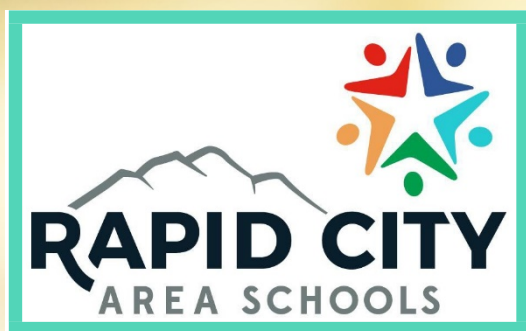


Rapid City Area Schools

BACK TO ACTIVITIES PLAN



2020-2021

Last Modified – October 26

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Statement

Testing regimens, specific guidelines regarding mass gatherings, and response to a student or team member testing positive for COVID-19 (including contact tracing) are all currently under review, and guidance will come from CDC and state and local health departments. Limited testing availability, lack of resources for contact tracing, and expanding knowledge of the characteristics of COVID-19 transmission could all result in significant changes to the recommendations below. The NFHS and SDHSAA expect to disseminate this information as it becomes available. This plan is a living, fluid document and is subject to change as this pandemic/situation evolves.

SDHSAA Task Force

Guiding principles for this plan are based on the Sports/Activities Task Force Recommendations. Task Force Members include:

- Medical Representatives Dr. Jeremy Cauwels, Dr. Verle Valentine, Paul Richter, and Tryg Odney.
- State Office Representatives Dr. Ben Jones- SD Dept. of Education, Linda Ahrent- SD Dept. of Health, SDHSAA- Dr. Dan Swartos, Jo Auch, Dr. John Krogstrand, Brooks Bowman
- SDHSAA Board of Directors Craig Cassens (Principal, Faulkton), Randy Soma (AD, Brookings), Dan Aaker (Athletic Director- Winner), Mark Murphy (School Board, Aberdeen).
- Superintendents Dr. Becky Guffin- Aberdeen, Dr. Jarod Larson-Brandon Valley, Shayne McIntosh- Parkston, Joel Bailey- Platte-Geddes, Derek Barrios- Elk Point/Jefferson, Blake Gardner- Hill City, Tom Cameron- White River, Dr. Donovan DeBoer- Parker, Rick Weber- Flandreau.
- Athletic Directors Casey Meile- Sioux Falls Public, Jared Vasquez- Rapid City Stevens, Terry Rotert- Huron, Brian Moser- Pierre T.F. Riggs, Chuck Wilson- Todd County, Julie Eppard- Chester Area, Kelly Messmer- Harding County.

Definitions

1. **American College of Cardiology** – ACC
2. **American Medical Society of Sports Medicine** – AMSSM
3. **Center for Disease Control and Prevention** – CDC
4. **Close contact/significant exposure** - A close contact is defined by the CDC and SD Department of Health as a person who has had close contact (less than 6 feet) for greater than 15 consecutive minutes with an individual with confirmed or suspected COVID-19 infection during the 48 hours before the individual became symptomatic or was diagnosed.
5. **Confirmed Exposure** – must follow SDDOH guidelines. Currently, those guidelines require a 14-day quarantine from the date of contact away from school and daily screening of symptoms.
6. **Confirmed Positive** – must follow SDDOH or SDHSAA guidelines. Currently, SDDOH guidelines require the individual to self-isolate for 10 days from the first onset of symptoms and must be fever free for 24 hours without the use of fever-reducing medications. Currently, SDHSAA guidelines require no activity permitted for at least 14 days from diagnosis and 7 days after all symptoms have resolved based
7. **National Federation of High School** – NFHS
8. **National Operating Committee on Standards for Athletic Equipment** – NOCSAE
9. **Sports in Fitness Industry Association** - SFIA
10. **South Dakota Department of Health** – SDDOH
11. **South Dakota High School Activities Association** - SDHSAA
12. **Social/Physical Distancing** – space between yourself and other people outside of your home. To practice social/physical distancing: Stay at least 6 feet (about 2 arms' length) from other people.
13. **Sports Medicine Advisory Council** – SMAC

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LEVELS OF OPERATIONS

LEVEL 1

LOW/MILD SPREAD MINIMAL
CONFIRMED CASES IN SCHOOL
OR DISTRICT

- Practices and events will be permitted.
- **Specified Event Attendance (Ticketed events only)**
 - Rostered Student Participants, Coaches, Directors.
 - Officials, Event Staff, Medical Staff, Security, Media.
Two (2) passes per student participant, coach, and advisor.
 - Students and staff will be allowed to attend.
- **Events will be made available in digital format when possible. All Spectators will be highly encouraged to watch the live stream for these events when offered.**

