

**DEPARTMENT OF EDUCATION
OFFICE OF THE SECRETARY**

Statutory Authority: 14 Delaware Code, Sections 122(b)(15) and 303(a)-(c); 29 Delaware Code,
Section 10119 (14 **Del.C.** §§122(b)(15) & 303(a)-(c) & 29 **Del.C.** §10119)

EMERGENCY

ORDER

1010 Interscholastic Athletics during the COVID-19 Pandemic

WHEREAS, pursuant to 14 **Del.C.** §§303(a) and (b), the Delaware Interscholastic Athletic Association (“DIAA”) is a unit of the Delaware Department of Education that works in consultation and cooperation with the Department of Education to develop regulations relating to interscholastic athletics for middle and secondary schools in Delaware; and

WHEREAS, pursuant to 14 **Del.C.** §303(c), DIAA adopts regulations as to the sports over which it has jurisdiction; and

WHEREAS, pursuant to 14 **Del.C.** §301, DIAA was established, in part, to protect the physical well-being of student athletes and promote healthy adolescent lifestyles; and

WHEREAS, the Centers for Disease Control and Prevention determined that a novel coronavirus (“COVID-19”) presents a serious public health threat and, as a result, on March 12, 2020, the Governor issued a Declaration of a State of Emergency for the State of Delaware due to a Public Health Threat (“State of Emergency Order”), which has been modified; and

WHEREAS, on June 1, 2020, DIAA’s Sports Medicine Advisory Committee (“SMAC”) issued recommendations to the DIAA Board of Directors for returning to play once interscholastic athletics resumes; and

WHEREAS, on June 4, 2020, DIAA’s Rules and Regulations Committee recommended the DIAA Board of Directors develop a new regulation regarding COVID-19 that includes SMAC’s recommendations for returning to play; and

WHEREAS, on June 14, 2020, the Governor issued the Twenty-First Modification of the State of Emergency Order, which permits youth sports and other types of physical activity for children to resume during Phase 2 of the State’s economic reopening, beginning on June 15, 2020; and

WHEREAS, the Delaware Department of Health and Social Services’ Division of Public Health issued guidance concerning youth sports and suggested guidelines for returning to sports safely during COVID-19; and

WHEREAS, on June 24, 2020, the DIAA Board of Directors determined that the adoption of this regulation was necessary to protect the physical well-being of student athletes and promote healthy adolescent lifestyles during the State of Emergency and proposed that the adoption of this regulation to the Department of Education, subject to the State Board of Education’s approval, occur on an emergency basis; and

WHEREAS, in accordance with 29 **Del.C.** §10119(4), the DIAA Board of Directors will receive, consider, and respond to petitions by any interested persons for reconsideration or revision of this regulation by addressing the petitions to the attention of the DIAA Board of Directors, Delaware Department of Education, 35 Commerce Way, Suite 1, Dover, DE 19904.

WHEREAS, in accordance with 29 **Del.C.** §10119(3), this Order shall be effective for 120 days from the date it is executed and may be renewed once for a period not exceeding 60 days; and

WHEREAS, a copy of this Order will be submitted to the Registrar of Regulations for publication in the next issue of the *Register of Regulations*.

NOW, THEREFORE, IT IS ORDERED this 30th day of June, 2020 that the following regulation, Interscholastic Athletics during the COVID-19 Pandemic, attached hereto as Exhibit A shall take effect immediately.

IT IS SO ORDERED the 30th day of June, 2020.

Department of Education

Susan S. Bunting, Ed., Secretary of Education

Approved this 30th day of June, 2020.

State Board of Education

/s/ Whitney Townsend Sweeney, President

/s/ Audrey J. Noble, Ph.D., Vice President

/s/ Nina Lou Bunting

/s/ Vincent Lofink

/s/ Provey Powell, Jr.

/s/ Wali W. Rushdan, II

Candace Fifer (absent)

***Please Note: Electronic signatures ("/s/") were accepted pursuant to 6 Del.C. §12A-107(d).**

Exhibit A

1010 Interscholastic Athletics during the COVID-19 Pandemic

1.0 Applicability

The Delaware Interscholastic Athletic Association was established, in part, to protect the physical well-being of student athletes and promote healthy adolescent lifestyles (14 Del.C. §301). This regulation shall apply to Interscholastic Athletics at Member Schools during the public health emergency due to the COVID-19 pandemic.

