



# Oregon School Activities Association

25200 SW Parkway Avenue, Suite 1  
Wilsonville, OR 97070  
503.682.6722 <http://www.osaa.org>



## 2020 SEASON 1 PLAN BOOK – FULL CONTACT SPORTS

### *Staff Contacts*

- Football / Wrestling – Brad Garrett, Assistant Executive Director, 503.682.6722 x229, [bradg@osaa.org](mailto:bradg@osaa.org)*
- Basketball – Kris Welch, Assistant Executive Director, 503.682.6722 x230, [krisw@osaa.org](mailto:krisw@osaa.org)*
- Cheerleading – Kelly Foster, Associate Director, 503.682.6722 x233, [kellyf@osaa.org](mailto:kellyf@osaa.org)*
- Dance / Drill – K.T. Emerson, Assistant Executive Director, 503.682.6722 x227, [kte@osaa.org](mailto:kte@osaa.org)*

Statewide Reopening Guidance –K-12 School Sports, Limited Return to Play – “Full-contact sports” means sports / activities that involve a requirement or substantial likelihood of routine, sustained close proximity or physical contact between participants, and includes but is not limited to football, rugby, wrestling, cheerleading, basketball, hockey, dance, water polo, men’s lacrosse.”

### COMPETITION LIMITATIONS

Per Governors Executive Order No. 20-27, ORS 433.441, ORS 433.443, ORS 431A.010 full contact sports, as defined above, are prohibited at this time. Competitions are not allowed. Schools may conduct training and conditioning only provided there is no contact of any kind.

### SEASON 1 DATES

First Practice Date ..... August 31  
 First Contest Date ..... After nine days of practice  
 Season 1 Cutoff Date ..... December 27

### COVID-19 REQUIREMENTS AND CONSIDERATIONS

#### **1. SCREENINGS**

- A. All coaches and students should be screened daily for signs/symptoms of COVID-19 prior to participating.
- B. Responses to screening questions for each person should be recorded and stored.
- C. Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.
- D. Encourage vulnerable individuals (over 65 and/or have underlying medical conditions) to consider not supervising or participating.

#### **2. FACILITIES CLEANING CONSIDERATIONS**

- A. Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- B. Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- C. Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- D. Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- E. Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment.

- F. Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- G. Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- H. Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

### 3. **TRAINING AND CONDITIONING CONSIDERATIONS**

- A. Coaches, players and trainers are required to wear a mask or face covering at all times when indoors. Coaches, players and trainers are required to wear a mask or face covering at all times outdoors when six feet of distance cannot be maintained.
- B. Consider conducting workouts in “pods” of students working out together weekly. Smaller pods can be utilized for weight training.
- C. Maintain appropriate physical distancing 6 feet apart., no grouping (i.e. starts and finishes)

### 4. **PHYSICAL ACTIVITY AND ATHLETIC EQUIPMENT**

- A. There should be no shared athletic equipment (towels, clothing, or shoes) between students.
- B. Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- C. All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- D. Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned often.
- E. Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- F. Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.

### 5. **EXAMPLES (INCLUDING BUT NOT LIMITED TO)**

- A. A basketball player can shoot with a ball(s), and teams may share a ball during drills but no contact is allowed.
- B. Football players can use but should not share tackling dummies/donuts/sleds before being sanitized.
- C. Wrestlers may skill and drill without touching a teammate.
- D. Cheerleading and Dance Drill participants may not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible.)
- E. Runners should maintain the recommended 6 feet of distancing between individuals

### 6. **HYDRATION**

- A. All students shall bring their own water bottle. Water bottles must not be shared.
- B. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

## **OSAA GENERAL POLICIES**

### 1. **AIR QUALITY GUIDELINES** *(OSAA Handbook, Executive Board Policies)* *(May 2018)*

These guidelines, created in consultation with the Oregon Health Authority (OHA), provide a default policy to those responsible or sharing duties for making decisions concerning the cancelation, suspension and/or restarting of practices and contests based on poor air quality.

- A. **Designate Personnel:** Given the random behavior of wind and air currents, air quality may change quickly. Schools shall designate someone who will monitor the air quality prior to and during outdoor activities. While typically due to wildfires, schools need to also consider non-wildfire situations if the air quality is unhealthy.
- B. **Areas with Air Reporting Stations:** The Air Quality Index (AQI) should be monitored throughout the day, and during an event, to have the best data possible to make informed decisions about conducting practices and competitions. School personnel shall review the AQI information for all regions throughout the state on either the Oregon Department of Environmental Quality (DEQ) website at <https://oraqi.deq.state.or.us/home/map>, the Oregon DEQ app “OregonAir”, or on the Environmental Protection Agency (EPA) Air Now website at [https://airnow.gov/index.cfm?action=airnow.local\\_state&stateid=38](https://airnow.gov/index.cfm?action=airnow.local_state&stateid=38) to determine if action is necessary (see chart below). Schools shall regularly review the AQI throughout events to assess deteriorating conditions.

