

Graduated Return to Play Progression for Aerobic Sports post-COVID Infection

*RTP progression begins after proper physician Clearance form has been signed and received.

*Onset of any symptoms during activity triggers a referral to a health care provider

* There should be no less than 24 hours between stages.

*Consider the need for further modification or indoor exercise if athlete has not acclimatized to heat and humidity.

*Non-aerobic sports such as golf may have abbreviated or accelerated RTP progression as approved by treating physician.

	Exertion Level	Activity Length
Stage 1	50-60% HRM Ex. Walking, stationary bike, lunges, calisthenics	20-30 minutes
Stage 2	Up to 70% HRM Ex. Light jogging alternated with walking	20 minutes
Stage 3	Up to 70% HRM Ex. Light jogging alternated with walking	30 minutes
Stage 4	Up to 80% HRM Ex. Jogging at a fast pace with interval training and/or interval calisthenics	20-30 minutes
Stage 5	Up to 80% HRM Ex. Jogging at a fast pace with interval training and/or interval calisthenics, consider sport-specific activities or non-contact practicing	30-45 minutes
Stage 6	Active training or full participation in practice (contact permitted)	45-60 minutes
Stage 7	Full participation in practice (contact permitted)	Full Practice
Stage 8	Participation in competition event	

Unless directed by treating physician, a repeat clinic visit following the graduated progression is not required.

Athletes who experienced hospitalization associated with COVID-19 or who experienced a protracted recovery are considered higher risk and should undergo an individualized and extended RTP progression as determined by his/her medical team and the school-based AT. The recommendations and plan should consider Maron et al., *Circulation*, 2015, 132: e273-280. The health care team should be mindful of the athlete's psychological readiness to return to sport.

Patients should be carefully monitored during the graduated return to play progression. Symptoms should be assessed immediately before and following each stage. If symptoms develop during activity at any stage, the RTP progression stops and the athlete is referred to his/her healthcare provider. Any subsequent RTP will begin at Stage 1. Unless directed by treating physician, a repeat clinic visit following the graduated progression is not required.

References:

Centers for Disease Control. <https://www.cdc.gov/coronavirus/2019-ncov/index.html> Accessed October 20, 2020.

Drezner et al., *Cardiopulmonary Considerations for High School Student-Athletes during the COVID-19 Pandemic: NFHS-AMSSM Guidance Statement, Sports Health*, 1-3.

Elliott et al., *Infographic: Graduated return to play guidance following COVID-19 infection. BJSM*, June 2020.

NCHSAA Modified Sports Recommendations, October 15, 2020.

Phelen, et al., *A game plan for the resumption of sport and exercise after COVID-2019 infection. JAMA Cardiology*, published online May 13, 2020, E2-E2.

COVID-19 Protocols for Modified In-person Fall Sports Season

General Information

- Football and competition cheerleading may start practice and tryouts on February 15.
- Field hockey, volleyball, golf, and cross-country may start practice and tryouts on February 22.
- Fall student athletes will be screened using the screening platform established by HCS for the winter sports.
- Teams will have a limited number of players on their squads. (Football: 55; Cheerleading: 20; Field Hockey, Volleyball, Golf, and Cross Country: 18 each.)
- Athletic Directors will provide a site plan for entering and exiting their building for games. These plans will also show the location of available restrooms.
- Equipment and uniforms will be sanitized. This plan will be reviewed and approved by the executive principals.
- Restrooms will be available for practices and competition.
- Locker rooms will not be used. There will be an exception in the football section.
- Maintain social distancing of at least 6 feet should be maintained when play is stopped.
- Disallow hugging, shaking hands, and fist bumps for support/encouragement.
- Coaches will hold a pre-season meeting with their parents and athletes via Zoom. In the meeting, coaches will review the safety precautions that will be implemented.
- Transportation of our student athletes will follow the Hampton City Schools Transportation Department's rules and regulations.
- We will not have JV teams for our fall sports.
- Supply all coaches with mask extenders.

