

New Administrator's Workshop

IHSA COVID Considerations

IHSA

- Founded in 1900
- Voluntary, not for profit organization
- 800+ members (as of today)
- Member school principals or official representatives comprise IHSA Board of Directors
- Each Board member serves a geographical area or a specific sub-set of the membership



IHSA

- Member of National Federation of State High School Associations (NFHS)
- NFHS playing rules govern all interscholastic contests in Illinois





IHSA Mission



The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational process.

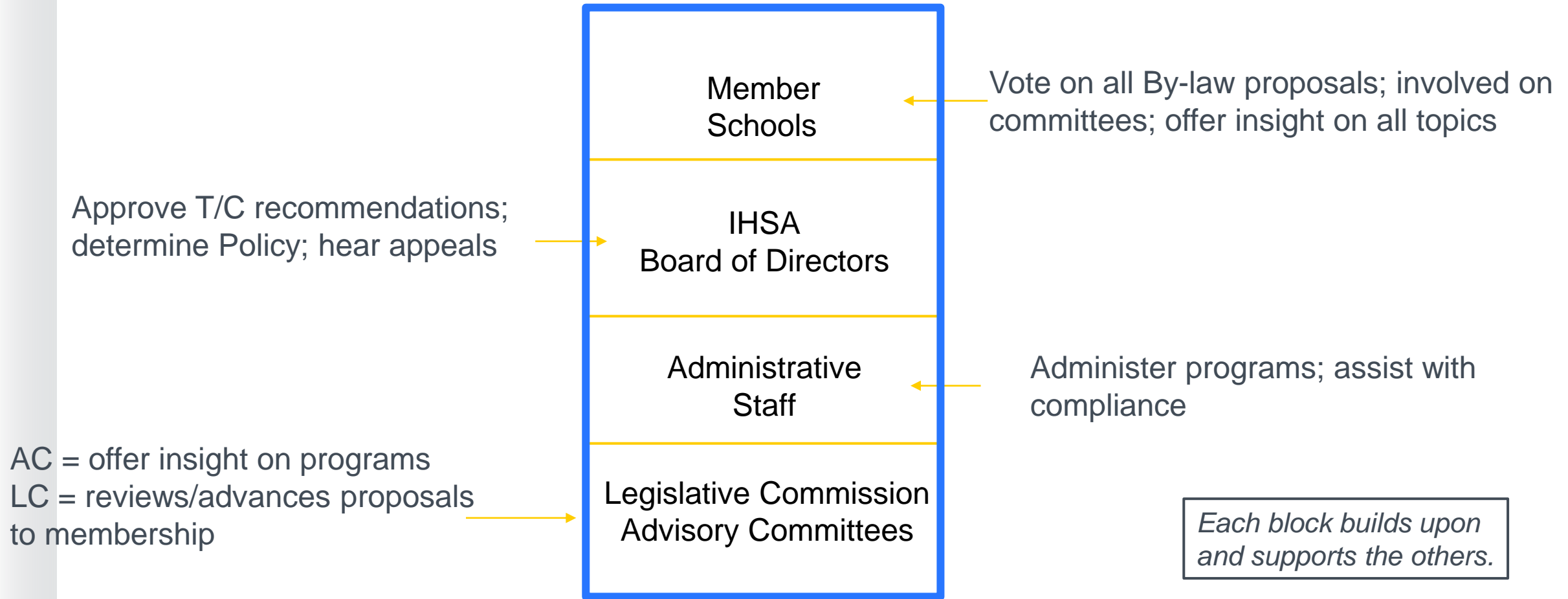


PLAY SMART.  PLAY HARD.