2.0 Definitions

The following words and terms, when used in this regulation, shall have the following meaning:

"Board" means the Delaware Interscholastic Athletic Association Board of Directors established pursuant to 14 Del.C. Ch. 3.

"Competition" means a contest between two schools in which student athletes compete.

"Conditioning Program" means a voluntary conditioning program that is available to all interested, enrolled students at a Member School, is not restricted to members of a particular team, and in which sport-specific equipment and organized drills in the skills and techniques of a particular sport are prohibited as provided in subsection 6.5 of 14 DE Admin. Code 1008 and 14 DE Admin. Code 1009.

"Interscholastic Athletics" means sports engaged in by middle and high school student athletes who represent Member Schools. Interscholastic athletics is education-based. Interscholastic athletic programs are designed to support the academic mission of Member Schools and serve as an extension of the classroom that provides learning experiences to student athletes.

"Member School" means a full or associate member school of the Delaware Interscholastic Athletic Association and includes all Delaware public schools and nonpublic Delaware schools that elect to become member schools.

"Open Gym Program" means a voluntary program that is available to all interested, enrolled students at a Member School in which the Member School opens its gymnasium or other facility for informal, recreational activities as provided in subsection 6.4 of 14 DE Admin. Code 1008 and 14 DE Admin. Code 1009.

"Play Day" is a preseason event involving a series of Scrimmages held during the legal practice period for that sport season involving multiple schools.

"PPE Form" means the DIAA-approved pre-participation physical evaluation form that a student athlete is required to submit to the student athlete's Member School prior to participating in interscholastic tryouts, practices, scrimmages, and games.

"Practice" means working on skills for a particular sport within a single team at a Member School as guided by coaches and includes team workouts and inner-team scrimmages.

"Qualified Healthcare Professional" means a Doctor of Medicine (MD); a Doctor of Osteopathic Medicine (DO); or a school nurse, a nurse practitioner, a physician assistant, or an athletic trainer. Qualified Healthcare Professionals shall be licensed in good standing in the state in which they practice.

"Reexamination" means the limited reexamination in order to medically clear a student athlete who had a pre-participation physical and evaluation and was subsequently treated for an injury during the preceding sports season, absent from school for an illness other than the usual minor upper respiratory or gastrointestinal upset during the preceding sports season, had an operation performed during the preceding sports season, or has a remedial defect as required by subsection 3.1.3 of 14 DE Admin. Code 1008 and 14 DE Admin. Code 1009.

"Scrimmage" means an informal competition between schools in which a final score is not kept, the time periods are permitted to be modified, the results of the competition are not reported to the media, the coaches are permitted to interrupt the play to provide instruction, and the competition is strictly for practice purposes.

"Tournament" means a series of competitions between a number of Member Schools in a DIAA-recognized sport.

"Vulnerable Individual" means a person who qualifies as vulnerable and is strongly advised to shelter in place based on the Delaware Division of Public Health's guidance, including a person who is over the age of 65, a person who is immunocompromised, and a person with an underlying health condition. Conditions that can cause a person to be immunocompromised include cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and

other immune weakening medications. Underlying health conditions include chronic lung disease, moderate to severe asthma, a serious heart condition, severe obesity (body mass index of 40 or higher), and diabetes.

“Workout” means generic conditioning activities engaged in by individual student athletes, including aerobic, agility, balance, flexibility, and resistance training.

3.0 Pre-Participation Physical Examination

3.1 New Student Athletes and Out-of-State Transfer Student Athletes

3.1.1 A student athlete who enters sixth or ninth grade, seeks to participate in Interscholastic Athletics for the first time at the middle or high school level, or transfers from another state and enrolls in middle or high school at a Member School for the 2020-2021 school year shall obtain a physical and evaluation and submit the completed 2020-2021 PPE Form before trying out, practicing, scrimmaging, and competing.

