide the safe return to practice and competition.**

#### 1. Health and Safety

The safety of MJC student-athletes, coaches, and staff is paramount and those considerations shall guide the plan to reopen campus and prepare to host intercollegiate practices and competitions.

#### 2. Fairness and Safety

MJC is committed to the fair and safe conduct of all athletic events.



**3. CCCAA Guidance**

The CCCAA document, “COVID-19 CCCAA Information” is the guiding document for all member institutions in return to athletics. [COVID-19/CCCAA Information - CCCAA \(ccaasports.org\)](https://www.cccaasports.org)

**4. CCCATA Guidance**

The CCCATA document, “COVID-19 Workgroup” is the guiding document for all member institutions in return to athletics. [COVID-19 Resources | California Community College Athletic Trainers Association \(cccata.org\)](https://www.cccata.org) This information outlines a process to develop institutional policies based on current best practices and current evidence as organizations address safe return to athletics.

**5. California Department of Public Health Guidance**

[Guidance Higher Education](https://www.cdph.ca)

**C – Conditioning** (MJC student athletes participate in conditioning exercises, socially distanced in pods, no contact and no shared use of equipment)

**P – Practice** (MJC student athletes prepare for season to start, no other schools involved)

**I - Intrasquad Competition** (MJC student athletes compete against themselves in practice, no other schools involved)

**S - Scrimmage Competition** (MJC student athletes compete against other schools on a limited basis, 2-5 contacts)

**G – Game Competition** (MJC student athletes compete against other schools, full game schedule)

**Guidelines:**

- No competition with other schools in High Risk sports
- Scrimmage and/or Game Competitions are only possible for Low Risk sports in Orange tier
- Scrimmage and/or Game Competitions are only possible for Medium Risk sports in Yellow tier
- No spectators until out of Yellow Tier
- Once the new IHE document is released we can use the new classification of sport risk according to the NCAA guidelines released 11/13/2020



	Risk Level	<b>"Deep Purple"</b> <i>In line with the stay-at-home order</i>	<b>Purple</b> Widespread (purple): <b>Closed for indoor lectures and student gatherings</b>	<b>Red</b> Substantial (red): <b>Capacity for indoor lectures and student gatherings must be limited to 25% or 100 people, whichever is less</b>	<b>Orange</b> Moderate (orange): <b>Capacity for indoor lectures and student gatherings must be limited to 50% or 200 people, whichever is less</b>	<b>Yellow</b> Minimal (yellow): <b>Capacity for indoor lectures and student gatherings must be limited to 50%.</b>
<b>SPRING 1</b>						
Football	H	No activity	C	C	C,P	C,P,I
Wrestling	H	No activity	C	C	C,P	C,P,I
Basketball	H	No activity	C	C	C,P	C,P,I
Water Polo	H	No activity	C	C	C,P	C,P,I
Soccer	H	No activity	C	C	C,P	C,P,I
Volleyball	H	No activity	C	C	C,P	C,P,I
Cross Country	M	No activity	C	C,P	C,P,I	C,P,I,S,G
W Golf	L	No activity	C,P,I	C,P,I	C,P,I,S,G	C,P,I,S,G
<b>SPRING 2</b>						
Baseball	M	No activity	C	C,P	C,P,I	C,P,I,S,G
Softball	M	No activity	C	C,P	C,P,I	C,P,I,S,G
Track	L	No activity	C,P,I	C,P,I	C,P,I,S,G	C,P,I,S,G
Tennis	L	No activity	C,P,I	C,P,I	C,P,I,S,G	C,P,I,S,G
Swimming	L	No activity	C,P,I	C,P,I	C,P,I,S,G	C,P,I,S,G
M Golf	L	No activity	C,P,I	C,P,I	C,P,I,S,G	C,P,I,S,G



## Practice Guidelines

- a. Conducting workouts in “pods” of the same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- b. Health screening and temperature checks prior to any workout/practice.
- c. Keep accurate records of who attends practice – days and times.
- d. Athletes bring their own water bottle/jug labeled with name.
- e. Maintain static small groups/pods when possible.
- f. Non-essential personnel will not be at practices.
- g. Face coverings will be worn by coaches and essential personnel unless social distancing guidelines are being met.
- h. Players will wear masks at all times, if unable to social distance, except during strenuous exercise.
- i. Coaches shall use an electric whistle or megaphone whenever possible to help with social distancing.
- j. Athletes will not share equipment (foam rollers, thera-bands, etc.) unless equipment has been fogged/cleaned and sanitized by approved guidelines. Water bottles/food utensils will not be shared. Balls will be cleaned according to manufacturer’s guidelines.
- k. Ideally, team meetings will be held virtual whenever possible.

## MJC Practice Guidelines

1. Some sports do not need to change or alter how they are currently conditioning. These sports are:
  - Cross Country
  - Track & Field
  - Golf
  - Swim
  - Tennis
2. Sport-by-Sport Safety Protocols Located within this Document
  - a. Fall & Winter Sports (Spring 1)
    - Football
    - Volleyball
    - Soccer
    - Cross Country
    - Golf
    - Water Polo
    - Wrestling
    - Basketball
  - b. Spring Sports (Spring 2)
    - Baseball
    - Softball
    - Golf



- Swim
- Tennis
- Track & Field

### **MJC Competition Guidelines**

3. Adherence to local, state and federal guidelines regarding travel  
[Travel Advisory \(ca.gov\)](#)
4. Continue the COVID-19 MJC Action Team
5. Mandatory COVID-19 Game Day Screening
6. Positive COVID-19 Tracing & Reporting for Competition & Action Plan for Positive COVID-19 Cases/Exposures on Campus
  - a. Contact Tracing
    - i. Exposure: any individual within 6 feet of an infected person for at least 15 minutes of confirmed or probable COVID-19 clients
    - ii. Testing is recommended for all exposures of confirmed or probable COVID-19 patient
    - iii. If testing is not available, symptomatic exposures will be advised to self-isolate and be managed as a probable COVID-19 case
    - iv. If testing is not available, asymptomatic exposures will be advised to self-quarantine and be monitored for 14 days after their last exposure, with linkage to clinical care for those who develop symptoms.
  - b. Each school shall designate an area to isolate student-athletes who test positive or are suspected positives of COVID-19.
  - c. Each school shall designate an area to quarantine student-athletes who have had exposure with a person who has tested positive or are a suspected positive of COVID-19
  - d. Each institution's contact tracer will report (via email/phone call) confirmed positive COVID-19 case to all opponent's contact tracer and to the Commissioner. (The Commissioner will contact the coordinator of the officials to notify the officials of the game of an exposure.)
  - e. Information will include the start date of symptoms, date of diagnosis, and sport (adhering to all FERPA & HIPAA laws).
7. Competition Sport-by-Sport Safety Protocols Located in Appendix B
  - c. Fall & Winter Sports (Spring 1)
    - Football
    - Volleyball
    - Soccer
    - Cross Country
    - Golf
    - Water Polo
    - Wrestling
    - Basketball
  - d. Spring Sports (Spring 2)
    - Baseball
    - Softball



