



**Devils Lake Public School
Return to Play Guidelines-Covid 19
Fall 2020**

Basic Philosophy:

- Decisions this year need to be made entirely with the safety of our athletes and the prevention of viral spread as the primary factor. Past practices and procedures that primarily involved competitive growth and/or competitive balance may not be applicable this year. Goals related to competitive growth may need to be sacrificed for the purpose of illness prevention.
- Please remember that in addition to keeping your athletes safe, these changes below may be the difference between having a season of competition or not.
- These guidelines are in addition to the information from the NDHSAA.

Daily Screening Questions:

Athletes answering yes to any of these questions will not be allowed to participate in workouts and should contact their health care provider. They will not be allowed to return to workouts until they have clearance from their health care provider.

1. Do you have a fever?
2. Have you lost your sense of taste or smell?
3. Have you had close contact with anyone who has or is suspected to have COVID-19?
4. Do you have two or more of the following symptoms:
 - a. New or Worsening Cough
 - b. Sore Throat
 - c. Shortness of Breath
 - d. Headache
 - e. Body Aches
 - f. Nausea, Vomiting or Diarrhea
 - g. Fatigue
 - h. Nasal Congestion or Runny Nose

Disclaimer

This is a working document that will continually be reviewed and updated according to the newest guidance on COVID-19 from the North Dakota Department of Health (NDDoH) and local health units.

* Phases are directly related to the Devils Lake Public School Health and Safety Plan.

**All items listed in the Phase 1-5 table below are intended to apply to all activities universally.

***Further sport-specific considerations are listed on individual sport pages following the table.

	Phases 1 & 2 Face to Face Learning	Phases 3 & 4 Blended Learning	Phase 5 Online/Distance Learning
Athletic Training Rooms	<ul style="list-style-type: none"> ● Masks are required for staff when entering the training room. Masks and eye protection will be required when working with athletes. ● Anyone entering the training room will need to sign in. Appointments can also be made with the Athletic Trainer in advance. ● No more than 2 athletes in the training room at a time. Athletes will need to social distance in the hallway while waiting to see the trainer. ● Student athletes that need to see the trainer should get in and leave immediately when done. ● Athletes must apply hand sanitizer upon entry and again when leaving the training room. ● Athletes will need to wipe off the table and all equipment that they used while in the training room. ● Athletes should ask for use of supplies (tape, band aids, blister pads, etc.), heat and ice in order to limit the number of people needing into the training room. ● The training room will be cleaned prior to first visit and again before the trainer leaves for the day. ● No ice baths or hot tub use unless approved by Athletic Trainer. 	<p>Follow the same guidelines as the blue/green phase.</p>	<p>There will be no activities if a school(s) is in an orange or red phase.</p>

<p>Cleaning/Sanitization</p>	<ul style="list-style-type: none"> ● General cleaning of athletic areas and equipment will be completed daily. ● Students are encouraged to have their own bottles of hand sanitizer for pre/post practice. 	<p>In addition to the blue/green guidelines:</p> <ul style="list-style-type: none"> ● Cleaning of athletic areas and equipment will be completed intermittently during practices. ● Practice equipment should not be shared from one practice session to another unless it has been sanitized 	<p>There will be no activities if a school(s) is in an orange or red phase.</p>
<p>Concessions</p>	<ul style="list-style-type: none"> ● Concession menus will be limited to prepackaged items only. ● No more than two workers will be allowed to work in the Sports Center Concessions area at a time. ● Concession stand workers are required to wear masks and gloves. ● Workers are encouraged to maintain social distancing to the maximum extent possible and should be staffed to help maintain distancing. ● Waiting areas for patrons must be marked. ● Tables can seat more than six people but distance between tables needs to be maintained. 	<p>In addition to the blue/green guidelines:</p> <ul style="list-style-type: none"> ● No concessions will be served. 	<p>There will be no activities if a school(s) is in an orange or red phase.</p>
<p>Fundraising</p>	<ul style="list-style-type: none"> ● Options for fundraising should be limited to online or options that do not include face to face contact. 	<p>In addition to the blue/green guidelines:</p> <ul style="list-style-type: none"> ● No face to face fundraising is allowed 	<p>Any fundraising for groups need to be held in a virtual format only if a school(s) is in an orange or red phase.</p>
<p>Game Workers/ Bench Personnel</p>	<ul style="list-style-type: none"> ● Masks will be required by all individuals at the scorers table/press box when social distancing cannot be maintained. ● Game staff should be limited to the minimum number of individuals. ● Hand sanitizer will be provided at scorers tables, in the press box and at ticket tables. 	<p>In addition to the blue/green guidelines:</p> <ul style="list-style-type: none"> ● Masks will be required for all individuals at the scorers table/press box. 	<p>There will be no activities if a school(s) is in an orange or red phase.</p>