- C. **Areas without Air Reporting Stations:** Given the random behavior of factors related to the calculation of the AQI levels in different areas of the state (wind speed and direction) member schools not near a reporting station should consult with local state and/or federal authorities to help determine the AQI level in your specific area. If air monitoring equipment is not available, member schools should utilize the 5-3-1 Visibility Index to determine air quality.
- 1) 5-3-1 Visibility Index: Making visual observations using the 5-3-1 Visibility Index is a simple way to estimate air quality and know what precautions to take. While this method can be useful, you should always use caution and avoid going outside if visibility is limited, especially if you are sensitive to smoke.
    - (a) Determine the limit of your visual range by looking for distant targets or familiar landmarks such as mountains, mesas, hills, or buildings at known distances. The visual range is that point at which these targets are no longer visible. As a rule of thumb: If you can clearly see the outlines of individual trees on the horizon it is generally less than five miles away. It is highly recommended that schools use pre-determined landmarks that were established on a clear day to determine their visual range.
    - (b) Ideally, the viewing of any distant targets should be made with the sun behind you. Looking into the sun or at an angle increases the ability of sunlight to reflect off of the smoke, thus making the visibility estimate less reliable.
    - (c) Be aware that conditions may change rapidly and always use the more conservative of multiple metrics (AQI, 5-3-1 Visibility Index, etc.).
- D. **Act:** This chart will help determine the action needed based on the air quality in your area.

Air Quality Index (AQI)	5-3-1 Visibility Index	Required Actions for Outdoor Activities
51 -100	5-15 Miles	<b>Athletes with asthma should have rescue inhalers readily available and pretreat before exercise or as directed by their healthcare provider. All athletes with respiratory illness, asthma, lung or heart disease should monitor symptoms and reduce/cease activity if symptoms arise. Increase rest periods as needed.</b>
101 -150	3-5 Miles	Because they involve strenuous activity for prolonged periods of time, all outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue's ventilation system, indoor air quality levels can approach outdoor levels.
151 -200	1-3 Miles	Because they involve strenuous activity for prolonged periods of time, all outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue's ventilation system, indoor air quality levels can approach outdoor levels.
>200	1 Mile	Because they involve strenuous activity for prolonged periods of time, all outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue's ventilation system, indoor air quality levels can approach outdoor levels.

E. **Additional Resources:** Schools may also refer to OHA's fact sheet regarding School Outdoor Activities During Wildfire Events at <https://apps.state.or.us/Forms/Served/1e8815h.pdf>. NOTE: While OHA's guidelines do allow for light outdoor activities in the orange level, the intensity and duration of high school practices/competitions are not considered light activity.

2. **ATTACHED AND UNATTACHED COMPETITION / EXHIBITION** (OSAA Handbook, Executive Board Policies) (Revised August 2012)

Following is the policy regarding attached and unattached competition:

- A. A high school team shall not compete against an unattached team (e.g., club team).
- B. Students representing a high school shall not compete against unattached individuals.
- C. Students shall not represent a high school and participate in a competition or exhibition as unattached on the same day at the same venue/facility.

3. **CERTIFICATION – ATHLETIC DIRECTORS AND COACHES** <http://www.osaa.org/coaches/requirements> (Revised Spring 2019)

Athletic directors and coaches shall achieve certification in the following areas prior to assuming duties as an athletic director or coach. The high school principal shall be held accountable for verifying that athletic directors and coaches have been certified. **EXCEPTION:** Any emergency exception to an OSAA requirement must be authorized in writing by the OSAA.

