

WELCOME

Golf Rules Clinic

Thursday, February 25, 2021

Virtual



Agenda

- **Welcome**
- **DIAA Updates**
 - Return to Play Sport modifications
 - Sports Medicine Advisory Committee - Mandy Minutola
 - Laura Heien, the Executive Director at Delaware State Golf Association
- DIAA Golf Committee Tournament Summary



DIAA STAFF

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Connect with DIAA



Page: Delaware Interscholastic Athletic Association
www.facebook.com/DelawareInterscholasticAthleticAssociation



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DIAA PURPOSE

- to preserve and promote the **educational significance** of interscholastic athletics;
- to ensure that interscholastic sports remain compatible with the **educational mission** of the member schools;
- to provide for **fair competition** between member schools;
- to promote **sportsmanship** and ethical behavior;
- to establish and enforce **standards of conduct** for athletes, coaches, administrators, officials and spectators;
- to protect the **physical well-being** of athletes; and
- to promote **healthy adolescent lifestyles**.



DIAA

<http://www.doe.k12.de.us/diaa>

Starting point for ALL DIAA
information and related links



COVID-19 - DIAA Website

[DOE Main](#)

[Schools](#)

[Instruction and Assessment](#)

[Supports](#)

[Educators](#)

[Accountability and Performance](#)

[DIAA](#)

[COVID-19](#)

[About DIAA](#)

[Sports](#)

[Athletic Directors And Coaches](#)

[Officials](#)

[Sports Medicine](#)

[Forms and Manuals](#)

[Parents and](#)

[DIAA / COVID-19 / Return to Play Plan](#)

RETURN TO PLAY PLAN

[Coronavirus COVID-19](#)

[DIAA Regulation 1010](#)

[Guidance Documents](#)

[FAQ - PPE](#)

[AD Resources/Forms](#)

[Screening Surveys](#)

[COVID-19 Resources](#)

[COVID-19 Signage](#)

Coronavirus COVID-19



The DIAA continues to closely monitor COVID-19 and is taking proactive measures to mitigate the impact of the virus. When it comes to decision-making, our commitment is this: protect the health and safety of interscholastic student athletes.



COVID-19

Regulation 1011 - Guidelines for DIAA Interscholastic Athletics during COVID-19

- Approved DPH face coverings must be worn at all times
- All coaches, support staff, student athletes, and officials shall complete the COVID-19 pre-screening questionnaire before any athletic activities
- Follow member school protocol for if any COVID symptoms are reported.



COVID-19

Regulation 1011 - Guidelines for DIAA Interscholastic Athletics during COVID-19

- Players and/or coaches should be spaced at least 6” apart when not actively playing on the field
- 1 hand sanitizer station - per every 15 student athletes.
- Scrimmages count as a contest and cannot occur before the competition date.
- Students shall bring their own water bottles and they shall not share water bottles whatsoever. Hydration stations/communal water jugs are prohibited.



Mask Guidance

Face coverings should be two layers that fit tightly around the mouth and nose without gaps.

Student-athletes, Coaches, Officials:

- Face coverings with valves are prohibited.
- 2 layer gaiters that fit tightly around the mouth and nose without gaps are permitted
- Loose Neck buffs, polyester masks, bandana's and mesh shall not be worn for officials or student athletes per DPH guidelines.
- Officials - may wear a whistle mask or use a face covering and an electronic whistle. Either combo is fine.



Face Coverings - Reminders

- It's the responsibility of the coach and member school to make sure DPH approved face coverings are worn properly by the team and coaching staff.
- Communicate your guidelines in a clear manner to students and parents.
- Coaches must wear face coverings **at all times** while coaching.



Sports Medicine Advisory Committee

Reminders for a Healthy and Safe Season

- Coaches remind players to wear a mask outside of practice/game situations
- Limit the risk of spread of COVID-19 and game cancellations
- Games should be played at least 48-72 hours apart.
- Student athletes and coaches shall be at least six feet apart from one another **at all times during non-playing times**, including arranging alternate seating, so student athletes are not clustered together on bleachers and benches.



DIAA COVID-19 RTPP

Phase Description (in all stages, athlete completes the phase criteria without excessive fatigue, breathlessness, or chest discomfort and the athlete remains symptom free)

PHASE 1 – Day 1: Athlete has been medically cleared by a QHP, 10 minute light stationary bike or jogging at <60% max-predicted heart rate(MPHR)

PHASE 2 – Day 2 - 20 minutes of aerobic exercise (walking, light jogging, stationary cycle, no resistance training) at <65% of MPHRR

PHASE 3 – Day 3 - 30-45 minutes of moderate activity (e.g., combination of aerobic exercise with low weight resistance training) at <70% of MPHRR

PHASE 4 – Day 4 - 45-60 minutes of sport-specific activity (including warm up and resistance training) at <80% of MPHRR

PHASE 5 – Day 5 - 60 minute practice

PHASE 6 – Day 6 - Return to competition with no restrictions



Sports Medicine

Concussion:

