

Pendleton High School
Season 1: 9/14/20-12/27/20

During the newly implemented OSAA Season 1 that was created in the late summer of 2020 in response to the Coronavirus pandemic, Pendleton High School has chosen a model that will allow all students to spend a period of time with each of their sports and coaches during the fall. We believe that it is imperative for our student athletes to create and develop relationships, routines and positive outlets through safe and appropriate activities under the guidance of OHA, OSAA and PSD.

Timeline: Each season will be split into increments of 5 weeks during season 1.

Sept. 14:	All Year:	Dance and Cheer
Sept. 14-Oct. 16:	Spring Sports:	Baseball, Softball, Track and Field, Golf, Tennis
Oct. 19-Nov. 20:	Fall Sports:	Football, Volleyball, Soccer, XC
Nov. 23-Dec. 27:	Winter Sports:	Basketball, Wrestling, Swimming
Sept. 14-Dec. 27:	Weight Room and Conditioning open by appointment in stable cohorts	

Facility Use:

Sept. 14-Oct. 16:	Baseball:	BW or Fallon F. and batting cages
	Softball:	Cary Field at the Middle School
	Tennis:	PHS Tennis courts
	Track/Field:	PHS Track facility
	Golf:	Wildhorse Golf Course*

Oct. 19-Nov. 20:	Football:	PHS Football Field/Practice Fields
	B.Soccer:	PHS Football Field/McKay Park
	G.Soccer:	PHS Football Field/McKay Park
	Cross Country:	McKay Park-TBD
	Volleyball:	Warburg Court/Gold Gym
Nov. 23-Dec. 27:	G. Basketball:	Warburg Court/Gold Gym
	B. Basketball:	Warburg Court/Gold Gym
	Wrestling:	Wrestling Room
	Swimming:	Roundup Club

Notes:

- All coaches need to have updated coaching tests before they coach their first practice.
- No teams can be created during season 1. All participation is voluntary by students.
- All coaches and students will wear masks at all times during practices unless they can keep a 6 feet distance at all times while outside.
- All coaches and teams will follow proper protocols surrounding sanitization, cleanliness, and precautions regarding Covid-19.
- Parents and spectators will not be allowed to attend practices or workouts. For the safety of the students and coaches, we do not want unnecessary gatherings of nonparticipating parties on campus.
- Students will bring their own labeled water bottles to each practice.
- Public drinking fountains and shared water sources will not be available.
- Where feasible, players will only use their equipment. Personal equipment should be cleaned and sanitized each night after use.
- The 5 weeks students are with their coaches will be focused on skill development, practicing, conditioning, and scrimmaging.
- If you are interested in participating in Season 1, please make sure to update your registration on RSchool. If you need help or need to register for the first time, contact Anita Lewis at: 541-966-3802.

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Oregon School Activities Association

25200 SW Parkway Avenue, Suite 1
Wilsonville, OR 97070
503.682.6722 <http://www.osaa.org>



Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play

Season 1: August 31-December 27

The majority of information in this document comes directly from the Governor's "[Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play](#)" released on August 11.

The Governor's guidance is effective on your school's ODE-approved reopening date for the 2020-21 school year. Until that point, sports and activities must adhere to county phase requirements and OSAA policies once the Association Year begins (August 31).

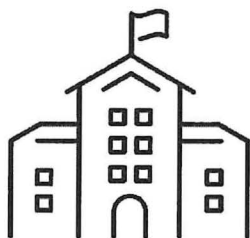
NOTE: This information is subject to change as additional guidance is released from the Governor's Office, Oregon Health Authority (OHA) and Oregon Department of Education (ODE).

