



# SOUTH CAROLINA HIGH SCHOOL LEAGUE

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**To:** Superintendents, Principals and Athletics Directors

**From:** Jerome Singleton, Commissioner  
SC High School League

**Subject:** Spring Sports

**Date:** April 30, 2020

Greetings,

I trust that this finds each of you doing well and continuing to work through the many challenges that the COVID-19 pandemic has caused. We are about to begin the open season for fall sports on May 1, 2020. Prior to this period opening, the SCHSL staff wants to make sure that everyone understands what they can do during this time.

All member schools (Middle and High) can continue to offer strength and conditioning workouts to your athletes using any media platform that allows for you to conduct workouts provided it does not require athletes and/or coaches to gather in one location. Additionally, workouts that are put on paper, or weekly workouts that can be distributed and followed by athletes at home are also acceptable. These workouts cannot be mandatory, and any virtual workout led by a coach must take place after “normal” school hours to continue to respect the academic load that each student still carries. As part of the guidelines, all distance learning workouts (conditioning and/or sport-specific) must be approved by the local school district after review of all possible health risks and legal ramifications.

Sports that will be in open season (Fall Sports) may offer sports specific training in addition to conditioning through a video platform that you choose provided that, it does not require athletes and/or coaches to gather in one location. School issued equipment will not be allowed and participation cannot be mandatory. Cheerleading will not be allowed to teach or instruct stunting and tumbling as these are a safety risk for the athlete. Competitive cheer will not be allowed to have any type of tryout. At the same time, while we do not regulate sideline cheer, we strongly recommend that tryouts not be allowed during this time due to the same concerns for safety and liability.

Athletes and coaches are still encouraged to follow the guidelines for social distancing as well as the Executive order of the Governor. While many are eager to get back together and start working again, we cannot stress enough that coach(s) and/or athlete(s) must not meet in person or groups to conduct these training sessions. One on one activities and use of school facilities will not be permitted. The SCHSL continues to think of you during this difficult time and our staff is available to answer any questions you may have.

As a note, the office staff has received numerous calls and emails referencing “open season guidelines” during the months of June and July. Our intention is to follow the League’s calendar for that period; however, the Governor’s orders on social distancing may interrupt the League’s calendar. We will continue to monitor “orders” given by the Governor as it relates to “social distancing” and provide an update later in the month of May.