



PEISAA

ATHLETICS

**RETURN TO
SCHOOL SPORT**

GUIDELINES

PEISAA RETURN TO SCHOOL SPORT PLAN

September 1, 2020

PREAMBLE

The Prince Edward Island Athletic Association (PEISAA) is responsible for overseeing all school sport in the province. The PEISAA believes strongly on the physical, mental and emotional benefits that participating in school sport has on our students. These benefits may be never more important than now. However, first and foremost, the safety of all involved with school sport is the priority of the PEISAA. The PEISAA and our member schools must follow the guidance of the PEI Government and the Chief Public Health Office.

In accordance with the PEI Government's Back to School plan, the PEISAA's plan permits school sport to return in a modified and reduced schedule with more time to spend on skill development and less games between schools. All start times and details are subject to change. It should be emphasized that this plan is current and fluid. The PEISAA will continue to re-evaluate and adapt as new information and guidelines become available, with the best interest of our student-athletes always in mind.

The PEISAA remains committed to protecting the health and safety of our student-athletes, staff, coaches, officials, member-schools, and the health of all Islanders.

LEAGUE & EXHIBITION PLAY

In order to minimize the amount of interaction between students from different schools, the PEISAA will have groups of 2 or 3 teams that will play 2 games (4 for volleyball as it has longer season). Whether these games are exhibition or count in standings will depend on number of teams registered for that sport. Teams would then begin play-off games. Sport-specific Return-to-Play protocols will inform the modifications to play for each sport, and all current Chief Public Health Office guidelines will be followed.

PROVINCIAL CHAMPIONSHIPS

PEISAA Provincial Championships will be spread out to comply with the numbers permitted for gatherings by the CPHO. There will be no admission charged for any PEISAA events this fall. There will be NO medal ceremonies following medal games. The medals will be given to the coaches to distribute.

TOURNAMENTS

The PEISAA will **NOT** be sanctioning any tournaments, for any sports, at this time and until further notice.

INTERPROVINCIAL TOURNAMENTS

PEISAA member schools will **NOT** be sanctioned to travel to or attend out-of-province tournaments at this time and until further notice.

SPECTATORS

For indoor sports such as Volleyball, NO spectators are permitted at this time, subject to change. For outdoor sports, this will be determined for each sport based on the number approved by the CPHO for outdoor gatherings and the ability to maintain physical distancing.

At facilities that already have existing guidelines, they will be followed by all spectators attending PEISAA events.

For all other facilities, spectators must bring their own seating, bleachers are not to be used. Spectators must practice physical distancing and not closer than 15 yards from the playing field.

ATHELETIC EVENTS DURING THE SCHOOL DAY

It is preferable that athletic events are not held during the school day. In the event of golf, if a match must begin before the school day is over, an approved parent or community volunteer may accompany and supervise the team at the discretion of the Principal and Athletic Director. Substitutes for school staff will not be available.

RETURN TO PLAY SPORT PROTOCOLS

The following are the plans for PEISAA sports this fall:

- Field Hockey - Tryouts not to begin before September 14
- Soccer - Tryouts not to begin before September 14
- Senior Baseball - Tryouts not to begin before September 14
- Golf - Tryouts not to begin before September 14
- Cross Country - Paused and status TBD
- ***Volleyball - Indoor sports will be considered later in September (tentative start date September 28)*

GENERAL

- **NO** tryouts will be permitted to begin until September 14. **No** games will be played until September 21. This would mean students would have been back in school for two weeks before any competition involving another school.
- **NO** gathering to present medals following any medal events. Medals would be given to a coach or sent to the school.
- Parents of school athletes are asked to ensure their athlete and themselves are asymptomatic of COVID-19 symptoms prior to coming to a PEISAA practice or game.
- Anyone, including staff, volunteers, coaches, and athletes with symptoms will not be allowed to participate in PEISAA events and will be advised to call 811 or their health care provider.
- While an individual is awaiting test results, they must self-isolate and not attend any PEISAA events.
- If the test results are negative for COVID-19 but the individual remains ill and/or symptomatic, they should not participate in PEISAA events until well.
 - **Symptoms of COVID-19 may include:**
 - new or worsening cough
 - shortness of breath or difficulty breathing
 - fever
 - chills
 - sore throat
 - runny nose

