



South Suburban Conference

Argo **Eisenhower** **Evergreen Park** **Oak Lawn** **Shepard** **Reavis** **Richards**
Bremen **Hillcrest** **Lemont** **Oak Forest** **TF North** **TF South** **Tinley Park**

South Suburban Conference COVID 19 Protocols Fall 2020

Part 1: Review of IDPH Safety Protocols <https://dceocovid19resources.com/assets/Restore-Illinois/businessguidelines4/youthsports.pdf>

Higher Risk: Can currently play at Level 1	Medium Risk: Can currently play at Level 1 and 2	Lower Risk: Can currently play at Level 1, 2, and 3
Boxing	Basketball	Archery
Competitive Cheer	Fencing	Badminton
Competitive Dance	Flag Football or 7v7 Football	Baseball*
Football	Paintball	Bass Fishing*
Hockey	Racquetball	Bowling
Lacrosse	Soccer	Climbing
Martial Arts	Volleyball	Crew
Rugby	Water Polo	Cross Country*
Ultimate Frisbee	Wheelchair Basketball	Cycling*
Wrestling		Disc Golf
		Golf
		Gymnastics*
		Horseback Riding
		Ice Skating*

		Ropes Courses*
		Sailing, Canoeing, Kayaking*
		Sideline Spirit*
		Skateboarding
		Softball*
		Swimming/Diving*
		Tennis
		Track & Field*
		Weight Lifting*

*With safety measures

Level 1: No-contact practices, and trainings only

Level 2: Intra-team scrimmages allowed, with parent consent for minors; no competitive play

Level 3: Intra-conference or Intra-EMS-region or intra-league play/meets only; state-or league-championship game or meet allowed for low-risk sports only

Level 4: Tournaments, out-of-conference/league play, out-of-state play allowed; championship games allowed

The following sports are considered low-risk IF the below mitigations are met.

Baseball	At least 6-feet apart in dugout areas, or players seated 6-feet apart in bleachers behind dugout, otherwise considered Medium
Bass Fishing	Limit number of individuals on boat to allow for social distancing, otherwise Medium
Cross Country	If number of teams is significantly limited and physical workspace guidelines followed
Cycling	Individual or use only every other track in velodrome, otherwise Medium
Gymnastics	If able to clean equipment between participants, otherwise Medium
Ice Skating	If singles only, otherwise Higher
Ropes Courses	If able to socially distance and clean between each individual, otherwise Higher
Sailing, Canoeing, Kayaking	If limited number on boat to socially distance, otherwise Higher
Sideline Spirit	If 6-feet apart and non stunts or lifts, otherwise Higher
Softball	If at least 6-feet apart in dugout areas, or players seated 6-feet apart in bleachers behind dugout, otherwise considered Medium
Swimming/Diving	If restricted to single lane and singles diving; no relays, synchronized swimming, or paired diving, otherwise Medium

Track and Field	Lower if delayed starts, every other track, and cleaning of equipment between usage; otherwise Medium
Weight Lifting	If able to clean between each individual, otherwise Medium

Eliminated page 3 of the document because it states, “Uniform guidelines across businesses, industries, and nonprofits within the State of Illinois; the following two categories do not apply to school-based activities”

HEALTH MONITORING

I. Minimum Guidelines

1. Sports organizations should make temperature checks available for employees and encourage their use. Organizers should post information about the symptoms of COVID-19 in order to allow employees, participants, and spectators to self-assess whether they have any symptoms and should consider going home.
2. All employers should have a wellness screening program. Resources outlining screening program best practices are posted on the [DCEO Restore Illinois guidelines website](#)
 - a. Employers should conduct in-person screening of employees upon entry into workplace to verify no presence of COVID-19 symptoms
 - b. If employee shift is greater than 5 hours, employers should also conduct mid-shift screening to verify no presence of COVID-19 symptoms (in person preferred, though virtually is permitted)
3. If employee reports having any COVID-19 related symptoms, they should remain isolated at home for a minimum of 10 days after symptom onset AND until feverless and feeling well (without fever-reducing medication) for at least 24 hours OR confirmed to not have COVID-19 via 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart.
4. Before allowing participation in sporting activities, sport organizers or coaches should ask whether participants are currently exhibiting COVID-19 symptoms. If participant does have symptoms, they should wait to enter premises or participate in any sporting activity for a minimum of 10 days after symptom onset OR until feverless and feeling well (without fever-reducing medication) for at least 24 hours OR confirmed to not have COVID-19 via 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart.
5. Sports organizers or coaches should maintain attendance logs of participants for contact tracing purposes. Sports organizers should maintain attendance logs of all facility rentals, spectators, and employees for contact tracing purposes.
6. If employee, coach, participant, or spectator reports having any COVID-19 related symptoms, sports organizer should encourage individual to contact their health care provider; if multiple individuals report having any COVID-19 related symptoms, sports organizer or coach should notify their local health department within three days of being informed of the prevalence of COVID-19 symptoms; if multiple individuals test positive for COVID-19, sports organizer or coach should notify their local health department within one day of positive test results.
7. If an employee, athlete, coach, or spectator is identified as being COVID-19 positive by testing, deep cleaning and disinfecting should be performed according to CDC guidelines.
8. Where appropriate, notify individuals who have been exposed. Individuals who tested positive should not be identified by name.
9. Any individual who has had close contact (15 min or more) with any other person who is diagnosed with COVID-19 should quarantine for 14 days after the last/most recent contact with the infectious individual and should seek a COVID-19 tests at a state or local government testing center, healthcare center or other testing locations. All other individuals should be on alert for symptoms of fever, cough, or shortness of breath and taking temperature if symptoms develop.