OSAA SEASON 1 GENERAL REMINDERS

- For this K-12 School Sports Guidance, county phases are no longer applicable (provided your county is not in the baseline phase).
- Recreational sports are separate from the K-12 School Sports Guidance and are still tied to county phases per the [OHA's Phase 2 Recreational Sports Guidance](#) and [FAQs](#).
- Masks are required to be worn indoors. Masks are also mandatory for all outdoor activities, including competitions, where six (6) feet of distance cannot be maintained.
- Gathering limits are in effect for each K-12 school sporting event: a maximum of 100 people indoors and 250 people outdoors; or the number of people based on a determination of capacity, whichever is less.
- Per the Governor's guidance, OSAA sports defined as full-contact, minimal/medium-contact, or non-contact are:
 - Full-contact: Football, Wrestling, Cheer, Basketball, Dance
 - Minimal/Medium-Contact: Softball, Baseball, Soccer, Volleyball
 - Non-Contact: Tennis, Swimming, Golf, Cross Country, Track & Field, sideline/no-contact Cheer/Dance.
- Prior to assuming coaching duties beginning August 31, coaches must meet all OSAA certification requirements.
- Prior to participating in practices, students must be "cleared" to participate (Pre-Participation Physical Exam completed and on file, residency/enrollment eligibility requirements met, etc.).
- Prior to participation in competitions, students must be cleared to participate (Pre-Participation Physical Exam completed and on file, residency/enrollment eligibility requirements met, academically eligible, participated in at least nine (9) days of practice beginning August 31, etc.).
- [OSAA's Practice Model](#) policies are in effect, including a minimum of nine (9) days of practice prior to a contest with another school and a prohibition on multiple practice sessions per day for the 2020-21 school year. Students are limited to a maximum of three (3) hours of practice per day which may be split between different sports (i.e. 90 minutes softball, 90 minutes volleyball). Students are limited to a maximum of one hour of weight training either before or after practice but not both. A student may not practice or participate in a contest for more than six consecutive days without a rest day.
- Guidance for OSAA-sanctioned activities not referenced by the Governor's guidance can be found here:
 - [Speech and Debate Update](#)
 - [Music Considerations from ODE \(including Solo, Choir, Band, Orchestra\)](#)

- In order to determine which activities are allowed per the Governor's K-12 School Sports Guidance:
 - Determine your school's instructional method (on-site, hybrid, comprehensive distance learning).
 - Identify whether the activity is taking place indoors or outdoors.
 - Participation will be at the discretion of the local school district in those activities allowed per directives.

ON-SITE



Students Safely Learn In School

All students have access to in-person instruction in accordance with public health requirements.

HYBRID



Students Safely Learn In School and Away from School

Student groups have access to in-person instruction using staggered schedules and/or prioritizing certain grades, courses, and/or programs, in accordance with public health requirements. On-Site instruction is supplemented by Comprehensive Distance Learning.

COMPREHENSIVE DISTANCE LEARNING



Students Safely Learn Away from School

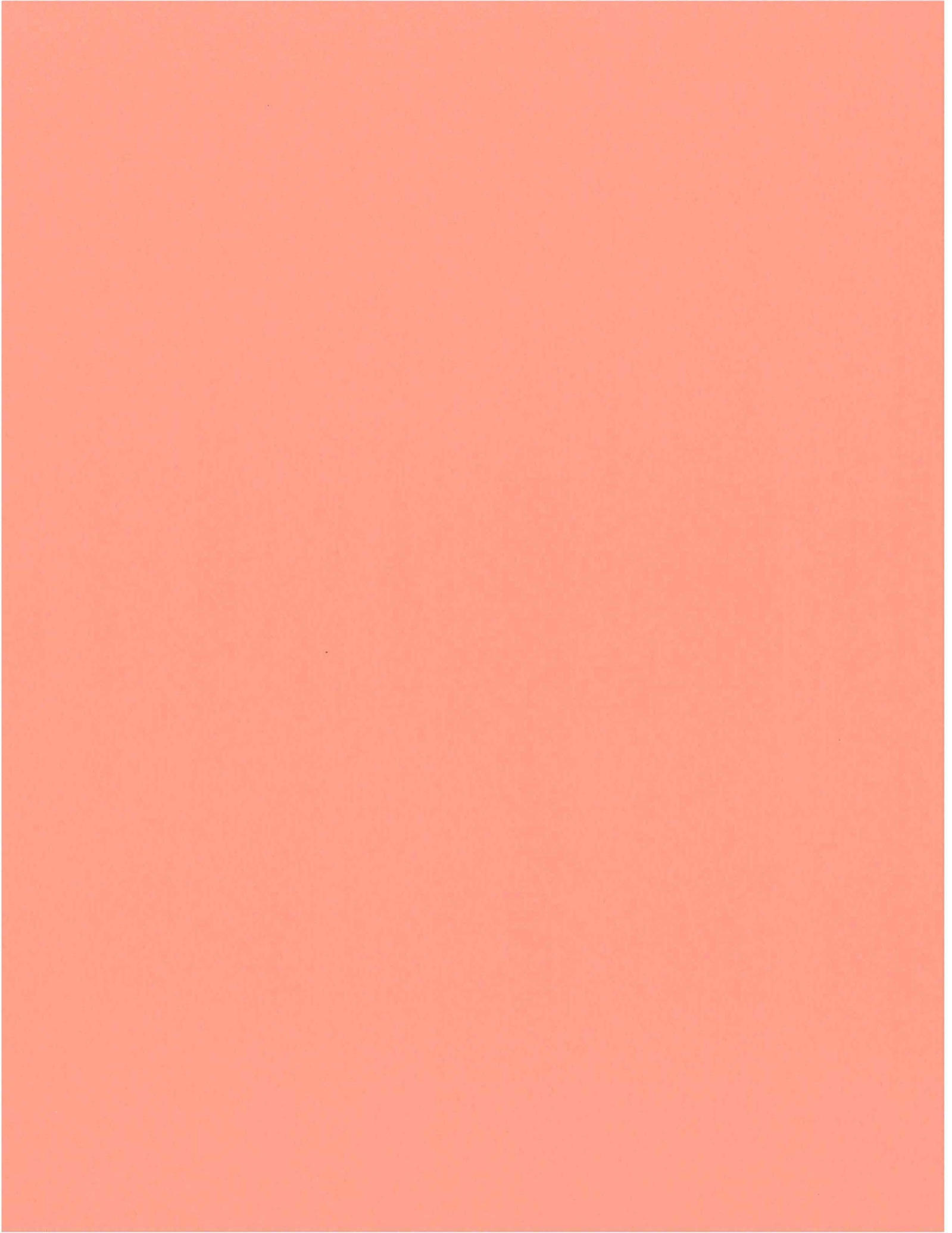
All students are engaged in learning through Comprehensive Distance Learning. Instruction occurs remotely with very limited exceptions for in-person supports.

