**GUIDANCE FOR RETURN TO SPORT AND RELATED ACTIVITIES DURING COVID-19**

Updated: May 18, 2020

<http://www.mpa.cc/index.php>

The Maine Principal’s Association (MPA) provides guidance to Maine schools regarding best practices for the conduct of sports and extracurricular activities. **Specific guidance regarding preparticipation evaluations 2020-1 as follows:**

“Recommend that for a one-year period districts consider revising their policy regarding pre-participation physical exams.  Currently, the recommendation is that athletes have a physical exam every two years.  There have been concerns raised that there may be difficulty in scheduling a wellness physical in doctor’s offices prior to the start of the fall season.  The Sports Medicine Committee recommends that the policy be revised to allow those athletes that have been involved in competitive athletics previously, as long as they don’t have any pre-existing medical conditions, to complete the comprehensive health history questionnaire that is often used during the years between physicals.  It is also recommended that these questionnaires be reviewed by a school healthcare professional (school physician, school nurse, athletic trainer) prior to the athlete competing.  Those athletes that are new to competitive athletics should still be required to have a complete physical exam.”

PLEASE NOTE: **Preparticipation evaluation forms were updated in 2019** and can be found here:

Medical history form: <https://www.aap.org/en-us/Documents/PPE-History-Form-%28English%29.pdf>

Physical evaluation: <https://www.aap.org/en-us/Documents/PPE-Physical-Examination-Form.pdf>

Eligibility determination: <https://www.aap.org/en-us/Documents/PPE-Medical-Eligibility-Form.pdf>

Other forms in Spanish and supplemental forms for Special Olympics and athletes with disabilities can be found at: <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Pages/PPE.aspx>

<https://www.aspenprojectplay.org/return-to-play>

Interactive tool that provides advice for parents on return to a variety of sports and physical activity

<http://www.soccermaine.com/assets/104/20/soccermainereturntoplayphasei.pdf?29656>

**A very practical document** that outlines initial “Phase 1” guidelines for soccer clubs, coaches, parents, and players which allows outdoor training with 10 or fewer individuals present (inc. coaches and athletes). Emphasizes importance of continued social distancing, ensuring all athletes are healthy before presenting for practice, no sharing of equipment, and appropriate use of hand sanitizer and face shield. **This is practical guidance for lacrosse, field hockey and similar sports as well.**

<https://www.usaswimming.org/docs/default-source/coaching-resourcesdocuments/covid-19-team-resources/facility-reopening-plan-guidelines.pdf?sfvrsn=8a533a32_2>

A comprehensive document for returning to swim training. **Pages 2-3 provide guidance most pertinent for swimmers and families.**

<https://www.usahockey.com/playersafety>

For hockey and figure skating. Multiple helpful links on this page. **Pages 14-16 on the “Returning to the Rink” link are most pertinent for skaters** and their families.

<https://www.nsca.com/contentassets/61c0fb0a476149848de009f1630fa457/nsca-covid-19-rtt.pdf>

Then National Strength and Conditioning Association has released guidelines for return to weight training and other conditioning activity. Guidance is primarily for coaches or others who are creating training schedules and maintaining training facilities, but parents may find useful.

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/Camps-Decision-Tree.pdf>

General information from the CDC on resuming organized activity, including sports.