PHYSICAL WORKSPACE

I. Minimum Guidelines

1. For school-based activities:
 - a. Gatherings of up to 50 individuals who maintain safe social distance, indoors or outdoors, are allowed. Indoors, limits of 50 individuals or 20% the capacity of the space, whichever is lower, is the maximum no matter the spacing; everyone must wear face coverings at all times.

- b. Outdoors, multiple groups of 50 are allowed if thirty feet of space is maintained between groups, up to a maximum 20% the capacity of the space. Face coverings must be worn unless social distancing of 6-feet can be maintained.
 - 2. For non-school-based activities:
 - Gatherings of up to 50 individuals, indoors or outdoors, are allowed. Multiple groups of 50 are allowed if thirty feet of space is maintained between groups.
 - 3. Sport organizers should display signage at entry with face covering requirements, social distancing guidelines, cleaning protocols, and any reduced capacity limit, in multiple languages as needed.
 - 4. Non-competitive activities (activities in Level 1) should be set up to allow for 6-ft. of distancing between participants whenever possible. If social distancing cannot be maintained during activity, participants should still maintain 6-ft. of distancing while on the sidelines/ not directly involved in the activity.
 - 5. If a sporting facility has stations for individual recreation activities, sport organizers should ensure at least 6-ft. between stations. If stations cannot be moved, sport organizers should limit the number of open stations to ensure social distancing.
 - 6. If locker rooms and showers are a necessity, they should be configured with signage, tape, and other markings to ensure participants can maintain 6-ft. of social distance
 - 7. Sport organizers should designate an area for spectators with existing seating (e.g., bleachers) or in space around the area of play. Gatherings should be restricted to 20% of capacity outdoors (multiple groups of 50 should have 30 feet between groups) and the lesser of 50 people OR 20% capacity indoors, inclusive of athletes, coaches, referees, and spectators. Organizers should ensure at least 6-ft. between seats occupied by spectators that are not members of the same household or party.
 - Display visual markers (e.g., tape, cones) 6-ft. apart for seating
 - a. Remove any furniture/ block areas not conducive to social distancing
 - b. If seats cannot be moved, venue operators should limit number of open seats to ensure social distancing (e.g., zip tie unused seats, remove seat bottoms, cover unused seats)
 - 8. Concessions should follow Restaurant and Bar guidelines for all food and beverage operations and should be one of the following:
 - Delivered by a server who takes orders from guests while seated with distancing requirements laid out in Restaurant and Bar guidelines; OR
 - a. At outdoor kiosk, purchased pre-packaged via “grab and go” with queuing areas clearly marked to observe social distancing OR
 - b. At indoor quick service areas over 500 square feet, purchased pre-packaged via “grab and go” (no queuing permitted)
 - c. At indoor quick service areas 500 square feet and under, purchased pre-packaged via “grab and go” with queuing areas clearly marked to observe social distancing
- ii. Encouraged best practices
 - 1. Display visual markers 6-ft. apart at any queue points (e.g. check-in, along sidelines, concessions)
 - 2. Designate an area separate from others for anyone who exhibits COVID-like symptoms during the activity session to isolate from others before being picked up to leave
 - 3. Where building management practices allow, increase air turnover rates in occupied spaces and increase outside make-up air to the maximum extent practical
 - 4. Limit spectators to immediate household members or guardians of participants
 - 5. If practical, expand seating beyond current capacity (e.g., bleachers, stands) by utilizing any available field/ court space to encourage social distancing between spectators
 - a. Use portable seating from other activity areas
 - b. Encourage spectators to bring their own additional seating (e.g., chairs) from home
 - 6. Stream practices/ games online to minimize in-person spectating, if possible
 - 7. Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.

DISINFECTING/CLEANING PROCEDURES

I. Minimum guidelines

- 1. Cleaning and disinfecting of premises should be conducted in compliance with CDC protocols on a weekly basis.

2. Clean and disinfect common areas (e.g. restrooms) and surfaces which are touched by multiple people (e.g., entry/exit door knobs, stair railings) frequently; every 2 hours recommended for high-traffic areas.
 3. For outdoor activities, sports organizers should make hand sanitizer or hand washing stations available to participants
 4. Minimize sharing of high-touch equipment between non household individuals. If equipment is to be shared, sports organizers should sanitize equipment before and after use (see EPA approved list of disinfectants)
 - a. Athletic equipment such as bats and batting helmets should be cleaned between each use. Other equipment, such as catchers gear, hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared
 - b. Shared equipment such as athletic balls, thud pads, sleds should be cleaned frequently during practice and competitions
 5. Sanitization of locker rooms and showers should be completed at the beginning and end of practice/games at minimum
 6. Sport organizer should sanitize any individual recreation stations before and after participant use
 7. All required disinfecting, cleaning, or sanitizing activities to be conducted by employees should be within their normal workday or during otherwise compensated time
- ii. Encouraged best practices
1. If practical, sanitize shared equipment during use (e.g. between drills) and encourage frequent hand sanitizing or hand washing
 2. If practical, assign shared equipment to one household for duration of sports season
 3. Athletics should be encouraged to shower and wash their workout clothing immediately upon returning home