Golf  
Swim  
Tennis  
Track & Field

8. Locker Rooms/Restroom Facilities

- a. Team must have access to restroom facilities for competitions. Every effort will be made for visiting teams to be dressed and ready for competition prior to arrival at host school.
- b. Adhere to state/county/institutional policy for usage; cleaning before and after each usage; suggestions include staggered use by teams of locker rooms; schedule consistent groupings and rotations of students in locker rooms; clothes cleaned after use; equipment cleaned before storing.
- c. Prior to visiting teams arriving, locker rooms or designated room shall be thoroughly sanitized; adequate locker room or classroom space is provided; the visiting team must clean up the locker room or designated classroom area to decrease contact with saliva and respiratory droplets.

9. Athletic Training Facilities

Considerations shall be made for pre-event and post-event care for visiting teams regarding the usage of the home teams' athletic training facility.

- i. Determine times for availability/use of AT facility
- ii. Consider treating visiting team on their sideline/in their team room to limit exposures

10. Handshakes

For the purpose of limiting exposure and physical contact, pre-game and post-game handshakes are prohibited

11. Concessions (once we are no longer in the yellow tier)

- a. Follow CDC guidelines
- b. Consider only bottle drinks and pre-packaged items.

12. Transportation

MJC will have a contingency plan in place to transport symptomatic student-athletes that need to be quarantined while on the road/opposing site.

[Travel Advisory \(ca.gov\)](#)

13. Competition Scheduling/Contracts

- a. Scheduling only conference opponents to reduce travel.
- b. Allow for competitions to take longer due to safety/sanitization protocol.
- c. Scheduling only one competition per week where appropriate.
- d. Schedule alternate game nights for various sports to minimize exposures.
- e. Only dual matches will be scheduled at this time to limit exposures and to help with contact tracing.
- f. Testing needs to be done per game protocol. Testing should also be addressed with officials, travel personnel and as always student-athletes and staff.

14. Admission/Ticketing-If spectators are allowed to attend events (When out of the yellow tier)

- a. Cashless admission utilizing digital tickets.
- b. Plexi-glass barriers.



## Appendix A

### COVID-19 Testing Strategy Summary

- This is not an interpretation, rather a summary of the of the CA Department of Public Health (CADPH) Guidance for Institutions of Higher Education and the NCAA Re-Socialization of Collegiate Sport Document. These guidelines align with the COVID-19 Industry Guidance: Institutions of Higher Education as the standard we must follow. These strategies could change as new guidelines from the state of California and the NCAA are updated. It is the responsibility of each member institution to consult and maintain currency with the most recent federal, state, county and local guidelines often, as COVID-19 research and recommendations may and will change.
- Institutions of higher education and athletic departments are expected to follow standards adopted by the NCAA, including the NCAA’s guidelines for resocialization of sports, and/or their athletic conference, as applicable. To the extent those guidelines or local health department guidelines impose additional restrictions or requirements beyond this guidance, are stricter than these guidelines, institutions of higher education and athletic departments must adhere to the stricter requirements.<sup>1</sup>
- Those who fall under relevant individuals who need regular testing of athletes is student-athletes, coaches, athletic trainers, medical staff, equipment staff and officials.<sup>4-5</sup>

#### NCAA Sport Risk Classification<sup>5</sup>

High Transmission Risk Outdoor – football, water polo

High Transmission Risk Indoor – basketball, volleyball, wrestling, water polo, badminton\*

Intermediate Transmission Risk – soccer, baseball, softball

Low Transmission Risk – beach volleyball, golf, swimming and diving, tennis, cross country, track and field

*\*not listed on NCAA sport classification*

- “Out-of-Season Athletic Activities” are defined as programs choosing not to participate in competition, and are maintaining physical distancing and wearing face coverings during athletic workouts.<sup>3-4</sup>
- If physical distancing and/or face coverings are not observed, a program must follow in-season testing protocol.<sup>3-4</sup>

#### Testing Strategies

##### **Low Transmission Risk Sports**

Prior to participation	All student-athletes and personnel must complete baseline PCR test <sup>1-2</sup>
Out-of-Season Athletic Activities	**Surveillance PCR testing, <sup>1</sup> for example, 25%-50% of student-athletes and personnel every 1-2 weeks, <sup>5</sup> plus additional testing for symptomatic and high contact risk individuals <sup>2</sup> or by daily antigen testing <sup>1</sup>
In-Season (Pre-Season, Regular Season)	**Surveillance PCR testing, <sup>1</sup> for example, 25%-50% of student-athletes and personnel every 1-2 weeks, <sup>5</sup> plus additional testing for symptomatic and high contact risk individuals <sup>2</sup> or by daily antigen testing <sup>1</sup>

**\*\* In accordance with the IHE document**



### Intermediate Transmission Risk Sports

Prior to participation	All student-athletes and personnel must complete baseline PCR test <sup>1-2</sup>
Out-of-Season Athletic Activities	Surveillance PCR testing, <sup>1</sup> for example, 25%-50% of student-athletes and personnel every 1-2 weeks, <sup>5</sup> plus additional testing for symptomatic and high contact risk individuals <sup>2</sup> or by daily antigen testing <sup>1</sup>
In-Season (Pre-Season, Regular Season)	Surveillance PCR testing, <sup>1</sup> for example, 25%-50% of student-athletes and personnel every 1-2 weeks, <sup>5</sup> plus additional testing for symptomatic and high contact risk individuals <sup>2</sup> or by daily antigen testing <sup>1</sup>