3.2 Returning Student Athletes Who Obtained a Physical for the 2020-2021 School Year

3.2.1 If a student athlete obtained a physical and evaluation after April 1, 2020 and prior to the effective date of this regulation, the student athlete may submit a completed 2019-2020 PPE Form and 2020-2021 Supplemental PPE Form to be eligible to participate in tryouts, practices, scrimmages, and competitions during the 2020-2021 school year.

3.2.2 The student athlete is not required to submit a completed 2020-2021 PPE Form unless the student athlete requires a Reexamination.

3.3 Returning Student Athletes Who Have Not Obtained a Physical for the 2020-2021 School Year

3.3.1 Returning Middle School Student Athletes - Notwithstanding subsection 3.1.1 of 14 DE Admin. Code 1008, a Member School’s Qualified Healthcare Professional shall review a student athlete’s 2020-2021 History Form and Athlete Medical Card to determine if the student athlete is required to obtain a physical and evaluation before participating in tryouts, practices, scrimmages, and competitions at the middle school level during the 2020-2021 school year if the student athlete had a valid pre-participation physical evaluation during the 2019-2020 school year and does not require a Reexamination. If the Qualified Healthcare Professional determines that a student athlete is not required to obtain a physical and evaluation before participating, the student athlete shall obtain a physical and evaluation and submit the completed 2020-2021 PPE Form by the end of the fall season and prior to starting the winter season in order to continue being eligible to participate.

3.3.2 Returning High School Student Athletes - Notwithstanding subsection 3.1.1 of 14 DE Admin. Code 1009, a Member School’s Qualified Healthcare Professional shall review a student athlete’s 2020-2021 History Form and Athlete Medical Card to determine if the student athlete is required to obtain a physical and evaluation before participating in tryouts, practices, scrimmages, and competitions at the high school level during the 2020-2021 school year if the student athlete had a valid pre-participation physical evaluation during the 2019-2020 school year and does not require a Reexamination. If the Qualified Healthcare Professional determines that a student athlete is not required to obtain a physical and evaluation before participating, the student athlete shall obtain a physical and evaluation and submit the completed 2020-2021 PPE Form by the end of the fall season and prior to starting the winter season in order to continue being eligible to participate.

3.3.3 If a Member School’s Qualified Healthcare Professional does not make a determination as provided in subsections 3.3.1 and 3.3.2, the student athlete shall obtain a physical and evaluation and submit the completed 2020-2021 PPE Form before trying out, practicing, scrimmaging, or competing.

4.0 Suspension of Interscholastic Athletic Activities and DIAA Return to Play Stages

4.1 Member Schools, student athletes, coaches, administrators, officials, and spectators shall comply with the requirements of this regulation and of all orders and guidance applicable to sports, exercise facilities, and pools issued by the State related to the COVID-19 pandemic. The Board may investigate, conduct hearings, and impose penalties for failure to comply with any of the requirements of this regulation.

4.2 If in-person instruction is not permitted by the State and school buildings are closed statewide under a State order, interscholastic athletic activities, including tryouts, practices, scrimmages, competitions, and tournament events, shall be suspended. Member Schools shall not offer or permit interscholastic athletic activities of any kind. Member Schools that offer or permit interscholastic athletic activities in violation of this subsection gain an unfair advantage over other Member Schools once Interscholastic Athletics resume and may have penalties imposed against them.

4.3 If in-person instruction is not permitted by the State at some schools or school buildings are closed in some areas of the State (e.g., COVID-19 hotspots or a Member School chooses to be closed), interscholastic athletic activities, including tryouts, practices, scrimmages, competitions, and tournament events, shall be suspended

for the Member Schools that are not permitted to provide in-person instruction or whose school buildings are closed. Member Schools that are permitted to provide in-person instruction and whose buildings are open may provide interscholastic athletic activities subject to the requirements in subsection 4.4.

4.4 If in-person instruction is permitted by the State and school buildings are open at some or all Member Schools, the Board shall determine the applicable DIAA Return to Play Stage for Member Schools that choose to have Interscholastic Athletics.

4.4.1 DIAA Return to Play Stages are different from the State's Economic Reopening Phases. DIAA may establish and enforce requirements for Interscholastic Athletics that are stricter than the Delaware Division of Public Health's guidance and the State's Economic Reopening Phases guidelines applicable to sports.

