

**DEPARTMENT OF EDUCATION  
OFFICE OF THE SECRETARY**

Statutory Authority: 14 Delaware Code, Sections 122(b)(15) and 303(a)-(c) (14 **Del.C.** §§122(b)(15) & 303(a)-(c))  
14 **DE Admin. Code** 1011

**FINAL**

**REGULATORY IMPLEMENTING ORDER**

**1011 Interscholastic Athletics during the COVID-19 Pandemic**

**I. SUMMARY OF THE EVIDENCE AND INFORMATION SUBMITTED**

Pursuant to 14 **Del.C.** §§ 122(b)(15) and 303(a)-(c), the Delaware Interscholastic Athletic Association ("DIAA"), working in consultation and cooperation with the Delaware Department of Education ("Department"), developed amendments to 14 **DE Admin. Code** 1011 Interscholastic Athletics during the COVID-19 Pandemic. The regulation applies to interscholastic athletics at DIAA member schools during the public health emergency due to the COVID-19 pandemic. Notice of the proposed regulation was published in the *Register of Regulations* on May 1, 2021. In addition, notice was published in *The News Journal* and *Delaware State News* on May 1, 2021. The DIAA Board of Directors received one written submittal concerning the proposed amendments.

On June 10, 2021, the DIAA Board of Directors determined that further changes as a result of the written submittal were not necessary and voted to propose 14 **DE Admin. Code** 1011 Interscholastic Athletics during the COVID-19 Pandemic for adoption by the Department subject to the State Board of Education's approval. On June 17, 2021, the State Board of Education approved the proposed regulation.

Thereafter, on July 12, 2021, the Governor issued an order terminating the declaration of a State of Emergency due to the public health threat of COVID-19 and all related orders, effective July 13, 2021 at 12:01 a.m. E.D.T. The order provides that "Delaware now has the tools to prevent, control and treat COVID-19 infection, serious illness, and hospitalization, and it is no longer necessary to continue the Governor's emergency orders, first signed on March 12, 2020, to the extent that the conditions necessitating the continuance of the COVID-19 State of Emergency no longer exist."

On July 13, 2021, the DIAA Board of Directors voted to repeal 14 **DE Admin. Code** 1011 to be consistent with a change in basic law, i.e., the July 12, 2021 order terminating the State of Emergency and all related orders.

The repeal of this regulation is exempt from the requirement of public notice and comment and is adopted informally in accordance with 29 **Del.C.** §10113(b)(5).

**II. FINDINGS OF FACTS**

The Department finds that 14 **DE Admin. Code** 1011 applied to interscholastic athletics at DIAA member schools during the public health emergency due to the COVID-19 pandemic. The Department further finds that 14 **DE Admin. Code** 1011 is being repealed to be consistent with the Governor's order that terminated the declaration of a State of Emergency due to the public health threat of COVID-19 and all related orders. Accordingly, the Department finds that it is appropriate to repeal 14 **DE Admin. Code** 1011 Interscholastic Athletics during the COVID-19 Pandemic.

**III. DECISION TO REPEAL THE REGULATION**

For the foregoing reasons, the Department concludes that it is appropriate to repeal 14 **DE Admin. Code** 1011 Interscholastic Athletics during the COVID-19 Pandemic. Therefore, pursuant to 14 **Del.C.** §§122(b)(15) and 303(a)-(c) and 29 **Del.C.** §10113(b)(5), 14 **DE Admin. Code** 1011 Interscholastic Athletics during the COVID-19 Pandemic attached hereto as Exhibit A is hereby repealed.

**IV. TEXT AND CITATION**

The text of 14 **DE Admin. Code** 1011 Interscholastic Athletics during the COVID-19 Pandemic repealed hereby shall be in the form attached hereto as Exhibit A, and said regulation shall be cited as 14 **DE Admin. Code** 1011 Interscholastic Athletics during the COVID-19 Pandemic in the Administrative Code of Regulations for the Department.

**V. EFFECTIVE DATE OF ORDER**

The effective date of this Order shall be ten (10) days from the date this Order is published in the *Register of Regulations*.

IT IS SO ORDERED the 15th day of July, 2021.