### High Transmission Risk Sports

Prior to participation	All student-athletes and personnel must complete baseline PCR test. <sup>1-2</sup>
Out-of-Season Athletic Activities	Surveillance PCR testing, <sup>1</sup> for example, 25%-50% of student-athletes and personnel every 1-2 weeks, <sup>5</sup> plus additional testing for symptomatic and high contact risk individuals <sup>2</sup> or by daily antigen testing <sup>1</sup>
Pre-Season	Testing 100% of student athletes and personnel weekly by PCR testing, <sup>3</sup> or by daily antigen testing <sup>1</sup>
In-Season (Outdoor sports)	<p>Testing 100% of student athletes and personnel weekly by PCR testing,<sup>3</sup> or by daily antigen testing.<sup>1</sup></p> <p><b>**Competition testing is also required 48 hours <u>before every</u> contest.<sup>1</sup></b></p> <p>Competition testing may account for the weekly testing but has to be done 48 hours before every contest.<sup>1</sup> Daily antigen testing could be used to satisfy competition testing requirements.</p>
In-Season (Indoor sports)	<p>Testing 100% of student athletes and personnel weekly PCR three times per week on nonconsecutive days<sup>3</sup> (**or daily antigen<sup>1</sup>). This testing procedure would begin one week before the first competition.<sup>2-3</sup></p> <p><b>**Competition testing is also required 48 hours <u>before every</u> contest.<sup>1</sup></b></p> <p>Competition testing may account for the weekly testing but has to be done 48 hours before every contest.<sup>1</sup> Daily antigen testing could be used to satisfy competition testing requirements.</p> <p><b><u>Volleyball and badminton only:</u><sup>5</sup></b> If all training and competition are done with face coverings and adherence to infection risk mitigation, then testing can be considered in a manner consistent with intermediate transmission risk sports<sup>4-5</sup></p> <p><b><u>Basketball and wrestling only:</u><sup>5</sup></b></p> <p><b>Basketball (more than 1 game and 1 team per week):</b> Follow High Risk Indoor testing strategy</p> <p><b>Basketball (1 or 2 games per week with same team, not separated by more than one day):</b> Follow High Risk Outdoor testing strategy, but PCR test must be within 48 hours before scheduled game<sup>1</sup> or if 2 games, 48 hours<sup>1</sup> before second game.<sup>5</sup></p>





	<b>Wrestling:</b> Follow High Risk Outdoor testing strategy, but PCR test must be within 48 hours <sup>1</sup> before scheduled meet <sup>1</sup> or if 2 meets, 48 hours <sup>1</sup> before second meet. <sup>5</sup>
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**\*\*In accordance with the IHE document**

*"The CDC does not recommend repeat surveillance testing for infected individuals within the 90-day window following infection. However, these individuals should continue to follow all risk mitigation strategies. If such individuals develop COVID-19 symptoms during this 90-day window, testing should be considered if an infectious disease or infection control expert cannot account for another explanation for the symptoms."<sup>5</sup>*

**References**

1. California Department of Public Health, COVID-19 Industry Guidance: Institutions of Higher Education. September 30, 2020. <https://files.covid19.ca.gov/pdf/guidance-higher-education--en.pdf>
2. Resocialization of Collegiate Sport: Developing Standards for Practice and Competition. August 14, 2020. <http://www.ncaa.org/sport-science-institute/resocialization-collegiate-sport-developing-standards-practice-and-competition>
3. Principles of Resocialization of Collegiate Basketball and Testing Considerations for All Sports. September 25, 2020. <http://www.ncaa.org/sport-science-institute/core-principles-resocialization-collegiate-basketball>
4. FAQ: Principles of Resocialization of Collegiate Basketball and Testing Considerations for All Sports. October 12, 2020. <http://www.ncaa.org/sport-science-institute/faq-principles-resocialization-collegiate-basketball-and-testing-considerations-all-sports>
5. Resocialization of Collegiate Sport: Developing Standards for Practice and Competition, Second Edition. November 13, 2020. [https://ncaaorg.s3.amazonaws.com/ssi/COVID/SSI\\_ResocializationDevelopingStandardsSecondEdition.pdf](https://ncaaorg.s3.amazonaws.com/ssi/COVID/SSI_ResocializationDevelopingStandardsSecondEdition.pdf)



## Appendix B

SPORT (Spring 1)	Practice	Event/Game/Competition
Football	Surveillance PCR testing, <sup>1</sup> for example, 25%-50% of student-athletes and personnel every 1-2 weeks, <sup>5</sup> plus additional testing for symptomatic and high contact risk individuals <sup>2</sup> or by daily antigen testing <sup>1</sup>	<p><b>a. Team Box</b></p> <ul style="list-style-type: none"> <li>i. The team box has been extended on both sides of the field to the 15-yard lines.</li> <li>ii. Always maintain social distancing of six feet while in the team box.</li> <li>iii. Do not share uniforms, towels and other apparel and equipment.</li> </ul> <p><b>b. Balls</b></p> <ul style="list-style-type: none"> <li>i. The football should be cleaned and sanitized before, throughout and after each competition as recommended by the ball manufacturer.</li> <li>ii. The game ball holders must wear a mask at all times while on the field.</li> </ul> <p><b>c. Tooth and Mouth Protectors</b></p> <ul style="list-style-type: none"> <li>i. Tooth and mouth protectors should be cleaned and sanitized after each practice and competition.</li> <li>ii. Should never be shared</li> <li>iii. Should be handled as few times as possible with your hands. Keep them in your mouth.</li> </ul> <p><b>d. Charged Timeouts and Authorized Conferences (See if there is guidance from CCCAA)</b></p> <ul style="list-style-type: none"> <li>i. All charged time-outs will be two minutes in length. This is to facilitate proper individual hydration getting individual water bottles to players and for coaching. Per rule, play may resume earlier if both teams are ready for play.</li> <li>ii. Limit player personnel in the time-out huddle. (It will be permissible for more than one coach to be involved in these conferences.)</li> </ul> <p><b>e. Pregame Conference, Coin Toss and Overtime Procedures</b></p> <ul style="list-style-type: none"> <li>i. For the coin toss, limit attendees to the referee, umpire and no more than one representative from each team.</li> <li>ii. No handshakes prior to and following the coin toss.</li> <li>iii. Maintain social distancing while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, individuals handling the balls during the game and team personnel.</li> <li>iv. For the overtime procedure, please use the same procedures as used at the start of the contest for the coin toss.</li> </ul>