STAFFING AND ATTENDANCE

I. Minimum guidelines

1. Group sizes should be limited to 50 total persons including participants, coaches, referees, and spectators
 - a. Any team members not participating in gameplay should sit on the sidelines 6-ft apart from one another
 2. Outdoors only, during practice as well as competitive games, multiple groups of 50 or fewer participants are permitted at once as long as:
 - . Venue allows for social distancing of participants, employees and spectators
 - a. 30-ft of distancing is maintained between groups/opposing teams on the sidelines
 - b. Areas for each group are clearly marked to discourage interaction between groups outside of competitive game play
 - c. Total number of people in the space does not exceed 20% of the capacity
 3. Indoor activities should follow the following capacity restrictions:
 - . For school-based activities, the total number of individuals allowed in the space is less than 20% of the total capacity of the space OR 50 individuals, inclusive of athletes, coaches, referees, spectators, and others.
 - a. For non-school based activities, multiple groups of 50 or fewer participants are permitted at once as long as:
 - i. Venue allows for social distancing of participants, employees and spectators
 - ii. 30-ft of distancing is maintained between groups (spectators and participants)
 - iii. Areas for each group are clearly marked to discourage interactions between groups outside of competitive game play
 4. Sport organizers should design a plan to allow for social distancing within the venue and if needed, designate employee(s) or coaches to monitor capacity limits and social distancing.
 5. Sport organizers should limit the occupancy of common areas/break rooms to allow for social distancing of 6-ft or greater by removing/decommissioning furniture or staggering break times; this guideline is not intended to diminish employees break time requirements.
- ii. Encouraged best practices
1. Stagger game and practice times to minimize congregation of groups
 2. Teams/groups should be static, with no mixing of employees or participants between groups for the duration of the season, if practical

3. Teams/groups should not add new participants once the season has started
4. If practical, assign participants from the same household to the same team or group
5. Limit spectators to immediate household members or guardians of participants

EXTERNAL INTERACTIONS

I. Minimum guidelines

1. Before allowing external supplier or non-participant visitor to enter, or while requiring them to wait in a designated area, sport organizers should ask whether external supplier or non participant visitor is currently exhibiting COVID-19 symptoms
 - a. If practical, sport organizers should take external supplier or non-participant visitor temperature using thermometer (infrared/thermal cameras preferred, touchless thermometers permitted)
 2. Sport organizers should keep log of all external suppliers, visitors, spectators who enter premises
 3. Suppliers and other visitors should wear face covering over their nose and mouth when entering premises (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering)
 4. Spectators should wear face covering over their nose and mouth at all times except for when eating, drinking, or when outside and able to maintain a safe social distance (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering)
 5. Limit spectators to immediate household members or guardians of participants

ii. Encouraged best practices

1. Limit contact between external supplies/non-participant visitors and employees
2. For youth sports, suspend post-activity group snacks
3. As practical, parents dropping off or picking up participants should wait at designated drop-off/pick-up and should arrive during designated time window
4. Volunteers should abide by static team/group guidelines applied to employees with no mixing between groups for the duration of the season/volunteer period, if practice
5. If practical, limit spectators to immediate household members or guardians of participants for both outdoor and indoor sports
 - a. Spectators from the same household should sit together

CUSTOMER BEHAVIORS

I. Minimum guidelines

1. For school-based or school-sponsored activities:
 - a. All participants and spectators must follow ISBE guidance, meaning all individuals must wear a face covering at all times, except while eating or drinking, unless they have a medical contraindication, are younger than 2 years of age, have trouble breathing or are unconscious, incapacitated, or otherwise unable to remove the over without assistance.
 - b. Face coverings must be worn indoors and outdoors. Face coverings may be removed outdoors while actively exercising or participating in practices or competitions, as long as social distancing can be maintained. Face covering may also be removed while eating or drinking; however, strict adherence to social distancing must be maintained during these activities.
 - c. It is recommended that programs require physicians notes for individuals who have a medical contraindication to wearing a face covering. Face coverings must fully cover the mouth and nose, and it must fit snugly against the sides of the face with no gaps. Reusable face coverings should be machine washed or washed by hand and allowed to dry completely after each use.
2. For non-school based or non school-sponsored activities:
 - a. When exercising outdoors, participants should wear face coverings over their nose and mouth whenever not actively exercising or participating in practices or competition (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering).
 - a. When exercising indoors, face coverings should be worn at all times, including while exercising or participating in practices or competitions.
 3. Before allowing participating in the sports, sport organizers or coaches should ask whether participant is currently exhibiting COVID-19 symptoms. If participant does have symptoms, they should wait to enter premises for a minimum of 10 days after symptom onset OR until feverless and feeling well (without fever-

reducing medication) for at least 24 hours OR confirmed to not have COVID-19 via 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart.

4. Sport organizers or coaches should maintain attendance log of participants for contact tracing purposes
5. Participants should wash hands with soap and water or use hand sanitizer before participating.
6. Participants should bring their own source of water and refrain from using any communal sources of hydration (e.g., team water or sports drink jug)
7. There should be no shared athletic towels, clothing, or shoes between participants
8. No handshakes, high fives, fist bumps, hugs, touching “go-team” hand raises, etc. can occur
9. No spitting or blowing of the nose without the use of a tissue is allowed.

ii. Encouraged best practices

1. If practical, sport organizers should take participant temperature using a thermometer (infrared/thermal cameras preferred, touchless thermometers permitted) prior to participation in the activity.
2. Activity sessions should be held by appointment only (e.h. Limit walk-ins, limit pick-up games)
3. Participants should sanitize hands regularly
4. Participants should avoid touching facility accessories (e.g., goal posts, flags)
5. Participants should use their own equipment (e.g. helmet, bat, gloves) as much as practical
6. Participants should place personal belongings at least 6 feet away from others’ personal belongings.

TENNIS GUIDELINES: <https://dceocovid19resources.com/assets/Restore-Illinois/businessguidelines4/tennis.pdf>

GOLF GUIDELINES: <https://dceocovid19resources.com/assets/Restore-Illinois/businessguidelines4/golf.pdf>

Part 2: Implementation of IDPH Safety Protocols for Fall Sports

The following measures are being taken by the South Suburban Conference in order to meet the above IDPH guidelines and to ensure the safest playing environment for our student-athletes.

