

Kansas State High School Activities Association

Frequently Asked Questions re Summer Activities

Updated May 22, 2020

Many of the interpretations detailed below are based upon the KSHSAA 2020 Summer Guidelines approved by the Board of Directors as they amended KSHSAA Handbook rules for the upcoming summer. This action was approved at the BOD meeting held virtually on May 1, 2020. Those modifications are available via <http://www.kshsaa.org/Public/pdf/SummerGuidelines.pdf>.

1. Can we utilize the school weight room?
No, Executive Order 20-07 closed schools for face to face instruction through the school year with the final day to be May 29; using the weight room for activity purposes would be contrary to the order and is not considered an extension of the continuous learning protocol.
2. What is permitted until summer begins on June 1?
Coaches may continue to provide virtual support and direction for students seeking workouts; spring sport coaches may provide one on one instruction in settings approved at local health department and school level; fall and winter sport coaches may not coach their students until the conditioning cycle begins June 1.
3. Do summer rules apply to MS/JH students, or just HS students?
The rule revisions approved for this summer by the Board of Directors cover students grades 7-12; Middle School programs are held to the same standard, but the conditioning component will likely look a little different at that level.
4. Do school districts get to waive academic requirements for fall eligibility determination?
The BOD did not approve a waiver of academic accountability; they simply set aside the one size fits all standard of passing five or more this spring to earn the right to participate next fall. This action by the KSHSAA empowers the local district to develop and uniformly apply to all students in their district a local standard of accountability re student achievement for next fall only. The KSHSAA expects discussions within the school district to ensure any decision on the acceptable levels of academic achievement required for eligibility would be supported by the MS/JH and HS administration, the Superintendent, district administration, and the local BOE.
5. When do facilities open?
At the earliest, school facilities may be used for activity purposes on June 1. Please consult local school district policies/expectations, and local health department guidance.
6. What can I do with students during the conditioning period?
The conditioning period is required and designed to gradually acclimate students back into activities following an extended period of inactivity. The focus should be on general conditioning including stretching, running, lifting, agility drills, and sport specific movements. Sport specific equipment is permitted for drill purposes. All activities are subject to social distancing and group size limits.
7. What can I do with students after we complete the conditioning period?
Following completion of the conditioning period, the only permitted activities are those congruent with social distancing and group size limits. Until social distancing expectations are suspended, activity in contact sports will not be possible. Until group size limits are removed, large teams will not be able to attend the same session. Sport specific activities are permitted, but maintenance of social distancing must be followed.

8. Are conditioning expectations included in the first weeks of summer “per team” or “per student”?
The conditioning expectations are intended for each individual student. Coaches will need to take daily attendance as this requirement is per student.
9. What if my conditioning program is not three hours a day or five days a week?
The time allocated in the summer guidelines provides a maximum time allocated, not a minimum of three hours per kid per day. Legitimate conditioning for any part of the three hours would constitute one day. We anticipate several schools/districts will take more than two calendar weeks to get ten conditioning days completed as they may typically utilize a M-W-F approach or have buildings closed on Fridays. The goal is a re-introduction to activities in a physically and mentally healthy manner.
10. Do non-athletic activities such as Spirit Squads and Marching Bands have the same conditioning requirements as Athletics?
Yes and No. Yes - these groups may meet for a maximum of 3 hours per day during the first week back in the summer and 5 hours per day during the second week. During that time, there is no expectation of “conditioning”. Rather, during these first two weeks of rehearsals and practices you may practice normal maneuvers and skills appropriate for these two physical activities. Please note, these maximum time frames are for all physical activities in one 24-hour period. For example, during the first week, a student may not participate in conditioning for an hour, weight training for an hour and spirit squad practice for three hours. In this example, the student would be limited to one hour of spirit squad practice, as two hours were committed to other activities. To re-emphasize, Marching Bands and Spirit Squads must adhere to all State, County and local USD requirements for social distancing and group sizes when it comes to rehearsals and practices in the summer.
11. May schools coordinate/host a track meet this summer?
No. The spring sport season was canceled. Neither this component of the Seasons of Activities Rule 30 or the activity specific season defined in unique sport rules have been waived and a school may not conduct a track meet, or any other activity this summer. The school facility may be used by a non-school group pending district rental policies and in accord with social distancing and group size limits.
12. Do we need to maintain social distancing expectations in conditioning and summer activities?
YES. Any conditioning activities would need to be conducted so that there is social distancing until indicated otherwise by Governor Kelly or your local health authorities. That will be no earlier than June 15. Some schools are moving weights outside on the football/soccer/band field, conditioning outside and keeping distance and cleaning things frequently. Other schools are staggering attendance. There is no exception to social distancing expectations.
13. Do we need to maintain group size limitations during conditioning and summer activities?
YES. Any component of a school activity is required to follow identified group size limits in each phase as defined by Governor Kelly and potentially modified to a more restrictive level by local health department order.
14. Are summer activities required?
No. All summer activities are voluntary at the school and student level. The guidelines are developed if a school wants to provide opportunities for their students over the summer. Participation by individual students is not required and there is no penalty for a student who does not attend.