		<p><b>f. Officials Uniform and Equipment</b></p> <ul style="list-style-type: none"> <li>i. Officials will be required to have their mask on before the snap of each play. Officials may remove the mask as they move toward the play or action in a live ball scenario.</li> <li>ii. Best scenario is to provide a separate room for officials that is large enough to allow social distancing of six feet and allow officials access to a shower.</li> <li>iii. Any food/beverages provided to officials should be prepackaged/bottled or ask officials to bring their own.</li> <li>iv. Officials should use an electric whistle.</li> </ul> <p><b>g. Chain Crew</b> The line-to-gain crew should always wear face coverings.</p> <p><b>h. Media</b></p> <ul style="list-style-type: none"> <li>i. Follow the guidelines and stay out of the player box and coaches box areas of the field. Therefore, media should not be on the sideline from the 15-yard line to the opposite 15-yard line.</li> <li>ii. Face coverings should be worn when social distancing guidelines cannot be met.</li> </ul> <p><b>i. Press Box</b></p> <ul style="list-style-type: none"> <li>i. Masks should be worn if social distancing of six feet cannot be maintained.</li> <li>ii. Limit to essential team game management personnel which includes (please consider using less personnel and giving multiple roles):             <ol style="list-style-type: none"> <li>1. Official Scorer</li> <li>2. Scoreboard Operator</li> <li>3. Public Address Announcer</li> <li>4. Spotters</li> <li>5. Home Team Coaches</li> <li>6. Visiting Team Coaches</li> </ol> </li> <li>iii. VIP Box is not deemed essential personnel and will need to find an alternative location.</li> </ul>
Volleyball	Surveillance PCR testing, <sup>1</sup> for example, 25%-50% of student-athletes and personnel every 1-2 weeks, <sup>5</sup> plus additional testing for symptomatic and high contact risk individuals <sup>2</sup> or by daily antigen testing <sup>1</sup>	<p><b>a. Pre-match</b></p> <ul style="list-style-type: none"> <li>i. Limit attendees to one player/captain from each team, first referee and second referee.</li> <li>ii. Pre-match conference should ensure individuals maintain a social distance of six feet.</li> </ul> <p><b>b. Team Benches</b></p> <ul style="list-style-type: none"> <li>i. Suspend the protocol of teams switching benches between sets. -Per state association approval</li> </ul>



	<p>1. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present.</p> <p>2. Benches must be sanitized in the event teams switch benches.</p> <p>ii. Limit bench personnel to observe social distancing of six feet.</p> <p>iii. Limit bench occupants to essential personnel.</p> <p><b>c. Deciding Set Procedures</b> - Deciding set coin-toss should ensure individuals maintain a social distance of six feet.</p> <p><b>d. Substitution Procedures</b>- Maintain social distancing of six feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.</p> <p><b>e. Officials Table</b></p> <p>i. Masks should be worn if social distancing of six feet cannot be maintained.</p> <p>ii. Limit to essential home team game management personnel which includes (please consider using less personnel and giving multiple roles):</p> <ol style="list-style-type: none"><li>1. Official Scorer</li><li>2. Libero Tracker/Spotter</li><li>3. Clock Operator</li><li>4. Public Address Announcer</li><li>5. Official Statistician</li><li>6. Spotter for Statistician</li><li>7. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.</li></ol> <p><b>f. Pre and Post Match Ceremony</b> - Establish volleyball specific social distancing match protocols including the elimination of handshakes before and after the match.</p> <p><b>g. Ball Cleaning Info</b></p> <p>i. Many inquiries regarding how best to clean and/or sanitize volleyballs. In brief analysis, the use of sanitizing wipes inclusive of bleach or similar disinfectant have proven to be effective against emerging viral pathogens. However due to the porous surface of the leather and composite volleyballs, tests have not confirmed the ability to kill the novel coronavirus. When using the wipes, it is suggested to place the wipe in one hand while thoroughly rotating the ball to ensure cleaning of the entire surface.</p>
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		<p>ii. Once the entire surface has been cleansed, the ball will need to dry prior to being placed back in use. Please note due to the chemical properties in the wipes, some of the ink on the ball may be removed. Alcohol wipes have resulted in damage to the product and are not recommended at this time. iii. Please note this is not a recommended practice for regular use when the need for sanitizing volleyballs is not a concern.</p> <p><b>h. Ball rollers</b> should wear a face mask and clean the balls</p> <p><b>i. Officials Uniform and Equipment</b></p> <p>i. Officials will be required to have their mask on before play. Officials may remove the mask if they are able to social distance.</p> <p>ii. Officials should use an electric whistle.</p>
Soccer	<p>Surveillance PCR testing,<sup>1</sup> for example, 25%-50% of student-athletes and personnel every 1-2 weeks,<sup>5</sup> plus additional testing for symptomatic and high contact risk individuals<sup>2</sup> or by daily antigen testing<sup>1</sup></p> <p>Cleaning/Sanitizing</p> <ul style="list-style-type: none"> <li>i. Clothes/Uniforms (including pinnies) and towels cleaned/washed after each use.</li> <li>ii. Athletes should not share pinnies, towels or any other equipment/supplies. Label with names.</li> <li>iii. Shin guards cleaned/sanitized after each use by the athletes.</li> <li>iv. Balls cleaned/sanitized before and after each</li> </ul>	<p><b>a. Pregame Conference</b></p> <ul style="list-style-type: none"> <li>i. Limit attendees to head referee, assistant referee and a single captain from each team.</li> <li>ii. All individuals maintain a social distance of six feet.</li> <li>iii. Suspend handshakes prior to and following the Pregame Conference.</li> </ul> <p><b>b. Team Benches</b> - Extend team bench areas to the top of the penalty box. (18 yards from end line)</p> <p><b>c. Substitution Procedures</b> -Maintain social distancing of six feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line.</p> <p><b>d. Pre-Match and Post-Match Ceremonies</b></p> <ul style="list-style-type: none"> <li>i. Teams and officials must maintain six feet between each other for the pregame world cup introduction line.</li> <li>ii. Suspend pre-match and post-match handshakes.</li> </ul> <p><b>e. Officials Uniform and Equipment</b></p> <ul style="list-style-type: none"> <li>i. Line referees are not required to wear masks at all times; however, if approached by a player/coach they must a mask.</li> <li>ii. Officials should use an electric whistle.</li> </ul> <p><b>f. Balls</b> -The soccer ball should be cleaned and sanitized before, throughout and after each competition as recommended by the ball manufacturer.</p>