4.4.2 How the Applicable DIAA Return to Play Stage Is Determined

4.4.2.1 Movement from and between the DIAA Return to Play Stages will be determined by the Board in consultation with the Delaware Division of Public Health and subject to the State's orders.

4.4.2.2 The Board's Executive Director shall provide notice to Member Schools of the applicable DIAA Return to Play Stage.

4.4.3 Requirements That Apply to DIAA Return to Play Stages 1, 2, and 3

4.4.3.1 Member Schools may establish and enforce stricter requirements than the requirements provided in this regulation.

4.4.3.2 Member Schools shall perform screenings for COVID-19 symptoms before every activity, including team meetings.

4.4.3.2.1 Screenings shall include a temperature check.

4.4.3.2.2 The Member School shall record the temperatures and responses to the screening questions of each person on the DIAA COVID-19 Screening Form. The responses shall be recorded and stored by the Member School.

4.4.3.2.3 The person conducting the screenings shall immediately report any person whose temperature is above 100.4°F or who had a positive response to one of the screening questions to the Member School's Qualified Healthcare Professional. The Member School's Qualified Healthcare Professional shall confirm if the person has any symptoms of COVID-19. A person who has any symptoms of COVID-19 shall not participate in the activity, shall leave the school premises immediately, and shall not return to any interscholastic athletic activities until the Member School receives written verification of the person's negative polymerase chain reaction (PCR) test for COVID-19 and the person is cleared by the Delaware Division of Public Health.

4.4.3.3 Student athletes shall wear cloth face coverings based on the Delaware Division of Public Health's current guidance applicable to sports. All other individuals, including coaches, administrators, officials, and spectators, shall wear cloth face coverings as required by the State's emergency order and modifications thereto.

4.4.3.4 Social distancing shall be maintained based on the Delaware Division of Public Health's guidance applicable to sports, including at facilities and on buses. Member Schools shall ensure social distancing by student athletes during non-playing time, including arranging alternate seating so student athletes are not clustered together on bleachers and benches.

4.4.3.5 Member Schools shall organize and stagger student athletes' arrival and departure procedures to reduce close contact and mixing of teams.

4.4.3.6 Student athletes shall not gather in enclosed spaces, such as dugouts, unless they can maintain social distancing based on the Delaware Division of Public Health's current guidance applicable to sports.

4.4.3.7 Member Schools shall make hand sanitizer or hand washing stations readily available to individuals throughout the facilities where Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, and Open Gym Programs are held, including at each entry and exit. Hand sanitizer shall be composed of 60% ethanol or 70% isopropanol.

4.4.3.8 Hydration stations are prohibited. Student athletes shall bring their own water bottles to interscholastic athletic activities but they shall not share their water bottles with others.

4.4.3.9 Spitting of all types is prohibited, including chewing sunflower seeds, chewing gum, spitting of water post-rinsing, and general spitting.