- Parents and Athletes must read and sign PPE Concussion information sheet
- **Coaches and Officials must take the NFHS Concussion Course once every 2 years**
 - **Officials course completion tracked in Dragonfly***
 - **Officials - if your concussion certificate expires mid-season, retake it before the season starts.**



Sports Medicine

PPE – Medical Card (page 5)

COACHES:

You MUST carry every athletes' Medical Card with you at ALL times. ATC will prepare and give them to you

PRACTICES & GAMES

This is page 4 from their Physical Forms
[DIAA PPE]

SCHOOL ATHLETE MEDICAL CARD

(Parent/Guardian: please print and complete Sections 1, 2 & 3)

Section 1: CONTACT/PERSONAL INFORMATION

NAME: _____ SPORT(S): _____
 AGE: _____ GRADE: _____ BIRTH DATE: _____ GUARDIAN NAME: _____
 ADDRESS: _____
 PHONE: (H) _____ (W) _____ (C) _____ (P) _____
 Other authorized person to contact in case of emergency:
 NAME: _____ PHONE(s): _____
 NAME: _____ PHONE(s): _____
 Preference of Physician (and permission to contact if needed):
 NAME: _____ PHONE: _____
 HOSPITAL PREFERENCE: _____ INSURANCE: _____
 POLICY #: _____ GROUP: _____ PHONE: _____

Section 2: MEDICAL INFORMATION

MEDICAL ILLNESSES: _____
 LAST TETANUS (mo/yr): _____ ALLERGIES: _____
 MEDICATIONS: _____
 (any medications that may be taken during competition require a physician's note)
 PREVIOUS HEAD/NECK/BACK INJURY: _____
 HEAT DISORDER OR SICKLE CELL TRAIT: _____
 PREVIOUS SIGNIFICANT INJURIES: _____
 ANY OTHER IMPORTANT MEDICAL INFORMATION: _____

Section 3: Consent for Athletic Conditioning, Training and Health Care Procedures

I hereby give consent for my child to participate in the school's athletic conditioning and training program, and to receive any necessary healthcare treatment including first aid, diagnostic procedures, and medical treatment, that may be provided by the treating physicians, nurses, athletic trainers, or other healthcare providers employed directly or through a contract by the school, or the opposing team's school. The healthcare providers have my permission to release my child's medical information to other healthcare practitioners and school officials. In the event I cannot be reached in an emergency I give permission for my child to be transported to receive necessary treatment. I understand that Delaware Interscholastic Athletic Association or its associates may request information regarding the athlete's health status, and I hereby give my permission for the release of this information as long as the information does not personally identify my child.

Parent/Guardian Signature: _____ Date: _____
 Athlete's Signature: _____ Date: _____

Section 4: Clearance for Participation

Cleared without restrictions Cleared with the following restrictions:

Health Care Provider's Signature: _____ MD/DO, PA, NP Date: _____

For office use only: This card is valid from April 1, 20 _____ through June 30, 20 _____

Note: If any changes occur, a new card should be completed by the parent/guardian. The original card should be kept on file in the school athletic director's or athletic trainer's office. A copy should be kept in the sports' athletic kits. This card contains personal medical information and should be treated as confidential by the school, its employees, agents, and contractors.

Name of School: _____ Name of ATC: _____

DIAA Concussion Protocol

Shows Signs or Symptoms

- a. Remove from play - Official or Coach
- b. Evaluated by a Qualified Healthcare Professional

Qualified Healthcare Professional (QHCP) is a MD, DO, School Nurse, Nurse Practitioner, Physician's Assistant or Athletic Trainer (ATC)





IF CLEARED in writing, by the QHCP, athlete will be cleared to return to play.



Emergency Action Plan [EAP]

Create an
Action Plan and
practice it.

Emergency Action Plan Worksheet – Student Response Team

Coach/Advisor Name:			Activity:			Level:		
1 911 TEAM 			2 CPR/AED TEAM 			3 AED TEAM 		
CALL 911								
CALL 911. Explain emergency. Provide location.								
	PRACTICE			EVENTS				
Closest Phone								
EMS Access Point								
Street Intersection								
Student 1								
Student 2								
MEET AMBULANCE at EMS Access Point. Take to victim.								
	PRACTICE			EVENTS				
Entry Door/Gate								
Student 1								
Student 2								
CALL CONTACTS. Provide location and victim's name.								
	NAME			CELL				
Athletic Trainer								
Athletic AD								
Student 1								
Student 2								
START CPR								
<ol style="list-style-type: none"> Position person on back. Put one hand on top of the other on middle of person's chest. Keeping arms straight, push hard and fast, 100 presses/minute. Let chest completely recoil after each compression. Take turns with other responders as needed 								
Coach								
Student 1								
Student 2								
Student 3								
WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS								
<ol style="list-style-type: none"> Remove clothing from chest. Attach electrode pads as directed by voice prompts. Stand clear while AED analyzes heart rhythm. Keep area clear if AED advises a shock. Follow device prompts for further action. After EMS takes over, give AED to Athletic Administrator for data download. 								
4 HEAT STROKE TEAM 								
	PRACTICE			EVENTS				
Tub Location								
Water Source Location								
Ice Source Location								
Ice Towel Location								
Student 1								
Student 2								
GET THE AED								
	PRACTICE			EVENTS				
Closest AED								
Student 1								
Student 2								
GET THE ATHLETIC TRAINER								
	PRACTICE			EVENTS				
Typical location								
Student 1								
Student 2								
CALL 911 for all medical emergencies. If unresponsive and not breathing normally, begin CPR and get the AED.								
PREPARE TUB DAILY								
	PRACTICE			EVENTS				
Student 1								
Student 2								
<ol style="list-style-type: none"> Remove equipment/excess clothing. Move to shade. Immerse athlete into cold ice water tub, stir water. *If no tub: cold shower or rotating cold, wet towels over the entire body Monitor vital signs. Cool First, Transport Second. <ol style="list-style-type: none"> Cool until rectal temperature reaches 102°F if ATC or MD is available. If no medical staff, cool until EMS arrives. 								