ON-SITE or HYBRID LEARNING	INDOOR ACTIVITY	COMPREHENSIVE DISTANCE LEARNING
Full Participation Allowed	Volleyball	Training and Conditioning Only
Full Participation Allowed	Dance (Non-Contact)	Training and Conditioning Only
Full Participation Allowed	Cheer (Non-Contact)	Training and Conditioning Only
Training and Conditioning Only	Basketball	Training and Conditioning Only
Training and Conditioning Only	Wrestling	Training and Conditioning Only
Full Participation Allowed	Swimming*	Training and Conditioning Only

(Training and Conditioning Only cannot include full contact of any kind.)

ON-SITE or HYBRID LEARNING	OUTDOOR ACTIVITY	COMPREHENSIVE DISTANCE LEARNING
Full Participation Allowed	Volleyball	Full Participation Allowed
Full Participation Allowed	Soccer	Full Participation Allowed
Training and Conditioning Only	Football	Training and Conditioning Only
Full Participation Allowed	Dance (Non-Contact)	Full Participation Allowed
Full Participation Allowed	Cheer (Non-Contact)	Full Participation Allowed
Full Participation Allowed	Cross Country / Track & Field	Full Participation Allowed
Full Participation Allowed	Swimming*	Full Participation Allowed
Full Participation Allowed	Tennis	Full Participation Allowed
Full Participation Allowed	Golf	Full Participation Allowed
Full Participation Allowed	Softball/Baseball	Full Participation Allowed

*For Phase 1 counties, school campus indoor and outdoor swimming pool facilities may only be used by school coaches, students and trainers. These facilities may not be open for use by the general public.





OFFICE OF THE DIRECTOR

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August 11, 2020

Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play

Effective Date: upon Oregon Department of Education approved school district reopening date.

Participation in physical activity is vital to the health and well-being of young people. This guidance is intended to get youth back to physical activity in the safest manner possible. K-12 sports should proceed in accordance to the individual school's operational plans. Refer to [ODE guidance for school reopening](#) protocols.

Authority: Executive Order No. 20-27, ORS 433.443, ORS 431A.010

Enforcement: To the extent this guidance requires compliance with certain provisions, it is enforceable as specified in Executive Order 20-27, paragraph 26.

Applicability: This guidance applies to K-12 school sports practice, training and play for specified sports in counties statewide. K-12 school sports are approved to operate based on Oregon Department of Education (ODE) school reopening plans.