<p>Live Streaming</p>	<ul style="list-style-type: none"> ● All games and events on Roller Field, in Burdick Arena and in the Sports Center will be streamed on the NFHS Network. ● The Devils Lake Public School will cover the cost for the subscription for all home games played in these locations. 	<p>In addition to the blue/green guidelines:</p>	<p>There will be no activities if a school(s) is in an orange or red phase.</p>
<p>Locker Rooms</p>	<ul style="list-style-type: none"> ● Staggering of practice times is encouraged to alleviate having multiple teams in the locker room at the same time. ● If an athlete does not need to use a locker room, they should remain out of the area. ● Locker room use should be limited to one team at a time. ● No loitering in locker rooms, training room or weight room before or after practices. ● Athletes are encouraged to shower at home immediately after practices and games. ● Coaches need to monitor locker rooms. 	<p>In addition to the blue/green guidelines:</p> <ul style="list-style-type: none"> ● Showers will be closed to use. ● Locker rooms will only be available for teams that must store equipment (football, hockey, etc.) other than personal items at the school. Individuals on these teams will be allowed into the locker rooms to limit capacity. 	<p>There will be no activities if a school(s) is in an orange or red phase.</p>
<p>Media</p>	<ul style="list-style-type: none"> ● In-person access to coaches may be restricted to virtual or socially distanced methods. No access to athletes/participants. ● Media should be prepared to use an alternate broadcast location away from the score's table or press box based on the ability to properly social distance from game staff and participants. ● It is required that media wear face masks inside DLPS facilities and when social distancing cannot be maintained from participants/coaches/game staff. 	<p>In addition to the blue/green guidelines:</p> <ul style="list-style-type: none"> ● In-person access to coaches will be restricted to virtual methods. No access to athletes/participants. 	<p>There will be no activities if a school(s) is in an orange or red phase.</p>
<p>Meetings (Team/Parent/Booster)</p>	<ul style="list-style-type: none"> ● If in person meetings are necessary, social distancing should be maintained to the maximum extent possible. 	<p>In addition to the blue/green guidelines:</p> <ul style="list-style-type: none"> ● Any meetings held for groups need to be held in a virtual format. 	<p>Any meetings held for groups need to be held in a virtual format.</p>

	<ul style="list-style-type: none"> ● Preseason meetings should have only one parent present or be virtual if possible. ● Eliminate/modify team meetings. Use virtual methods for team meetings when possible. ● Masks are required for all meetings when social distancing is not possible. 		
Permissible Activities	<ul style="list-style-type: none"> ● Workouts, Practices, Rehearsals, Competitions and Performances are permissible. 	<ul style="list-style-type: none"> ● Workouts, Practices, Rehearsals and Competitions are permissible. Competition may be limited in some areas based on changing conditions. Fine Arts performances would be limited to small groups while socially distanced. 	There will be no activities if a school(s) is in an orange or red phase.
Positive COVID Test	<ul style="list-style-type: none"> ● All positive tests must be reported to building administration and ND DoH guidance will be followed. 	Follow the same guidelines as the blue/green phase.	There will be no activities if a school(s) is in an orange or red phase.
Practices	<ul style="list-style-type: none"> ● The North Dakota Department of Health (ND DoH) recommends monitoring and checking the health of athletes before every practice and game. ● Staggering of practice times is encouraged to alleviate having multiple teams in the locker room at the same time. ● Daily attendance logs for practices, contests and other gatherings is required (all levels). ● Daily logs should indicate groups that were in close contact (within 6 feet of each other) and must document each athlete's responses to the five COVID screening questions. ● Partners should be assigned prior to the start of practice. This partner should remain the same throughout the season and on the bus. ● If possible, separate competitive levels during practice. This will help minimize 	<p>In addition to the blue/green guidelines:</p> <ul style="list-style-type: none"> ● Staggering of practice times is mandatory. ● Group sizes will be limited or will be divided by grade level and/or team. 	There will be no activities if a school(s) is in an orange or red phase.