- sneezing
 - congestion
 - headache
 - acute loss of sense of smell or taste
 - unusual fatigue
- Parents and athletes participating in PEISAA events this season shall cooperate with PEISAA's training/game modification plans to minimize risk to themselves, family members, athletes, coaches and officials.
 - Physical distancing will be practiced when coming and going to the facilities as well as during all drills where possible.
 - School change rooms are currently closed. Athletes may change in a student washroom prior to practice or game following the capacity guidelines for the specific school. Once the athlete leaves the school for the outdoor practice, they will not return inside the school.
 - Home teams will be responsible to have a designated COVID Manager who will be responsible to ensure the COVID-19 Protocols are being followed. Any violations to be reported to the Home school Athletic Director and Principal. Continued disregard of protocols may result in removal from the team or spectating privileges to be removed.

TRANSPORTATION

Transportation to PEISAA games is the responsibility of the travelling team. School buses will not be permitted at this time. It will be responsibility of travelling team to arrange transportation such as per PSB and CSLF policy and CPHO guidelines. If schools permit car-pooling with a parent driver and if those inside the vehicle are from more than one family, all individuals inside the vehicle must wear a non-medical mask during the drive.

DISINFECTANT

In each sports protocols, when it refers to equipment or athletes using disinfectant, products and mixing instructions are as per all other PSB operational plans. All teams **MUST** have sufficient disinfectant on hand at all times.

SCREENING

Team officials must conduct Active and Passive screening at all team events including practices and games.

- **Active screening** would include asking participants as they arrive if they are experiencing any symptoms of COVID-19 and/or are required to self-isolate.
- **Passive screening** would include observing athletes for any signs of symptoms of COVID-19

PARTICIPANTS

The following applies to ALL sports in addition to the sport specific details listed in this plan:

- No sharing of water bottles or food of any kind.
- All participants should bathe/shower at the first opportunity after each event.
- All team meetings before, during or after the game/practice for coaching or teaching purposes shall respect physical distancing requirements.

FALL SPORTS

Cross Country

On pause and status is To Be Determined.

Senior Baseball

Championship game @ City Diamond

Thursday, October 15

Sept 21-29 each team play 2 league games

Thursday, Oct 1 Quarter Final

Week of Oct 5-9 Semi Finals

Operational Plan

- All requirements in place for outdoor team sports, as dictated by the Chief Public Health Office of Prince Edward Island, in regards to the maximum number of people permitted in outdoor gatherings, physical distancing and other protective rules, shall be observed by PEISAA teams and its membership.
- Anyone taking part in PEISAA baseball shall observe proper hygienic practices while participating in any PEISAA sanctioned activity.

These activities shall not be permitted:

- No spitting, chewing gum, sunflower seeds or putting fingers/hands on/around a mouth or face.
- No sharing of personal helmets.
- No sharing of catcher's gear unless disinfected between personal uses.
- No sharing of any other equipment unless disinfected between personal uses.
- All participants shall disinfect their equipment and all uniforms or clothing shall be washed after each event.
- No sharing of personal items like phones, wallets, etc.
- All commonly touched surfaces at the ballfield – benches, hooks on the back of the dugout, gates that are touched – shall be disinfected at the end of each game/practice by the home team.
- Physical distancing must take place in and outside the dugout, including players and coaches. Therefore, there can only be as many people in a dugout at one time as is permitted by physical distancing.
- Either each player/coach should have their own hand sanitizer or the team should have hand sanitizer available to all players/coaches to use throughout the game/practice.
- Players are encouraged to wear batting gloves when swinging a bat during a game/practice.
- All gear should be sanitized after each game/practice.
- Each team shall keep a log of all players, coaches and other people connected with their team at the field for every game/practice/function they have during the season. This information shall be kept for at least one (1) month for purposes of contact tracing.