COMPETITIONS

- Schools will compete ONCE a week and play only the schools on their side of the conference (Red/Blue)
 - All sports will compete at the Varsity & JV level
 - Note: Girls golf and potentially girls swimming and diving may have to adjust and play teams from both sides of the conference because of the number of teams in our conference
- Schools will compete against the same school in all sports in a given week. (Ex: Eisenhower and Shepard will play each other in golf, tennis, swimming, and cross country in the same week)
- Competitions will be broken down in the following format in order to minimize the number of teams on a school campus each day
 - Monday: Golf *Schedule will be adjusted to reflect Monday holiday conflicts as well as conflicts at the golf courses
 - Tuesday: Cross Country
 - Wednesday: Swimming & Diving
 - Thursday: Tennis
 - In the event of cancellations, contests should be scheduled on Friday or Saturday of that same week
- There will be NO spectators allowed at any fall sporting events.
- Contests will keep a 4:30 p.m. start time, however schools will be prepared to start later as necessary due to potential bus times/school conflicts.
- There will be NO side scrimmages or practices against other schools allowed.
- There will be NO non-conference competitions allowed.
- No handshakes, high fives, fist bumps, hugs, etc. can occur pre or post competitions.
- Suggested start date for competitions would be August 31st. Please note this is due to state acclimatization guidelines for sports and creating uniformity across all fall sports.

SAMPLE SCHEDULE (Schools would be assigned a number and follow something similar to below):

Week 1 Week 2 Week 3 Week 4

1 v 2 1 v 3 1 v 4 1 v 5

3 v 4 2 v 4 2 v 7 2 v 6

5 v 6 5 v 7 3 v 6 3 v 7

7 - bye 6 - bye 5 - bye 4 - bye

Week 5 Week 6 Week 7

1 v 6 1 v 7 2 v 3

2 v 5 3 v 5 4 v 5

4 v 7 4 v 6 6 v 7

3 - bye 2 - bye 1 - bye

CONFERENCE CHAMPIONSHIPS

- Depending on guidance from ISBE, IDPH, and the Governor's Office, conference events are TBD at this time. Athletic Directors will revisit this closer to the end of the Fall Season.
- Should conference championship events not be allowed, sports will have an alternative way of determining Conference Champions or All-Conference Honors. (See below in individual sport sections)

TEMPERATURE/WELLNESS CHECKS

- Student-athletes, coaches, and any other staff members traveling with the team will be required to complete temperature checks and the symptom checklists prior to boarding the bus to a competition.
- Student-athletes, coaches, and any other staff members that are in attendance at practice will complete the temperature checks and the symptom checklist on a daily basis.
- Any person, including coaches, with positive symptoms will not be allowed to practice, board the bus or attend the event. Parent/Guardian will be contacted and the student-athlete will be sent home.
- Individual schools will keep record of this information and use it as an attendance record as well should contact tracing be needed for a positive case in the future.
- On competition days, coaches will need to share a master attendance roster which include participants, coaches, workers, and anyone else in attendance at the event.
- Girls Swimming & Diving will complete temperature checks again upon arrival at another schools, prior to entering the school.

SPACES USED

- All sports except girls swimming & diving will be held outside at their respective venues.

- NO visiting student-athlete should ever enter a visiting school unless they are a part of the girls' swim team or there is an emergency.
- Girls swimming & diving will use locker rooms and the indoor pool area. When possible, swimmers should come dressed to compete. If locker rooms are needed, no more than 6 swimmers should be in the locker room at a time. Individual schools should follow their school's cleaning & disinfecting protocols for the lockers rooms before and after use.
- Any teams that are practicing at the host school will stay a minimum of 30 feet from the competition area in order to practice proper social distancing between groups.
- Port-a-potties and/or outdoor restrooms will be available for visiting teams and will be stocked with toilet paper, soap, and hand sanitizer prior to practices & competitions. Proper hand washing/hand sanitizing must be practiced prior to returning to play.
- Drop-off/pick-up locations will be determined by the host school in order to prevent and/or minimize contact with others. Specific protocols will be emailed to the visiting school at least 1 day prior to the event.
- All schools will display signage at competition entry points with face covering requirements, social distancing guidelines, cleaning protocols, and any reduced capacity limit, in multiple languages as needed.

PPE

- Coaches must have their masks on at all times.
- Student-athletes must have their mask on at all times unless actively practicing or competing in their event.
- Hand sanitizer and/or washing stations will be made available to all student-athletes and coaches at every practice and competition.
- All schools are responsible for their own PPE for coaches, student-athletes, staff, etc.

HYDRATION

- All student-athletes and coaches must bring their own water bottles to practices and competitions. The hosting school will not provide water to visiting teams.

CONCESSIONS

- There will be no concession stands allowed at SSC events at this time.

INCLEMENT WEATHER

- In the event of cancellation, the host school must notify the visiting school by 2:00 pm, when at all possible.

TRANSPORTATION

- Students and coaches will be required to wear masks at all times while on buses. Students are required to sit one student per seat and, when possible, not sit in adjacent seats (i.e. sit in a zig-zag pattern).
- Buses must be boarded from back to front. Student-athletes should wait outside the bus, 6 ft. apart, and board in an orderly fashion (under supervision of a coach).
- When getting off of the bus, student-athletes should exit from the front to the back of the bus in an orderly fashion, 6 ft. apart.
- The maximum number of students that will be transported to away contests will be limited and will vary depending on sport. The limit will allow for social distancing on buses.
 - Golf - 12 (6 varsity/6 JV)
 - Cross Country - 16 (8V/8JV), separate buses for boys' and girls' teams
 - Swimming - 12 (JV/V split sites)
 - Tennis - 8 (JV/V split sites)
- Athletic Directors will talk with bus companies to confirm that buses stay at events should inclement weather be an issue. This will ensure that student-athletes do not enter buildings.

COACHES RESPONSIBILITIES

- By agreeing to coach during the COVID-19 global pandemic, coaches understand that they **must** abide by all the guidelines above. Failure to follow these guidelines may result in the termination of practices and competitions for that sport or other disciplinary actions as decided by each individual school.
- Coaches **must** supervise student-athletes at all times, including during arrival, departure, and during the competitions to the best of their ability.

