

Winnacunnet High School



FALL ATHLETICS PROTOCOLS

General Safety Protocol for all Sports:

While there is no guarantee that playing sports under these conditions eliminates exposure to Covid-19, these precautions are in place to limit the risk.

1. Masks will be worn upon arrival and as athletes walk to their respective field. Once on the field, equipment should be placed 6 feet apart and masks can be removed. Social distancing of at least 6 feet should be maintained whenever possible. No hugging, shaking hands, or fist bumps for support/encouragement.
2. An isolation area will be established and communicated to all participants should an athlete develop symptoms during the workout.
3. We will require participants and parents/guardians to sign participation waivers outlining the risks of Covid-19 associated with athletics.
4. Parents and spectators will not be allowed on the field or school grounds for practices outside of dropping off and picking up their son/daughter. Parents cannot enter the field area during practice times, they must remain in their cars.
5. Practice times will be staggered to limit congregating on the fields and in the parking lots.
6. For games, only immediate family will be allowed on school grounds and fans will be expected to be socially distanced by family. There will be no student sections.
7. Whenever possible, benches will be setup so that athletes can socially distance and masks will be worn by those athletes not competing.
8. Whenever possible, the scoring table will be setup to allow for social distancing. When 6 feet of distance cannot be attained, scorers will be required to wear a mask. Only necessary personal will be allowed at the scoring table.
9. Athletes will provide their own water/water bottles and will not share. Athletes who arrive without a water bottle will not be allowed to participate until they have one.
10. **Pre and Post Game Ceremony:** Elimination of handshakes before and after the match. If there is an anthem or pre-game ceremony, athletes will remain at their benches for the duration.
11. All visiting teams will bring their own balls for warmups – no shared balls or equipment.
12. Daily screening will be mandatory and will be recorded by coaches, the AT, or the AD.
13. Away teams will be screened by their respective schools prior to travelling to Winnacunnet.
14. No concessions and gatherings near fields or in parking lots.
15. Following practices and contests, athletes will wear a mask and proceed directly to their ride and will not congregate in any area. If an athlete's ride is not immediately present, they will wait in a designated area.
16. **Locker Rooms:** Locker rooms will not be available to any athletes. The outdoor bathrooms and bathrooms adjacent to the gym will be unlocked and cleaned regularly by our custodial staff.
17. It is advised that all athletes and staff shower as soon as possible after a workout session.
18. Coaches and staff will disinfect and store all equipment, secure all fields used, and ensure all athletes have a ride home prior to departure.

19. **Travel:** We will only play schools within a 35-mile radius of Winnacunnet High School (exception: Golf due to course availability).
20. School busses will be provided for away travel but families will have the option to opt out and travel to away contests on their own. Students who ride the bus will wear a mask at all times and will be limited to one per seat.
21. Coaches will be required to take the NFHS Covid-19 for Coaches and Administrators online course.
22. **Athletic Training:** Our AT will be available by appointment only (exception: in sport injuries) and only one athlete will be allowed in the training room at a time.
23. **Injuries:** If an athlete is injured on the field/court, the AT and coach will tend to the athlete and will wear a mask. Depending on the severity and nature of the injury, the athlete will also be asked to wear a mask if possible.

Sport Specific Protocol:

Golf:

1. When in foursomes 6 feet of distance must always be maintained.
2. Golfers will not pick up a ball that does not belong to them.
3. The flagstick will remain in the hole.
4. Players should not use ball washers.
5. Players should not use rakes in bunkers – all players will have a lift, clean, and place option if their ball comes to rest in a bunker.
6. Scorecards will be used, but not exchanged. The HOST coach will manage this process.
7. All guidelines required by the host course will be strictly adhered to.

Cross Country:

1. Staggered starts will replace the traditional start to aid in social distancing.
2. Coaches will create workout “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.

