



UPDATES ON SUMMER ACTIVITY & RE-OPENING GUIDANCE (JUNE 11, 2020)

After hearing from coaches/parents and reviewing the state/MHSAA guidelines, we are updating our requirements and clarifying some points from our [announcement](#) on June 1st. The bullets directly below summarize some changes since the initial announcement, while the bullets under the requirements header outline the current guidelines. **Additional guidance and direction in the days and weeks ahead should also be anticipated.**

- MiSCA will reimburse teams for expenses related to health and safety, including thermometers and hand sanitizer.
- At-home pre-screening is allowed and encouraged. This can be performed via the use of an app or other online form.
 - Spectrum Health has this [online symptom checker](#) which does not require sharing of personally identifiable information. Coaches can request a picture or screenshot of the “green checkmark” for verification.
 - At-home temperature checks are more accurate than touchless thermometers outdoors.
- Cloth face coverings are not required for outdoor gatherings; however, they are encouraged whenever possible.
 - Coaches/students should carry face coverings at practice, in the event social distancing is not possible.
- Proper attendance must be retained by coaches, noting which coaches/students participated within each group.
 - Coaches/students sent home from failing the screening process should be reported to MiSCA.
 - Coaches/students testing positive for coronavirus should report to MiSCA.

Requirements (beginning June 13, 2020)

More stringent local guidelines and those relevant to indoor facilities should be followed if applicable.

- All coaches/students will be screened (temperature check and questionnaire) for signs/symptoms of COVID-19 prior to a ride. This can be performed via an online tool ([like this](#)) with the temperature check taken at home. Vulnerable individuals ([as defined by the CDC](#)) should not oversee or participate in any workouts.
- It should be reported to MiSCA when any coach/student is sent home after failing the screening process.
- Coaches/students should not attend gatherings if anyone in the household has been sick with a fever within the last 24 hours, or they are experiencing any two of the [listed symptoms per CDC](#). Sick coaches/students may not return until they have met CDC's [criteria to discontinue home isolation](#).
- Coaches/students testing positive for coronavirus should report to MiSCA if they have attended an event within the 2-weeks prior to a positive test. Follow all other local health department guidelines.
- Riding groups should be conducted in “pods” of students/coaches with the same small group always riding together. Larger teams should stagger start times or locations to avoid congestion in parking lots or common areas. Gathering sizes may be regulated as determined by Government and Health Departments officials.
- Each group must have a minimum of 2 certified coaches (always with a minimum ratio of 6 riders to 1 coach). At least 1 of the coaches in the group must hold a first aid / CPR certification, meet all level 1 requirements, have at least watched the [ride guide webinar](#), and completed the [quiz](#) (preferably level 2+ certified). Online-only medical certifications are permitted for 2020-2021 season.
- Social distancing practices must be maintained with 6' separation when stationary and 12'-18' while riding.
- Everyone (including non-participating parents) is encouraged to wear cloth face coverings when outside of their vehicle. Students/coaches may remove face coverings while engaged in biking or high-intensity aerobic activities.
- No sharing of tools or equipment (including bikes, clothing, helmets, water bottle). Coaches can help with repairs to a rider's bike but should use their own tools and maintain the 6' distancing from the rider.
- No sharing of food or water (unless medically necessary).
- No socializing before and after the ride. This includes all physical contact, like high-fives or fist-bumps.
- No spitting or snot rockets at all. Yes, even if you are away from the group and aiming toward the ground.
- Anyone not participating (parents, siblings, etc.) must remain in their vehicles or away from the team activity.



FREQUENTLY ASKED QUESTIONS (FAQ)

Is MiSCA associated with the MHSAA?

No, MiSCA is not affiliated with the MHSAA; however, many of our scholastic or school-based teams and clubs follow MHSAA guidance at the direction of their school's athletic director.

Why did MiSCA follow guidance from the MHSAA?

While MiSCA is not affiliated with the MHSAA, we felt it was important to seek direction from state and national authorities. Like MiSCA, the MHSAA serves affiliated programs throughout the state; therefore, their guidelines encompass the variety of local restrictions. Ultimately, both organizations have the same goal in mind, to return student-athletes to sport as soon as it is safe to do so.

What is the difference between a group of coaches and kids riding together and an official team activity?

The short answer, insurance. MiSCA-certified coaches have always done rides outside of those organized for the team, like riding with their own children or meeting up with other families – those rides have never been official activities. No teams/clubs are currently authorized to hold team activities typically covered under MiSCA's insurance.

Is it guaranteed that we can start official team activities on June 13th?

Unfortunately, there is no guarantee that MiSCA will start on June 13th. While the "Safer-at-Home" order has been rescinded, it is possible that a new order could have us sidelined. We will continue to monitor the direction from MHSAA. We understand this uncertainty is frustrating; however, we must follow national, state, and local guidance to ensure the safety of our families.

How do I maintain my level 2 coach certification if my in-person first-aid/CPR certificate expired?

We understand there have been no in-person courses offered lately; therefore, 100% online certifications will be accepted for the 2020-2021 MiSCA season. Additionally, coaches may begin participating as a level 2 coach once completing all level 1 requirements and the online components of the ride guide training and quiz.

Will there be races this fall?

The races may look a bit different, but all signs say they should be possible. Coaches and parents should prepare themselves for the likelihood of events being canceled or rescheduled with little notice. While we try to assess safety issues as early as possible, this health crisis is unpredictable. Please be vigilant of announcements from MiSCA and team leadership.

What is your refund policy?

All annual fees are nonrefundable. This includes our annual team, coach, and rider registration fees. Normally, race registrations are nonrefundable; however, a 50% refund will be available by request if a race is canceled and not rescheduled due to Coronavirus. Additionally, we may offer virtual races or other ways to stay connected and active. We would love to offer full refunds on all fees, but there are many expenses associated with running the nonprofit that we are required to pay regardless of Coronavirus.