Schools participating in distance learning may only allow their school sports teams to participate in:

- Training, conditioning and competition for outdoor non-contact and minimal/medium contact sports.
- Training and conditioning for outdoor full-contact sports.
- Training and conditioning for all indoor sports.

Training and conditioning, such as weightlifting, running drills and intra-squad scrimmaging, cannot include full contact of any kind.

Schools offering some version of in-person learning may allow their school sports teams to participate in any indoor and outdoor non-contact and minimal/medium contact sports.

Definitions: For purposes of this guidance, the following definitions apply:

- “Full-contact sports” means sports that involve a requirement or substantial likelihood of routine, sustained close proximity or physical contact between participants, and includes but is not limited to Football, Rugby, Wrestling, Cheerleading, Basketball, Hockey, Dance, Water Polo, Men’s Lacrosse.

- “Minimal- and medium-contact sports” include but are not limited to Softball, Baseball, Soccer, Volleyball, Women’s Lacrosse, Flag Football.
- “Non-contact sports” include but are not limited to Tennis, Swimming, Golf, Cross-Country, Track and Field, sideline/no contact cheer and dance.

Overview:

The risk of transmitting the COVID-19 virus depends on a number of factors including:

1. Number of people in a location
2. Type of location (indoor versus outdoor)
3. Distance between people
4. Length of time at location
5. Level of protective equipment used (e.g. face coverings)

As general guidance, smaller groups are safer than larger; outdoor locations are safer than indoor; sports that can ensure distance of six (6) feet or more are safer than closer contact; and shorter duration is safer than longer. Face coverings should be worn by players, coaches and spectators in accordance with the [Statewide Mask, Face Shield, Face Covering Guidance](#). K-12 school sports directors and coaches need to consider all these factors as they plan to return to play.

General Requirements:

Leagues, coaches, players and trainers are required to:

- Review the [Oregon General Guidance for Employers on COVID-19](#) and [OHA Reopening Guidance](#) for the Public.
- If applicable, comply with [Oregon Department of Education Guidance](#).
- Prohibit staff and players who have any [symptoms of COVID-19](#) from entering the premises or sporting location.
- Discourage any person, including players, at risk for severe illness or with serious underlying medical conditions from attending any sporting activities.
 - If a player, volunteer or spectator displays symptoms of COVID-19, a staff member should ask them to leave the premises, provide the individual with a face covering, face shield or mask, and help the individual minimize their contact with others before leaving the facility. Immediately disinfect all areas used by the sick person.
- Close water fountains, except for those designed to refill water bottles without contact between the bottle and fountain. Encourage players to bring prefilled water bottles.
- Wear a mask, face shield, or face covering, when participating in an indoor sport or an outdoor sport when six (6) feet of distance cannot be maintained. The face covering is meant to protect other people in case you are infected. People can spread COVID-19

to others even if they do not feel sick. Refer to the [Statewide Mask, Face Shield, Face Covering Guidance](#) for more information.

- Ensure that all spectators wear a mask, face shield or face covering, even when outside in accordance with the [Statewide Mask, Face Shield, Face Covering Guidance](#).
- Ensure facility ventilation systems operate properly. Increase air circulation as much as possible by opening windows and doors, using fans, or other methods. Do not open windows and doors if doing so poses a safety risk to staff, spectators or players.
- Communicate all policies and facilities information to players/participants, parents, guardians, and caregivers prior to resuming or beginning the season.

Cleaning and Disinfection:

Leagues, coaches and trainers are required to:

- Frequently clean and disinfect shared equipment. This includes, but is not limited to, equipment such as bats and rackets. Use disinfectants that are included on the [Environmental Protection Agency \(EPA\) approved list](#) for the SARS-CoV-2 virus that causes COVID-19.
- Require employees to practice good hygiene including washing their hands frequently and covering their sneezes and coughs. Wash hands often with soap and water for at least 20 seconds, especially after touching shared objects or blowing your nose, coughing, or sneezing. Avoid touching your eyes, nose, and mouth.
- If soap and water are not readily available, use a hand sanitizer that contains 60-95% alcohol content. Cover all surfaces of your hands and rub them together until they are dry.
- Encourage players to bring their own hand sanitizer for personal use. Leagues are encouraged to provide handwashing stations and/or hand sanitizer.
- Frequently clean and disinfect high-traffic areas, and commonly touched surfaces in areas accessed by staff, players and spectators.
- Ensure restrooms are cleaned and disinfected prior to and after any league activity.