LEVEL 2

MODERATE SPREAD
CONFIRMED CASES IN
SCHOOL OR DISTRICT

- Practices and events will be permitted.
- **Specified Event Attendance (Ticketed events Only):**
 - Rostered Student Participants, Coaches, Directors.
 - Officials, Event Staff, Medical Staff, Security, Media.
 - **NO Spectators.**
 - **NO Students or Staff.**
- **Events will be made available in digital format when possible. All Spectators will be highly encouraged to watch the live stream for these events when offered.**

LEVEL 3

SUBSTANTIAL SPREAD
CONFIRMED COVID-19 SPREAD
IN SCHOOL OR DISTRICT

- No Practice/No Events

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Event Attendance

Event Guidelines

- Event attendance guidelines will pertain to RCAS ticketed events only.
- Event attendance guidelines will remain in place for the 2020-2021 RCAS Activities Season unless COVID-19 trend data or other best practice guidance dictates new attendance guidelines.
 - Ticket vouchers will be distributed by RCAS Activities Offices to the teams participating in advance of the event.
- Masks will be required of all coaches, directors, officials, event staff, medical staff, media, spectators, and students not participating, when 6-foot physical distancing cannot be maintained.

Adult Spectators

- **Home Team Spectators:** The number of passes allowed per rostered participant, coach, and advisor will be determined based on what level RCAS is operating in. Elementary or Middle School aged students may attend if they are included on the pass list. If these students attend, they will need to sit with their parents.
- **Visiting Team Spectators:** The number of passes allowed per rostered participant, coach, and advisor will be determined based on what level RCAS is operating in. Elementary or middle school aged students may attend if they are included on the pass list. If these students attend, they will need to sit with their parents.

Staff Spectators

- While in Level 1, staff ID will admit one, the bearer, to all RCAS regular season athletic contests. The Staff ID is non-transferable and valid for the employee only through May of 2021 Sports Season. The Staff ID may only be used once per athletic contest and will not allow admission to all post season tournaments. This is not a plus one pass, no guest or any other family members will be able to gain or purchase admission at the ticket gate.

Elementary and Middle School Student Spectators

- Elementary or middle school aged students may only attend if they are included on the pass list. If these students attend, they will need to sit with their parents.

High School Student Spectators

- **Home Team Student Spectators:** While in Level 1, all High School Students are welcome to attend. If a High School Student wishes to attend events, they will be required to purchase an activity symbol to be printed on their student ID. The student ID with the printed activity symbol, admits one, the bearer, to all RCAS regular season athletic contests. Student ID's are non-transferable and valid for the student only through May of 2021 Sports Season. The student ID may only be used once per athletic contest and will not allow admission to all post season tournaments. This type of pass is secured at the respective high school's activities office.
- **Visiting Team Student Spectators:** While in Level 1, all Visiting Team High School Students are welcome to attend. Visiting High School Students with a valid and current year school identification card will be able to purchase admission at the ticket gate to all regular season contests at RCAS.

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Health and Safety Measures Regardless of Level

Screen for signs of COVID-19

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to an activity using the approved RCAS screening process. Screening will include a temperature check.
- Responses to screening questions for each person will be recorded and stored securely and in compliance with privacy laws.
- Any person with symptoms of COVID-19 will not be allowed to participate and will contact his or her primary care provider or other appropriate healthcare professional.
- People at risk for COVID-19 will consult with their medical provider regarding participation in activities.

Stay Home if sick or a Close Contact with someone who has confirmed COVID-19

- Do not go to work, school, practice, or competition if you do not feel well or if you have been informed you are a close contact of someone with COVID-19.
- Contact and follow the advice of your medical provider.

Practice good hygiene

- Athletes, coaches, officials, and staff should wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces. Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow. Disinfect frequently used items and surfaces as much as possible.
- Appropriate clothing/shoes should always be worn in all activity environments to minimize sweat and respiratory droplets from transmitting onto equipment/surfaces.
- No pre-game and post-game handshakes/high-fives/fist bumps.