4.4.3.10 Coaches and officials shall bring their own clothing, towels, and drinks.

4.4.3.11 Officials shall use artificial noisemakers, such as an electronic whistle, instead of traditional whistles.

- 4.4.3.12 Member Schools shall follow the Delaware Division of Public Health's and the Center for Disease Control's infection control guidelines for cleaning of bodily fluids.
- 4.4.3.13 Handshakes, high-fives, and fist bumps are discouraged.
- 4.4.3.14 Spectators shall adhere to the restrictions on gatherings based on the State's orders.
- 4.4.3.15 Scrimmages and Competitions against a school in a different state should be avoided. If a Member School's team travels to a Scrimmage or Competition against a school in a different state, the team shall follow all of the requirements in this regulation and any applicable requirements of the other state.
- 4.4.3.16 Hosting Scrimmages and Competitions for a school from a different state is discouraged. If a member school hosts a Scrimmage or Competition with a school from a different state, the out-of-state school is required to follow applicable guidance and orders.
- 4.4.3.17 Member Schools are required to post extensive signage for student athletes, coaches, administrators, officials, and spectators about wearing required face coverings, maintaining social distancing, hand washing, covering coughs and sneezes, and staying home if experiencing COVID-19 symptoms.
- 4.4.3.18 Member Schools shall ensure student athletes, coaches, administrators, officials, and spectators are informed and routinely reminded of team infection control measures and of the expectation to stay home when sick.
- 4.4.3.19 Coaching out of season, as provided in subsection 7.6 of 14 **DE Admin. Code** 1008 and 14 **DE Admin. Code** 1009 is permitted in DIAA Return to Play Stages 1, 2, and 3.
- 4.4.4 DIAA Return to Play Stage 1 – During DIAA Return to Play Stage 1, Workouts are permitted subject to the limitations in subsection 4.4.4.4. Practices, Scrimmages, Competitions, Play Days, Tournament events, Conditioning Programs, and Open Gym Programs are not permitted.
 - 4.4.4.1 Vulnerable Individuals shall not attend Workouts.
 - 4.4.4.2 All coaches and student athletes shall be screened by their Member School for COVID-19 symptoms prior to every Workout.
 - 4.4.4.3 Member Schools shall keep a record of all persons present at every Workout.
 - 4.4.4.4 Limitations on DIAA Return to Play Stage 1 Workouts
 - 4.4.4.4.1 Workouts shall be held outdoors only.
 - 4.4.4.4.2 Workouts shall be limited to no more than 10 student athletes at a time and shall be conducted in pods of five to 10 with the same student athletes working out together during each Workout.
 - 4.4.4.4.3 Individuals shall maintain social distancing at all times based on the Delaware Division of Public Health's guidance applicable to sports. If individuals cannot maintain the minimum distance, the maximum number of individuals shall be decreased until proper social distancing occurs.
 - 4.4.4.4.4 Individual drills requiring the use of athletic equipment are permitted.
 - 4.4.4.4.5 Resistance training is permitted and shall be emphasized with bodyweight based, sub-maximal lifts and use of resistance bands.
 - 4.4.4.5 Athletic Equipment
 - 4.4.4.5.1 Athletic equipment, including towels, clothing, shoes, and sports specific equipment, shall not be shared between student athletes.
 - 4.4.4.5.2 Clothing and towels shall be washed after each Workout.
 - 4.4.4.5.3 All athletic equipment, including balls and equipment for individual drills and resistance training, shall be cleaned after each use and prior to use by the next individual.
 - 4.4.4.6 Additional Health and Safety Requirements
 - 4.4.4.6.1 Locker rooms shall be closed.
 - 4.4.4.6.2 Member Schools shall adequately clean bathrooms with an EPA List 6 approved disinfectant.
 - 4.4.4.6.3 Coaches shall limit the number of individuals in the bathroom in order to maintain social distancing.
 - 4.4.4.6.4 Student athletes and coaches shall clean their hands based on the Delaware Division of Public Health's guidance before touching any surfaces and before and after participating in Workouts.
 - 4.4.4.6.5 Member Schools shall cover equipment that has holes with exposed foam, such as athletic pads.