Department of Education

Susan S. Bunting, Ed.D., Secretary of Education

1011 Interscholastic Athletics during the COVID-19 Pandemic

4.0 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 Section 6.0 of 14 DE Admin. Code 1008 and 14 DE Admin. Code 1009.~~

~~"Department" means the Delaware Department of Education.~~

~~"Informal Instruction" means drills to teach sport-specific skills with only demonstration-level contact permitted. Informal instruction does not involve team competitions or contests. Intentional or direct contact is not permitted as provided in 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 Section 6.0 of 14 DE Admin. Code 1008 and 14 DE Admin. Code 1009.~~

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

~~"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.~~

~~"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 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 Suspension of Interscholastic Athletic Activities and DIAA Return to Play Stages**

- ~~3.1 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.~~
- ~~3.2 If the State determines there is significant community spread of COVID-19, school buildings are closed, and only remote learning is permitted, all interscholastic athletic activities, including tryouts, Practices, Scrimmages, Competitions, and tournament events, shall be suspended for all Member Schools. 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.~~
- ~~3.3 If the State determines there is minimal to moderate community spread of COVID-19 and a hybrid model of remote instruction and in-person learning options with precautions in place is permitted, Member Schools whose buildings are open may provide interscholastic athletic activities subject to the requirements in subsection 3.5.~~
- ~~3.4 If the State determines there is minimal community spread of COVID-19 and schools are open for in-person instruction, Member Schools whose buildings are open may provide interscholastic athletic activities subject to the requirements in subsection 3.5.~~
- ~~3.5 If subsection 3.3 or 3.4 applies, the Board shall determine the applicable DIAA Return to Play Stage for Member Schools that choose to have Interscholastic Athletics.~~
  - ~~3.5.1 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.~~
  - ~~3.5.2 How the Applicable DIAA Return to Play Stage Is Determined~~
    - ~~3.5.2.1 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.~~
    - ~~3.5.2.2 The Board's Executive Director shall provide notice to Member Schools of the applicable DIAA Return to Play Stage.~~
  - ~~3.5.3 Requirements That Apply to DIAA Return to Play Stages 1, 2, 3, and 4~~
    - ~~3.5.3.1 Member Schools may establish and enforce stricter requirements than the requirements provided in this regulation.~~
    - ~~3.5.3.2 If required by the Delaware Division of Public Health, Member Schools shall perform screenings for COVID-19 symptoms before every activity, including team meetings.~~
      - ~~3.5.3.2.1 The Member School shall record the 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.~~
      - ~~3.5.3.2.2 The person conducting the screenings shall immediately report any person 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.~~
      - ~~3.5.3.2.3 A student athlete who tests positive for COVID-19 shall obtain medical clearance from a doctor (MD or DO), nurse practitioner, or physician assistant and submit a completed DIAA COVID-19 Return to Play form to the student athlete's Member School and complete the DIAA Return to Play Progression in order to resume participating in any interscholastic athletic activities.~~
    - ~~3.5.3.3 Student athletes shall wear face coverings as required by the State's emergency order and modifications thereto. If face coverings are required, breaks of at least two minutes during which student athletes remove their face coverings while maintaining a distance of six feet from others~~

shall be taken every 20 minutes during Practices, Scrimmages, and Competitions in continuous running sports, including field hockey, lacrosse, and soccer. If face coverings are no longer required for a particular sport, a student athlete who participates in the sport may choose to wear a face covering. All other individuals, including coaches, administrators, officials, and spectators, shall wear face coverings as required by the State's emergency order and modifications thereto. Individuals who have a medical condition that makes it hard to breathe or a disability that prevents them from wearing a face covering may request a reasonable accommodation as follows:

- 3.5.3.3.1 Student athletes may request a reasonable accommodation from their Member School;
  - 3.5.3.3.2 Coaches may request a reasonable accommodation from the Member School by which they are employed;
  - 3.5.3.3.3 Administrators may request a reasonable accommodation from the Member School by which they are employed;
  - 3.5.3.3.4 Officials may request a reasonable accommodation from the Officials' Association by which they are employed; and
  - 3.5.3.3.5 Spectators may request a reasonable accommodation from the Member School hosting the interscholastic athletic event.
- 3.5.3.4 Social distancing shall be maintained based on the Delaware Division of Public Health's guidance applicable to sports, including at facilities and on buses. Student athletes shall be at least six feet apart from one another at all times except during on-field play in game-time situations. Student athletes and coaches shall be at least six feet apart from one another at all times unless they are from the same household. 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. Member Schools shall provide adequate space for belongings, water bottles, and equipment to ensure social distancing when student athletes access their gear.
- 3.5.3.5 Member Schools shall organize and stagger student athletes' arrival and departure procedures to reduce close contact and mixing of teams.
- 3.5.3.6 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.
- 3.5.3.7 Member Schools shall make hand sanitizer or hand washing stations readily available to individuals throughout the facilities where Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, Informal Instruction, and Open Gym Programs are held, including at each entry and exit. If student athletes do not have their own bottles of hand sanitizer, Member Schools should provide one hand sanitization station or bottle per every 15 student athletes. Hand sanitizer shall be composed of 60% ethanol or 70% isopropanol. Student athletes, coaches, and officials must wash or sanitize their hands, per the guidelines from the CDC and the Delaware Division of Public Health, before and after Practices, Scrimmages, and Competitions. Hand washing or sanitizing during Practices, Scrimmages, and Competitions with shared equipment or facilities is strongly encouraged.
- 3.5.3.8 Hydration stations are prohibited unless permitted by the Delaware Division of Public Health. Student athletes shall bring their own water bottles to interscholastic athletic activities, but they shall not share their water bottles with others.
- 3.5.3.9 Spitting of all types is prohibited, including chewing sunflower seeds, chewing gum, spitting of water post-rinsing, and general spitting.
- 3.5.3.10 Coaches and officials shall bring their own clothing, towels, and drinks.
- 3.5.3.11 Officials shall use artificial noisemakers, such as an electronic whistle, or a whistle face covering. Coaches are not permitted to use megaphones and shall wear a face covering and maintain six feet of social distance at all times when communicating with others.
- 3.5.3.12 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.
- 3.5.3.13 Handshakes, high-fives, and fist bumps are discouraged.
- 3.5.3.14 Spectators shall adhere to the restrictions on gatherings based on the State's orders.
- 3.5.3.15 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.

- 3.5.3.16 ~~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.~~
- 3.5.4 ~~DIAA Return to Play Stage 1—During DIAA Return to Play Stage 1, Workouts are permitted subject to the limitations in subsection 3.5.4.4. Practices, Scrimmages, Competitions, Play Days, Tournament events, Conditioning Programs, Informal Instruction, and Open Gym Programs are not permitted.~~
  - 3.5.4.1 ~~Vulnerable Individuals shall not attend Workouts.~~
  - 3.5.4.2 ~~If required by the Delaware Division of Public Health, all coaches and student athletes shall be screened by their Member School for COVID-19 symptoms prior to every Workout.~~
  - 3.5.4.3 ~~Member Schools shall keep a record of all persons present at every Workout.~~
  - 3.5.4.4 ~~Limitations on DIAA Return to Play Stage 1 Workouts~~
    - 3.5.4.4.1 ~~Workouts shall be held outdoors only.~~
    - 3.5.4.4.2 ~~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.~~
    - 3.5.4.4.3 ~~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.~~
    - 3.5.4.4.4 ~~Individual drills requiring the use of athletic equipment are permitted.~~
    - 3.5.4.4.5 ~~Resistance training is permitted and shall be emphasized with bodyweight based, sub-maximal lifts and use of resistance bands.~~
  - 3.5.4.5 ~~Athletic Equipment~~
    - 3.5.4.5.1 ~~Athletic equipment, including towels, clothing, shoes, and sports specific equipment, shall not be shared between student athletes.~~
    - 3.5.4.5.2 ~~Clothing and towels shall be washed after each Workout.~~
    - 3.5.4.5.3 ~~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.~~
  - 3.5.4.6 ~~Additional Health and Safety Requirements~~
    - 3.5.4.6.1 ~~Locker rooms shall be closed.~~
    - 3.5.4.6.2 ~~Member Schools shall adequately clean bathrooms with an EPA List 6 approved disinfectant.~~
    - 3.5.4.6.3 ~~Coaches shall limit the number of individuals in the bathroom in order to maintain social distancing.~~
    - 3.5.4.6.4 ~~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.~~
- 3.5.5 ~~DIAA Return to Play Stage 2—During DIAA Return to Play Stage 2, Workouts, Practices, Conditioning Programs, Informal Instruction, and Open Gym Programs are permitted subject to the limitations in subsection 3.5.5.4. Scrimmages, Competitions, Play Days, and Tournament events are not permitted.~~
  - 3.5.5.1 ~~Vulnerable Individuals shall not attend Workouts, Practices, Conditioning Programs, Informal Instruction, or Open Gym Programs.~~
  - 3.5.5.2 ~~If required by the Delaware Division of Public Health, all coaches and student athletes shall be screened by their Member School for COVID-19 symptoms prior to every Workout, Practice, Conditioning Program, Informal Instruction, or Open Gym Program.~~
  - 3.5.5.3 ~~Member Schools shall keep a record of all persons present at every Workout, Practice, Conditioning Program, Informal Instruction, and Open Gym Program.~~
  - 3.5.5.4 ~~Limitations on DIAA Return to Play Stage 2 Workouts, Practices, Conditioning Programs, Informal Instruction, and Open Gym Programs~~
    - 3.5.5.4.1 ~~Workouts, Practices, Conditioning Programs, Informal Instruction, and Open Gym Programs may be held indoors or outdoors if permitted by the Delaware Division of Public Health's guidance applicable to sports. If the Delaware Division of Public Health's approval of a plan in order to host an interscholastic athletic activity or event is required, the Member School shall not host the interscholastic athletic activity or event until such approval is received. The Member School shall provide documentation of receiving the Delaware Division of Public Health's approval to the DIAA Office.~~