ATHLETIC TRAINERS

- Athletic Trainers must wear masks at all times.
- Social distancing and masks will be required by all in the Athletic Training Room. Number of students allowed in the Athletic Training Room will be determined by the size of the space.
- Student-athletes will not touch or retrieve anything in the training room (including ice). Athletic Training Staff will handle and sanitize all equipment.

Part 3: Fall Sports- Event Logistics (including bus protocol)

1. Boys/Girls Golf (SHEPARD & EISENHOWER & TF SOUTH)

TEAM ARRIVAL/DEPARTURE

- Teams will arrive separately and should never come within 30 feet of one another.
- Upon arrival, masks must be worn. Teams will report to their designated location (to be emailed ahead of time by each school for their respective courses)
- Threesomes should be determined prior to arrival.
- *In the event of a delay or inclement weather, teams must report to their team's bus or car.

SPECTATORS

- There will be no spectators allowed at SSC Sporting Events this fall.

SANITATION

- Each coach should have a bottle of hand sanitizer and any other necessary sanitation equipment (wipes, etc.) with them when they travel to other schools. Coaches should have sanitization items on the golf cart with them as they circulate the golf course for student-athletes to use.
- Student-athletes and coaches should use hand sanitizer prior to the start of the meet.

SPACES USED

- Each school in the SSC will use their school's home golf course for competitions. Schools must abide by both the golf course's regulations as well as the SSC regulations listed in this document.
- Student-athletes and coaches should not use the clubhouse except for bathrooms or emergency purposes. If entering the clubhouse is necessary, a mask must be worn at all times.
- Each team will have a designated area (30 ft. apart from one another) at the golf course for their teams to meet at before and after the match. At the conclusion of a match, golfers must report immediately to their designated area and should NOT gather or congregate with other golfers.

GOLF GUIDELINES

- Prior to arrival, coaches (and/or staff members) will have taken the temperatures and done symptoms checklists for all student-athletes, coaches, and staff members in attendance that day. Anyone with a temperature or symptoms of COVID-19 will be sent home prior to boarding the bus at their home school.
- The visiting team is prohibited from using the driving range prior to the start of the contest.
- Players must be masked except when hitting the golf ball.
- Golfers must use their own equipment and golf balls. Golfers should not touch other players' equipment or golf balls.
- Golfers should not touch the flagstick, bunker rakes, or cleaning devices on the course.
- Golfers will maintain 6 feet of social distance between themselves at all times.

GOLF CONTESTS

- Groupings: Student-athletes will be grouped with golfers from the same school, specifically:
 - Varsity/JV: Two groups of 3 for each team for a total of 6 players total per level per team. This means 24 players total for the match. *Note: Teams will NOT be allowed to bring extra golfers to matches.
- Threesomes will follow the following order: Home Varsity Group 1, Home Varsity Group 2, Away Varsity Group 1, Away Varsity Group 2. Repeat for JV level.
- Threesomes will wait until the group ahead of them has finished at the hole before they tee off.
- There will be an individual scorecard and pencil for each golfer. Golfer will not record their own scores, instead scores will be kept by another person in the threesome.
- Scores will be reported by each group to their respective coach. Coaches will then converse to determine the winner and place of golfers.
- In the event of inclement weather, the match will attempt to be rescheduled later in the week, depending on the availability of the golf course, in order to stay within the competition week for each school.

CONFERENCE INFORMATION

- **TEAM:** The team with the overall best record will be considered the champions if a SSC Conference Tournament cannot be held. If there is a tie, the winner will be determined based on the head-to-head competition.
- **INDIVIDUAL:** Golfers will be awarded points based on their finish in each match. The player with the highest number of points at the conclusion of the season will be considered the Conference Champion. All-Conference Honors will be given to the top 10 golfers with the highest number of accumulated points throughout the season.
 - 1st place will get 10 points
 - 2nd place will get 9 points
 - And so on down to 10th place being awarded 1 point.
 - Golfers that place 11th or 12th will not receive any points for that specific day/match.
 - In the case of a tie, each player will be awarded the higher point value (Ex: If there is a tie for 3rd place, each player will receive 8 points, there will be no 4th point value awarded and the player in 5th place will be awarded 6 points).

2. Boys/Girls Cross Country (OAK LAWN & EVERGREEN PARK & REAVIS & TF NORTH)

ENTRIES AND RACES:

- Each meet will run only 2 levels per gender for a total of 2 races. The race order will be Girls JV & Varsity followed by Boys JV and Varsity. Levels are combined in each race.
- Teams will submit entries via [shared Google Doc](#) by the host school prior to 3pm the Monday before the event. This will allow host schools to plan accordingly. Changes can be made to the meet roster sheet with the meet director as teams arrive. This entry system will also serve as a list of participants for reporting purposes.
- Participant screening will occur prior to arriving at the meet or departing on the bus.
- Race Capacity - Student participants, coaches, timers, and paid/volunteer meet officials are restricted to a combined total of 50 per race. Only those participating in the race can only be in the vicinity of the racecourse during their scheduled time.
- Per IHSA guidelines, each team will have a maximum of 7 entries for per level with 1 alternate runner. These participation numbers allow for under the 50 person maximum capacity limit per race. Personnel breakdown per race would include the following:
 - 28 participants per race, 2 alternates, 1 official, 1 timer, 2 event workers, 2 coaches per team, 1 athletic trainer: *Total maximum capacity - 39 individuals per race*
- Races will start at 4:30pm and there will be a 15min break between the last finisher and the start of the next race to make sure the course is clear.
- Races will still follow standard scoring for both levels.

TEAM ARRIVAL/DEPARTURE AND TEAM HEADQUARTERS:

- Host schools will communicate specific drop-off and bus parking procedures prior to the meet.