Golf

Intermediate

Intermediate Provincials @ TBD

Wednesday, October 7

No qualifiers, schools may do their own event to determine what golfers qualify for Provincials. The amount of golfers a school can send will depend on numbers we receive from CPHO and the size of their school.

Senior Golf

Senior Provincials @ TBD

Thursday, October 8

No qualifiers, schools may do their own event to determine what golfers qualify for Provincials. The amount of golfers a school can send will depend on numbers we receive from CPHO and the size of their school.

Operational Plan

- All activities such as pre-event instructions to be held outdoors and practice social distancing.
- Group golfers from same schools when possible.
- Follow all established COVID-19 guidelines at Golf courses hosting our events.
- Tee times will be staggered.
- No spectators will be permitted.
- No sharing of equipment

Field Hockey

Intermediate

Intermediate Provincials @ UPEI or Cornwall

Tuesday, October 20

Sept 21-Oct 9 each team play 4 league games

Oct 13 Quarter Finals

Oct 15 Semi Finals

Senior

Senior Provincials @ UPEI or Cornwall

Wednesday, October 21

Sept 21-Oct 9 each team play 4 league games

Oct 13 or 14 Quarter Final

Between Oct 15-19 Semi Finals

Operational Plan

1. Players must remain stick length away from other players at all time.
2. Coin flip will decide first possession of the game with possession altering to begin each quarter/half. After a goal, the team that allowed the goal starts with self pass. (trial ¼ play)

3. Loose balls will be rewarded to the first player who makes clear advancement towards the ball. If there is a tie between two opposing players, possession will be rewarded to the team that was defending when the ball was last possessed. Officials are encouraged to make a quick call if one team has a clear path to a loose ball. This will only be a trial rule.
4. Players are permitted to play as one defender against an attacker (1 vs 1).
5. On a free pass possession the defending team must move back 5 m.
6. Players are allowed 2 or 3 taps when in possession of the ball and then must pass to another player.
7. Play will be stopped anytime that a person enters another person's stick length Zone. (trial rule)
8. Goaltenders will be given a goalie crease of 1 meter and all players must stay a stick length distance to the goalie. (Trial rule) .
9. No player, coach, official will pick a ball up or touch equipment.
10. Penalty Corner rule - Players must wear their defense corner mask. If sharing then must clean mask before using.
11. Officials - maintain physical distance from athletes towards the sidelines

Soccer

Intermediate

Intermediate A & AA Bronze medal games @ Cornwall Turf

Friday, October 23

Intermediate A & AA Gold medal games @ Cornwall Turf

Saturday, October 24

Sept 21- Oct 2 each team play 2 exhibition games

Oct 5-9 West & East playoff games

Tuesday October 13 West & East Semi Finals

Tuesday, October 20 Semi Finals **Senior**

Senior A & AAA Bronze medal games @ Cornwall Turf

Friday, October 30

Senior A & AAA Gold medal games @ Cornwall Turf

Saturday, October 31

Sept 21- Oct 16 each team play 4 league or exhibition games (TBD)

Wednesday October 21 Quarter Finals

Monday, October 26 Semi Finals

Operational Plan

Game Rules will follow the FIFA Laws of the Game except for those laws below which have been modified to reduce physical contact during training and games in order to reduce the risk of COVID-19 spread.

Laws of the Game Adjustments:

- Free Kicks: Except for Penalty Kicks, all free kicks are indirect. All indirect free kicks are to be played below knee height level. Fouls that would normally result in a direct free kick that are committed by a defender in their penalty area will be punished by a penalty.

- Walls for Free Kicks: Defenders must be (two) 2 meters apart from one another when creating a wall. After the first verbal warning for failure to comply, a yellow card will be issued for unsporting behavior.
- Corner kicks: All corner kicks must be kicked in below knee height level. Failure to comply will result in a goal kick to the defending team.
- Drop ball: The drop ball requirement has been removed to reduce handling of the ball and has been converted to an indirect free kick. If the drop ball is inside the penalty area after hitting the Referee, the ball automatically goes to the Goalkeeper - the Referee leaves the ball on the ground, and the Goalkeeper picks it up.
- Coin toss: No coin toss. The Home team chooses, every game.