IHSA Structure



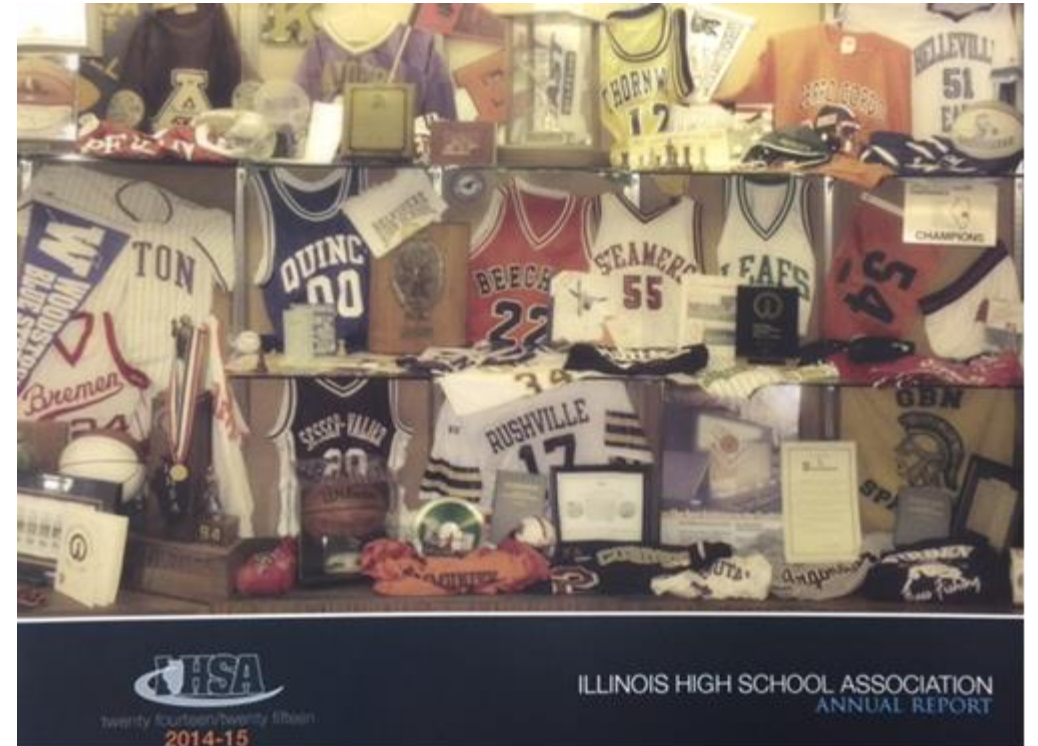
IHSA Finances

Costs

- No membership fees
- Fees for late withdrawals/entries
- \$100 entry fees instituted this year

Revenues

- Ticket sales at state series events
(**approx. 70% of revenue**)
- Some corporate sponsorships
- Officials' licensing fees





Today's Session

1. Where we've been (March 12 to present)
2. Where we're going (as of today!?!?)
3. Returning Activities
4. Questions



Where We've Been (March through July)

- Winter Sports were cancelled March 12
 - Initial 2-3 months of how do we deal with the pandemic?
 - Spring Sports/Activities rightfully suspended later
- Communication between IHSA and IDPH/ISBE/Governor's Office was spotty as everyone kept navigating new waters
- Mid-Summer, though, our office tried to establish more consistent communication with an eye towards the 20-21 school year
 - How would/could sports/activities start?
 - How would/could these start in relation to how schools were going to open up?



Where We've Been (March through July)

- IHSA Phase 3 and 4 guidance came out in June and July, respectively.
 - Initially, some of that guidance ran counter to that which IDPH and ISBE had come out with so adjustments were made to the guidance so there was greater consistency between all groups
- Later, our office announced that we would follow the lead of IDPH/ISBE as it relates to “returning to play” (**Illinois All-Sports Policy**)
- In late July, the IHSA Board announced that schools could have some contact days (20) this fall and guidance for how to conduct those was created
- Also in late July, the IHSA Board announced revised schedules for the 2020-21 school year, creating a new fourth (“summer”) season for this year



Where We've Been (August to present)