CROSS COUNTRY

General Information

- Provide teams 8 days of practice prior to competition.
- Consider using staggered, wave or interval starts during meets.
- Clean and disinfect frequently touched surfaces and exercise equipment.
- Consider widening the course to at least 6 feet at its narrowest point when possible.
- Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match.
- Require coaches to wear face masks at all times. Athletes must wear face masks before and after their race.

Coaches

- Conduct pre-season meetings via Zoom with students and parents to communicate guidelines.
- Work in pods with the same students always training together to ensure limited exposure.
- Keep accurate records of those athletes and staff who attend practice.

Students

- Bring personal hand sanitizer and wash hands frequently.
- Follow social distance guidelines.

Spectators at practice and games

- Spectators will be allowed at the cross country meets. Spectators will not be screened. The meet director will display COVID signage at the entrance to the meet.
- Spectators must wear face coverings at all times and ten feet of physical distance must be maintained between spectators who are not family members.
- Head Coach & Assistant Coaches will provide an area where parents may view the start and finish of the race. Coaches will send out courses to the visiting team indicating where spectators

may view the race and encourage social distancing of all spectators.

VOLLEYBALL

General Information

- Provide teams 8 days of practice prior to competition.
- Limit attendees to one coach from each team, first referee and second referee.
- Suspend the use of the coin toss to determine serve/receive.
- Move the location of the pre-match to center court.
- Screening of officials, event workers, home team and coaches.

Team Benches

- Suspend the protocol of teams switching benches between sets.
- Limit bench personnel to observe social distancing of 6 feet.
- Assign a seat at the beginning of the game and put the student's name on it.
- Require students to bring their own water bottles.
- Require face masks be worn by students at all times (on the bench and in the game), unless able to provide written notification from a healthcare provider. Coaches will wear masks at all times.

Officials

- Use the meeting area for officials that have been assigned before the game.
- Come dressed for the game (no locker rooms for officials will be used).

Equipment

- Sanitize all volleyballs, nets/standards, referee stand, scorer's table and ball carts before and after play.
- Sanitize volleyballs during timeouts and at the end of each match.
- Limit the scorer's table to one clock operator and one scorer.

Facility

- Disallow use of locker rooms.
- Make restrooms available throughout the game.

- Require that students come to the school dressed for the game.
- Utilize one set of bleachers.
- Provide an area for teams to warm up.
- Assign different doors for the host team and the visiting team to enter/exit.
- Communicate these entry/exit points to coaches prior to the contest.
- Provide no concessions.

Special Considerations

- Broadcast the game using social media, when possible.

Spectators at matches

- Spectators will be allowed at volleyball matches. Governor Northams' current spectator limit for indoors is 25 spectators or less. Athletic Directors will be given 25 tickets per game to distribute to home team members. Away teams will not be given tickets into the games.
- Spectators must wear face coverings at all times and ten feet of physical distance must be maintained between spectators who are not family members.

FIELD HOCKEY

General Information

- Provide teams 8 practice days prior to competition.
- Clean and disinfect frequently touched surfaces.
- Wash hands with soap and water for at least 20 seconds.
- Require a face covering when not in the game. Face masks are not required when the athlete is in the game.
- Label bench seats with the students' names.
- Disallow sharing of bench seats. Establish field hockey specific social distancing game and practice protocols.
- Game workers and officials must be screened prior to entry.

Coaches

- Communicate your guidelines in a clear manner to students and parents through a pre-season meeting via Zoom.

- Consider training workouts in pods of the same students to limit exposure if someone develops an infection.
- Keep accurate records of attendance of students and coaches at practice and games.
- Require coach face coverings, unless doing so would inhibit the coach's health.
- Limit interaction with officials.

Athletes

- Make students responsible for their own supplies.
- Label all protective equipment.
- Disallow sharing of protective equipment.
- Provide new or sanitized uniforms if goalies switch out.
- Disallow sharing of clothing.
- Provide plentiful amounts of hands sanitizer at all contests and practices.
- Require that athletes tell the coach immediately when they are not feeling well.
- Require face coverings when meeting with officials, unless doing so would inhibit the student's health.
- Bring your own water bottle.
- Require that students, rather than officials, handle the game ball.