	<p>game. Also, during the game, ball holders can clean/sanitize balls.</p>	
<p>Cross Country</p>	<p>Surveillance PCR testing,<sup>1</sup> for example, 25%-50% of student-athletes and personnel every 1-2 weeks,<sup>5</sup> plus additional testing for symptomatic and high contact risk individuals<sup>2</sup> or by daily antigen testing<sup>1</sup>          Same as Conditioning  <a href="#">MJC Athletics Return to Campus Plan June 2020.pdf</a></p>	<p><b>a. Warmups</b></p> <ul style="list-style-type: none"> <li>i. Teams should stay together, do not intermingle with other schools.</li> <li>ii. No pre-race huddles.</li> <li>iii. Maintain social distancing of six feet.</li> <li>iv. Consider wearing masks other than times of physical exertion.</li> </ul> <p><b>b. Competition</b></p> <ul style="list-style-type: none"> <li>i. Finishing corrals are not allowed.</li> <li>ii. FAT timing is recommended, if there is no FAT timing system available, consider alternative means of finish place and time to address congestion at the finish line.</li> <li>iii. Starting boxes should be a minimum of six feet away from other teams starting boxes.</li> <li>iv. Course width should be a minimum of 5 meters (15 feet), it is highly recommended a course width be a minimum of 10 meters (30 feet).</li> <li>v. Limit the number of runners per race or entries per school. (Per meet director's and course decision)</li> <li>vi. Coaches should wear masks.</li> <li>vii. Face coverings are permitted for runners.</li> <li>viii. Consider having runners wear facemasks, in the starting box, until start of race and then remove.</li> <li>ix. Competitors may wear face covering prior to race starting and then take it off after race has started.</li> </ul> <p><b>c. Officials</b></p> <ul style="list-style-type: none"> <li>i. Follow social distancing guidelines during: Pre-Post Meet conferences with coaches; clerking at the start line; during tabulation of results.</li> <li>ii. Wear a face covering whenever possible. May want to consider a clear shield.</li> <li>iii. Bring personal hand sanitizer.</li> <li>iv. Bring their own water bottle.</li> <li>v. Do not share equipment.</li> <li>vi. Do not shake hands.</li> <li>vii. Use a megaphone or loudspeaker for commands</li> </ul>



		<p><b>d. Event Staff</b></p> <ul style="list-style-type: none"> <li>i. Wear face coverings whenever possible.</li> <li>ii. Bring personal hand sanitizer.</li> <li>iii. Use gloves when handling equipment.</li> <li>iv. Social distancing of six feet should be maintained.</li> <li>v. No shaking hands, hugging, high fives.</li> <li>vi. Limit contact with runners at finish line area.</li> </ul>
Golf	<p>Surveillance PCR testing,<sup>1</sup> for example, 25%-50% of student-athletes and personnel every 1-2 weeks,<sup>5</sup> plus additional testing for symptomatic and high contact risk individuals<sup>2</sup> or by daily antigen testing<sup>1</sup></p> <p>Same as Conditioning</p> <p><a href="#">MJC Athletics Return to Campus Plan June 2020.pdf</a></p> <p>Reach out in advance to golf facilities for practice rounds and competition for specific COVID related information.</p>	<p>**Reach out in advance to golf facilities for practice rounds and competition for specific COVID related information.</p> <p>**For bad weather, all teams should return to their school provided transportation rather than all teams congregating in the clubhouse.</p> <p><b>a. Spectators</b></p> <ul style="list-style-type: none"> <li>i. If there is a limit, make sure to communicate that in advance to the field so that they can communicate that to their players' families.</li> <li>ii. If spectators are allowed, make sure they know about the expectations from the venue and that they wear masks</li> <li>iii. Plan on having additional masks available if necessary</li> </ul> <p><b>b. Scoring/Awards</b></p> <ul style="list-style-type: none"> <li>i. Players will read their hole-by-hole scores to the official scoring table to limit the contact of scorecards.</li> <li>ii. Masks should be worn in indoor scoring areas. Outdoor scoring areas maintain a six feet distance apart.</li> <li>iii. All team and individual awards should be distributed to Head Coaches at the conclusion of scoring. No mass gathering award ceremonies.</li> </ul> <p><b>c. Scorecards/Rules Sheets</b></p> <ul style="list-style-type: none"> <li>i. These will be pre-assembled into packets, pre-round to be distributed to head coaches only.</li> <li>ii. All players in groups should be listed on each scorecard. Keep ALL players in your group's scores. Compare at the end prior to scoring.</li> </ul> <p><b>d. Pins/Rakes</b></p> <ul style="list-style-type: none"> <li>i. Courses where pins cannot be removed or touched, and bunker rakes are not available: (Lies in bunker may be improved)</li> <li>ii. If pins can be removed and bunker rakes are available: (One person per group is designated to pull the pin and rake bunker for the entire group for the round.)</li> </ul>