Confirmed COVID-19 Student/Coach/Advisor Guidelines and Procedures

- Schools must appoint an individual(s) to be responsible for ensuring any positive test must meet the protocols for return to participation.
- What happens when a student/coach/director tests positive for COVID-19?
 - Notify the District Nurse Coordinator, Building and Grounds Manager, Building Administrator, HR Benefits Specialist, Executive Team. A school nurse, athletic trainer, healthcare provider, or member of the organization should create and provide a list of all individuals within close contact. This will ensure timely and efficient contact tracing which is necessary to stop the spread of disease.
 - RCAS district communication guidelines will be used to contact all guardians of students of possible exposure.
 - Disinfecting of areas will be completed as soon as possible.
 - A student-participant who tests positive for COVID-19 with or without symptoms, should be isolated per public health guidelines. No activity is permitted for at least 14 days from diagnosis and 7 days after all symptoms have resolved based on recommendations from the SDHSAA, American College of Cardiology (ACC), the NFHS, and American Medical Society of Sports Medicine (AMSSM).
 - All coaches, advisors and non-participants who test positive for COVID-19 will be required to self-

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isolate for 10 days from the first onset of symptoms and must be fever free for 24 hours without the use of fever-reducing medications before returning to activity. The Health Department should be contacted to assist in proper contact tracing and quarantining of individuals. If there was doubt of who the individual met then the entire team/group that practiced/rehearsed or competed with the individual should be quarantined for 14 days. Teams/Groups should keep documentation of names and contact information of opposing teams/groups, coaches/directors, and officials/adjudicators for contact tracing purposes.

- **All indications of positive cases and confirmed close contact must come through the SD Department of Health.**
 - Exceptions may be considered if all activities were done practicing appropriate social distancing while wearing a mask and after consultation with your local health department.
 - If a coach/director or participant is positive and was wearing a mask or face covering, it is possible that none of their contacts will have to be excluded from participation. In some cases, a mask or face covering may not be considered protective depending on the type of exposure. A participant in quarantine should stay home, stay separated from others, follow state or local health department guidance, should NOT participate in practices/rehearsals, participants may participate in individual conditioning activities with virtual instruction with guidance from a health care professional.
- Coaches/Directors and staff who were in contact with the infected individual while properly wearing a mask may not need to be excluded from participation. In some cases, a mask may not be considered protective depending on the type of exposure.
- SDHSAA COVID-19 Return to Play Form must be on file in the Activities office prior to returning to Activity.
 - **SDHSAA COVID-19 Return to Play Form**

Participant/coach/director exposed to a confirmed positive case of Covid-19 procedures

- Individuals who have had a significant exposure (i.e. close contact as defined above) to a confirmed positive COVID-19 individual must quarantine for 14 days from the last date of exposure to the positive COVID-19 individual. If the exposed individual has a negative SARS-Cov-2 test, they still must quarantine for 14 days.
 - If the exposed individual develops symptoms during the 14-day quarantine period, testing for SARS Cov-2 should occur. If positive, then the participant/coach/director must follow the guidance for a confirmed positive individual. The participant/coach/director can return if the test is negative and symptoms have improved following the 14-day quarantine.
- Notify the SDHSAA of any verified close contact or positive cases of SDHSAA rostered individuals. All information will follow HIPAA and FERPA from the member school and the SDHSAA.

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Guidance and Protocols

Athletic Training Room

- Only Athletic Trainers and students that are needing medical attention will be allowed.
- All students and Athletic Trainers must sanitize in and out of the athletic training room.
- Students will adhere to and follow the athletic training room guidelines and practices that are outlined by the respective school's Athletic Trainer.
- Athletic Trainers will produce COVID guidelines and safety measures that will be submitted to and approved by the respective school Activities Director prior to the season beginning.
- Athletic Trainers are required to wear masks.
- Athletic Trainers will lock the training rooms when they are not there.
- Athletes receiving treatment are required to wear masks.

Bench area or sideline

- Only coaches and athletes in uniform will be allowed on the bench or sideline (Medical personnel can be an exception on the sideline).
- Benches shall be spread apart as much as possible.
- Only team personnel who may play in the contest will dress. If there are not enough chairs in the bench area, the extra players must sit in the bleachers behind the bench.
- Masks for players not playing and coaches/directors shall be required.
- All student-participants and coaches/directors shall use hand sanitizer, provided at the head table, before entering and exiting the playing court.

