

Guidelines to Playing it Safe!



Practice Good Hygiene



Stop hand shakes and use **non-contact methods**; this includes post-game handshakes



Wash hands **regularly** for at least 20 seconds; Use sanitizing wipes after contact with **shared equipment**; Shower and wash clothes **immediately** following practices/games



Disinfect surfaces like doorknobs, gates, and shared equipment



Avoid touching your face and cover your coughs and sneezes



Players/Coaches must bring their own water/beverage to consume. **No shared fountains/stations/coolers may be used**

Sanitize Regularly

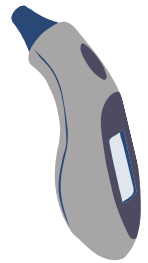
Coaches should **sanitize** shared equipment before and after each practice/game

Players are encouraged to use sanitizer **often**.

Maintenance equipment, benches, and locker rooms should be sanitized daily

Stay home if...

- You are **feeling sick**
- You have a **sick family member** at home
- Your temperature is **100.4 or above**



Practice Social Distancing



- **Players/coaches** should space their items at least six feet apart during practice
- Players should remain spaced out as much as possible during practices; **workout pods/groups** are encouraged
- Use of bleachers and other in-venue seating should be **limited**

- Players/coaches should **spread out** as much as possible unless actively participating in the game
- Fans should **be aware of local decisions and policies** about attending events
- **Use of face coverings** should follow local school district policies

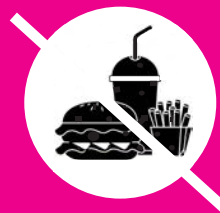
Cross Country Guidelines 2020

STOP! DO NOT ATTEND OR PARTICIPATE IF:

- You are feeling sick
- You have a sick family member at home
- Your temperature is 100.4 or above



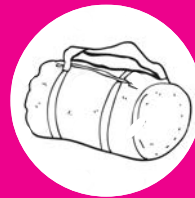
No hugging, shaking hands or fist bumps.



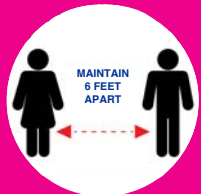
Limit outside food brought in by teams/spectators.



Each student-athlete should bring their own water bottle, and be responsible for their own supplies.



Student-athletes should have individual bags/locations for sweats. No mass piling of team clothing.



Implement other reasonable measures to ensure social distancing of all in attendance.



Clean and disinfect frequently touched surfaces and exercise equipment.

ADDITIONAL GUIDELINES

- Masks are not required, however the IGHS AU and IHSAA strongly encourages all participants and spectators to practice social distancing and to wear face coverings whenever possible.
- Players, coaches and administrators should limit interaction with officials. Spectators should refrain from interaction with officials.

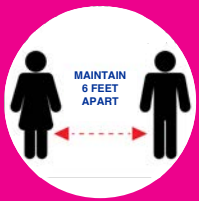
SOURCES: [idph.iowa.gov](https://www.idph.iowa.gov)



Volleyball Guidelines 2020

STOP! DO NOT ATTEND OR PARTICIPATE IF:

- You are feeling sick
- You have a sick family member at home
- Your temperature is 100.4 or above



Spectators should practice social distancing as much as possible.



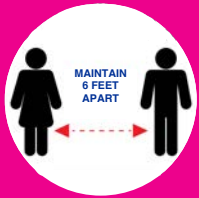
No hugging, shaking hands or fist bumps.



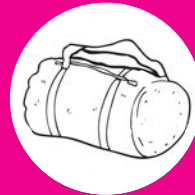
Spectators are not allowed to sit in the first two rows (if possible).



Limit outside food brought in by teams/spectators.



Student-athletes and parents are asked to social distance from other teams at tournaments, triangulars, etc.



Each student-athlete should bring their own water bottle and be responsible for their own supplies (towels, hand sanitizer, etc.).

ADDITIONAL GUIDELINES

- Masks are not required, however the IGHS AU and IHSAA strongly encourages all participants and spectators to practice social distancing and to wear face coverings whenever possible.
- Players, coaches and administrators should limit interaction with officials. Spectators should refrain from interaction with officials.

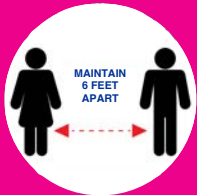
SOURCES: idph.iowa.gov



Swimming & Diving Guidelines 2020

STOP! DO NOT ATTEND OR PARTICIPATE IF:

- You are feeling sick
- You have a sick family member at home
- Your temperature is 100.4 or above



Student-athletes and parents should practice social distancing from other teams as much as possible.



Student-athletes should use their own training equipment. Training equipment is not to be shared.



Each student-athlete should bring their own water bottle, and be responsible for their own supplies (towels, etc.).



Clean and disinfect frequently touched surfaces and exercise equipment.



Limit outside food brought in by teams/spectators.



No hugging, shaking hands or fist bumps.

ADDITIONAL GUIDELINES

Masks are not required, however the IGHS AU and IHSAA strongly encourages all participants and

- spectators to practice social distancing and to wear face coverings whenever possible.

Players, coaches and administrators should limit interaction with officials. Spectators should re-

- frain from interaction with officials.

SOURCES: idph.iowa.gov





DO NOT ATTEND IF:

- You have been in contact with anyone with a confirmed COVID-19 diagnosis in the last 14 days
- You are experiencing any of the following symptoms:
 - Fever (≥ 100.4) or chills
 - Cough
 - Shortness of breath
 - Fatigue
 - Muscle or body aches
 - Headache
 - Loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea





DO NOT ATTEND IF:

- You have been in contact with anyone with a confirmed COVID-19 diagnosis in the last 14 days
- You are experiencing any of the following symptoms:
 - Fever (≥ 100.4) or chills
 - Cough
 - Shortness of breath
 - Fatigue
 - Muscle or body aches
 - Headache
 - Loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea





DO NOT ATTEND IF:

- You have been in contact with anyone with a confirmed COVID-19 diagnosis in the last 14 days
- You are experiencing any of the following symptoms:
 - Fever (≥ 100.4) or chills
 - Cough
 - Shortness of breath
 - Fatigue
 - Muscle or body aches
 - Headache
 - Loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea





DO NOT ATTEND IF:

- You have been in contact with anyone with a confirmed COVID-19 diagnosis in the last 14 days
- You are experiencing any of the following symptoms:
 - Fever (≥ 100.4) or chills
 - Cough
 - Shortness of breath
 - Fatigue
 - Muscle or body aches
 - Headache
 - Loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea



#StopTheSpread



Handwashing 101

Source:
World Health
Organization

01

Wet your hands
before applying
soap.



02

Bring your palms
together and rub
soap all over the
palms and backs of
your hands, including
between the fingers.



03

Wash your hands for
at least 20 seconds.



04

Wipe your hands
with a clean towel or
paper towel and
avoid rubbing too
vigourously.