	<p><b>e. Pairings</b></p> <ul style="list-style-type: none"><li>i. Keep the same pairings throughout the entire tournament (Walk and stand at least six feet apart at all times)</li></ul> <p><b>f. Food</b> - Avoid Buffet style meals. Box lunches separated preferred. Coaches are responsible for any food or drink distribution to their or players are responsible to bring food and drink.</p> <p><b>g. Shotgun Starts</b> -Avoid use of carts for shotgun starts if, at all possible. Tee time starts for matches, will be sent to each coach 24 hours in advance.</p> <p><b>h. Carts/Shuttles</b></p> <ul style="list-style-type: none"><li>i. Coaches shall keep the same cart for the entire tournament.</li><li>ii. Sanitizing products need to be available for all coaches' carts.<ul style="list-style-type: none"><li>1. Allows each coach to wipe down the cart during the round, in addition to the clean up the golf course staff provides at the end of the day.</li><li>2. Sanitizing wipes, spray, towels, antibacterial gel, etc.</li></ul></li><li>iii. Suggest there are no shuttles. However, if they are necessary, make sure the driver cleans and wipes the cart after every group is dropped off.</li></ul> <p><b>i. Mask Use</b></p> <ul style="list-style-type: none"><li>i. Follow all policies in place by state, local, institution and clubhouse guidelines.</li><li>ii. Masks recommended anytime social distancing cannot be maintained.</li></ul> <p><b>j. Leaderboards</b></p> <ul style="list-style-type: none"><li>i. All leaderboards must be digital and accessible via internet.</li><li>ii. Results of the tournament are sent to coaches within 24 hours digitally after the match, no need to stand around</li></ul> <p><b>k. On Course Bathrooms</b> -Place a large bottle of hand sanitizer outside all outdoor bathrooms for use.</p> <p><b>l. Avoid entering the clubhouse as much as possible.</b></p> <p><b>m. Warm-Up/Practice Facilities</b></p> <ul style="list-style-type: none"><li>i. Provide adequate spacing of golf balls and team spots on the driving range.</li><li>ii. Limit warm up times per school or per player to 1 hour and 15 minutes prior to tee time.</li><li>iii. Social distancing must be maintained at all times.</li></ul> <p><b>n. Rules Officials – Only for Post Season</b></p> <ul style="list-style-type: none"><li>i. Shall have the same golf cart assigned to them for the entire tournament.</li><li>ii. Need to maintain six feet of distance when making a ruling.</li></ul>
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		<ul style="list-style-type: none"> <li>iii. Make sure a rules official's phone number is on the rules' sheet for the tournament.</li> <li>iv. Rules officials will not give a player a ride for stroke and distance ruling. (Only the player's coach should do that.)</li> </ul>
Water Polo	Surveillance PCR testing, <sup>1</sup> for example, 25%-50% of student-athletes and personnel every 1-2 weeks, <sup>5</sup> plus additional testing for symptomatic and high contact risk individuals <sup>2</sup> or by daily antigen testing <sup>1</sup>	<ul style="list-style-type: none"> <li><b>a. Pregame Conference</b> <ul style="list-style-type: none"> <li>i. Limit attendees to head referee, assistant referee and a single captain from each team.</li> <li>ii. All individuals maintain a social distance of six feet.</li> <li>iii. Suspend handshakes prior to and following the Pregame Conference.</li> </ul> </li> <li><b>b. Team Benches</b> - Extend team bench areas to allow for social distancing</li> <li><b>c. Substitution Procedures</b> -Maintain social distancing of six feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line.</li> <li><b>d. Pre-Match and Post-Match Ceremonies</b> <ul style="list-style-type: none"> <li>i. Teams and officials must maintain six feet between each other for the pregame world cup introduction line.</li> <li>ii. Suspend pre-match and post-match handshakes.</li> </ul> </li> <li><b>e. Officials Uniform and Equipment</b> <ul style="list-style-type: none"> <li>i. Referees are not required to wear masks at all times; however, if approached by a player/coach they must a mask.</li> <li>ii. Best scenario is to provide a separate room for officials that is large enough to allow social distancing of six feet and allow officials access to a shower.</li> <li>iii. Any food/beverages provided to officials should be prepackaged/bottled or ask officials to bring their own.</li> <li>iv. Officials should use an electric whistle.</li> </ul> </li> <li><b>f. Balls</b> - The polo ball should be cleaned and sanitized before, throughout and after each competition as recommended by the ball manufacturer.</li> </ul>
Wrestling	Surveillance PCR testing, <sup>1</sup> for example, 25%-50% of student-athletes and personnel every 1-2 weeks, <sup>5</sup> plus additional testing for symptomatic and high contact risk individuals <sup>2</sup> or by daily antigen testing <sup>1</sup>	<ul style="list-style-type: none"> <li><b>a. Pregame Conference</b> <ul style="list-style-type: none"> <li>i. Limit attendees to head referee, assistant referee and a single captain from each team.</li> <li>ii. All individuals maintain a social distance of six feet.</li> <li>iii. Suspend handshakes prior to and following the Pregame Conference.</li> </ul> </li> <li><b>b. Team Benches</b> - Extend team bench areas to allow for social distancing</li> <li><b>c. Pre-Match and Post-Match Ceremonies</b> <ul style="list-style-type: none"> <li>i. Teams and officials must maintain six feet between each other for the pregame world cup introduction line.</li> </ul> </li> </ul>



		<ul style="list-style-type: none"> <li>ii. Suspend pre-match and post-match handshakes.</li> </ul> <p><b>d. Officials Uniform and Equipment</b></p> <ul style="list-style-type: none"> <li>i. Referees are not required to wear masks at all times; however, if approached by a player/coach they must wear a mask.</li> <li>ii. Best scenario is to provide a separate room for officials that is large enough to allow social distancing of six feet.</li> <li>iii. Any food/beverages provided to officials should be prepackaged/bottled or ask officials to bring their own.</li> <li>iv. Officials should use an electric whistle.</li> </ul>
Basketball	Surveillance PCR testing, <sup>1</sup> for example, 25%-50% of student-athletes and personnel every 1-2 weeks, <sup>5</sup> plus additional testing for symptomatic and high contact risk individuals <sup>2</sup> or by daily antigen testing <sup>1</sup>	<p><b>a. Pregame Conference</b></p> <ul style="list-style-type: none"> <li>i. Limit attendees to head referee, assistant referees and a single captain from each team.</li> <li>ii. All individuals maintain a social distance of six feet.</li> <li>iii. Suspend handshakes prior to and following the Pregame Conference.</li> </ul> <p><b>b. Team Benches</b> - Extend team bench areas to allow for social distancing</p> <p><b>c. Substitution Procedures</b> -Maintain social distancing of six feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line.</p> <p><b>d. Pre-Match and Post-Match Ceremonies</b></p> <ul style="list-style-type: none"> <li>i. Teams and officials must maintain six feet between each other for the pregame world cup introduction line.</li> <li>ii. Suspend pre-match and post-match handshakes.</li> </ul> <p><b>e. Officials Table</b></p> <ul style="list-style-type: none"> <li>i. Masks should be worn if social distancing of six feet cannot be maintained.</li> <li>ii. Limit to essential home team game management personnel which includes (please consider using less personnel and giving multiple roles):</li> </ul> <ol style="list-style-type: none"> <li>1. Official Scorer</li> <li>2. Substitution Tracker</li> <li>3. Clock Operator</li> <li>4. Public Address Announcer</li> <li>5. Official Statistician</li> <li>6. Spotter for Statistician</li> <li>7. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.</li> </ol>