Spectators at practice and games

- Broadcast the game using social media, when possible.
- Spectators will be allowed at the field hockey games. Spectators will not be screened. Individual schools will display COVID signage at the entrance to the games.
- Spectators must wear face coverings at all times and ten feet of physical distance must be maintained between spectators who are not family members.
- Athletic Directors will enforce social distancing and the wearing of masks by spectators.
- Athletic Directors will be aware and enforce the 250 spectator limit.

GOLF

General Information

- Make students responsible for bringing their own supplies.
- Disallow sharing of golf clubs, bags, and balls.
- Sanitize golf clubs, bags, and balls before and after matches.
- Limit number of students playing within groups.
- Require that coaches do not ride in carts with their athletes.
- Keep athletes from going into golf shops or clubhouses, unless using the restroom.

Spectators at matches

- Spectators will be allowed at golf matches. Spectators will not be screened. Golf clubhouse will display COVID related signage near the spectator entrance.
- Spectators must wear face coverings at all times and ten feet of physical distance must be maintained between spectators who are not family members.

CHEERLEADING

General Information

- Provide teams 20 practice days prior to competition or sideline activity.
- Follow the [Competition Cheer Regulations](#) suggested by the Virginia High School League for competition cheer.
- Require that face masks be worn by cheerleaders during practice.
- Require coaches to wear face masks at all times.
- Disallow attendance of parents and fans at practices.

FOOTBALL

General Information

- Provide teams with 15 to 20 practice days prior to competition.

- Require that coaches and athletic directors have a very detailed plan for sanitizing uniforms and equipment prior to the start of the season.
- Review the site plan provided by Darling Stadium, which will be provided for home and away teams, officials, rescue squads and police.
- Review [Darling Stadium COVID Plan](#) regarding spectators, gate entry, facility information, etc.
 - The dressing of the athletes prior to games and practices will be different at each school.
 - Locker rooms may only be used for the athlete to put on equipment and uniform and then leave the room.
 - No equipment or uniforms will be stored in the lockers.
 - Athletic Directors will determine their schools' procedures.
 - Athletic Directors should consider the girls' locker room and auxiliary gymnasiums to be utilized for dressing out and sanitation of equipment.
- Consider working the students in "pods" to limit the exposure of other students.
- Collect and wash practice and game uniforms using the school' laundry room.

Pregame

- Suspend pregame protocol of shaking hands during introductions.
- Suspend postgame protocol of shaking hands.

Miscellaneous

- Require that players, coaches, game officials, team personnel, and game administration officials wash and sanitize their hands as often as possible, including before, during, and after contests. Maintain social distancing of 6 feet at all times while on the sidelines and on the field of play when possible.
- Require that everyone bring their own water bottle with their name on it.
- Require that coaches wear face masks at all times.
- Permit gloves for all coaches and athletes.
- Limit the number of non-essential personnel who are on the field level throughout the game.

- Disallow parents and fans at practices.
- Develop and implement a school plan for inclement weather.
- Permit 10 coaches on the sideline at Darling Stadium.
- Permit 5 managers on the sideline at Darling Stadium.

Timelines

February 15, 2021: Football and Competition Cheerleading scheduled to begin

February 22, 2021: Volleyball, Field Hockey, Golf and Cross Country scheduled to begin

These timelines are subject to change based on the status of COVID-19 and the participation of other school divisions within the Peninsula District.

Schedules

[Bethel High School Schedule](#)

[Kecoughtan High School Schedule](#)

[Phoebus High School Schedule](#)

[DARLING STADIUM SCHEDULE](#)

Competition Cheerleading Regionals

3A (Phoebus) - April 8th

4A (Hampton) - April 10th

5A (Kecoughtan and Bethel) - April 10th

* Note: Due to the delay in the season, there may be deletions or movement of games within each schedule.

March 17, 2021