

## **COVID-19: Tier 2 Guidelines (1-22-21)**

\*\*All participants and coaches must wear a face covering that fully covers their nose and mouth and fits snugly against the sides of the face with no gaps, whether indoors or outdoors, when unable to maintain at least 6 feet social distance from another individual, unless a medical condition prohibits the participant from wearing a face covering.

\*Please follow the All Sports Policy recommendations for athletes/staff/coaches testing positive and close contact tracing.

\*Additional mitigation information is available on the home page of the SIJHSAA Website and in the Forms and Documents Section of the site.  
([www.sijhsaa.com](http://www.sijhsaa.com))

### **Lower Risk Sports (Bowling)**

1. Full practices are permitted.
2. Contests may be conducted with opponents within conference, or their EMS region. All contests must be conducted with opponents at a mitigation level that allows contests to be played.

### **Gathering Limitations**

No spectators are allowed.

### **Medium Risk Sports (Volleyball)**

1. Full Practices may be conducted.
2. Intra-squad scrimmages may be conducted with parental consent.
3. No contests may be conducted

### **High Risk Sports (Basketball)**

1. Non-contact practices may be conducted.
3. Intra-squad scrimmages may NOT be conducted.
3. No contests may be conducted.