- IHSA created some sport specific guidance for those sports that were allowed to be conducted this fall (**Illinois All-Sports Policy**)
- IHSA has also been working very diligently on how activities can also return (more to follow in this session)
- IHSA Board initially determined that one post-season round would be conducted for those fall sports being played
- In late September, the IHSA Board of Directors decided to add an additional round of post-season play for boys'/girls' golf and cross country

Where We've Been (August to present)

Illinois All-Sports Policy

- Guiding document from the state being used by IHSA
- Sports are classified based on risk levels
- Currently, lower risk sports are only those that can have competitions
- Metrics being used to 'move' sports to a different risk-level are unknown at this time

ILLINOIS DEPARTMENT OF COMMERCE & ECONOMIC OPPORTUNITY

ALL SPORTS POLICY

RESTORE ILLINOIS

A Public Health Approach To Safely Reopen Our State

PART OF PHASE 4 OF RESTORE ILLINOIS PLAN
 APPLICABLE TO EACH REGION UPON TRANSITION TO PHASE IV | ISSUED ON JULY 29, 2020 | EARLIEST EFFECTIVE DATE AUGUST 15, 2020

The Revitalization Phase of the Restore Illinois public health approach to reopening the Illinois economy includes larger gathering sizes, additional businesses reopening and increased capacities. We must all continue to social distance, frequently wash our hands and cover our faces to maintain progress in overcoming COVID-19.

This guidance pertains to all youth and adult recreational sports, including, but not limited to, school-based sports (IHSA & IESA), travel clubs, private leagues and clubs, recreational leagues and centers, and park district sports programs. This guidance does NOT pertain to professional sports leagues or college division level sports.

These guidelines do not apply to adult sport activities subject to existing DCEO guidance identified below:

- For golf, refer to [existing guidance](#) on the [DCEO website](#).
- For tennis, refer to [existing guidance](#) on the [DCEO website](#).

This guidance will be regularly updated as public health conditions change and new information becomes available.

HIGHER RISK	MEDIUM RISK	LOWER RISK
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 and Field *
		Weight Lifting *