		<p><b>f. Officials Uniform and Equipment</b></p> <ul style="list-style-type: none"> <li>i. Referees are not required to wear masks at all times; however, if approached by a player/coach they must a mask.</li> <li>ii. Best scenario is to provide a separate room for officials that is large enough to allow social distancing of six feet and allow officials access to a shower.</li> <li>iii. Any food/beverages provided to officials should be prepackaged/bottled or ask officials to bring their own.</li> <li>iv. Officials should use an electric whistle.</li> </ul> <p><b>g. Balls</b> -The basketball should be cleaned and sanitized before, throughout and after each competition as recommended by the ball manufacturer.</p>
<b>SPORT (Spring 2)</b>	<b>Practice</b>	<b>Event/Game/Competition</b>
Baseball	Surveillance PCR testing, <sup>1</sup> for example, 25%-50% of student-athletes and personnel every 1-2 weeks, <sup>5</sup> plus additional testing for symptomatic and high contact risk individuals <sup>2</sup> or by daily antigen testing <sup>1</sup>	<p><b>a. Pregame Conference</b></p> <ul style="list-style-type: none"> <li>i. Limit attendees to head umpire and assistant umpire and a single captain from each team.</li> <li>ii. All individuals maintain a social distance of six feet.</li> <li>iii. Suspend handshakes prior to and following the Pregame Conference.</li> </ul> <p><b>b. Team Benches</b> - Extend team bench areas to allow for social distancing- Clearly mark seats on the bench allowing for proper distancing</p> <p><b>c. Pre-Match and Post-Match Ceremonies</b></p> <ul style="list-style-type: none"> <li>i. Teams and officials must maintain six feet between each other for the pregame introduction line.</li> <li>ii. Suspend pre-match and post-match handshakes (including team handshakes on the pitching mound after winning).</li> </ul> <p><b>d. Officials Uniform and Equipment</b></p> <ul style="list-style-type: none"> <li>i. Umpires (home plate ump required) should wear masks at all times assistant umpire is not required; however, if approached by a player/coach they must a mask.</li> <li>ii. Any food/beverages provided to officials should be prepackaged/bottled or ask officials to bring their own.</li> </ul> <p><b>e. Bats/Shared Equipment</b>-There should be hand sanitizer that the student-athletes must use before using a bat (even if they are wearing gloves)</p> <p><b>f. Balls</b> - The baseball should be cleaned and sanitized before, throughout and after each competition as recommended by the ball manufacturer.</p>



		<p><b>g. Press Box-</b> Limit to scoreboard operator, announcer and statistician while maintaining social distancing guidelines and/or using a facemask.</p>
Softball	<p>Surveillance PCR testing,<sup>1</sup> for example, 25%-50% of student-athletes and personnel every 1-2 weeks,<sup>5</sup> plus additional testing for symptomatic and high contact risk individuals<sup>2</sup> or by daily antigen testing<sup>1</sup></p>	<p><b>a. Pregame Conference</b></p> <ul style="list-style-type: none"> <li>i. Limit attendees to head umpire and assistant umpire and a single captain from each team.</li> <li>ii. All individuals maintain a social distance of six feet.</li> <li>iii. Suspend handshakes prior to and following the Pregame Conference.</li> </ul> <p><b>b. Team Benches</b> - Extend team bench areas to allow for social distancing- Clearly mark seats on the bench allowing for proper distancing</p> <p><b>c. Pre-Match and Post-Match Ceremonies</b></p> <ul style="list-style-type: none"> <li>i. Teams and officials must maintain six feet between each other for the pregame introduction line.</li> <li>ii. Suspend pre-match and post-match handshakes (including team handshakes on the pitching mound after winning).</li> </ul> <p><b>d. Officials Uniform and Equipment</b></p> <ul style="list-style-type: none"> <li>i. Umpires (home plate ump required) should wear masks at all times assistant umpire is not required; however, if approached by a player/coach they must a mask.</li> <li>ii. Any food/beverages provided to officials should be prepackaged/bottled or ask officials to bring their own.</li> </ul> <p><b>e. Bats/Shared Equipment-</b>There should be hand sanitizer that the student-athletes must use before using a bat (even if they are wearing gloves)</p> <p><b>f. Balls</b> - The softball should be cleaned and sanitized before, throughout and after each competition as recommended by the ball manufacturer.</p> <p><b>g. Press Box-</b> Limit to scoreboard operator and announcer while maintaining social distancing guidelines and/or using a facemask.</p>
Golf	<p>Surveillance PCR testing,<sup>1</sup> for example, 25%-50% of student-athletes and personnel every 1-2 weeks,<sup>5</sup> plus additional testing for symptomatic and high contact risk individuals<sup>2</sup> or by daily antigen testing<sup>1</sup> Same as Conditioning</p>	<p>Same rules as Golf Spring 1</p>