Discipline Adjustments:

- Automatic cautions for any players who are involved in face-to-face (but non-mass confrontation) confrontations. Jostling and 'fighting' for space will result in a straight Yellow Card for Unsporting Behaviour.
 - Physical altercations "away from the ball" will result in an automatic suspension from the match. *e.g. Two players come together and push each other * A suspension from the match does not put a team down a player.
 - Players should refrain from spitting on the field. If a player spits on the field, the referee will issue a verbal warning. If the player spits a second time it will also result in an automatic suspension from the match.
 - * The suspension from the match is used to discipline a player for infractions as they pertain to Modified Rules which under normal circumstances does not warrant a caution or ejection.
- The procedure to suspend a player from the match is simply to identify the player and verbally advise that they are being removed from the match for an infraction of the Modified Rules. The player is not red carded and the suspension from the current match does not impact their ability to play in future matches.

Process Adjustments:

- The Thunder and Lightning Policy will be adjusted to read that if the game is stopped for severe weather, then the game is over in order to avoid gathering of participants in confined areas.
- With modified games, a field COVID manager should be appointed by hosting school to ensure compliance with social distancing rules and safety protocols.
- When a player is injured, Match Officials may only observe and refer assistance to the applicable team bench. There is to be no Match Official contact with the player. Only team personnel, following proper health and safety protocols may assist the injured player.
- There will be no handshakes or high 5's between players, match officials, coaches before, during or after the game.
- No goal celebrations are permitted which incorporates physical touching. Verbal warnings will be issued.
- Players should retrieve out of play balls using only their feet. Teams must have a second game ball ready if a ball cannot be retrieved with the feet. It is the responsibility of the home team to ensure the balls are properly inflated. The other ball will be retrieved and disinfected, by the home team, before being used again.

Volleyball

Intermediate A

Intermediate A Bronze & Gold medal games @ TBD

Date TBD

Intermediate AA

Intermediate AA Bronze & Gold medal games @ TBD

Date TBD

Oct 5 - Oct 30 each team play 4 exhibition or league matches (TBD)

Nov 2 - 6 West & East playoff games

Nov 10 West & East Semi Finals

Nov 12 Semi Finals

Senior A Women

Senior A Women Provincials @ TBD

Date TBD

Oct 5 - 30 each team play 4 exhibition or league matches (TBD)

Wednesday, November 4 Quarter finals

Monday, November 16 Semi finals

Senior AAA

Senior AAA Gold & Bronze medal games @ TBD

Date TBD

Oct 5 – Nov 2 each team play 4 exhibition or league matches (TBD)