* With safety measures.
See full table for detailed guidance



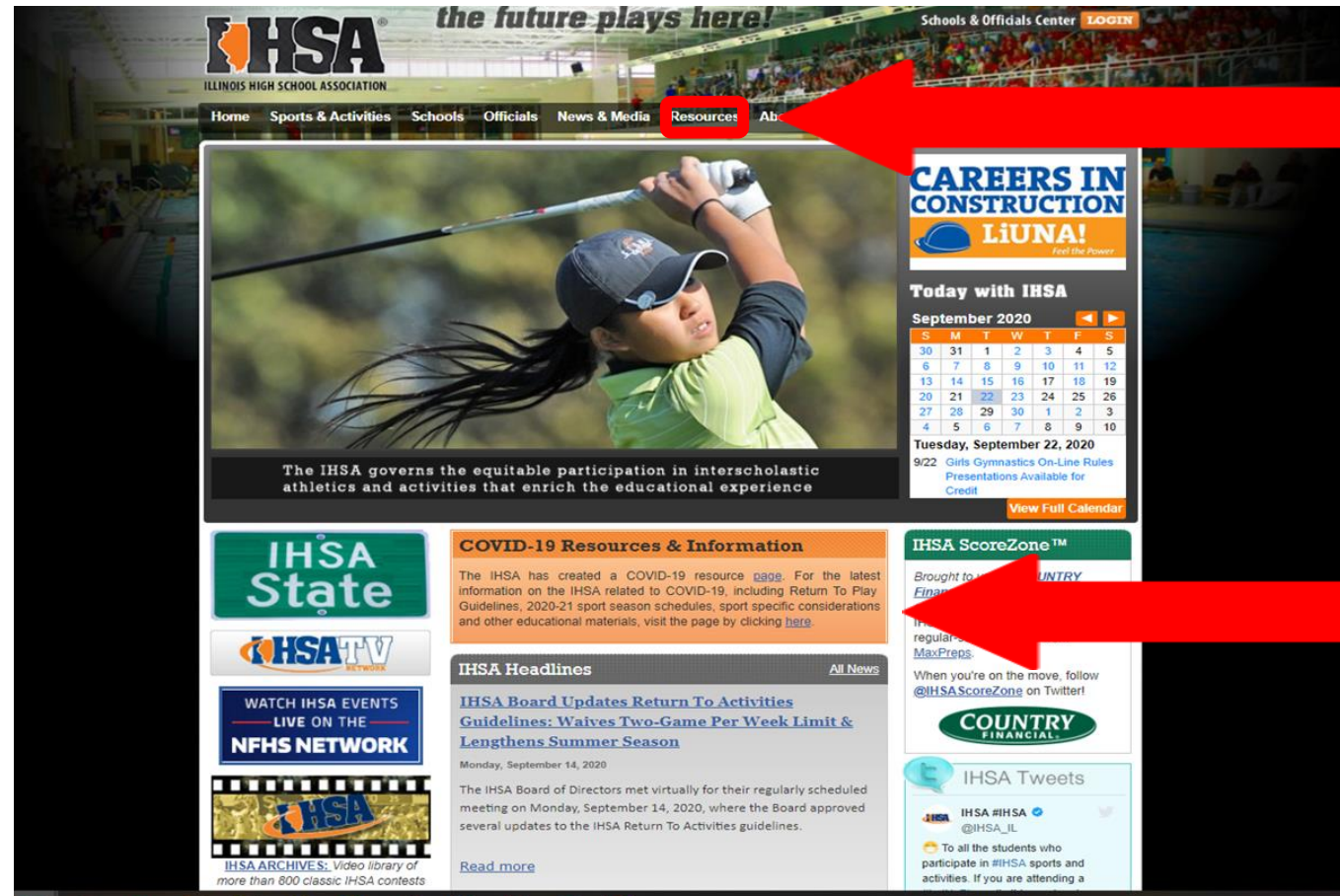
Post-Season Events

- Assignments were made in accordance with IHSA Policy, which means some schools were assigned to an event outside of their COVID region.
 - The deputy governor gave IHSA the approval to do this in the post-season, and IHSA staff has tried to minimize to the greatest extent possible having schools go outside their COVID region in the post-season.
- Currently, staff is searching for golf and cross-country sectional locations and working with schools to establish the dates for those events.
- Looking ahead, remaining seasons are planning on one round of post-season play, although that could change as the health situation changes.



IHSA COVID-19

(Go to www.ihsa.org and select either COVID-19 link)



Option 1

Option 2



IHSA COVID-19 Information

Resources

- COVID-19
- Coaches' Education
- Download Center
- Equity Center
- Sports Medicine
- Awards & Recognition
- Sportsmanship
- Video
- Merchandise

IHSA COVID-19 INFORMATION

The IHSA has created this page to house documents and resources related to the COVID-19 pandemic as it relates to IHSA sports/activities for the 2020-21 school year.

IHSA Return To Play & Contact Day Guidelines

The IHSA's Return To Play Guidelines were developed by the [IHSA Sports Medicine Advisory Committee](#) in collaboration with the Illinois Department of Public Health (IDPH).

[PHASE 3 GUIDELINES](#) – approved on June 5, 2020

[PHASE 4 GUIDELINES](#) – approved on July 3, 2020

[RETURN TO ACTIVITIES GUIDELINES](#) - updated on September 14, 2020

[2020 FALL CONTACT DAY GUIDELINES](#) – approved on July 29, 2020

2020-21 IHSA Seasonal Sports Schedules

▼ Fall

Sport	IDPH Risk	Practices Start	Games Start	State Series	End Date
Boys Golf	Lower	August 10	August 10	Oct. 6 & 7	Oct. 24
Girls Golf	Lower	August 10	August 10	Oct. 7	Oct. 24
Girls Tennis	Lower	August 10	August 24	Oct. 16-17	Oct. 24
Boys/Girls Cross Country	Lower	August 10	August 24	Oct. 24	Oct. 24
Girls Swimming & Diving	Lower	August 10	August 24	Oct. 24	Oct. 24