- Teams should remain on the bus until a meet director checks the team in. This will avoid multiple teams unloading at the same time.
- If courses are on the school campus, athletes will not have access to the school building unless escorted by a coach and masked.
- Participants, coaches, and meet personnel should be masked at all times. Participants can remove masks when going on their warm-up/cool-down and reporting to the start line. Coaches should make sure they are monitoring their team during the event to make sure athletes are practicing proper social distancing and wearing a mask.
- The host school will communicate to visiting schools where to set up their team headquarters. Hosts should establish team headquarter areas that allow for teams to space at least 30 feet apart while maintaining social distancing within their own team's headquarters. Team headquarters will also need to be at least 30 feet away from the course. Face coverings must be worn by anyone in a team's headquarters.
- All team members will need to have their own water bottle. Teams are not allowed to distribute "team snacks" or meals.
- Team members will need to remain at their team headquarters unless using the bathroom, completing their warm-up/cool-down, or participating in the race.
- Boys race participants will need to stay removed from the course for the duration of the girls event.
- Depending on the specific parking arrangement at the course, teams will need to depart while maintaining 30ft of distance between groups.

SPECTATORS:

- During SSC cross country competitions, spectators are not allowed on the course grounds.

SANITATION:

- Each school will be responsible for their own sanitation materials (disinfecting wipes, sprays, hand sanitizer, etc.).

START OF RACE PROCEDURES:

- All participants should arrive at the start line no later than 10 minutes prior to the start.
- Participants must be lined up in a way that allows for social distancing (6 feet apart).
- If the start line does not allow for all race participants to line up on the start line, JV participants can be staggered 6ft behind the varsity participants.
- Team run outs need to be done away from the start line while maintaining physical distancing from other teams.
- Teams should not mass collect warm-up apparel at the start area. All items should be left at the team headquarters prior to reporting to the start line.

FINISH LINE PROCEDURES:

- Personnel at the finish line should only include meet officials, participants, and coaches.
- It is recommended that host schools extend the finish chute or utilize a double finish chute to allow for proper distancing upon finishing and exiting the course.
- Finish is at the wide end of the chute measuring 15ft across. Meet officials along with event staff will monitor the finish order and make sure athletes run through the chute in the correct order of finish.
- Host schools should make sure to place event staff near the finish line to help keep athletes both inline down the chute and as socially distanced as possible.
- Races will run a contactless finish. Coaches from both schools will need to be at the finish line to verbally communicate to the finish clerk order of finish.
- If necessary, image based equipment is an effective way to pick place at the finish while avoiding congestion at the finish line. This equipment could be as simple as a smartphone or iPad.
- Times will be matched up to the finishers place and scores for levels will be separated by the host school. Official results will be emailed the next day.

CONFERENCE INFORMATION

- Conference information is TBD based on the possibility of conducting a conference meet.

3. **Girls Tennis (TINLEY & BREMEN & ARGO & HILLCREST)**

SYMPTOM/TEMPERATURE CHECK

- Home Team student-athletes will be screened upon entry to the facility for temperature or symptoms of COVID-19.
- Visiting Team student-athletes will be screened prior to the departing from their home school for temperature or symptoms of COVID-19.
- If a participant has a fever or presents any symptoms, the individual will not be permitted to enter the facilities, and may not participate in practice, competition, or conditioning
- If a participant demonstrates a fever or symptoms while at a workout, they will be isolated (with supervision) and a parent will be contacted to pick them up.

TEAM ARRIVAL/DEPARTURE

- Host schools will communicate specific drop-off and bus parking procedures prior to the meet.
- Teams will arrive separately and should never come within 30 feet of one another.
- Upon arrival, masks must be worn by all members of the team
- Teams will report to their designated location, which will be emailed prior to the day of competition

SPECTATORS

- There will be no spectators allowed at SSC Sporting Events this fall.

SANITATION

- Each coach should have a bottle of hand sanitizer and any other necessary sanitation equipment (wipes, etc.) with them when they travel to other schools.
- When possible, each student-athlete should have a bottle of hand sanitizer with them at the match
- Student-athletes and coaches should use hand sanitizer prior and at the end of each match.

SPACES USED

- Each school in the SSC will use their school's home tennis courts for competitions.
- Student-athletes and coaches should not enter the school except for emergency purposes.
- Outdoor restrooms or Port-O-Potty will be used by the home school.
- Each school will designate a home and visitor section/bench that will be at least 30 feet apart
- If feasible, schools will alternate tennis courts to allow a space in between courts during matches.

TENNIS EQUIPMENT

- Tennis players must use their own equipment (racquets, bags, tennis balls, grips, etc.)
- Tennis players will be provided with marked tennis balls for the match
 - Each tennis play will only serve with their marked tennis balls for the match
- No flip chart will be used to keep score
 - Serving team will announce/confirm score

TENNIS GUIDELINES

- Face coverings must be worn by all participants/coaching staff who are not actively participating
- Tennis players will remain socially distanced while waiting for matches

TENNIS CONTESTS

- Two levels of competition
 - Varsity
 - JV
- Split sites for competition
 - Varsity match will be hosted at the home's school, JV will be hosted at the visitor's school
- 4:30 start time

- If a later start time is needed, Athletic Directors will communicate prior to the competition date
- Due to time constraints, proset scoring may be used.
- Scores will be reported by participants to their respective coach.
- In the event of inclement weather, the match will attempt to be rescheduled later in the week
 - Rescheduled date will stay within the competition week for each school.