Cleaning

- Activities Directors and Middle School Coordinators will work with their respective buildings to develop a schedule for increased, routine cleaning and disinfection.
- Cleaning products should not be used near children, and staff should ensure that there is adequate ventilation when using these products to prevent children or themselves from inhaling toxic fumes.
- Hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, light switches, weight room equipment, door handles, athletic training room tables, etc.).
- All equipment within that facility will be sanitized and cleaned.
- Equipment should not be shared from one practice session to another without being sanitized.
- In-session equipment should be cleaned intermittently.
- Provide disinfectant wipes, spray bottles or disinfectant for coaching/teaching staff.
 - Activities Directors and Middle School Coordinators will need to work with Coy Sasse for all supplies.

Coaches/Directors

- Required to wear face masks or coverings.
- Always follow COVID guidelines.
- Will be screened.

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Concessions

- All workers will be screened.
- Signage will be posted promoting social distancing.
- Plexi-glass partitions to be placed between the cashier and the customer.
- All workers will maintain a six-foot distance from other workers whenever possible.
- Employees will be using disposable gloves and will be encouraged to change them often.
- Hand sanitizer will be available for customers and workers.
- Workers will be required to wear face masks or coverings.
- Whenever possible, no touch payments will be utilized.
- Fans will be located by each cashier to allow for good air circulation.
- No items will be placed for self-serve, including but not limited to, condiments and napkins.
- Offer a limited menu of primarily single, prepackaged items such as candy and drinks. The only items to be sold will be those that can be distributed quickly to avoid crowded waiting areas in the concourse.
 - [South Dakota Department of Health Concessions Guidance](#)

Events

- No gathering, loitering, socializing will be allowed before, during or after the event.
- All fans, event staff, coaches, directors, and student participants will vacate the facility immediately upon completion of the event.
- Events will be made available in digital format when possible. Spectators will be highly encouraged to watch the live stream for these events when offered.
- Spectators are coming at their own risk. We ask and encourage all spectators to adhere to and follow the COVID Guidelines to ensure the health and safety of all.
- Spectators are required to wear masks at all events.
- The area directly behind the team bench areas will be marked off and will not be accessible.

Food

- Have team members/workers bring their own meals as feasible.
- Use disposable food service items (e.g., utensils, dishes).
- Team meals should be limited to game days.
- When meals are provided, they must be individually pre-packaged boxes or bags for each member of the team.
- Buffet or family-style meals will not be allowed.
- No sharing food and utensils. (Two team members sharing one pizza).
- No sit-down meals inside restaurants.
- No hospitality rooms will be provided.

Fundraising

- Online Options are Highly Encouraged.
- All fundraisers will need to be approved by the Activities Director.

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Head Table and Ticket Table

- Only essential workers will be allowed in this area.
- Workers will be required to wear a face covering and gloves when exchanging items.
- Managers and statisticians must sit in the bleachers to allow for social distancing.
- Partitions will be provided.
- Hand sanitizer will be readily available for the event staff and officials.

Hotel

- Rooming assignment will be consistent with the seating assignment on the bus.
- All occupants will be required to stay in their assigned room to eliminate lingering and social gathering.
- No social gathering inside the hotel.
- No community rooms will be allowed.
- Only two individuals per room.

Locker Rooms

- All team members, staff and coaches will need to be screened prior to entering the locker rooms.
- All team members, staff and coaches must sanitize in and out each time they enter and exit the locker room.
- All lockers will be assigned to team members, staff, and coaches with an accurate record of assigned lockers.
- All team members, staff and coaches will get ready and leave the locker room quickly and efficiently prior to and following practice, games, and events.
- Coaches will supervise the locker room transitions to ensure that there is no lingering or loitering.
- Coaches and athletes are encouraged to come ready when possible.
- The use of personal belongings drop zones will be highly encouraged.

Media

- Media representatives wishing to pursue a story will need to seek approval from the Rapid City Area School Communication Director – Katy Urban can be contacted at Katy.Urban@k12.sd.us.
- In-person access to athletes/participants/coaches may be restricted to virtual or socially distanced methods. All pre and post-game interviews will need prior approval by the respective school Activities Director.
- Should be prepared to use an alternate broadcast location to properly social distance.
- Event level media will have clearly marked areas where they will need to use to properly social distance.
- Use of face coverings is required for all media when social distancing is not possible.
- Locker room areas at all Rapid City Area School District activities (practice, event, or competition) will be closed to all reporters, photographers, and videographers.
- Interviews and/or live microphones on a coach and/or player during any portion of the actual athletic contest, to include team huddles and locker rooms, are not permitted.
- All members of the media must remain outside of the team bench, official scorers' area, and designated team areas for the duration of the contest, to include during starting lineups and timeouts. Media personnel should always remain off the competition arena. For football, all media must always remain outside of the 25-yard team box markers and behind the black/white dotted media line.
- All media members must be mobile (no tripods) and may not be in a position where they may interfere with the contest.

