



# Fall Athletics

Presentation for Families  
September 15, 2020

*Flexible*  
*Assuming Best Intent*  
*Collaboration*

Includes:

- Required Topics of Discussion
- Status Update
- Next Steps
- Adjustments for 2020
- Team Breakout Rooms



# Fall Athletics – Required Topics

## Important & Helpful Information: PDF Handout to Follow Along

- [Goals for Coaches, Players & Families](#)
- **Lines of Communication**
  - Coach
  - Athletic Office
  - Parent Booster
- **Game Schedules**
- [Checkpoint: Tuesday, September 15th.](#)
  - Physicals
  - User Fees
  - Ineligible: Other





# Fall Athletics – Required Topics

## Required Topics & Points of Emphasis:

- (HWRSD) **Concussion Policy**
  - **Student Assessment of Concussion Baseline Test**
  - Begin 9/18 Outdoors & by Appointment
- (HWRHS) Dangers of Vaping
- (HWRHS) Attendance
- (MIAA) Bona Fide Team Rule
- (MA DPH) **Opioid Abuse**
- (MA) **Hazing**



# Fall Athletics – Status Update



## Framework for Fall Athletics Created by:

- Energy and Environmental Awareness (**EEA**)
- Department of Elementary and Secondary Education (**DESE**)
- Massachusetts Interscholastic Athletic Association (MIAA)
  - **COVID-19 Task Force**
  - **Board of Directors**
  - **Individual Sport Committees**
  - Sports Medicine Committee





# Fall Athletics – Status Update

## Framework Includes: [Four Condensed Athletic Seasons](#)

- **Fall 1** - September 18th to November 20th  
Cross Country, Golf, Field Hockey, Soccer, Volleyball
- **Winter** - November 30th to February 21st  
Basketball, Gymnastics, Ice Hockey, Indoor Track, Swim & Dive, Wrestling
- **Fall 2 / Floating Season \*\*** - February 25th to April 25th  
Cheer, Football  
*\*\* Plus any sport that a District decides not to run in Fall 1*
- **Spring** - April 26th to July 3rd  
Baseball, Lacrosse, Track & Field, Softball, Tennis

- MA DPH Red Communities - Can't Play
- Full Remote - Requires SC Vote



# Fall Athletics – Status Update



## What Work has been Completed to Date:

- **Athletics FAQ** Posted to HW Covid Information Site
- Meetings between Cape Ann League Athletic Directors & Principals. ADs have provided [Recommendations](#) to Principals
- **Proof of concept schedule:** Busing concerns, Clustering opponents
- **Budgets (User Fees) analyzed**
- **MIAA Sport Committees finalized sport guidelines**
- CAL AD's working on Operations Manual
  - Arrival at Facilities, Fans
  - Contact Tracing
  - Implementing Safe Game Play





# Fall Athletics – Status Update



## What Work has been Completed to Date / On-Going Work:

- \* **Family ID** reconfigured to include only sports HWRHS offers
- \* Coaches Trainings & Discussions around New Protocols & Guidelines
  
- \* HWRHS continues to work internally regarding **Facilities**
- \* CAL Continues work on its Operational Guidelines
- \* Families, Coaches and Athletic Department work collaboratively to finalize all registration requirements, including Physicals

# Fall Athletics – What’s Next



**In Order for Sports to Begin on September 18th, [What Needs to Happen Next?](#)**

**PARENTS** - Ensure Physicals, Registration Requirements are Finalized

**September 18th:** First Day of Practice

Baseline Testing Available (Outdoors & By Appointment)

- \* 9/23: CAL Game Schedule to be Finalized, Made Public
- \* 9/25: User Fees Posted, Available for Payment

**Understand the Following:**

- \* How Players Enter the Day
- \* Team Separation
- \* Training Room
- \* Travel
- \* Contact Tracing



# Fall Athletics – Entering the Day



## Entering the Day

September 18th:

### **Coach & Athlete Symptom **Self Check:****

Parents, Student-Athletes Responsible for Self Check (Like School)  
Anyone exhibiting symptoms, Stay Home, Notify School Nurse

### **No Locker Rooms:**

Come Dressed, Prepared from Home

### **Athlete Preparedness / Equipment Bag:**

Water, Hand Sanitizer, Extra Masks + Sport Needs

### **Masks on when Entering Facility:**

Head Directly to Pre-Arranged Meeting Place  
Do Not Enter Facility until 10 Minutes Prior to Practice

# Fall Athletics – Entering the Day



## Entering the Day

Upon Return to Hybrid:

### **In School Learners:**

Drop Equipment Bag to Team Room Before School  
Come to School Dressed for Team Activities as Best as Possible

### **Coaches Open Team Room After School:**

Max 3-6 Athletes Changing, Masks on Entire Time, 3 Minute Max

**\*\*\* All Individual Equipment Home End of Day \*\*\***

**\*\*\* & Sanitized \*\*\***

# Fall Athletics – Training Room



## Training Room: Set Up in Middle Court of Gymnasium

- \* Student-Athletes should only come in the building to:  
Prep for Practice (Taping) and for Assessment of New Injuries
- \* No Cleats in Building
- \* Enter Through Locker Room Doors, Wait in Line on Marked Spots
- \* Minor Rehab Activities, Baseline Tests will take place Outside
- \* Athletic Trainer will wear a Mask and a Face Shield when Indoors (No Gloves)
- \* Tables will be Wiped Down Between Uses & End of Day

## Bathrooms:

- \* Bathrooms in Locker Rooms will not be Used
- \* Bathrooms by Athletic Office for Players, Public Available 2:30-6:00
- \* DO NOT come into the School by the Bathrooms



# Fall Athletics – Practice, Being Separate



Things are  
**Different!**

## **Practice Plans, Separation**

**Definition of Close Contact:** Any individual within six feet of another individual for 15 minutes or longer

**Practices Will be Segmented:** 12 Minutes Activity (Individual & Group Drills)  
After Tryouts Levels will be Separate. JV2 separate from JV separate from Varsity.

**Groups:** During Individual Skills: Players will remain in Consistent Cohorts

**Breaks:** Breaks at the end of each segment. Back to starting points. Hydrate.  
Hand Sanitizer. Explain next Segment of Practice.

**Masks on when Exiting Facility:** No Lingering in Parking Lots. This is still campus.



# Fall Athletics - Travel



## One Bus Per Level

- \* Varsity Travels Together, JV travels Together, Etc
- \* Depending on Location, Time, Day - This could be Shuttle (cleaned in between) or two buses. Requires a Coach on Every Bus
- \* Sit in Zig Zag Pattern, Windows Open
- \* 33% Capacity -
  - 77 Person bus - 25 Passengers
  - 71 Person Bus - 23 Passengers



# Fall Athletics – Contact Tracing

## **Athletic Office will keep a Record of Every Person in our Athletic Facility, Every Day**

- \* Coaches will have daily attendance sheets. Turn into AD Office every day
- \* During away contests, Head Coach provides second copy to site administrator

### **Scenarios:**

- \* Symptoms - Stay Home. HWRHS Nurse will be Notified. Team is not Affected.
- \* Positive Test - Team does not participate until Contact Tracing Period is Complete.





# Fall Athletics – Questions



- **Athletics FAQ**
- Survey sent to all Families of Registered Student-Athletes on 9/9
- Questions Submitted by Saturday at Midnight Were Considered
- Grouped by...
  - Face Guards
  - Travel Guidelines, Why Not Allowing Parent, Self Drivers
  - User Fees (as it relates to buses and in general)
  - Fans at Games
- **Break Out Sessions by Sport**