Distance and Occupancy:

Leagues, coaches and trainers are required to:

- Limit the gathering capacity for each K-12 school sporting event to a maximum of 100 people indoors and 250 people outdoors, not to exceed 250 indoor and outdoor; or the number of people, including staff, based on a determination of capacity (square footage/occupancy), whichever is less. Maintain physical distancing of at least six (6) feet per person.
- Develop and implement a plan to limit the number of spectators admitted into the premises so that all staff, volunteers, contractors and spectators can keep six (6) feet of physical distance.

- Assign a designated monitor to make sure that spectators keep six (6) feet of physical distance, including at entrances, exits, restrooms and any other area where people may gather.
 - Maintaining physical distance is particularly important for people with [underlying medical conditions](#) and for people ages 65 and over. These groups are at higher risk for severe illness from COVID-19.
- Require everyone at the sports facility, including all players, coaches, referees, volunteers and independent contractors, to keep a physical distance of at least six (6) feet from individuals not residing in the same household, especially in common areas.
- When multiple sporting events occur at the same sports complex or venue at the same time:
 - Ensure players and spectators for sporting events do not share space, including but not limited to restrooms, hallways, concession stands.
 - Ensure that commonly touched surfaces, such as door handles are cleaned and sanitized between subsequent games or events.
 - Ensure that high-traffic areas such as entrances, exits, check-in tables, restrooms and concession areas, are cleaned and sanitized between subsequent games and events.
 - » If teams and spectators at the same sporting event share a restroom, leave entrance/exit doors open, if possible, and ensure that commonly touched surfaces such as stall door handles and faucets are regularly cleaned and sanitized.
 - To the extent possible, encourage the sport complex operators to:
 - » Stagger arrival and departure times for staff, players and spectators to minimize congregating at entrances, exits and restrooms to follow required physical distancing requirements.
 - » Provide separate entrances/exits for staff, players and spectators.
- Assign designated areas for managers and coaches, when not practicing/playing, to ensure they can maintain physical distance.

Training and Playing:

To the extent possible, leagues, coaches and trainers should:

- Take steps to ensure that there is only contact among participants/players needed to play the game. This includes refraining from handshakes, high fives, fist/elbow bumps, chest bumps and group celebrations.
- Space out player equipment to prevent players coming into direct contact with one another.
- Encourage players to use only their own equipment when feasible. Avoid or minimize equipment sharing, when feasible.

- Some critical equipment may not be available to each player. When it is necessary to share critical or limited equipment, all surfaces of each piece of shared equipment must be cleaned and disinfected frequently, as appropriate for the sport (e.g. between players, sets, periods, or games). Use disinfectants that are included on the [Environmental Protection Agency \(EPA\) approved list](#) for the SARS-CoV-2 virus that causes COVID-19. No product will be labeled for COVID-19 yet, but many products will have a label or information available on their websites about their effectiveness for human coronavirus.
- Clean all equipment that directly contacts the head, face and hands with extra attention and detail.
- Encourage players and/or their family members to clean and disinfect equipment after each use, where feasible.
- Allow only trainers, coaches and players to attend practices to ensure physical distancing and prevent people from gathering.
- Train or play outside if it can be done safely, when it does not violate any local ordinances. Schedule enough time between practices and games so all people from a previous practice can leave the premises before the next group enters. This minimizes gathering at entrances, exits and restrooms while providing sufficient time to sanitize the facilities/equipment.
- Require people to enter the premises through a designated entrance and exit through a designated exit. Do not block fire exits. Use signs to direct one-way flow of traffic. Consider scheduling and staggering arrival times to the premises to minimize large numbers of individuals arriving and exiting at the same time.
- Stay outside of the premises (e.g. in vehicles) until scheduled practice or play time. This allows people to leave the premises before entering and minimizes gathering. Encourage players and their families to do the same.

Additional guidance on Pools

- For all non- and minimal-medium contact sports that take place in a pool, leagues, coaches, athletes and trainers must follow the [Specific Guidance on Licensed Swimming, Licensed Spa Pools and Sports Courts](#).
- For Phase 1 counties, school campus indoor and outdoor pool facilities may only be used by school coaches, athletes and trainers. These facilities may not be open for use by the general public.