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Officials

- Recommended that they come dressed when possible.
- Will have a single locker room and not use coach's office or staff planning center.
- Hand Sanitizer will be readily available at Head Table.

Post-Season

- All post season decisions will be made by the SDHSAA.

Practice

- Stagger practice and rehearsal times to alleviate congestion.
- Cohort groups should be maintained and documented.
- Designate equipment to specific cohort groups.
- Groups will arrive no sooner than necessary to get prepared for their activity.
- Group sizes may be limited or will be divided by level.
- Only current Rapid City Area School District Coaching Staff Members and student participants allowed.
- No spectators or visitors will be allowed in the facilities during practice, open gyms, etc.

Scheduling

- SDHSAA will determine if a contest is a "no contest" or "forfeit".
- Activities directors and Athletic Coordinators will consider screening periods and sanitization periods.
- Contests, events, performances, competitions may be limited.
- Scheduling and appointment-based activities and workouts will be utilized.
- Will consider all options to provide opportunities for our student-athletes to compete:
 - Local, regional, bordering states, and/or state competitions only.

Starting Lineups

- Eliminate individual introductions of players/tunnel line from all contest.
- No pre or post-game handshakes or fist bumps.

Student Participants

- Required to wear face masks or coverings on bench, sideline, or chalk talks.
- Will be screened.
- Always follow the COVID guidelines.
- Arrive no sooner than is necessary to get prepared for their activity.
- Arrive dressed to train and participate when possible.
- Exit immediately after practice, workout, event, or competition.
- Follow entry and exit procedures.
- Encouraged to wash uniforms and workout clothing daily.
- Encouraged to shower daily.

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Transportation

- Entire travel party will be temperature checked prior to getting on the bus.
- Entire travel party will wear face coverings while on the bus.
- Transportation staff will clean and disinfect high contact areas between routes and at the end of each day.
- Hand sanitizer will be available on each bus.
- Keep bus windows partially opened when possible.
- All occupants will be assigned a seat according to practice, locker room and hotel room cohorts.
- Load back to front and unload front to back.
- In the event there is a restroom on the bus, it will be made available only in an emergency. Teams must schedule periodic rest stops for the team.
- If a student becomes symptomatic before final leg of destination, the student will not be allowed back on the bus and parent, guardian, or emergency contact will be contacted for pick up at arranged pick-up location with adequate, safe, physical distanced supervision.

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Activity Guidance

Academic Activities



(Debate, FBLA, FFA, Knowledge Bowl, NHS, Newspaper, Oral Interp, Photography, Student Council, Yearbook)

- Will abide by all mandatory rule modifications of the SDHSAA.
- Students check in and screen at designated entrance locations and use designated exit routes of RCAS facilities.
- Students and staff shall maintain physical distancing.
- Identify Individual space for students to place any equipment to avoid congregating.
- Staff is required to document activity attendance, seating chart, and roster for Screening/Tracing/Tracking.
- All efforts should be made to maintain the same cohort of students and staff.
- Students should avoid touching equipment other than their assigned equipment.
- Appropriate clothing/shoes shall always be worn.
- Social distancing shall be observed. Students should be spaced at a minimum of 6-foot intervals. If teachers need to move within the 6-foot area to correct a student's position, posture, etc. they should do so briefly and then move back away.
- Students should be spaced at a minimum of 6-foot intervals.
- Students shall have predetermined socially distant space in room or outdoors.
- Facemasks required for students and staff.
- Teachers will be provided face masks and shields and are required to wear a face covering.
- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations shall not be utilized.