- 3.5.5.4.2 ~~The number of individuals participating in a Workout, Practice, Conditioning Program, Informal Instruction, or Open Gym Program shall be limited based on the Delaware Division of Public Health's guidance.~~
- 3.5.5.4.3 ~~Workouts, Informal Instruction, and Conditioning Programs shall be conducted in small groups or pods of student athletes with the same student athletes working out together during each Workout, Informal Instruction, and Conditioning Program.~~
- 3.5.5.4.4 ~~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.~~
- 3.5.5.4.5 ~~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.~~
- 3.5.5.5 ~~Athletic Equipment~~
  - 3.5.5.5.1 ~~Athletic equipment, including towels, clothing, shoes, and sports specific equipment, shall not be shared between student athletes.~~
  - 3.5.5.5.2 ~~Clothing and towels shall be washed after each Workout, Practice, Conditioning Program, Informal Instruction, and Open Gym Program.~~
  - 3.5.5.5.3 ~~All sports specific athletic equipment, including balls, shall be intermittently cleaned during Practices. For all sports, balls shall be cleaned at the end of every Practice.~~
  - 3.5.5.5.4 ~~Athletic equipment for individuals, such as bats, batting helmets, and catcher's gear, shall be cleaned between uses.~~
  - 3.5.5.5.5 ~~Weight equipment shall be wiped down thoroughly before and after an individual's use.~~
  - 3.5.5.5.6 ~~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.~~
- 3.5.5.6 ~~Additional Health and Safety Requirements~~
  - 3.5.5.6.1 ~~Locker rooms and athletic training rooms shall be closed. Staggered use of the weight room may begin as part of a Conditioning Program. Member Schools shall increase ventilation in the weight room by using fans or opening windows or doors if it is safe to open them.~~
  - 3.5.5.6.2 ~~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, Conditioning Program, Informal Instruction, and Open Gym Program will be held prior to an individual or group entering the facility.~~
  - 3.5.5.6.3 ~~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, Conditioning Programs, Informal Instruction, and Open Gym Programs.~~
  - 3.5.5.6.4 ~~The Board may mandate sport specific requirements that are designed to protect the physical well-being of student athletes.~~
  - 3.5.5.6.5 ~~If the Delaware Division of Public Health's approval of a plan for a specific sport is required, Member Schools shall follow the requirements in the plan that is approved by the Board.~~
- 3.5.6 ~~DIAA Return to Play Stage 3 – During DIAA Return to Play Stage 3, Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, Informal Instruction, and Open Gym Programs are permitted subject to the limitations in subsection 3.5.6.4. Play Days and Tournament events are not permitted.~~
  - 3.5.6.1 ~~Vulnerable Individuals may attend Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, Informal Instruction, and Open Gym Programs if permitted by the Delaware Division of Public Health's guidelines.~~
  - 3.5.6.2 ~~If required by the Delaware Division of Public Health, 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, Informal Instruction, and Open Gym Program. If required by the Delaware Division of Public Health, officials shall be screened by the host Member School prior to officiating.~~
  - 3.5.6.3 ~~Member Schools shall keep a record of all persons present at every Workout, Practice, Scrimmage, Competition, Conditioning Program, Informal Instruction, and Open Gym Program.~~
  - 3.5.6.4 ~~Limitations on DIAA Return to Play Stage 3 Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, Informal Instruction, and Open Gym Programs~~