Wednesday November 4 Quarter Finals

Monday, November 9 Semi Finals

Operational Plan

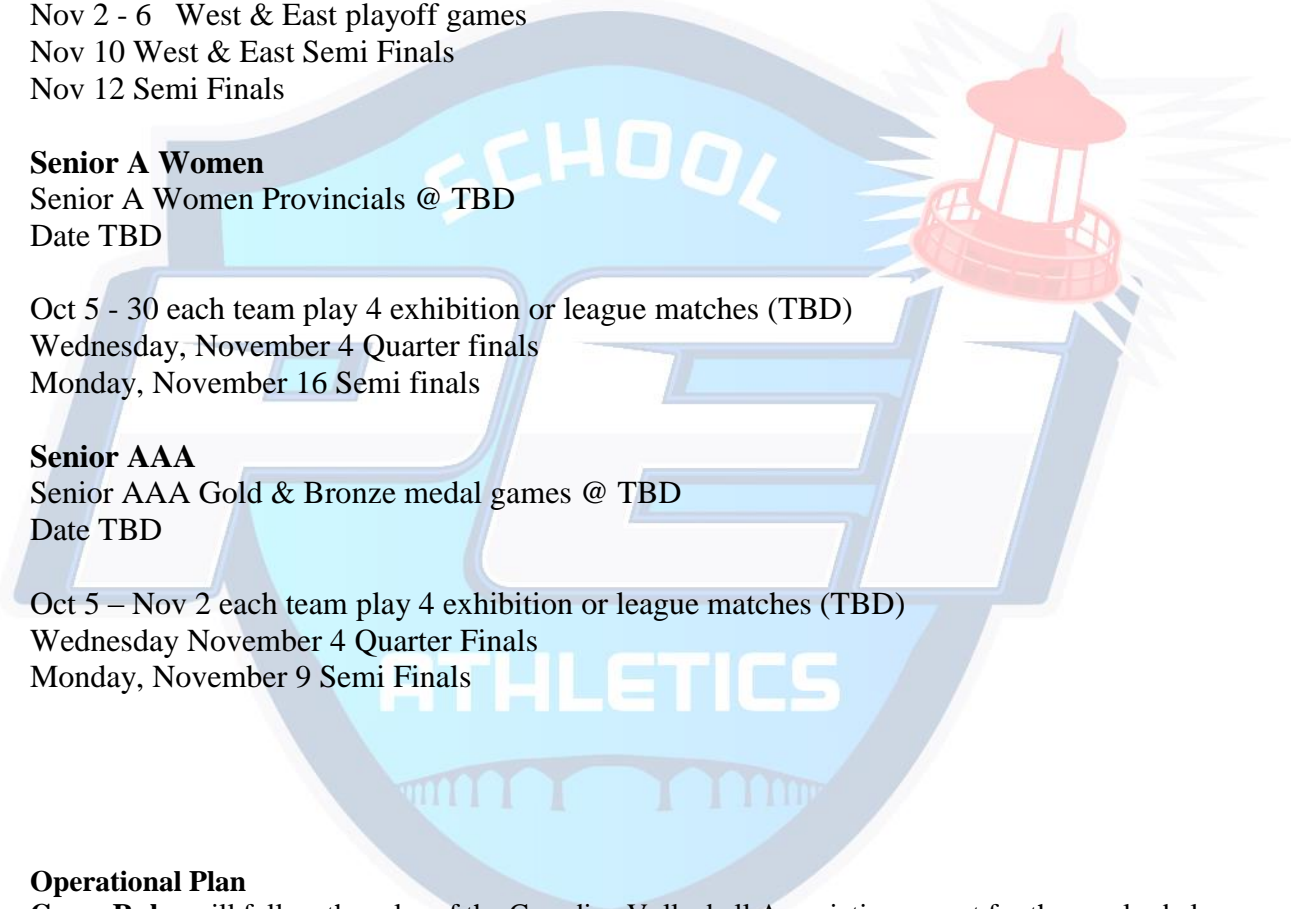
Game Rules will follow the rules of the Canadian Volleyball Association except for those rules below which have been modified to reduce physical contact during training and games in order to reduce the risk of COVID-19 spread.

Practices

- All players must sanitize their hands at beginning and end of every training session.
- All equipment must be sanitized before and after each training session
- Only one team should be practicing in the gym at one time
- Physical distancing should be observed when possible during skill training, etc.

Games

- No spectators permitted. This includes school staff, other students, parents, community members, etc...



- Anyone in the gym during a match must be listed on the game sheet. Minor officials, etc can have their names added at bottom of game sheet.
- Visiting team will not be permitted to use changing room and therefore should arrive able to change into playing attire in the gym.
- Space for minor officials to physical distance must be provided.
- Players on bench must be able to sit 2 meters apart.
- Coach must always physically distance from officials if a discussion is necessary.
- All players must sanitize their hands before the start of each game.
- Any player entering the game must sanitize their hands again before substituting.
- The game ball must be sanitized before the start of each game. Referee will call a 30 second technical timeout when the leading team gets to 8 points and again at 16 points. The ball will be sanitized again at these times. There will be no technical timeout in the 5th set as it only goes to 15 points.
- Coach and players must maintain physical distance during time outs and coaching between games.
- High fives, huddles, and any type of celebration after a rally are not permitted.
- Teams will not shake hands before or after the match.