Band

- Students check in and screen at designated entrance locations and use designated exit routes of RCAS facilities.
- Students and staff shall maintain physical distancing.
- Identify individual space for students to place any equipment to avoid congregating.
- Staff is required to document activity attendance, seating chart, and roster for Screening/Tracing/Tracking.
- Face to face group sessions should adhere to district guidelines for social distancing. Room capacity must be considered, and accommodations made. Multiple rooms may be needed in many cases.
- Create a template of the desired length that will meet guidelines for social distancing, and mark spaces on your floor where chairs and stands will be placed.
- All efforts should be made to maintain the same cohort of students and staff.
- Students are not allowed to touch the equipment, other than their assigned equipment.
- Appropriate clothing/shoes shall always be worn.
- Shared musical equipment should be disinfected thoroughly before and after use of equipment.
- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations shall not be utilized.
- Outdoor rehearsals are considered best practice; indoor rehearsals should continue to social distance at a minimum of 6 feet interval in addition to wearing face and bell coverings.
- Students shall have predetermined socially distant space in rooms or outdoors.
- If teachers need to move within the 6-foot area to correct a student's playing position, embouchure, posture, etc. they should do so briefly and then move back away.

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- Bell cover for the instruments should be used by wind instruments. Bell covers can be made of multi-layered **high denier** nylon material and provide a barrier for aerosols. “Denier” is the term for the weight of the fabric in tights, stockings, and hosiery. The fabric should be stretched over the bell in multiple layers to allow for playing of the instrument while reducing aerosols. This is the fabric in pantyhose in simple terms.
- When possible a mask with a small slit for mouthpiece access should be worn while playing.
- In instrument groups where a mask cannot physically be worn the mask should be worn over the chin and replaced during periods where the student is not playing. Avoid talking without a mask.
- Spit valves when inside should be drained onto a puppy training mat or some other absorbent material and disposed of following rehearsal.
- Students must not share music stands.
- Students must not share sheet music.

Basketball

- [SDHSAA Basketball Rule Modifications COVID](#)
- Will abide by all mandatory rule modifications of the SDHSAA.

Cheer

- [SDHSAA Competitive Cheer Rule Modifications COVID](#)
- Will abide by all mandatory rule modifications of the SDHSAA.
- Will abide by all optional rule modifications of the SDHSAA.
- Sanitize shoes and hands on to the mat and off the mat.

Choir

- Face coverings required for students and staff.
- Students check-in & screen at designated entry locations & use designated exit routes from RCAS facilities.
- Face to face group sessions should adhere to district guidelines for social distancing. Minimum of three feet. Room capacity must be considered, and accommodations made. Multiple rooms needed in many cases.
- Create a template of the desired length that will meet guidelines for social distancing, and mark spaces on your floor where chairs and stands will be placed.
- Identify individual space for students to place any equipment to avoid congregating.
- Staff is required to document activity attendance, seating chart, and roster for Screening/Tracing/Tracking.
- All efforts should be made to maintain the same cohort of students and staff.
- Students should avoid touching equipment other than their assigned equipment.
- If teachers need to move within the 6-foot area to correct a student’s position, posture, etc. they should do so briefly and then move back away.
- Teachers will be provided face coverings and shields and are required to wear a face covering.
- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations shall not be utilized.
- Students should be seated in rows facing the same direction with at six foot spacing, rather than in arcs.
- Outdoor rehearsals are considered best practice; indoor rehearsals should continue to social distance at a minimum of 6 feet interval in addition to wearing face coverings.
- Students must not share music stands.
- Students must not share sheet music.

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Color Guard

- Students check in and screen at designated entrance locations and designated exit routes of RCAS facilities.
- Face coverings required for students and staff.
- Students and staff shall maintain physical distancing.
- Identify individual space for students to place equipment.
- Staff is required to document activity attendance and roster for Screening/Tracing/Tracking.
- All efforts should be made to maintain the same cohort of students and staff throughout.
- Students should avoid touching equipment other than their assigned equipment. If it is necessary periodic disinfecting required.
- Appropriate clothing/shoes shall always be worn.
- Students shall be encouraged to shower and wash their rehearsal clothing upon returning to home.
- Social distancing shall be observed. Students should learn the choreography spaced at a minimum of 6-foot intervals. If teachers need to move within a 6-foot area to correct a student's position, posture, etc. they should do so briefly and then move back away.
- Students should be spaced at a minimum of 3 step intervals (22.5" per step) for all drill and on field formations.
- Students shall have predetermined socially distant space in room or outdoors.

Cross Country

- [SDHSAA Cross Country Rule Modifications COVID](#)
- Will abide by all mandatory rule modifications of the SDHSAA.
- Will abide by all optional rule modifications of the SDHSAA.

Dance

- [SDHSAA Competitive Dance Rule Modifications COVID](#)
- Will abide by all mandatory rule modifications of the SDHSAA.
- Will abide by all optional rule modifications of the SDHSAA.