- 4.4.4.6.6 Student athletes shall report to Workouts in proper gear, should return home to shower at the end of Workouts, and should wash their Workout clothing immediately upon returning home.
- 4.4.5 DIAA Return to Play Stage 2 – During DIAA Return to Play Stage 2, Workouts; Practices in the sports specified in subsection 4.4.5.4; and Practices, Scrimmages, and Competitions in the sports specified in subsection 4.4.5.5 are permitted subject to the limitations in subsection 4.4.5.6. Play Days and Tournament events are not permitted. Conditioning Programs and Open Gym Programs that are held outdoors are permitted.
 - 4.4.5.1 Vulnerable Individuals shall not attend Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, or Open Gym Programs.
 - 4.4.5.2 All coaches and student athletes shall be screened by their Member School for COVID-19 symptoms prior to every Workout, Practice, Scrimmage, Competition, Conditioning Program, or Open Gym Program. Officials shall be screened by the host Member School prior to officiating.
 - 4.4.5.3 Member Schools shall keep a record of all persons present at every Workout, Practice, Scrimmage, Competition, Conditioning Program, and Open Gym Program.
 - 4.4.5.4 Practices are permitted in the following sports during Stage 2: baseball; outdoor basketball; field hockey; girls' lacrosse; soccer; softball; swimming - individual and relays; tennis; track and field – high jump, individual running events, long jump, pole vault, and throwing events; and volleyball.
 - 4.4.5.5 Practices, Scrimmages, and Competitions are permitted in the following sports during Stage 2: Cross country with staggered starts; golf; and track and field – individual running events and throwing events only.
 - 4.4.5.6 Limitations on DIAA Return to Play Stage 2 Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, and Open Gym Programs
 - 4.4.5.6.1 Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, and Open Gym Programs shall be held outdoors only.
 - 4.4.5.6.2 The number of individuals participating in a Workout, Practice, Scrimmage, Competition, Conditioning Program, or Open Gym Program shall be limited based on the Delaware Division of Public Health's guidance.
 - 4.4.5.6.3 Workouts shall be conducted in pods of five to 10 student athletes with the same student athletes working out together during each Workout.
 - 4.4.5.6.4 Individuals shall maintain social distancing at all times, including on sidelines and benches, based on the Delaware Division of Public Health's guidance applicable to sports. If individuals cannot maintain the minimum distance, the maximum number of individuals shall be decreased until proper social distancing occurs.
 - 4.4.5.6.5 Teams should remain stable from one day to the next. The same student athletes and staff should make up one team. Student athletes and staff should not switch between teams. Member Schools should restrict interaction between teams as much as possible to reduce the risk of spread of COVID-19. Staggered scheduling by team is encouraged.
 - 4.4.5.7 Athletic Equipment
 - 4.4.5.7.1 Athletic equipment, including towels, clothing, shoes, and sports specific equipment, shall not be shared between student athletes.
 - 4.4.5.7.2 Clothing and towels shall be washed after each Workout, Practice, Scrimmage, Competition, Conditioning Program, and Open Gym Program.
 - 4.4.5.7.3 All sports specific athletic equipment, including balls, shall be intermittently cleaned during practices and contests.
 - 4.4.5.7.4 Athletic equipment for individuals, such as bats, batting helmets, and catcher's gear, shall be cleaned between uses.
 - 4.4.5.8 Additional Health and Safety Requirements
 - 4.4.5.8.1 Locker rooms shall be closed.
 - 4.4.5.8.2 Member Schools shall sanitize all hard surfaces with an EPA List 6 approved disinfectant, including equipment, bathrooms, and benches, of the facility where the Workout, Practice, Scrimmage, Competition, Conditioning Program, and Open Gym Program will be held prior to an individual or group entering the facility.
 - 4.4.5.8.3 Individuals shall clean their hands based on the Delaware Division of Public Health's guidance before touching any surfaces and before and after participating in Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, and Open Gym Programs.