15. How do I check the status of KSHSAA summer activities?
Please contact local school leaders for local events. For KSHSAA hosted events, you may review the “Status of KSHSAA Activities” document on our web page.
16. Will Football Jamborees be allowed this fall?
There have been no rule changes re the Football Jamboree. If the season begins on time, conducting a Jamboree will remain an option at the discretion of each member school.
17. When practice begins on August 17, do we begin the period of acclimatization again?
Yes. All fall sports teams will proceed through the fall acclimatization protocol as detailed in Handbook Rule 30-1-8.
18. What about summer moratorium?
~~If the COVID-19 restrictions extend into the summer, the KSHSAA summer moratorium may be adjusted; such action would need to be approved by the Board of Directors. At this time, the Summer Moratorium dates will be July 2-8, 2020. At the May 1 Board of Directors meeting, the Summer Moratorium was suspended for the summer of 2020. (FAQ response revised 5/7/20)~~
19. We need further clarification on summer contact between coach and athlete.
KSHSAA Handbook rules make no reference to “school summer teams” as all rules are relative to coach-athlete interactions. With these restrictions, anytime a coach serves as a “summer team coach” they do so independent of any expectation for coverage by KSHSAA purchased catastrophic insurance, without pay from the school district, and without use of school uniforms or player equipment (30-1-6d). In regards to fall and winter activity school coaches, who typically are not able to coach students from their team until the Saturday preceding Memorial Day, such coaches are now restricted from coaching these athletes until June 1, 2020. Prior to fall and winter coaching their school athletes in any organized competition this summer, it is necessary for all summer 2020 guidelines to be followed including the required conditioning periods.
- Since spring sport coaches have been permitted to work with their student-athletes on a limited individual basis throughout this spring, within the parameters determined by their local health authorities and school districts, they may begin coaching their student-athletes in organized competition prior to completing the 10-day formal acclimation period. As they coach, they are serving independent of the school. It is the responsibility of the school coach to ensure all student-athletes are properly conditioned and acclimated to the demands of the sport before they participate in any organized summer competition. Spring sport student-athletes who were not active during the spring semester should still be required to complete the 10-day acclimation period before participating in organized competition. (FAQ and response added 5/13/20)*
20. What should I do if a student or staff member reports signs or symptoms of COVID-19 or has come in contact with someone over the previous 14 days who had COVID-19?
The person should be immediately sent home and instructed to contact their healthcare provider. They should not be allowed to participate in any summer activities for 14 days from the symptom onset or contact with the positive person, or until they receive written clearance from their healthcare provider. If the person cannot be immediately sent home, they must be isolated from the rest of the group until transportation home can be arranged. (FAQ response added 5/21/20)

21. May “open gyms” be conducted during the initial weeks of conditioning?
No. Traditional “open gyms” would not be considered as conditioning. Gyms may be used for coordinated drills and activities while maintaining social distancing expectations, but may not be used for “free play”. (FAQ response added 5/22/20)
22. Updated status on PPE requirement
The KSHSAA SMAC met on May 20 to consider potential modification of requirement of the annual Preparticipation Physical Exam. Following extended discussion, the SMAC supported a motion to maintain the current practice and require “new” PPE’s for every athletic and spirit participant. All student-athletes are required to get a new PPE for the 2020-21 school year. (FAQ response added 5/22/20)
23. May conditioning sessions be conducted via virtual platform?
No. The expectation for conditioning is that it will be conducted in-person (coach and athlete at same facility) in order to provide a level of student safety and support. (FAQ response added 5/22/20)

Please contact your school administrator for more information or contact KSHSAA staff for additional clarification.