Practice Policies

DIAA Regulation 1008/1009-4.2

ALL practice days (school and non-school day):

- One day of no activity per seven day period
- A minimum of 21 calendar days of practice prior to the first competition date
- Student must practice at least 7 calendar days prior to participating in a contest
- School day practices limited to **two (2) hours**



Spring Season Dates

- 1st day of practice: March 1
- 1st day of competition: March 22
- Last day of competition: May 15
- Spring sports playoffs: May 16-June 5



2021 Golf DIAA Tournament

- TENTATIVE GOLF TOURNAMENT PLANS. Final Tournament format will be released when the Spring Tournament Manual is posted to the website.
- Plan is for the 2021 DIAA tournament only. There are no automatic qualifiers for the team competition. Anticipate no qualifying tournaments
- The top 96 golfers will be selected based on handicap. DSGA will research hosting a database where all regular season scores from DIAA approved interscholastic competition will be posted. Course slope and rating along with score will be used to determine golfers handicap.
- Only scores from DIAA approved matches may be entered. Coaches or their designee will enter scores. Coaches are encouraged to cross check scores in order to promote integrity. Open access to the data permitted
- The minimum number of scores for an individual to be eligible is one. The maximum number of scores is 18 based on the DIAA golf tournament manual.
- ALL MATCH SCORES MUST BE ENTERED INTO THE DATABASE
- A maximum of six golfers per school may qualify. Any school with four golfers on day one and three golfers on day two is eligible for team competition
- Ties for the 96th position will be resolved by the DIAA golf committee with input from coaches.
- Females will tee from the reds. Males will tee from the whites.. As soon as golfers compete their rounds and verify scores they must leave the course immediately. Per state covid regulations there will be no post tournament awards ceremony.
- The top two teams will receive trophies and medals. The top ten individual golfers will receive medals.
- No all state will be recognized



DIAA POLICIES & PROCEDURES

DOE Main	Schools	Instruction and Assessment	Supports	Educators	Accountability and Performance	DIAA	
COVID-19	About DIAA	Sports	Athletic Directors And Coaches	Officials	Sports Medicine	Forms and Manuals	Parents and Guardians

DIAA / Officials / Information for Officials

Edit Page

INFORMATION FOR OFFICIALS

Officials Main
Rules Clinic Information
OFFICIALS - FORMS
Resources

All ejection and sportsmanship incidents will be reported using the forms below. This form is to be completed by the official/officials association following an ejection. This form must be submitted to DIAA within 24 hours of completion of the contest. If you have questions regarding reportings, please contact Stephanie Mark stephanie.mark@doe.k12.de.us

[DIAA Incident Report Form](#)

Please use this form to report unsportsmanslike conduct behavior, fouls, cards, penalties and ejections.

[Sportsmanship Incident Report Form](#)

Please use this form to report all other sportsmanship incidents, including positive feedback of players, coaches or teams.

[COVID-19 Athletic Activity Reporting Form](#)

Please use this form to provide positive feedback, observations and/or concerns regarding COVID-19 protocols while attending DIAA athletic events.



Sportsmanship

The practice of good sportsmanship is one of the primary goals of interscholastic athletics.

1007.1.2.1.5.2 The function of the coach is to educate students through participation in interscholastic athletics. (.1) Demonstrate high ideals, good habits and desirable attitudes...

1007.1.2.1.5.4 Officials at an interscholastic athletic event are participants in the educational development of high school students. As such, they must exercise a high level of self-discipline, independence and responsibility.



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
 - National leadership organization for high school sports and fine arts activities;
 - National authority on interscholastic activity programs;
 - Conducts national meetings;
 - Sanctions interstate events;
 - Produces national publication for high school administrators;
 - National source for interscholastic coach training and national information center.



WWW.NFHSLEARN.COM

FREE courses include:

- Bullying, Hazing and Inappropriate Behaviors
- Understanding Copyright and Compliance
- Hazing Prevention for Students
- **Concussion in Sports**
- Concussion for Students
- Heat Illness Prevention
- Sudden Cardiac Arrest
- Sportsmanship
- Coaching Unified Sports
- Positive Sport Parenting
- NCAA Eligibility





Thank you for your support of
Interscholastic Athletics!