- 4.4.5.8.4 Member Schools shall cover equipment that has holes with exposed foam, such as athletic pads.
- 4.4.5.8.5 Student athletes shall report to Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, and Open Gym Programs in proper gear, should return home to shower at the end of the Workout, Practice, Scrimmage, Competition, Conditioning Program, or Open Gym Program, and should wash their Workout, Practice, Scrimmage, Competition, Conditioning Program, or Open Gym Program clothing immediately upon returning home.
- 4.4.6 DIAA Return to Play Stage 3 – During DIAA Return to Play Stage 3, Workouts; modified Practices in the sports specified in subsection 4.4.6.4; and Practices, Scrimmages, and Competitions in the sports specified in subsection 4.4.6.5 are permitted subject to the limitations in subsection 4.4.6.6. Play Days and Tournament events are not permitted. Conditioning Programs and Open Gym Programs (indoors and outdoors) are permitted.
 - 4.4.6.1 Vulnerable Individuals may attend Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, and Open Gym Programs if permitted by the Delaware Division of Public Health's guidelines.
 - 4.4.6.2 All coaches and student athletes shall be screened by their Member School for COVID-19 symptoms prior to every Workout, Practice, Scrimmage, Competition, Conditioning Program, and Open Gym Program. Officials shall be screened by the host Member School prior to officiating.
 - 4.4.6.3 Member Schools shall keep a record of all persons present at every Workout, Practice, Scrimmage, Competition, Conditioning Program, and Open Gym Program.
 - 4.4.6.4 Modified Practices that comply with the Delaware Division of Public Health's guidelines for social distancing are permitted in the following sports during Stage 3: football, boys' lacrosse, and wrestling.
 - 4.4.6.5 Practices, Scrimmages, and Competitions are permitted in the following sports during Stage 3: baseball; basketball; cross country with staggered starts; field hockey; golf; girls' lacrosse; soccer; softball; swimming - individual and relays; tennis; track and field – high jump, individual running events, long jump, pole vault, and throwing events; and volleyball.
 - 4.4.6.6 Limitations on DIAA Return to Play Stage 3 Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, and Open Gym Programs
 - 4.4.6.6.1 Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, and Open Gym Programs may be held indoors or outdoors if permitted by the Delaware Division of Public Health's guidance applicable to sports.
 - 4.4.6.6.2 The number of individuals participating in a Workout, Practice, Scrimmage, Competition, Conditioning Program, or Open Gym Program shall be limited based on the Delaware Division of Public Health's guidance.
 - 4.4.6.6.3 Individuals shall maintain social distancing at all times, including on sidelines and benches, based on the Delaware Division of Public Health's guidance applicable to sports. If individuals cannot maintain the minimum distance, the maximum number of individuals shall be decreased until proper social distancing occurs.
 - 4.4.6.6.4 Teams should remain stable from one day to the next. The same student athletes and staff should make up one team. Student athletes and staff should not switch between teams. Member Schools should restrict interaction between teams as much as possible to reduce the risk of spread of COVID-19. Staggered scheduling by team is encouraged.
 - 4.4.6.7 Athletic Equipment
 - 4.4.6.7.1 Towels, clothing, and shoes shall not be shared between student athletes.
 - 4.4.6.7.2 Clothing and towels shall be washed after each Workout, Practice, Scrimmage, Competition, Conditioning Program, and Open Gym Program.
 - 4.4.6.7.3 Athletic equipment for individuals, such as bats, batting helmets, and catcher's gear, shall be cleaned between uses. Other equipment, such as football helmet/pads, hockey helmets/pads, lacrosse helmets/pads/gloves/eyewear, and wrestling ear guards, shall be worn by only one individual and not shared.
 - 4.4.6.7.4 Weight equipment shall be wiped down thoroughly before and after an individual's use.
 - 4.4.6.7.5 Maximum lifts shall be limited and power cages shall be used for squats and bench presses. Spotters may stand at the end of the bar.
 - 4.4.6.8 Additional Health and Safety Requirements

- 4.4.6.8.1 Staggered use of indoor communal spaces may begin in the weight room, locker room, and athletic training room. Member Schools shall increase ventilation in indoor communal spaces by using fans or opening windows or doors if it is safe to open them.
- 4.4.6.8.2 Member Schools shall sanitize all hard surfaces with an EPA List 6 approved disinfectant, including chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, and athletic training room tables, of the facility where the Workout, Practice, Scrimmage, Competition, Conditioning Program, or Open Gym Program will be held prior to an individual or group entering the facility.
- 4.4.6.8.3 Individuals shall clean their hands based on the Delaware Division of Public Health's guidance before touching any surfaces and before and after participating in Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, and Open Gym Programs.
- 4.4.6.8.4 Member Schools shall cover equipment that has holes with exposed foam, such as athletic pads and weight benches.
- 4.4.6.8.5 Student athletes shall report to Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, and Open Gym Programs in proper gear, should return home to shower at the end of Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, and Open Gym Programs, and should wash their Workout, Practice, Scrimmage, Competition, Conditioning Program, and Open Gym Program clothing immediately upon returning home.
- 4.4.6.8.6 Student athletes shall wear appropriate clothing and shoes at all times in the weight room to minimize sweat from transmitting onto equipment and other hard surfaces.

5.0 Effective Date

This regulation shall be effective on July 1, 2020 and shall be in effect for 120 days unless it is renewed, amended, or repealed.

24 DE Reg. 87 (08/01/20) (Emer.)