- 3.5.6.4.1 ~~Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, Informal Instruction, and Open Gym Programs may be held indoors or outdoors if permitted by the Delaware Division of Public Health's guidance applicable to sports. If the Delaware Division of Public Health's approval of a plan in order to host an interscholastic athletic activity or event is required, the Member School shall not host the interscholastic athletic activity or event until such approval is received. The Member School shall provide documentation of receiving the Delaware Division of Public Health's approval to the DIAA Office.~~
- 3.5.6.4.2 ~~The number of individuals participating in a Workout, Practice, Scrimmage, Competition, Conditioning Program, Informal Instruction, or Open Gym Program shall be limited based on the Delaware Division of Public Health's guidance.~~
- 3.5.6.4.3 ~~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.~~
- 3.5.6.4.4 ~~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. Member Schools should stagger the starts of Practices. Only one sport is permitted inside of the gym for Practices, provided that the Member School has received the Division of Public Health's approval to host the sport indoors if such approval is required, and there must be a period of thirty minutes between Practices to disinfect the gym.~~
- 3.5.6.5 ~~Athletic Equipment~~
  - 3.5.6.5.1 ~~Towels, clothing, and shoes shall not be shared between student athletes.~~
  - 3.5.6.5.2 ~~Clothing and towels shall be washed after each Workout, Practice, Scrimmage, Competition, Conditioning Program, Informal Instruction, and Open Gym Program.~~
  - 3.5.6.5.3 ~~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.~~
  - 3.5.6.5.4 ~~Weight equipment shall be wiped down thoroughly before and after an individual's use.~~
  - 3.5.6.5.5 ~~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.~~
  - 3.5.6.5.6 ~~All sports specific athletic equipment, including balls, shall be intermittently cleaned during Practices, Scrimmages, and Competitions. For all sports, balls shall be cleaned at the end of every Practice, Scrimmage, and Competition.~~
- 3.5.6.6 ~~Additional Health and Safety Requirements~~
  - 3.5.6.6.1 ~~Staggered use of the weight room may continue, and staggered use of the locker room and athletic training room may begin. Member Schools shall increase ventilation in indoor communal spaces by using fans or opening windows or doors if it is safe to open them.~~
  - 3.5.6.6.2 ~~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, Informal Instruction, or Open Gym Program will be held prior to an individual or group entering the facility.~~
  - 3.5.6.6.3 ~~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, Informal Instruction, and Open Gym Programs.~~
  - 3.5.6.6.4 ~~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.~~
  - 3.5.6.6.5 ~~The Board may mandate sport-specific requirements to protect the physical well-being of student athletes.~~
  - 3.5.6.6.6 ~~If the Delaware Division of Public Health's approval of a plan for a specific sport is required, Member Schools shall follow the requirements in the plan that is approved by the Board.~~
- 3.5.7 ~~DIAA Return to Play Stage 4 – During DIAA Return to Play Stage 4, Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, Informal Instruction, and Open Gyms are permitted subject to the~~

~~limitations in subsection 3.5.6.4. Play Days and Tournament events are permitted provided any required plans have been approved by the Delaware Division of Public Health.~~

- ~~3.5.7.1 Vulnerable Individuals may attend Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, Informal Instruction, Open Gym Programs, Play Days, and Tournament events if permitted by the Delaware Division of Public Health's guidelines.~~
- ~~3.5.7.2 If required by the Delaware Division of Public Health, 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, Informal Instruction, Open Gym Program, Play Day, and Tournament event. If required by the Delaware Division of Public Health, officials shall be screened by the host Member School prior to officiating.~~
- ~~3.5.7.3 Member Schools shall keep a record of all persons present at every Workout, Practice, Scrimmage, Competition, Conditioning Program, Informal Instruction, Open Gym Program, Play Day, and Tournament event.~~
- ~~3.5.7.4 The limitations that apply to DIAA Return to Play Stage 3 Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, Informal Instruction, and Open Gym Programs (subsection 3.5.6.4) shall also apply to DIAA Return to Play Stage 4 Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, Informal Instruction, Open Gym Programs, Play Days, and Tournament Events.~~
- ~~3.5.7.5 If an approved plan is required, a Member School shall not host a Play Day unless the Member School's plan to host the Play Day has been approved by the Delaware Division of Public Health. Prior to hosting the Play Day, the Member School shall provide documentation of receiving approval from the Delaware Division of Public Health to host the Play Day to the DIAA Office.~~
- ~~3.5.7.6 If an approved plan is required, DIAA-approved conferences shall not host conference championships in which multiple teams are competing in a bracket unless the conference's plan to host a conference championship has been approved by the Delaware Division of Public Health. Prior to hosting the conference championship, the conference shall provide documentation of receiving approval from the Delaware Division of Public Health to host the conference championship to the DIAA Office.~~
- ~~3.5.7.7 If an approved plan is required, each DIAA Sport Committee shall submit a plan for the State tournament in its sport directly to the Delaware Division of Public Health for approval.~~

**24 DE Reg. 542 (12/01/20)**

**25 DE Reg. 175 (08/01/21) (Final)**