	the number of interactions between large groups.		
Rentals/Outside Groups or Individuals	<ul style="list-style-type: none"> ● LRSC will have access for their practices and games. ● The Devils Lake Park Board will have access for their youth programs. ● Devils Lake Youth Football will be allowed to use the Sports Complex for their program. ● Special Olympics will be allowed access to DLS facilities. ● Other than LRSC and DLPB, there will not be any rentals or outside groups/individuals allowed to use DLPS facilities. 	<p>In addition to the blue/green guidelines:</p> <ul style="list-style-type: none"> ● No spectators will be allowed for LRSC, Park Board or Devils Lake Youth Football events (coaches and participants only). 	No rentals or outside groups will be allowed while in the orange or red phase.
Spectators/ Fan Attendance	<ul style="list-style-type: none"> ● Masks are recommended for all spectators at all contests/events. ● Spectators are asked to socially distance to the maximum extent possible. ● In Phase 1, large groups will be allowed, but will need to follow proper safety procedures (ND SMART Restart) unless otherwise approved by Ramsey County Public Health and ND DoH. ● In Phase 2, two tickets will be sold at the regular adult price of \$6.00/ticket to each participant for them to give to whoever they choose. ● No loitering or gathering with players on the playing surface before/during/after games. ● Booster gatherings/socials in school buildings will be prohibited before/after games. ● Spectators must vacate the facility immediately upon completion of the game/event. 	<p>In addition to the blue/green guidelines:</p> <ul style="list-style-type: none"> ● No spectators will be allowed. 	There will be no activities if a school(s) is in an orange or red phase.

<p>Ticketing</p>	<ul style="list-style-type: none"> ● Ticket takers will need to wear protective equipment such as masks and gloves. 	<p>In addition to the blue/green guidelines:</p> <ul style="list-style-type: none"> ● No spectators will be allowed. 	<p>There will be no activities if a school(s) is in an orange or red phase.</p>
<p>Transportation</p>	<ul style="list-style-type: none"> ● Transportation for activities will be provided as busing is available. ● If possible, bus windows should be open. ● As social distancing may be difficult on the buses, masks will be required for all activity trips. ● Individuals should socially distance to the maximum extent possible. ● Bus availability may be limited due school needs. If so, bus trips/capacities may be limited. ● No out of state travel. In state travel must be previously approved. ● Overnight trips prior to the postseason are prohibited. ● Your assigned seat partner should be the same person as your practice partner. ● Bus Rules: <ul style="list-style-type: none"> a . Maintain same seats to/from destination (seating chart is required) b . Load from back of bus first c . Unload from front of bus first d . Avoid touching seats on the way in/out of the bus ● A spare bus or van will be taken to events that are over 100 miles in case someone becomes ill. 	<p>In addition to the blue/green guidelines:</p> <ul style="list-style-type: none"> ● Activity bus trip capacities will be restricted and lower levels may not travel. 	<p>There will be no activities if a school(s) is in an orange or red phase.</p>
<p>Uniforms/Practice Gear</p>	<ul style="list-style-type: none"> ● Uniforms and practice gear must be taken home daily and washed. ● Practice uniforms/pinnies should not be shared from one player to another. ● Athletes should make every effort possible to not use showers in the locker 	<p>In addition to the blue/green guidelines:</p> <ul style="list-style-type: none"> ● Showers will be closed to use. 	<p>There will be no activities if a school(s) is in an orange or red phase.</p>

	rooms and should try and shower at home.		
Water	<ul style="list-style-type: none"> ● All athletes should have their own water bottles and they should be labeled. ● Water bottles should not be shared from one athlete to another. ● Water bottles should be taken home and washed daily. ● No hydration stations will be used. 	Follow the same guidelines as the blue/green phase.	There will be no activities if a school(s) is in an orange or red phase.

***Coaches/Advisors will be paid whether we have a season or not, but will be expected to provide virtual activities and drills for their participants at all levels during their season.

Assessment Team (12 Members)

Matt Bakke – Superintendent

Ryan Hanson – High School Principal

Amy Kurtz – DLEA President

Melissa Haahr – Business Manager

Nick Kavli – District Technology Director

Stephanie Foughty – Altru Health System

Lee Ann Johnston – School Board President

Kim Krogfoss – Minnie H Kindergarten Center Principal

Brad Larson – Transportation/Maintenance Supervisor

Rhandi Knutson – Lake Region Special Education Director

Annette Groves – Ramsey County Health

Jason Wiberg – Athletic Director



**Devils Lake Public Schools
Individual Activity Considerations for COVID-19
Fall 2020**

Club Activities

Competition Based

- Honor Society
- Student Council
- FBLA
- DECA
- JROTC
- Skills USA
- Robotics
- Spanish Club
- Academic Team
- Publications
- Yearbook
- SADD

Other Clubs

Cross Country (Boys & Girls)

NFHS Considerations - ALL RULE CONSIDERATIONS FOLLOWED?

1. Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
2. Cross country meets should consider using staggered, wave or interval starts.

Possible Rule Modifications:

1. 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.

Finish:

1. Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
2. With no FAT timing system consider alternative means of finish place and time to address congestion at finish line.
3. Consider using image-based equipment at finish to assist with picking place to avoid congestion.
4. Clean and disinfect frequently touched surfaces and exercise equipment.

Pre and Post Game Ceremony:

1. Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match.
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Additional DLPS/EDC Regulations:

1. With the exception of the East Region and State Meets, all meets are limited to a maximum of **four schools**.
2. Schools may only travel to meets hosted by a EDC member school in that school's town.
3. Team camps must have separate team camps for each gender, the middle and high school levels.

Fine Arts

Student Congress

- No East/West travel will be allowed. East Congress is currently scheduled for September 28, West Congress is scheduled for October 12 and State Congress is scheduled for November 5. As a result of travel restrictions, NDHSAA will likely need to look into the possibility of adopting a new schedule featuring some online options for schools.

Speech - will be addressed at a later date

Drama - will be addressed at a later date

Music (Band, Choir, Orchestra)

Attendance for Fine Arts events will follow the ND Smart Restart venue capacities. At this time, it is limited to 500 people or 75% of capacity unless otherwise approved by Ramsey County Public Health or the ND DoH.

NFHS Study Recommendations:

1. Masks should be worn by all students and staff prior to entering the performing arts room. Masks should continue to be worn until all students are seated and ready for instruction (example, long rests, sectional work, moving around the room, etc.)
2. No talking should occur in the room without a mask being properly worn.
3. When possible a mask with a small slit for mouthpiece access should be worn while playing.
4. In instrument groups where a mask cannot physically be worn the mask should be worn over the chin and replaced during periods where the student is not playing. No talking without a mask.
5. Social distancing should occur as suggested by the CDC. Currently that distance is a 6 x 6 foot space around each student with the student sitting in the center. This may reduce the number of students that can fit in a performing arts classroom. Straight lines should be used as curved setups can affect the aerosol movement in a room.
6. Students should sit all facing the same direction, back to front to minimize potential exposure.
7. Trombones should have an additional three feet of distancing making their space 9 x 6. The player should be seated three feet in front of the back line, leaving an additional six feet in front of them due to the extended nature of the instrument and slide that can be in extended position.
8. Spit valves should not be emptied on the floor. Recommend using a puppy pad (or similar) to catch the contents of the spit valve and discard.

9. Storage areas should be managed to limit the number of students at a time in the room. Anyone who enters the room should bring a 70% alcohol wipe to wipe all surfaces before and after touching. The wipe should be discarded properly upon leaving the storage area.
10. Teachers should consider using a portable amplifier to keep their voices at a low conversational volume. Students should also ask questions in a low conversational volume with a mask.
11. Teachers are assumed to talk the most and as a result should wear the most efficient mask possible that is readily available, which are surgical masks. (N95s are not recommended at this time due to supply chain issues.)
12. Existing HVAC systems should be fitted with HEPA filters if possible.
13. There are HEPA air purifiers on the market to provide additional filtration appropriate to the size of the rehearsal space which will increase the air change rate from standard HVAC systems.
14. Air change rate accounts for volume of the room.
 - a. Air refresh rate per room to “clean” the room:
 - i. Air changes per hour (ACH),
 - ii. $(1/ACH) \times 60 \text{ min/h} \times 3$
 - iii. $3 \text{ ACH} = (1/3) \times 60 \times 3 = 60 \text{ minutes}$
 - b. If volumetric flow rate (L/min) is available divide by room volume to find the air change rate

Football

NDHSAA Recommendations:

