



CIAC COVID-19 Update (June 29, 2020)

The CIAC continues to collaborate with superintendents, principals, athletic directors, coaches, athletic trainers, and medical doctors as we guide member schools on a safe return to athletics. While we are all anxious to get back to normal, we must accept and operate with the understanding that we are still managing a global pandemic and are each responsible for preventing the spread of COVID-19.

At its June 29, 2020 meeting, the CIAC Board of Control endorsed the following:

1. In accordance with CIAC's Resocialization to Athletic Activities Guidance, in-person conditioning will begin on July 6 in cohorts of 5-10 student athletes with two specific changes.
 - a. Skill development integration has been removed from conditioning exercises. This means that out-of-season conditioning activities must align with existing CIAC policies. The sole exception remains that spring coaches can coach an unlimited number of student-athletes on non-school affiliated teams.
 - b. Virtual coaching will end on June 30, 2020. Only out-of-season conditioning as permitted by CIAC policy may take place as of July 1, 2020, with in-person sessions beginning on July 6, 2020.
2. Pre-participation physical validation has been extended from 13 months to 15 months. The medical standard for receiving a physical is 13 months. When possible, student-athletes should update their physical within that 13 month timeframe. However, given the stress on pediatrician's schedules, the CIAC understands that it may be difficult to get a physical within that 13 month timeframe. Therefore, the valid date of physicals has been extended to 15 months.

Small group cohorts, maintaining social distancing, and wearing masks are critical strategies in safely returning to athletic experiences. The guidance issued by CIAC is more restrictive than the states guidance on sports and fitness facilities. As an education-based athletic experience, our primary purpose and goal is to positively contribute towards re-engaging students in on-campus curricular instruction. Conditioning in cohorts of 5 to 10 student-athletes limits potential exposure and allows for efficient contact tracing should an individual test positive for COVID-19. Maintaining social distancing of 6 feet remains the most effective strategy in preventing person-to-person spread through air droplets. Additionally, wearing a mask when not engaged in conditioning activities is a key preventative strategy as well as essential to safely returning to our school campuses.

Finally, the CIAC Board of Control will be establishing a subcommittee comprised of principals, superintendents, athletic directors, coaches, athletic trainers, and medical doctors to closely monitor reopening progress in CT and provide recommendations for fall sports.