

# COVID-19 Resource Center

Indiana High School Athletic Association, Inc.



## IN.gov

- Indiana COVID-19 Dashboard & Map: [Link](#)

## Indiana State Department of Health (ISDH)

- COVID-19 Home: [Link](#)
- Back-to-School Resources: [Link](#)

## Indiana Department of Education (IDOE)

- Resources for Indiana Schools: [Link](#)

## National Federation of State High School Associations (NFHS)

- Free online course from NFHSLearn.com: [COVID-19 for Coaches and Administrators](#)

## Centers for Disease Control and Prevention (CDC)

COVID-19 Home: [Link](#)

\*\*\*

The Indiana High School Athletic Association, with support of its Board of Directors and feedback from its Sports Medicine Advisory Committee, will continue to work in collaboration with The Governor's office, the Indiana State Department of Health, and the Indiana Department of Education to provide guidance to its member schools during the COVID-19 pandemic.

This Resource Center will continue to be updated with new information as conditions change during the COVID-19 pandemic.

The IHSAA believes it is essential to the physical and mental well-being of student-athletes that come with physical activity and interacting with their peers and coaches. Students who participate learn life lessons in an environment that cannot be duplicated. Academic achievement, the development of leadership and social skills as well as the mental health benefits are known to be greatly enhanced in students who participate in these programs compared to those who do not.

The IHSAA continues to fully support its member schools in determining what is in the best interests of the health and well-being of their student-athletes and staff. Each IHSAA member school's athletic department will operate with the approval of its school administration in moving forward throughout the 2021-22 school year. It will be the decision of each local school district to determine if they can safely conduct athletic practices and contests.

As the science of COVID-19 continues to evolve, it is important to remain vigilant and nimble to respond to new developments. Students and their families, along with school personnel, must recognize these risks and implement best practices to reasonably mitigate these risks. Participation in school activities is voluntary and every individual will need to evaluate the risk versus the benefits of athletics participation. Those immune-compromised students and staff, or those who live with family members with elevated health concerns, should evaluate associated risks of participation and may choose not to participate.

Just as last school year, the IHSAA is providing sport-specific recommendations and/or considerations that have been developed in conjunction with the National Federation of State High School Associations (NFHS) or a similar governing body. These documents have been shared with member school administrators and links are available below. Note that a rule modification is a modification to a playing rule from the governing body of the sport and is a requirement to adhere to and follow. A recommendation is a consideration to the sport and allows for optional guidelines. Recommendations are not required but are permitted.

**Again, this Resource Center will be updated as necessary.**

\*\*\*

## **IHSAA Fall Sport-Specific Guidelines**

- **Cross Country** specific recommendations and/or considerations: [Download](#)
- **Soccer** specific recommendations and/or considerations: [Download](#)
- **Volleyball** specific recommendations and/or considerations: [Download](#)
- **Football** specific recommendations and/or considerations: [Download](#)

**NFHS Officials Considerations for Returning to Officiating:** [Link](#)

## **Q&A**

**Healthcare Provider Clearance** (Updated 9/29/20)

**Q. Should a student-athlete with a positive COVID-19 diagnosis be cleared by a licensed healthcare provider (MD, DO, PA, or NP) prior to participation?**

- A. A documented medical exam should be performed clearing the student-athlete to return to play. The documented medical exam should specifically include an assessment of the cardiac/heart risk of high-intensity exercise due to the potential of myocarditis occurring in COVID-19 patients.
- [Guidance for Assessing Cardiac Issues in High School Student-Athletes with COVID-19 Infection](#)
  - [COVID-19 Interim Guidance: Return to Sports](#)

**Cancellation Fees**

**Q. If a school must cancel a contest due to COVID-19, do they need to pay the contract cancellation fee to the offended school?**

- A. No, contests canceled due to COVID-19 will not be required to pay a cancellation fee.

**Canceled Contests**

**Q. If a school must cancel a contest due to COVID-19, does it count as a loss, or simply a no contest?**

- A. If a contest is canceled due to COVID-19, it should be recorded as "No Contest".

### **Tournament Series**

**Q. What if a team is quarantined and unable to play when the IHSAA tournament series begins or is quarantined after the tournament series begins?**

A. The tournament contest will be recorded as a no contest, the opponent will advance, and the tournament series will carry on as scheduled.

### **Practice Acclimation Rules**

**Q. Will the IHSAA waive its practice rules during the pandemic?**

A. IHSAA by-laws 9-14 (Practice Attendance Required to Participate in a Contest) and 50-1/101-1 (Pre-Participation Practice) will remain in effect.

Please know we understand the challenges schools face in the desire to help student-athletes return to activity during the COVID public health crisis. As an Association, we have reviewed, both medically and legally, the option of allowing virtual practices to count in the requisite number of practices needed for competition. Overwhelmingly, our information suggests that virtual practices do not meet the same standard (facilities, environmental conditions, concussive events, heat-related illness, cardiac arrest, and all other immediate care events) as acclimation practices in the presence of a coach or coaches. Repeatedly, the IHSAA has entertained many suggestions/requests to modify the health and safety by-laws associated with acclimation practices. Each time, the IHSAA Staff, Board, and Medical Professionals have elected to not reduce the standards of health and safety as they relate to the number of acclimation practices required to participate in a contest or returning from a period of not practicing (vacation, injury, illness, etc.) with the team. Even if a By-Law change is proposed for consideration, we do not believe it prudent to suggest a change in our standards in the midst of this current pandemic.