- A. **NFHS Fundamentals of Coaching.** The OSAA requires that athletic directors and coaches must achieve a passing score on the test included with the NFHS Fundamentals of Coaching course. This is a one-time requirement.
- B. **Concussion Recognition and Management Training.** The OSAA and Oregon State Law ([ORS 336.485](#)) requires that athletic directors and coaches receive training to learn how to recognize the symptoms of a concussion and how to seek proper medical treatment for a person suspected of having a concussion. The NFHS's Concussion in Sports free course satisfies this requirement. This training is required annually.
- C. **NFHS Heat Illness Prevention.** The OSAA requires that athletic directors and coaches must achieve a passing score on the test included with the NFHS's Heat Illness Prevention free course. This training is required once every four years.
- D. **Anabolic Steroids and Performance-Enhancing Substances Training.** The OSAA and Oregon State Law ([ORS 342.726](#)) require that athletic directors and coaches receive training on identifying the components of anabolic steroid abuse and use and prevention strategies for the use of performance-enhancing substances. This training is required once every four years.
- E. **Spirit Safety Clinic (Cheerleading and Dance/Drill Coaches Only).** The OSAA requires that any cheerleading or dance/drill coach receive spirit safety training by achieving a passing score on the test included with the OSAA's online Spirit Safety Clinic. This training is required annually.
- F. **Heads Up Football Certification.** The OSAA requires that any football coach complete the USA Football Heads Up Certification prior to assuming coaching duties and to recertify annually prior to the beginning of each Association year. Additionally, each member school sponsoring football is required to identify a Player Safety Coach. Each Player Safety Coach is required to attend an in-person clinic biennially prior to the start of the Association year that is conducted by a USA Football Master Trainer in preparation for implementing and overseeing the primary components of Heads Up Football at their school.

- 1. **Q.** Does certification through the American Sport Education Program (ASEP) satisfy the requirement in [Rule 1.4](#)?
  - A. Yes, so long as the athletic director or coach was certified through ASEP prior to August 1, 2007. Thereafter, only the NFHS Coach Education Program "Fundamentals of Coaching" will satisfy this requirement unless an exception is granted in writing by the OSAA.
- 2. **Q.** When must a coach be certified?
  - A. All coaches must be certified prior to assuming coaching duties unless an emergency exception is authorized in writing by the OSAA. This includes cheerleading coaches, dance/drill coaches and choreographers at schools that do not participate in competitions.
- 3. **Q.** Is certification required of volunteer coaches?
  - A. Yes.
- 4. **Q.** Must a "guest" coach be certified?
  - A. No, but if the coach has contact with students more than three times in a sport season, the coach shall no longer be considered a "guest" and must be certified. A non-certified "guest" coach may not serve as a coach at a contest.
- 5. **Q.** May a school bring in alumni or other non-high school personnel to scrimmage with teams or individuals as "guest coaches" if those personnel are limited to student contact on no more than three occasions during the sport season?
  - A. No. The "guest coach" exception is intended to allow a limited number of visits by a guest instructor; it is NOT intended to allow coaches to bring in coaches or players to participate in drills or scrimmages against teams or individuals. Any attempt to circumvent the Participation Limitations by calling practice participants "guest coaches" would be a violation of OSAA rules.
- 6. **Q.** In individual sports, may a parent or non-certified coach accompany a participant to a contest as the school representative if that person is an authorized representative of the principal?
  - A. Yes, but the authorized representative may not coach the participant unless specific permission has been granted in writing by the Executive Director.
- 7. **Q.** Does the OSAA require high school coaches to have current first aid certification?
  - A. No. However, coaches should check with their athletic directors as most high schools have this as a requirement.

8. Q. What is required of a Player Safety Coach (PSC) during the year they attend an in-person PSC clinic in order to be Heads Up Football certified?  
 A. Coaches attending an in-person PSC clinic are required to complete the following online courses in order to be Heads Up Football certified: Concussion Recognition and Training; Heat Illness Prevention.
9. Q. What is required of every football coach, including previously certified PSC coaches, not attending an in-person PSC clinic in order to be Heads Up Football certified?  
 A. Every football coach, including previously certified PSC coaches, not attending an in-person PSC clinic is required to complete the following online courses in order to be Heads Up Football certified: Concussion Recognition and Training; Heat Illness Prevention; Blocking and Defeating Blocks, Shoulder Tackling & Equipment Fitting; Sudden Cardiac Arrest.

4. **CONCUSSION MANAGEMENT** (OSAA Handbook, Executive Board Policies) (Revised Summer 2020)  
(Medical Release – Return to Participation Following a Concussion) (Medical Release – Return to Learn Following a Concussion)

A. **Member School's Responsibilities** (Max's Law, [ORS 336.485](#), [OAR 581-022-0421](#)) (Jenna's Law, [ORS 417.875](#)) (**Qualified Health Care Professional**, [ORS 336.490](#))

1) **Suspected or Diagnosed Concussion.** Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body, or who has been diagnosed with a concussion, shall not be permitted to return to that athletic contest or practice, or any other athletic contest or practice on that same day. In schools which have the services of an athletic trainer **licensed** by the Oregon Board of Athletic Trainers, that athletic trainer may determine that an athlete has not exhibited signs, symptoms or behaviors consistent with a concussion, and has not suffered a concussion, and return the athlete to play. Athletic trainers may also work in consultation with **a Qualified Health Care Professional** (see below) in determining when an athlete is able to return to play following a concussion.