► Winter

► Spring

► Summer

IHSA Fall Sport Considerations

Cross Country Golf Swimming Tennis Officiating

[Click here to print IHSA Cross Country Considerations](#)



Current Guidelines



IHSA COVID-19 Information

Revised
Season
Calendars



Resources

- COVID-19
- Coaches' Education
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▶ Winter

▶ Spring

▶ Summer

IHSA Fall Sport Considerations


Cross Country
Golf
Swimming
Tennis
Officiating

[Click here to print IHSA Cross Country Considerations](#)



IHSA COVID-19 Information

Sport-specific
guidance
(considerations for
practices, games, etc.)



IHSA Fall Sport Considerations

Cross Country	Golf	Swimming	Tennis	Officiating
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[Click here to print IHSA Cross Country Considerations](#)

IHSA 2020-21 CROSS COUNTRY CONSIDERATIONS

This document is intended to provide guidance for schools conducting practices and hosting meets during the 2020 IHSA Cross Country season. The guidelines explained in this document are intended to decrease potential exposure to respiratory droplets and potential for illness through safe practices such as social distancing, proper hygiene, and appropriate protective equipment. This is not an exhaustive list, and school officials may take additional measures based on requirements set forth by their school district and/or local health officials. Please understand that even with this guidance, there is still risk of transmitting illness at events such as cross-country meets. Additionally, with the changing nature of the circumstances surrounding the COVID-19 pandemic, these guidelines may change.

Modified Season:

- ▶ On July 29, the IHSA Board of Directors modified the IHSA cross-country season along with all other sport seasons in response to the circumstances surrounding the ongoing COVID-19 pandemic. The modified girls and boys cross country seasons are as follows:
 - ▶ **August 10 – Practice May Begin**
 - ▶ **August 24 – First Contest May be Held**
 - ▶ **October 24 – End of Season**
- ▶ For the fall of 2020, the IHSA State Series will consist of a one round event which will be held on October 24, 2020.
- ▶ If your school had difficulty meeting the 6 contest requirement as outlined in IHSA By-laws as a result of circumstances surrounding the pandemic, you may contact IHSA Executive Director, Craig Anderson (canderson@ihsa.org), to inquire about a waiver.

General Requirements and Considerations:

- ▶ All guidelines of IHSA Return to Play Phase 4 must be adhered to.
- ▶ **Social distancing** between individuals of at least 6 feet must be maintained at all times. Handshakes, fist bumps, hugging, etc. are not permissible.
- ▶ **Race Capacity** - Student participants, coaches, timers, and paid/volunteer meet officials are restricted to a combined total of 50 per race.
- ▶ **Spectators** if meet hosts allow spectators, they must maintain 6 feet social distance when possible. Facial coverings are optional only if social distancing can be maintained. In situations where social distancing is difficult to maintain, then facial coverings are required.
- ▶ **Small meets** (i.e. duals and triangulars) are most effective in maintaining fewer competitors, school personnel, officials, and spectators. Small meets make it easier to space runners out at the start and finish of a race to ensure for appropriate social distancing. Small meets must adhere to the event capacity guidelines outlined in IHSA Return to Play Phase 4 as well as those outlined in this document.



IHSA COVID-19 Information

IHSA Fall Sport Considerations

Cross Country Golf Swimming Tennis Officiating

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- ▶ **Multi-team Meets** - If schools have scheduled large meets such as invitationals or anything larger than a triangular, then again, hosts must ensure that ALL event attendees are held to the capacity guidelines outlined in IHSA Return to Play Phase 4 as well as this document (i.e. combined total of no more than 50 student participants, coaches, officials, and timers per race).
- ▶ **Multiple Races** - If multiple races will occur at a site, then those participating in the race can only be in the vicinity of the racecourse during their scheduled time specified by the meet manager. Once that time expires, participants must vacate the racecourse area to allow the next scheduled group of participants to compete. Vacating the racecourse area means that student participants have either left the premises or are in a location that is completely removed from the event.
- ▶ **Competition:** Per IDPH guidelines, competition is limited to intra-conference or intra-EMS-region (See IDPH COVID EMS-Region Map link below in resources).