CONFERENCE INFORMATION

- TEAM: The team with the overall best record will be considered the champions if a SSC Conference Tournament cannot be held. If there is a tie, the winner will be determined based on the head-to-head competition.
- END OF THE SEASON CONFERENCE TOURNAMENT
 - To be discussed at a later date

IHSA FALL SPORT CONSIDERATION

- <https://www.ihsa.org/Resources/COVID-19#3045138-tennis>

4. **Girls Swim & Dive (LEMONT & RICHARDS & OAK FOREST)**

SYMPTOM/TEMPERATURE CHECK

- Home Team student-athletes will be screened upon entry to the facility for temperature or symptoms of COVID-19.
- Visiting Team student-athletes will be screened prior to the departing from their home school for temperature or symptoms of COVID-19.
- If a participant has a fever or presents any symptoms, the individual will not be permitted to enter the facilities, and may not participate in practice, competition, or conditioning
- If a participant demonstrates a fever or symptoms while at a workout, they will be isolated (with supervision) and a parent will be contacted to pick them up.

TEAM ARRIVAL/DEPARTURE

- Host schools will communicate specific drop-off and bus parking procedures prior to the meet.
- Teams will arrive separately and should never come within 30 feet of one another.
- Upon arrival, masks must be worn by all members of the team.
- Teams will report to their designated location, which will be emailed prior to the day of competition

ENTRIES AND RACES

- Given that relays are not currently permissible, there will be a modification to NFHS Rule 3-2-1. Swimmers will be permitted to enter in a maximum of four (4) individual events. Conferences can modify this to less than four (4) individual events if they choose for conference meets. However, four (4) events is the maximum number of individual events that a participant may compete in.
 - NOTE: In the event that the IDPH allows for relays to be reinstated for this season or if conferences or hosts choose to use an “add up time” model in place of the traditional relay, then the original NFHS Rule 3-2-1 will apply as written (A competitor shall be permitted to enter a maximum of four (4) events, no more than two (2) of which may be individual events). If an IHSA State Series is conducted, relays will not be performed (even in alternate formats) unless the IDPH guidelines allow for traditional relays prior to the state series.

DECK AREA PROCEDURES

- a. Everyone must wear a mask outside of the pool area. The SSC Athletic Directors recommend no spectator gatherings during the Fall 2020 season. Competition protocol will include 12 swimmers from each school (dual meets only), 2 Coaches from each school, 2 officials, timers, recorders, runners, computer operators 1 Athletic

Trainers, and lifeguards are necessary to conduct competition and are considered essential personnel . Non-essential personnel are considered to be team managers, video people, media, photographers and non-competing students are considered non-essential personnel and must not be on the deck area and must not exceed 50 people.

b. Only essential personnel are permitted on the deck area.

MEET OFFICIALS INFORMATION

- Use of electronic whistles is required.
- Referee and Starter (4-2, 4-3) - Various rules require interactions between officials, coaches and athletes. Alternative methods for communications include utilization of the P.A. system, hand signals or written communication.
- Notification of Disqualification (4-2-2d, e) - Notification shall occur from a distance via use of hand signals or the P.A. system.
- Meet Officials (4-8, 4-10, 4-11, 4-12, 4-13) - Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location. Develop alternative methods for submitting entries (3-2) and movement of non-electronic information. Require a distance of 6 feet between individuals seated at the desk/table.
- Diving Officials (9-6) - Alternative methods for submitting entries (3-2) and movement of non-electronic information will be required. Recommendations include a distance of 6 feet between individuals seated at the desk/table. Create a 6 feet space between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform.
- Bring personal hand sanitizer (when possible, individual student-athletes will have a small bottle with them) and wash your hands frequently.
- Do not share equipment.
- Follow social distancing guidelines
 - Communication with coaches, participants, meet personnel, or spectators must be done at the appropriate social distance.
- Refrain from shaking hands.
- Wear a face covering at all times, unless actively participating.

COACHES

- Communicate practice and all competition guidelines in a clear manner to student participants and their parents.
- For practices, consider conducting workouts in “pods” of the same students who are always training and rotating together. This will ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Always have a plan to maintain social distancing amongst your team and coaching staff at all times.
- Always require use of facial coverings when not engaged in training, competing, or other strenuous physical activity.
- Require athletes to arrive at the competition venue already in competitive attire. If locker rooms must be used, ensure athletes can maintain social distancing.
- Each school is responsible for their own sanitation materials (i.e. hand sanitizer, disinfecting wipes, etc.) for the team and coaching staff.
- Educate your student athletes on proper hand washing and sanitation.

STUDENT ATHLETES

Requirements and Considerations for Student Athletes:

- Student athletes should be responsible for their own supplies such as a water bottle.
- Students should wear their own appropriate workout clothing and not share clothing with anyone. All equipment and clothing should be washed immediately upon returning home.

- Hand washing and the use of hand sanitizer should be frequent at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Face coverings are required at all times when not engaged in training, competing or other strenuous activity.

SPECTATORS

- There will be no spectators allowed at SSC Sporting Events this fall.

SANITATION

- Each school is responsible for their own sanitation materials (disinfecting wipes, sprays, hand sanitizer, etc.)/

SPACES USED

- Locker Rooms should be used as little as possible. Maximum of 6 student-athletes allowed in the locker room areas at a single time.