Travel:

Leagues, coaches and trainers are required to:

- Limit exposure to those outside the household unit during travel:
 - Encourage only those in the same household to travel together and if not in the same household, to travel in separate vehicles, if available.
 - For travel groups, (groups that include more than one household in the same vehicle) all members of the travel group, including the driver, must wear a

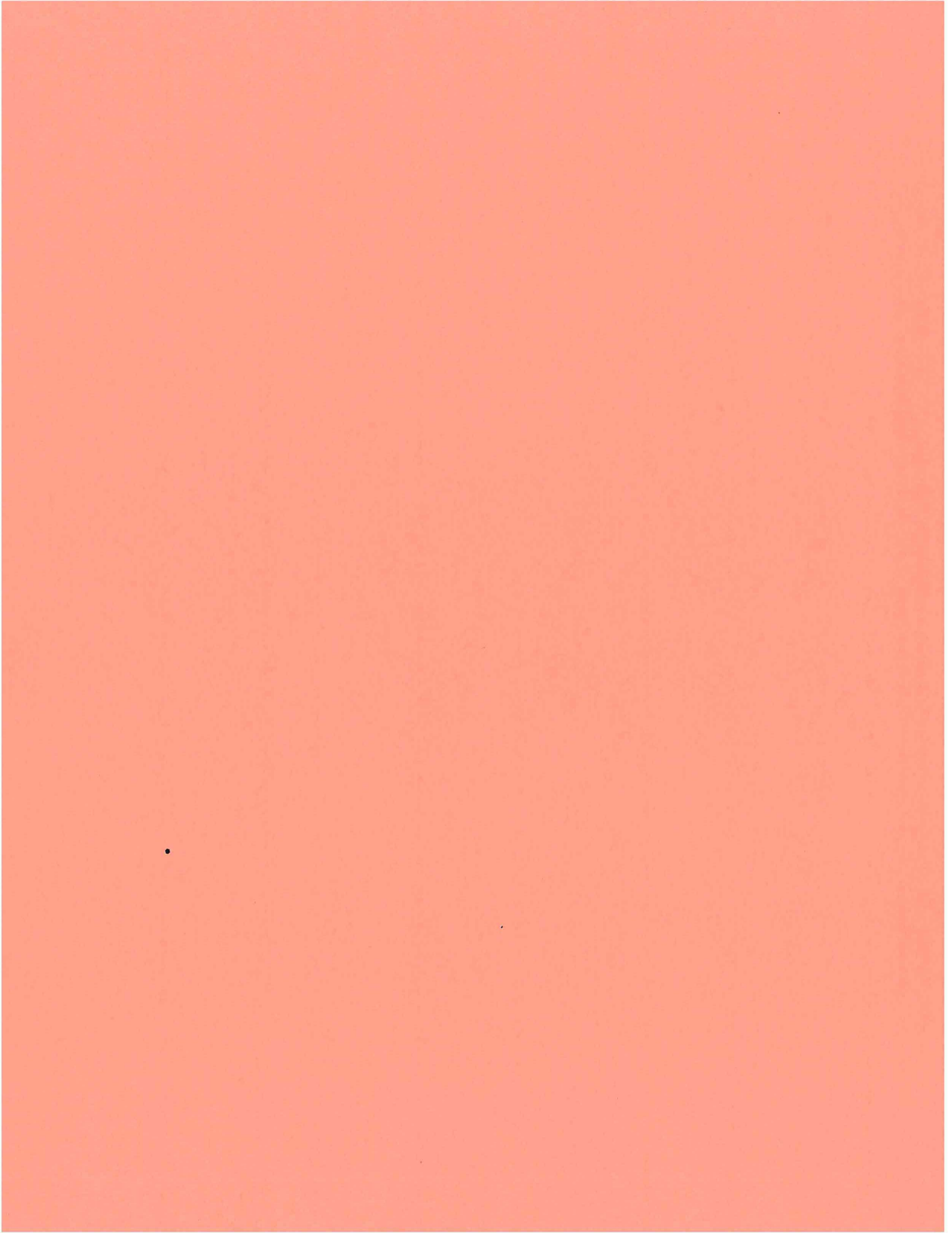
mask, face shield or face covering and spread out as much as possible within the vehicle (minimum of three (3) feet required between passengers not in the same household)