Guidance updated as state guidelines are updated



IHSA COVID-19 Information

Contact info and
resources also
available



Questions:

- ▶ Questions may be addressed to IHSA Cross Country Administrator, Kraig Garber (kgarber@ihsa.org).

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

Staggered/Interval/Wave Start Guidance: https://ihsa.org:my.sharepoint.com/:w:/g/personal/kraig_ihsa_org1/ERnE14FSaFZEgt1QlvqdYysBtIR-RHRzBPOd1ro3V2YrNg?e=5IHjCv

Finish Guidance: https://ihsa.org:my.sharepoint.com/:w:/g/personal/kraig_ihsa_org1/EXZGq62E8m5Ch1Uik5mc9o8doe8W-Gbh6w1otVj4gXXg?e=IYI2EP

Educator & Guidelines

[Illinois Department of Public Health Sports Safety Guidelines](#)

[NFHS COVID-19 For Coaches & Administrators Course](#)

[Wilson Sporting Goods Guidance On Sanitizing Balls](#)

[Spalding Guidance On Sanitizing Balls](#)

[NFHS Guidance For Assessing COVID-19 Cardiac Infection](#)

National Studies & Other Information

[University of Wisconsin Study on Sport Cancellation Impact On Adolescents](#)

[NFHS Guidance on Re-Opening High School Athletics & Activities](#)

[NFHS Performing Arts Aerosol Study](#)



IHSA COVID-19 Guidance - Activities

Bass Fishing; **Chess**; **Journalism**; **Drama** (Contest Play, Group Interpretations, Short Film)
Music (Solo & Ensemble & Organizational); **Speech** (Individual Events); **Scholastic Bowl**;
Debate (Lincoln/Douglas, Policy, Public Forum, Student Congress);



IHSA Activities & COVID-19

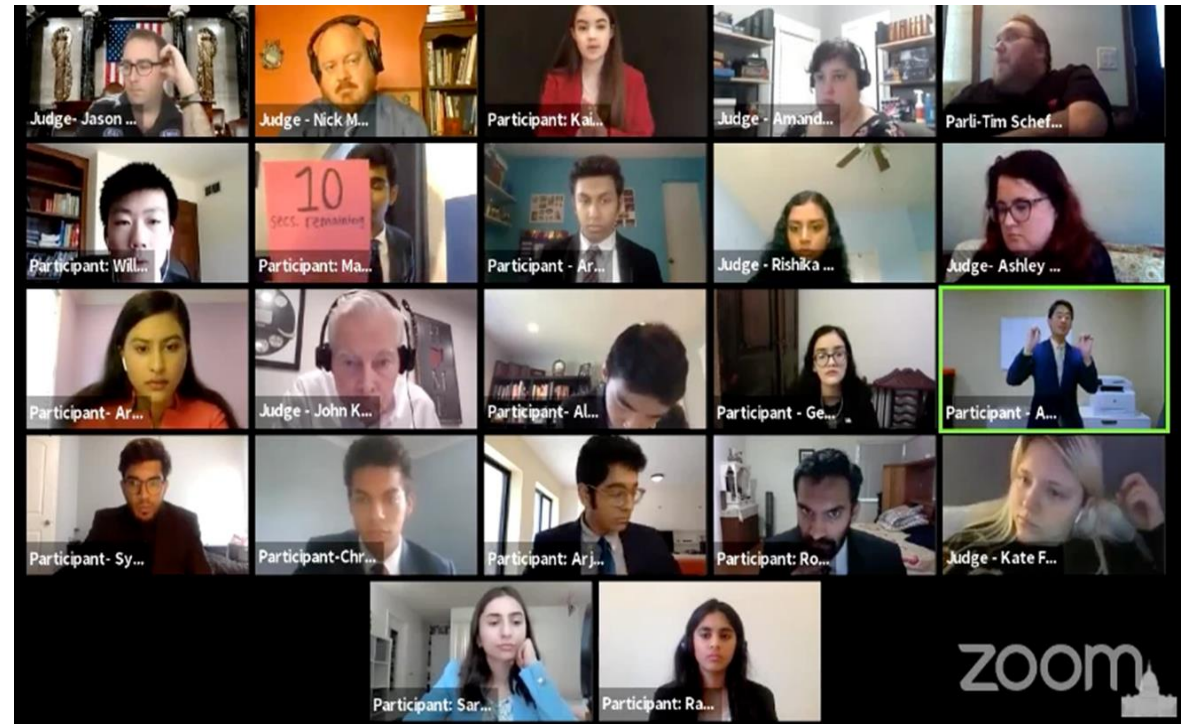
- Activities that can be conducted in person with IDPH Guidance
- Activities that can be conducted virtually
- IHSA administrators will provide considerations and guidance