	<a href="#">MJC Athletics Return to Campus Plan June 2020.pdf</a>	
Swim	<p>Surveillance PCR testing,<sup>1</sup> for example, 25%-50% of student-athletes and personnel every 1-2 weeks,<sup>5</sup> plus additional testing for symptomatic and high contact risk individuals<sup>2</sup> or by daily antigen testing<sup>1</sup></p> <p>Same as Conditioning</p> <p><a href="#">MJC Athletics Return to Campus Plan June 2020.pdf</a></p>	<p><b>a. Pregame Conference</b></p> <ul style="list-style-type: none"> <li>i. Limit attendees to head referee, assistant referee and a single captain from each team.</li> <li>ii. All individuals maintain a social distance of six feet.</li> <li>iii. Suspend handshakes prior to and following the Pregame Conference.</li> </ul> <p><b>b. Team Benches</b> - Extend team bench areas to allow for social distancing</p> <p><b>c. Substitution Procedures</b> -Maintain social distancing of six feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line.</p> <p><b>d. Pre-Match and Post-Match Ceremonies</b></p> <ul style="list-style-type: none"> <li>i. Teams and officials must maintain six feet between each other for the pregame world cup introduction line.</li> <li>ii. Suspend pre-match and post-match handshakes.</li> </ul> <p><b>e. Officials Uniform and Equipment</b></p> <ul style="list-style-type: none"> <li>i. Referees are not required to wear masks at all times; however, if approached by a player/coach they must a mask.</li> <li>ii. Best scenario is to provide a separate room for officials that is large enough to allow social distancing of six feet.</li> <li>iii. Any food/beverages provided to officials should be prepackaged/bottled or ask officials to bring their own.</li> <li>iv. Officials should use an electric whistle.</li> </ul>
Tennis	<p>Surveillance PCR testing,<sup>1</sup> for example, 25%-50% of student-athletes and personnel every 1-2 weeks,<sup>5</sup> plus additional testing for symptomatic and high contact risk individuals<sup>2</sup> or by daily antigen testing<sup>1</sup></p> <p>Same as Conditioning</p> <p><a href="#">MJC Athletics Return to Campus Plan June 2020.pdf</a></p>	<p><b>a. Equipment/Facility</b></p> <ul style="list-style-type: none"> <li>i. Scoring towers are permitted and will be managed in the following manner:           <ol style="list-style-type: none"> <li>1. Team duals, the scoring will be changed by the home team player</li> <li>2. Tournaments, the player who serves first will change the score.</li> <li>3. After every match, the scoring tower/balls will be sanitized.</li> </ol> </li> <li>ii. Player’s seating must be socially distanced and seated on the same side of the court. - Seats will be cleaned after every match.</li> <li>iii. Provide signage about social distancing and wearing masks by all spectators, coaches, players not playing based upon state, local, institution and facility guidelines.</li> <li>iv. Provide hand sanitizer and wipes at the score table for players to use after reporting match score.</li> </ul>



		<p><b>b. Tennis Balls</b> - Every match will be required to use new tennis balls/can.</p> <p><b>c. Player Equipment</b></p> <ul style="list-style-type: none"> <li>i. Players should bring their own water containers and towels and avoid sharing with others. - Make sure they are CLEARLY MARKED.</li> <li>ii. Players should clean /wash clothing, braces, etc. after each practice/competition.</li> </ul> <p><b>d. Contest Warm Up</b></p> <ul style="list-style-type: none"> <li>i. Practice social distancing by staying on player side of the net</li> <li>ii. Assign team areas prior to competition.</li> <li>iii. Assign warm up and court times prior to arrival of teams.</li> <li>iv. Each team should use their own tennis balls</li> </ul> <p><b>e. Competition</b></p> <ul style="list-style-type: none"> <li>i. Pre-match Introductions are allowed: <ul style="list-style-type: none"> <li>1. Teams will line up for introductions on respective singles sidelines</li> <li>2. Teams will not shake hands after introductions</li> <li>3. Facility specific COVID guidelines will be announced at this time</li> <li>4. Continue to use the racket spin method for determining side of court, first serve.</li> <li>5. Players will switch sides using opposite sides</li> </ul> </li> <li>ii. If a ball from another court comes on court, send it back with a kick or with your racket.</li> <li>iii. Scorer's table: <ul style="list-style-type: none"> <li>1. Tournament director/officials at the tables must be socially distanced and/or wear a mask.</li> <li>2. There must be an area of 6ft marked off around the scorer's table</li> <li>3. Players approaching the table: · Players will report scores to director/officials outside of the marked off socially distanced area · Players will return game balls directly into home team/tournament ball collector cart.</li> </ul> </li> </ul> <p><b>f. Official/Roving Umpire</b></p> <ul style="list-style-type: none"> <li>i. Will practice social distancing and sanitize hands regularly.</li> <li>ii. Masks are not required at all times; however, if a player/coach approaches the official they must put a mask on.</li> <li>iii. Will not be expected to monitor social distancing of players and coaches.</li> </ul>
Track & Field	Surveillance PCR testing, <sup>1</sup> for example, 25%-50% of student-athletes and personnel every 1-2 weeks, <sup>5</sup> plus	<p><b>a. Pregame Conference</b></p> <ul style="list-style-type: none"> <li>i. Limit attendees to head official and a single coach from each team.</li> <li>ii. All individuals maintain a social distance of six feet.</li> </ul>



	<p>additional testing for symptomatic and high contact risk individuals<sup>2</sup> or by daily antigen testing<sup>1</sup>          Same as Conditioning  <a href="#">MJC Athletics Return to Campus Plan June 2020.pdf</a></p>	<p>iii. Suspend handshakes prior to and following the Pregame Conference.  <b>b. Team Tents</b> – Each team should only be in their team area, warming up or competing. Tents should be socially distanced.  <b>c. Substitution Procedures</b> -Maintain social distancing of six feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line.  <b>d. Pre-Match and Post-Match Ceremonies</b>          i. Teams and officials must maintain six feet between each other for the pregame world cup introduction line.          ii. Suspend pre-match and post-match handshakes.  <b>e. Officials Uniform and Equipment</b>          i. Referees are not required to wear masks at all times; however, if approached by a player/coach they must a mask.          ii. Best scenario is to provide a separate room for officials that is large enough to allow social distancing of six feet.          iii. Any food/beverages provided to officials should be prepackaged/bottled or ask officials to bring their own.          iv. Officials should use an electric whistle.  <b>f. Shared Equipment (Starting blocks, batons, throwing equipment, etc.)</b>          i. The throwing equipment and batons shall be cleaned and sanitized before and after each competition as recommended by the manufacturer.          ii. Starting blocks will have hand sanitizer with them at all times and each student-athlete should use sanitizer before and after using the blocks.          iii. Hurdle crew and anyone handling others throwing equipment will wear gloves and use hand sanitizer often.</p>
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