- Limit travel groups to those who have been in regular contact (e.g. team members). Members of different teams should not travel in the same vehicle.
- Document the names in each travel group(s) and staff including the driver, along with the date and time of the trip and the vehicle number/license.
- Allow drivers to transport multiple travel groups if wearing a mask and sanitizing hands before and after each driving each group. Vehicles must be cleaned between each group following [transportation guidelines](#).
- Make sure passengers are seated in vehicles so that there is a minimum three (3) feet of distance between people who are not from the same household unit.
- Teams based outside of Oregon that travel to Oregon for play must follow the guidance laid out in this document.

Additional Resources:

- [Signs you can post](#)
- [Statewide Mask, Face Shield, Face Covering Guidance](#)
- [Oregon Department of Education Resources](#)
- [CDC's Guidance for Administrators in Parks and Recreational Facilities](#)

Document Accessibility: For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact Mavel Morales at 1-844-882-7889, 711 TTY or OHA.ADAModifications@dhsosha.state.or.us.





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MEDIA RELEASE

OSAA ADOPTS NEW 2020-21 SCHOOL ACTIVITIES CALENDAR

Association shifts Fall season, condenses all seasons, and waives out-of-season coaching policies

August 5, 2020 – (Wilsonville, OR)

The Oregon School Activities Association (OSAA) shifted its traditional Fall sports season contests to begin in March under a new 2020-21 school activities calendar approved by the association's Executive Board on Wednesday. The Board also voted to waive current out-of-season coaching policies to allow for student participation during the Fall (Season 1). Participation will be at the discretion of the local school district in those activities allowed per directives from the Governor's Office, Oregon Health Authority (OHA) and Oregon Department of Education (ODE).

"Today's decisions by the Executive Board provide a framework to maximize the potential opportunity for students in Oregon to participate in three seasons during the 2020-21 school year," said Peter Weber, OSAA Executive Director. "The Board recognized that a one size fits all approach isn't what's best for students across the state. By waiving policy to allow regional participation this Fall, local school districts will have the discretion for participation in those areas that are able to do so safely per state directives."

The Executive Board took this action following last week's release of school reopening health metrics by the Governor's Office and OHA. These metrics will result in nearly all OSAA member high schools starting in a Comprehensive Distance Learning (CDL) format this Fall which presents challenges for the resumption of school activities. Shifting the season calendar later in the school year provides additional time for more schools to return to a hybrid or on-site learning format while providing flexibility for local school districts to make decisions this Fall that are best for their school communities as health metrics and state guidance in this area continues to develop.

The OSAA's new calendar provides for three distinct seasons from late December to late June with limited overlap between seasons. Traditional Winter activities will take place in January and February (Season 2), followed by Fall activities in March and April (Season 3), with Spring activities occurring in May and June (Season 4). Each season will feature an equitable 7-week regular season, with adjusted contest limitations, followed by an OSAA Culminating Week. Specific plans for culminating week events will be developed in conjunction with member schools in the coming months in alignment with large group gathering guidelines issued by the state.

The OSAA Association Year will officially begin on August 31 in Season 1 where policies restricting out-of-season coaching have been removed. This allows member school students and coaches, at the discretion of the local school district, to participate in any OSAA-sanctioned activity permitted by directives from the Governor's Office, OHA and ODE. This participation may include conditioning, practices and interscholastic competitions in those permitted activities provided schools adhere to OSAA policies.

The OSAA will continue to work with the Governor's Office, OHA, and ODE, along with our Sports Medicine Advisory Committee (SMAC) to provide information to member schools. Guidance from these entities continues to evolve, along with the pandemic itself, and will impact future OSAA decisions regarding the 2020-21 school year.

Visit <http://www.osaa.org/coronavirus> for the latest OSAA information regarding the Coronavirus pandemic.

[Click here for the adopted 2020-21 OSAA School Activities Calendar.](#)



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2020-21 OSAA Season Calendar

Season 1 – August 31 to December 27

Sports/Activities permitted will not be designated by the OSAA but rather will be at the discretion of the local school district, provided they are allowed by the Governor's Office, OHA, ODE, and the school adheres to the directives from those entities.

OSAA policies regarding out-of-season coaching limitations have been waived during Season 1 with the caveat that student participation in these sports cannot be required. All other OSAA rules and policies remain in effect at this time.