- IDPH Guidance
<http://dph.illinois.gov/covid19/community-guidance/school-guidance>



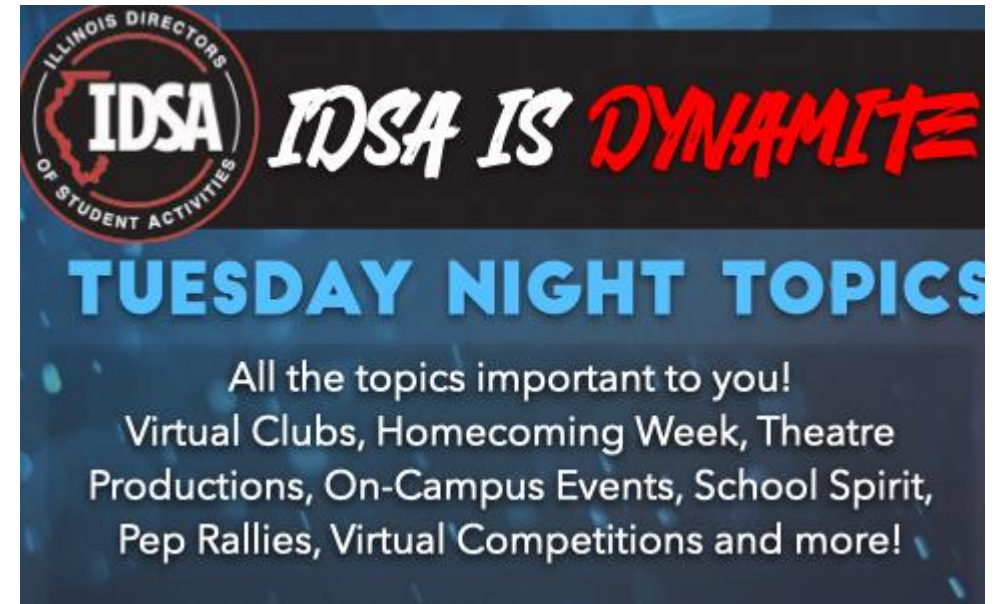
IHSA Virtual Activities

- These events may look and feel a little different
- Students will have an opportunity to showcase their talents



IDSAs-activities.org

- The Illinois Directors of Student Activities meet weekly online to share ideas and best practices on keeping student bodies engaged
- Check them out at the website above – or contact:
- IDSA President - Brian Verisario:
bverisario@dist113.org



- <https://idsa-activities.org/>



NFHS RESOURCES

Performing Arts COVID-19 Resources

By NFHS on September 10, 2020

speech debate & theatre directors & judges article

Print Share



NFHS Resources

<https://www.nfhs.org/articles/performing-arts-covid-19-resources/>

KEEPING ARTS ED SAFE AT SCHOOL

MASK Everything!