1. **TEAM BOX (Rule 1-2-3g)**
 - a. The team box may be extended on both sides of the field to the 10-yard lines (for players only) in order for more social-distancing space for the teams.
 - b. Maintain social distancing of 6 feet at all times while in the team box.
 - c. Do not share uniforms, towels and other apparel and equipment.
2. **BALL (Rule 1-3-2)**
 - a. The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
 - b. The ball holders should maintain social distancing of 6 feet at all times during the contest.
3. **FACE MASKS [Rules 1-5-1a, 1-5-3c(4)]**
 - a. Cloth face coverings are permissible.
 - b. Plastic shields covering the entire face (unless integrated into the face mask and attached to the helmet and clear without the presence of any tint) shall not be allowed during the contest.
4. **TOOTH AND MOUTH PROTECTORS [Rule 1-5-1d(5)]**
 - a. ***Still being determined at this time on how to best handle the tooth and mouth protector during the contest. The NFHS SMAC will update the membership as soon as guidance is developed for all sports that require a tooth and mouth protector.*
5. **GLOVES (Rule 1-5-2b)**
 - a. Gloves are permissible but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specification.
6. **CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES (Rules 2-6-2, 3-5-3, 3-5-8)**
 - a. A single charged time-out may be extended to a maximum of two minutes in length.
 - b. The authorized conference for the charged time-out should take place between the 9-yard marks and not at the sideline for social-distancing purposes. (It would be permissible for more than one coach to be involved in this conference and for technology to be used.)
 - c. Each game official and player should have their own beverage container brought out to them on the field.
7. **INTERMISSION BETWEEN PERIODS AND AFTER SCORING (Rule 3-5-7I)**
 - a. The intermission may be extended to a maximum of two minutes between the first and second and the third and fourth periods and following a try, successful field goal or safety, and prior to the succeeding free kick.

FOOTBALL GAME OFFICIALS MANUAL CONSIDERATIONS

1. GAME OFFICIALS UNIFORM AND EQUIPMENT

- a. Electronic whistles are permissible (supplies are limited).
 - i. Choose a whistle whose tone will carry outside.
 - ii. Fox 40 Mini
 - iii. Fox 40 Unisex Electronic – (3 tone)
 - iv. Ergo-Guard - (3 tone) - orange
 - v. Windsor - (3 tone)
 - vi. Check the market for other choices
- b. Cloth face coverings are permissible.
- c. Gloves are permissible.
- d. Do not share uniforms, towels and other apparel and equipment.

2. PREGAME CONFERENCE, COIN TOSS AND OVERTIME PROCEDURES

- a. For the coin toss, limit attendees to the referee, umpire and one designated representative from each team.
- b. Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6 feet.
- c. No handshakes prior to and following the coin toss.
- d. Maintain social distancing of 6 feet 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.
- e. For the overtime procedure, please use the same procedure as used at the start of the contest for the coin toss.

3. PRE AND POST GAME CONSIDERATIONS

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

Additional DLPS/IIA Regulations:

1. No spectators are allowed to enter the playing surface at any time including upon completion of the game.
- 2.

Volleyball

NDHSAA Recommendations:

1. Limit number of participants in the pre-match meeting (one coach, one captain). No handshakes will be allowed and physical distancing rules will be enforced. Pre-match meetings should take place away from the scorer's table if possible.
2. No switching of team benches unless it has been determined there is a clear disadvantage on one side of the court.
3. Eliminate the option of choice of side during the deciding set coin toss. Maintain physical distance during the conference.
4. R2 will maintain physical distancing during the substitution procedure.
5. Coach/official and player/official conferences will be allowed but all physical distancing guidelines will be enforced.
6. Only essential personnel at the scorers table. Visiting team's bookkeeper will not be allowed unless it is to be the official libero tracker.
7. No handshakes prior to or after the match.
8. Face covering will be permitted by players, coaches, bench personnel and officials.
9. Electronic whistles will be allowed.

Additional DLPS/EDC Regulations:

1. All varsity matches for the season will be limited to conference opponents only.
2. The only tournaments permitted will be end of season tournaments. At this time, the sub-varsity tournaments will be evaluated closer to the dates of the tournament.
3. Team huddles/celebrations are prohibited between points.
4. No spectators are allowed to enter the playing surface at any time including upon completion of the game.

Weight Room

1. Screen students with the five Covid symptoms questions. If any answers are yes, they should be sent home immediately.
2. Athletes should stay home if they are not feeling well.
3. Vulnerable individuals should not participate in workouts
4. Group sizes will be limited below. Numbers are to include participants, coaches and staff.
 - a. One group allowed in weight room (fifteen maximum)
 - b. Group participants need to be tracked in a daily attendance log to include which students are in close contact with one another.
 - c. Equipment should not be shared between groups.
5. Locker room use may be limited. When possible, participants should come dressed and ready for their workout.
6. Workout clothes should be taken home and washed after each workout.
7. All Athletic equipment, including balls, should be cleaned intermittently during workouts.
8. Students should bring their own water bottles and should have them labeled. Water bottles cannot be shared.
9. Students should leave the facility upon the conclusion of the workout. Students should continue to practice social distancing when they leave.