SWIMMING CONTESTS

- Submission of Entries to Referee (5-2):
 - Alternative forms of entry submission can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries.
- Diving Warm-up Areas:
 - Limit number of divers during warm-up by creating multiple sessions.
 - During competition, divers may not approach the board until their turn to compete.
 - Hot tubs should not be permitted.
 - Dive order sheets should be posted in multiple areas to reduce the number of divers viewing at the same time.
- Teams Seating and Lane Placement:
 - For duals, keep the teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.
 - For larger meets, auxiliary spaces may need to be used to keep the natatorium at the 50 person capacity.
 - Face coverings must be worn at all times by anyone not competing or warming up/down.
- Swimming Warm-up Areas:
 - Establish multiple sessions for warm-up periods to allow for appropriate social distancing.
 - Restrict the number of swimmers in the competition area.
 - At meets, swimmers will be limited to one swimmer per lane as per IDPH Guidelines.
- Coaches Packet Pick-up:
 - Transmit as much information as possible electronically prior to the meet.
 - For any information that cannot be submitted electronically, organize a method for the packet pick up that keeps coaches socially distanced (i.e. time slots for small numbers of coaches to pick up packets, marks on the ground that are 6 feet apart for coaches lines formed at packet pick-up, etc.)
 - Face coverings must be worn by coaches and packet pick-up personnel at all times.
- Pre-meet coaches' meetings (3-3-6; 4-2-1d):
 - Consider using methods to keep coaches socially distanced during coaches' meetings.
 - Electronic or virtual meetings are encouraged when possible.
 - Multiple smaller meetings with a smaller number of attendees at a time is also a way to allow for social distancing.
 - Face coverings for all officials and coaches are required at pre-meet coaches' meetings.
- Clerking:
 - Officials must conduct clerking at the starting blocks to avoid competitors congregating in a separate location prior to their race.
- Timers (4-9):

- Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing. Timers should wear cloth facial coverings.
- Lap Counting (2-7-6, 3-4):
 - Only one person per lane should be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices.
- Crowding:
 - Avoid meet protocols that cause coaches, participants, and spectators to congregate closely together (results boards, awards ceremonies, water stations, etc.).
 - Consider using an online platform for results.
 - Consider using general PA announcements or an online platform for award recognitions.
 - Ask athletes to bring their own water and have their own plan for retrieving their water after competition.
- Sanitation
 - Each school is responsible for their own sanitation materials (disinfecting wipes, sprays, hand sanitizer, etc.).

CONFERENCE INFORMATION

- **TEAM:** The team with the overall best dual meet record will be considered the champions if a SSC Conference Tournament cannot be held. If there is a tie, the winner will be determined based on the head-to-head competition.
- **INDIVIDUAL:** If conference meet cannot be conducted, All Conference individuals can be made from coach selections, similar to Basketball, Baseball, Softball, etc.

Resources:

[IHSA Return to Activities 1.0 - https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:33115455-89ef-4f93-bdc7-86bbf7a6fd7d](https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:33115455-89ef-4f93-bdc7-86bbf7a6fd7d)

IDPH Sport Safety Guidance - <http://dph.illinois.gov/covid19/community-guidance/sports-safety-guidance>

IDPH COVID-19 EMS-Regions Map -

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:37ae0de3-609b-4853-8622-b3b9c6d41781>

USA Swimming - <https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:037bd9a8-5fcd-40a5-a325-38dedef07fe8>

Evanston Township High School Natatorium Use Plan -

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:4e84a1d2-cacf-42fd-99dc-0cd53ede6c7c>

Part 4: COVID-19 Diagnosis- Procedures, Communication, etc.

1. Coaches, staff, and student-athletes should immediately notify the appropriate individual if they are feeling symptomatic or receive a positive COVID-19 test.
2. Should a coach be symptomatic or test positive for COVID-19, the coach should immediately quarantine and the following process will take place (regardless of if it is a student-athlete, coach, or staff member that works closely with the team)
3. The Athletic Director should then be notified as soon as a coach (or any other individual) receives notice that a student-athlete has tested positive for COVID-19.
4. Upon receiving that information, the Athletic Director will contact the student-athlete's parent/guardian (or the coach) to receive confirmation of a positive diagnosis. *Note: Inform the parent that their child's information will be kept completely confidential and will not be shared with others (players, families, etc.)
 - a. Additional questions to ask (if parent/guardian is willing to provide the information)
 - i. First and foremost, how is your student doing?
 - ii. Did your student exhibit any signs or symptoms? If so, which?
 - iii. When did your student start exhibiting signs or symptoms?
 - iv. When did your student receive the confirmed diagnosis of COVID-19?
5. Once that information is confirmed, the Athletic Director will notify their building Principal and contact the Athletic Directors of any schools they have played in the previous X days, dependent upon guidance from the Cook County Department of Public Health.
6. The Athletic Director that has the confirmed case of COVID-19 is responsible for contacting the County Department of Public Health to receive guidance on the extent of contact tracing required and to notify

them that a student (or coach) has received a positive test. Should a coach be the one with symptoms or a positive test, the Athletic Director should also be prepared to discuss contact-tracing in the classroom/school for that coach.

7. The Athletic Director should meet with their building Principal and any other necessary staff members to determine a plan of action. Suggested plan of action:

. Notify maintenance staff to immediately begin the deep disinfecting process of locations this student-athlete (or coach) has been.

a. Notify the coach of the team and the Athletic Trainer.

b. Notify parents/guardians of all team members with a similar script to below:

The purpose of this call is to notify you that (school name, level, and sport) had an individual test positive for COVID-19. The team last met on ____ day, the student began exhibiting symptoms on ____ and received a confirmed diagnosis on _____. Please have your student athlete quarantine for 14 days. If they begin to exhibit any symptoms please have them tested. Your student cannot be on campus until the quarantine period is over. If you have any questions please feel free to contact _____, the Athletic Director.

i. If the parent/guardian doesn't answer leave a voicemail and follow up with an email. *Hello, this is ____ calling from ____ High School. I'm calling to speak with _____'s parent/guardian regarding an important matter and ask that you call me back as soon as possible at 000-000-0000 ext. 0000. Thank you!*

c. Keep documentation of who you have spoken with and who you left a voicemail/sent an email to so you can follow-up

8. The team that has the positive case will be quarantined, without competition, for two weeks from the last point of contact with the individual that tested positive, or as directed by the Cook County Department of Public Health.

Part 5: Remote Learning & Athletics

Should all schools in the South Suburban Conference go to a 100% remote learning format, the Athletic Directors will refer to the guidance from ISBE & the Governor's Office on next steps for youth & high school athletics.