ACTORS
SINGERS
DANCERS

INSTRUMENTALISTS
INSTRUMENTS

TEACHERS

DISTANCE 6 FEET with Mask

TIMING

OUTDOOR

- Playing Instruments, Singing, Acting, or Dancing (*Masks strongly recommended*)
- 30 minute blocks with 6ft spacing
- 5 minute pause between blocks

INDOORS

- Playing Instruments, Singing, Acting, or Dancing (*Masks required*)
- 30 minutes with 6 ft spacing
- Minimum one air change between class

MATERIALS MATTER

2 LAYERS or more of DENSE FABRIC *for instruments*

WELL-FITTING MASKS *for students*

Proper HYGIENE

Instruments Spaces People

AIRFLOW / FILTRATION

Good ventilation and air change rate for the space.



NFHS Learn Center

NFHSLEARN.COM

The screenshot shows the NFHS Learning Center website interface. At the top, there is a dark blue navigation bar with the NFHS logo on the left, the text 'NFHS.org' and 'NFHSLearn.com' in the center, and 'Sign In' and 'Register' buttons on the right. Below the navigation bar, the 'LEARNING CENTER' logo is on the left, and a menu with 'COURSES', 'NFHSLEARN FOR YOU', 'USER LOOKUP', and 'HELP' is on the right. The main content area features a dark background with a large image of a red and white coronavirus particle on the left. To the right of the image, the course title 'COVID-19 FOR COACHES AND ADMINISTRATORS' is displayed in large white text. Below the title, it is labeled as an 'Elective Course' with a ribbon icon. There are four category tags: 'Coach', 'Administrator', 'Official', and 'Performing Arts'. At the bottom of the course card, there is a dropdown menu for 'Please Select Your State', a price indicator '\$', and an 'Order Course' button.



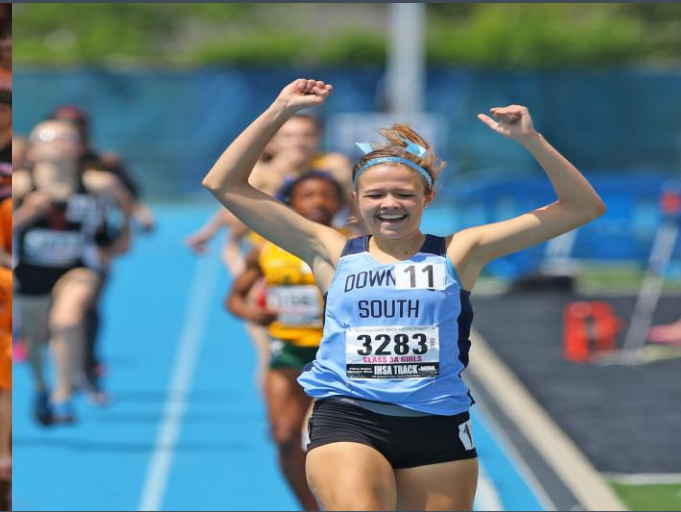
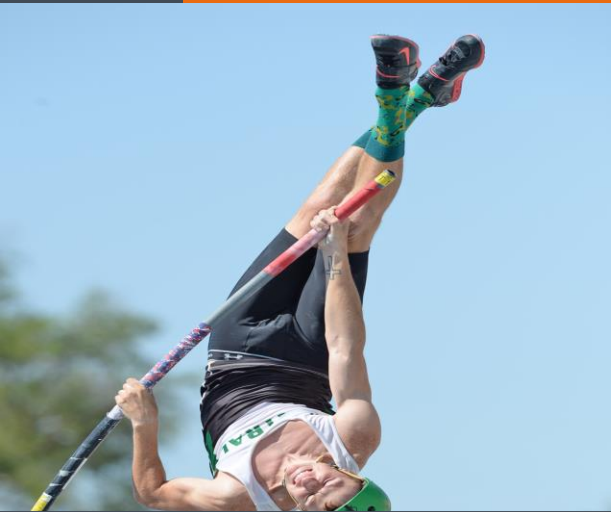
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Questions?



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