2) **Return to Participation.** Until an athlete who has suffered a concussion is no longer experiencing signs, symptoms, or behaviors consistent with a concussion, and a medical release form signed by **a Qualified Health Care Professional** is obtained, the athlete shall not be permitted to return to athletic activity. **As of July 1, 2020, ORS 336.490 requires athletes be cleared by one of these Oregon Qualified Healthcare Professionals: Medical Doctor (MD), Osteopathic Doctor (DO), Chiropractic Doctor (DC), Naturopathic Doctor (ND), Nurse Practitioner (NP), Physician Assistant (PA), Physical Therapist (PT), Occupational Therapist (OT) or Psychologist who is licensed or registered under the laws of Oregon. Before signing any RTP forms, except for MD and DO signers, course completion certificates from the Oregon Concussion Return-To-Play Education must be obtained by all DC, ND, PT and OT and, after July 1, 2021, by all NP, PA and Psychologists.**

3) **Private Schools Only.** [\(Concussion-Private School Informed Consent\)](#)

On an annual basis prior to participation, private schools shall require each **athlete** and at least one parent or legal guardian of the **athlete** to sign the Concussion – Private School Informed Consent form acknowledging the receipt of information regarding symptoms and warning signs of concussions. Private schools shall maintain a copy of each **athlete's** signed form on file for review at any time by OSAA staff.

B. **Official's Responsibilities.**

An official shall remove **an athlete** from a contest when that **athlete** exhibits signs, symptoms or behaviors consistent with a concussion due to an observed or suspected blow to the head or body. The official shall document and notify the head coach or **their** designee making sure that the head coach or designee understands that the **athlete** is being removed for exhibiting signs, symptoms or behaviors consistent with a concussion as opposed to behavior, a non-concussive injury or other reasons. The official is not responsible for evaluation or management of the **athlete** after **they are** removed from play. The official does not need written permission for **an athlete** to return nor does the official need to verify the credentials of the **Qualified Health Care Professional** who has cleared the **athlete** to return. The responsibility of further evaluating and managing the symptomatic **athlete** falls upon the school and **an** appropriate **Qualified Health Care Professional**.

5. **NON-DISCRIMINATION POLICY** (OSAA Handbook, Executive Board Policies) [\(Complaint Form\)](#) (Revised July 2019)

- A. The Oregon School Activities Association does not discriminate on the basis of race, color, religion, sex, sexual orientation, national origin, marital status, age or disability in the performance of its authorized functions, and encourages its member schools, school personnel, participants and spectators to adopt and follow the same policy.
- B. A claim of discrimination against a member school shall be brought directly to the member school of concern.
- C. Any party that believes **they** have been subjected to an incident involving discrimination or discriminatory harassment at an OSAA sanctioned event, may submit a written complaint through the online complaint process provided on the OSAA website. When the coaches, players students, staff or spectators of any members school engage in discriminatory behaviors, or act in

a manner disruptive to the school environment, or cause disorder or infliction of damage to persons or property in connection with any festival, meet, contest or championship sanctioned by the Association, the Executive Board may treat such acts as a violation by the school of the Rules of the Association. See [Rule 3, "Contests – Sportsmanship – Crowd Control"](#) for additional information.

6. [HEAT INDEX](#) (*OSAA Handbook, Executive Board Policies*)     [\(Heat Index Calculator\)](#)     [\(Heat Index Record\)](#)     (Fall 2014)

Schools shall monitor the Heat Index for their geographic area prior to practices. Outlined below are the steps that each member school shall take in order to implement this policy. NOTE: Indoor activities where air conditioning is available are not bound by this policy.