Season 2 – December 28 to March 6

- 2 Practice Weeks (must have 9 days of practice prior to first competition with another school)
- 7 Competition Weeks
- Teams/individuals that do not qualify for an OSAA Culminating Week event may continue to compete/practice through the conclusion of that sport/activity's culminating week.

Sport	First Practice Date	First Contest Date	Participation Limitation	Qualifying Date	OSAA Culminating Week
Swimming	12/28/2020	1/11/2021	8 Meets	2/28/2021	3/1-6/2021
Wrestling	12/28/2020	1/11/2021	9 Events, 11, 30	2/28/2021	3/1-6/2021
Basketball	12/28/2020	1/11/2021	14 Games	2/28/2021	3/1-6/2021

Season 3 – February 22 to May 1, 8

- 2 Practice Weeks (must have 9 days of practice prior to first competition with another school – requirement waived with participation in Season 2) ***See below for Football Practice and Protective Equipment Policies**
- 7 Competition Weeks
- Teams/individuals that do not qualify for an OSAA Culminating Week event may continue to compete/practice through the conclusion of that sport/activity's culminating week.

Sport	First Practice Date	First Contest Date	Participation Limitation	Qualifying Date	OSAA Culminating Week
Cross Country	2/22/2021	3/8/2021	9 Meets	4/25/2021	4/26-5/1/2021
Volleyball	2/22/2021	3/8/2021	14 Playing Dates	4/25/2021	4/26-5/1/2021
Soccer	2/22/2021	3/8/2021	10 Matches	4/25/2021	4/26-5/1/2021
Football	2/22/2021	3/16/2021	7 Games	5/2/2021	5/3-5/8/2021

Season 4 – April 19 to June 26					
<ul style="list-style-type: none"> 2 Practice Weeks (must have 9 days of practice prior to first competition with another school – requirement waived with participation in Season 3) 7 Competition Weeks Teams/individuals that do not qualify for an OSAA Culminating Week event may continue to compete/practice through the conclusion of that sport/activity's culminating week. 					
Sport	First Practice Date	First Contest Date	Participation Limitation	Qualifying Date	OSAA Culminating Week
Golf	4/19/2021	5/3/2021	14 Nine-Hole Rounds	6/20/2021	6/21-26/2021
Tennis	4/19/2021	5/3/2021	12 Playing Dates	6/20/2021	6/21-26/2021
Track and Field	4/19/2021	5/3/2021	9 Meets	6/20/2021	6/21-26/2021
Baseball	4/19/2021	5/3/2021	18 Games	6/20/2021	6/21-26/2021
Softball	4/19/2021	5/3/2021	18 Games	6/20/2021	6/21-26/2021

Activity Seasons			
OSAA Activities, including cheerleading, dance/drill, speech and music, are not traditionally defined by a single season. This is due to their direct tie to school curriculum (speech and music) or their dual role as both a support and competitive activity (cheerleading and dance/drill). Therefore, these activities have culminating events that fall within certain seasons but are not assigned to one designated season.			
Activity	First Practice Date	Qualifying Date	OSAA Culminating Week
Cheerleading	8/31/2020	3/7/2021	3/8-13/2021
Dance and Drill	8/31/2020	4/11/2021	4/12-18/2021
Speech	8/31/2020	4/18/2021	4/19-25/2021
Solo Music	8/31/2020	4/25/2021	4/26-5/2/2021
Choir	8/31/2020	5/2/2021	5/3-9/2021
Band	8/31/2020	5/9/2021	5/10-16/2021
Orchestra	8/31/2020	5/9/2021	5/10-16/2021

General Guidance for 2020-2021 School Year	
<ul style="list-style-type: none"> All Member Schools must follow all directives from the Governor's Office, Oregon Health Authority, Oregon Department of Education, and the OSAA related to COVID-19. When scheduling contests local/regional competition should be the priority, including consideration of cross-classification play when appropriate. Event hosts must follow OHA guidance for large group gatherings, including number of teams, participants, and spectators. This will impact planning for jamborees, tournaments, invitationals, and multi-school events. 	

***Football Practice Policy:** Must have nine days of on-field football practice prior to the start of contests and follow the practice progression outlined in the [Practice Model](#). Use of football protective equipment is prohibited outside of Season 3.