Football

- [SDHSAA Football Rule Modifications COVID](#)
- Will abide by all mandatory rule modifications of the SDHSAA.
- Will abide by all optional rule modifications of the SDHSAA.
- [Football Ball Cleaning Recommendations](#)

Golf

- [SDHSAA Golf Rule Modifications COVID](#)
- Will abide by all mandatory rule modifications of the SDHSAA.
- Will abide by all optional rule modifications of the SDHSAA.

Gymnastics

- SDHSAA Gymnastics Rule Modifications COVID – Not yet Released
- Will abide by all mandatory rule modifications of the SDHSAA.

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Marching Band

- Students check in and screen at designated entrance locations and have designated exit routes from RCAS facilities.
- Students and staff shall maintain physical distancing.
- Identify individual space for students to place any equipment to avoid congregating.
- Staff is required to document activity attendance, seating chart, and roster for Screening/Tracing/Tracking.
- Face to face group sessions should adhere to district guidelines for social distancing. Currently minimum of three feet. Room capacity must be considered, and accommodations made. Multiple rooms needed in many cases.
- Create a template of the desired length that will meet guidelines for social distancing, and mark spaces on your floor where chairs and stands will be placed.
- All efforts should be made to maintain the same cohort of students and staff.
- Students are not allowed to touch the equipment, other than their assigned equipment.
- Appropriate clothing/shoes shall always be worn.
- Shared musical equipment should be disinfected thoroughly before and after the use of equipment.
- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations shall not be utilized.
- Outdoor rehearsals are considered best practice; indoor rehearsals should continue to follow CDC social distance guidelines in addition to wearing face and bell masks.
- Students shall have predetermined socially distant space in rooms or outdoors.
- If teachers need to move within the 6-foot area to correct a student's playing position, embouchure, posture, etc. they should do so briefly and then move back away.
- Bell covers as "masks" for the instruments should be used by wind instruments. Bell covers can be made of multi-layered **high denier** nylon material and provide a barrier for aerosols. "Denier" is the term for the weight of the fabric in tights, stockings, and hosiery. The fabric should be stretched over the bell in multiple layers to allow for playing of the instrument while reducing aerosols. This is the fabric in pantyhose in simple terms.
- All students are required to wear face masks, with slits cut to allow access for the mouthpiece.
- Teachers will be provided face masks and shields and are required to wear a face covering.
- Spit valves when inside should be drained onto a puppy training mat or some other absorbent material and disposed of following rehearsal.

Orchestra

- Students check in and screen at designated entrance locations and have designated exit routes from RCAS facilities.
- Students and staff shall maintain physical distancing.
- Identify individual space for students to place any equipment to avoid congregating.
- Staff is required to document activity attendance, seating chart, and roster for Screening/Tracing/Tracking.
- Face to face group sessions should adhere to district guidelines for social distancing. Room capacity must be considered, and accommodations made. Multiple rooms needed in many cases.
- Create a template of the desired length that will meet guidelines for social distancing, and mark spaces on your floor where chairs and stands will be placed.
- All efforts should be made to maintain the same cohort of students and staff.
- Students are not allowed to touch the equipment, other than their assigned equipment.
- Appropriate clothing/shoes shall always be worn.

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- Shared musical equipment should be disinfected thoroughly before and after the use of equipment.
- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations shall not be utilized.
- Outdoor rehearsals are considered best practice; indoor rehearsals should continue to follow CDC social distance guidelines in addition to wearing face and bell masks.
- Students shall have predetermined socially distant space in rooms or outdoors.
- If teachers need to move within the 6-foot area to correct a student's playing position, embouchure, posture, etc. they should do so briefly and then move back away.
- Bell covers as "masks" for the instruments should be used by wind instruments. Bell covers can be made of multi-layered **high denier** nylon material and provide a barrier for aerosols. "Denier" is the term for the weight of the fabric in tights, stockings, and hosiery. The fabric should be stretched over the bell in multiple layers to allow for playing of the instrument while reducing aerosols. This is the fabric in pantyhose in simple terms.
- Where possible wind students are required to wear face coverings with slits cut to allow access for the mouthpiece.
- In instrument groups where a mask cannot physically be worn the mask should be worn over the chin and replaced during periods where the student is not playing. Avoid talking without a mask.
- Teachers will be provided face masks and shields and are required to wear a face covering.
- Spit valves when inside should be drained onto a puppy training mat or some other absorbent material and disposed of following rehearsal.