- A. **Subscribe.** Athletic directors and coaches shall subscribe to OSAA Heat Index Notifications at <http://www.osaa.org/heat-index>. An OSAA Heat Index Alert is generated for areas where the forecasted high temperature and relative humidity indicate a forecasted heat index that may require practice modifications. Only those areas that have a forecasted heat index of 95 or higher receive alerts. Notifications are sent daily via e-mail and/or SMS to subscribers.
- B. **Designate.** Schools shall designate someone who will take the necessary steps to determine and record the heat index for your geographic area within one hour of the start of each team's practice. This is only necessary on days when the school receives an OSAA Heat Index Alert. Depending on practice schedules, it is possible that the designated person will have to record the heat index multiple times on the same day.
- C. **Calculate.** Within one hour of the start of each team's practice on days when the school receives an OSAA Heat Index Alert, the designated person shall utilize the OSAA Heat Index Calculator to determine the actual heat index.
- D. **Record.** If the actual heat index is 95 or higher, the designated person shall record it using the OSAA Heat Index Record or by printing out a copy to be kept at the school for inspection at the request of the OSAA. A separate record shall be kept for each fall sport at each level. Practice modifications, as necessary, shall also be recorded. If the actual heat index is less than 95, no action is needed.
- E. **Act.** If the actual heat index is 95 or higher, activity should be altered and/or eliminated using the following guidelines:
  - 1) 95° to 99° Heat Index – OSAA Recommendation: Consider postponing practice to later in the day.
    - b) Maximum of five hours of practice.
    - c) Practice length a maximum of three hours.
    - d) Mandatory three-hour recovery period between practices.
    - e) Contact sports and activities with additional equipment - helmets and other possible equipment removed if not involved in contact or necessary for safety.
    - f) Provide ample amounts of water.
    - g) Water shall always be available and athletes should be able to take in as much water as they desire.
    - h) Watch/monitor athletes for necessary action.
  - 2) 100° to 104° Heat Index – OSAA Recommendation: Postpone practice to later in the day.
    - i) Maximum of five hours of practice.
    - j) Practice length a maximum of three hours.
    - k) Mandatory three-hour recovery period between practices.
    - l) Alter uniform by removing items if possible - allow for changes to dry t-shirts and shorts.
    - m) Contact sports and activities with additional equipment - helmets and other possible equipment removed if not involved in contact or necessary for safety.
    - n) Reduce time of planned outside activity as well as indoor activity if air conditioning is unavailable.
    - o) Provide ample amounts of water.
    - p) Water shall always be available and athletes should be able to take in as much water as they desire.
    - q) Watch/monitor athletes for necessary action.
  - 3) Above 104° Heat Index – OSAA Recommendation: Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

7. **LIGHTNING SAFETY GUIDELINES** (OSAA Handbook, Executive Board Policies)

(Revised Fall 2018)

**NFHS Position Statements & Guidelines**

A. These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder.

B. **Proactive Planning:**

- 1) Assign staff to monitor local weather conditions before and during practices and contests.
- 2) Develop an evacuation plan, including identification of appropriate nearby safe areas and determine the amount of time needed to get everyone to a designated safe area.
  - a) A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place for the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
- 3) Develop criteria for suspension and resumption of play:
  - a) When thunder is heard or a cloud-to-ground lightning bolt is seen\*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
  - b) **Thirty-minute Rule.** Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed\* prior to resuming play.
  - c) Any subsequent thunder or lightning\* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
  - d) When lightning detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning\* should always take precedence over information from a mobile app or lightning detection device.

\*At night under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.
- 4) Review annually with all administrators, coaches and game personnel and train all personnel.
- 5) Inform student-athletes of the lightning policy at start of season.

8. **SHARED FACILITIES** (OSAA Handbook, Executive Board Policies)

**(Shared Facility Request)**

(Fall 2015)

Member schools are permitted to share practice and/or competition facilities with other teams with prior approval from the OSAA. Schools requesting a shared facility are required to submit a "Shared Facility Request" for approval prior to the facility being utilized by different groups at the same time. This policy prohibits practice or competition to or between groups approved to share a facility. It is recommended that each team have their own coaching staff and that staggered practice times be utilized when possible.

**Rule 7 – Out-of-Season and Non-School Activities** (OSAA Handbook, Rules)

- 7.1. Out-of-season festivals, meets, contests or championships shall not be permitted during the school year involving member schools of this Association unless special authorization is given by the Executive Board.
- 7.2. A member school or official representative of a member school shall not participate, either directly or indirectly, in the promotion, management, supervision, player selection, coaching or officiating of an all-star contest involving high school students during the Association year.
- 7.3. No member school or official representative of a member school shall condition participation in high school athletics on participation in non-school athletic events or workouts, including, but not limited to camps, leagues, and any form of organized out-of-season or summer competition. Further, no member school may give consideration to such participation when determining membership on, or participation in, high school competitive athletics.

1. Q. May a coach require participation on a non-school team including summer teams or use participation on a non-school team as a factor in selecting members of a school team or allowing full participation in team activities?

A. No to both questions. Participation on a non-school team is a personal choice of the student and **their** parents and may not be required or even considered when selecting school team members or allowing full participation in team activities.

2. Q. May a coach require participation in out-of-season or summer workouts as a factor in selecting members of a school team or allowing full participation in team activities?

A. No.