Sideline Cheer

- [SDHSAA Sideline Cheer Rule Modifications COVID](#)
- [SDHSAA Winter Sideline Cheer Rule Modifications COVID](#)
- Will abide by all mandatory rule modifications of the SDHSAA.
- Will abide by all optional rule modifications of the SDHSAA.

Soccer

- [SDHSAA Soccer Rule Modifications COVID](#)
- Will abide by all mandatory rule modifications of the SDHSAA.
- Will abide by all optional rule modifications of the SDHSAA.
- JV and Varsity will be scheduled on different fields to help promote social distancing and traffic patterns.

Strength and Conditioning

- Grouping of students and coaches will be utilized to help ensure limited exposure.
- Will be screened.
- Respective Sport Coach will be required to document workout attendance and roster for Screening/Tracing/Tracking.
- Use of the Bar Catch is Best Practice. Student/coach spotting must not be directly over/behind the student.
- Use outdoor training whenever possible for conditioning.
- Drills requiring the use of athletic equipment are permissible. Equipment will be cleaned intermittently.
- Students will provide their own chalk if needed.
- Encouraged to use hand sanitizer when transitioning to the next drill.

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Tennis

- [SDHSAA Tennis Rule Modifications COVID](#)
- Will abide by all mandatory rule modifications of the SDHSAA.
- Will abide by all optional rule modifications of the SDHSAA.

Theatre

- Will abide by all mandatory rule modifications of the SDHSAA.
- Students check in and screen at designated entrance and will have designated exits from RCAS facilities.
- Students and staff shall maintain physical distancing
- Identify Individual space for students to place any equipment to avoid congregating
- Staff is required to document activity attendance, seating chart, and roster for Screening/Tracing/Tracking.
- All efforts should be made to maintain the same cohort of students and staff.
- Students should avoid touching equipment other than their assigned equipment.
- Appropriate clothing/shoes shall always be worn.
- Social distancing shall be observed. Students should be spaced at a minimum of 6-foot intervals. If teachers need to move within the 6-foot area to correct a student's position, posture, etc. they should do so briefly and then move back away.
- Students should be spaced at a minimum of 6-foot intervals for all show formations.
- Students shall have predetermined socially distant space in room or outdoors
- Facemasks required for students and staff
- Teachers will be provided face masks and shields and are required to wear a face covering.
- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations shall not be utilized.

Track and Field

- SDHSAA Track and Field Rule Modifications COVID – Not yet Released
- Will abide by all mandatory rule modifications of the SDHSAA.

Volleyball

- [SDHSAA Volleyball Rule Modifications COVID](#)
- Will abide by all mandatory rule modifications of the SDHSAA.
- Respective school will have designated person to disinfect the game balls between sets and during timeouts.
 - Should have sanitized ball at the table ready for use, if needed.
- Two ball carts should be used, one for each team. Teams only use ball cart assigned.
- Site administration needs to come up with safety plans for entering and exiting courts.

Wrestling

- [SDHSAA Wrestling Rule Modifications COVID](#)
- Will abide by all mandatory rule modifications of the SDHSAA.

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Resources

[Youth Sports Programs FAQs \(CDC\)](#)

[Get the Facts about Coronavirus \(CDC\)](#)

[Cleaning and Disinfection for Community Facilities \(CDC\)](#)

[Aspen Project Return to Play](#)

[\(NSCA\) National Strength and Conditioning](#)

[Association NCAA Core Principles of Resocialization of Collegiate Sport](#)

[\(NFHS\) National Federation of State High School Associations](#)

[\(SDHSAA\) South Dakota High School Activities Association Fall 2020 Guidance and Recommendations](#)

[\(SDHSAA\) South Dakota High School Activities Association Fall 2020 Fine Arts Considerations](#)

[\(ACHA\) American College Health Association](#)

[What to do if close contact?](#)

[COVID-19 Contact Tracing \(SD Department of Health\)](#)

[COVID-19 Contact Tracing \(SD Department of Education\)](#)

Signage

[COVID Guidelines](#)

[Stop the Spread of Germs](#)

[Social Distancing](#)

[Wash Your Hands](#)

Important Documents

[RCAS COVID Athlete/Coach Screening Log](#)

[RCAS Ticket Request List](#)

[SDHSAA COVID-19 Return to Play Form](#)

[Cloth Face Coverings](#)

[Central Travel Release Form](#)

[Stevens Travel Release Form](#)