Volleyball:

1. Players are required to be in masks when not in the game and when walking through the field house.
2. The prematch conference will take place at center court with one coach and one official positioned on each side of the net. All individuals maintain a social distance of 6 feet.
3. The coin toss will not be used to determine serve/receive. The visiting team will serve first in set 1 and alternate first serve for the remaining non-deciding sets.
4. Suspend roster submission at the prematch conference. Rosters are submitted directly to the officials’ table.
5. Teams will not switch benches between sets.
6. Limit bench personnel and extend bench areas to observe the 3-6’ distance.

7. No handshakes, hugging or fist bumps before and after match. Group celebrations between points will not be permitted.
8. Ball will be cleaned and or replaced beforehand, at time outs or whenever stoppage occurs. There will be a minimum of 4 game balls available at the scorer's table to be rotated into games.
9. Athletes will be required to sanitize hands upon arrival to the gym and prior to practices and matches.

Field Hockey:

1. Mouth guards and cloth facemasks are optional during competition.
2. Players are required to wear masks when not in the game.
3. Officials/Coaches/Players should only move the ball with a stick. No picking up of the ball at any time.
4. Subbing area increased to be 6 feet from 50-yard line on respective side.
5. Benches will be eliminated and replaced with chairs to encourage social distance of substitutes.
6. Disinfecting of all equipment, including sticks will take place before and after practice and competition. Spray bottles will be provided.

Soccer:

1. Mouth guards and cloth facemasks are optional during competition.
2. Players are required to wear masks when not in the game.
3. Gloves are permissible to wear during play.
4. Pregame Conference-Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team. Move the location of the pregame conference to center of the field. All individuals maintain a social distance of 6 feet. Suspend handshakes prior to and following the Pregame Conference.
5. Limit to essential personnel which includes home team scorer and timer with a recommend distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
6. Benches will be eliminated and replaced with chairs to encourage social distance of substitutes.
7. 4-5 sanitized game balls will be on hand at each game. These will be the only balls permitted to enter play. They will be cleaned by a sideline ball boy.

Football:

1. TEAM BOX:
The team box may be extended on both sides of the field to the 10 yard lines (for players on ly) in order for more social distancing space for the teams.
2. Maintain social distancing of 6 feet at all times while in the team box.

3. Players are required to wear masks when not in the game.
4. Do not share uniforms, towels and other apparel and equipment.
5. BALL: The ball should be cleaned and sanitized throughout the contest by a designated game worker.
- 6.

Plastic shields covering the entire face (unless integrated into the face mask and attached to the helmet and clear without the presence of any tint) shall not be allowed during the contest.

7.

For the coin toss, limit attendees to the referee, umpire and one designated representative from each team.

Spectators, Officials and Facility Specific Protocol:

Spectators:

1. Spectators will be limited to athlete's immediate and appropriate game management personnel.
2. Spectators from other schools are not permitted at WHS.
3. Masks will be required by spectators when arriving and walking to the field/court. The mask can be removed while watching the contest if proper social distancing can be attained.
4. Spectators are expected to maintain a minimum of 6 feet of social distance at all times.

Officials:

1. Officials will have assigned parking upon arrival.
2. Officials will be required to wear masks during all transitional movements on campus.

Gymnasium Specific:

1. Spectators will enter through main gymnasium doors and must wear a mask until they are seated.
2. Hand sanitizer will be available in the lobby upon entering the building. Spectators are encouraged to use it upon entrance to the building.
3. Spectators are asked to remain in the bleachers and not to interact with players inside the gymnasium.
4. Family members are asked to sit together and at least 6 feet away from others.
5. Bleachers will be marked to maintain 6 feet of social distance between families.
6. At the conclusion of the match, spectators are expected to exit the building and wait for their daughter in the parking lot. There is to be no congregating in the gym, the lobby, or the hallways.

Screening Protocol

Require staff, volunteers, and athletes to report any symptoms of COVID-19 or close contact to a person with COVID-19 to a coach. Staff, volunteers, and athletes should not attend events if they feel sick.

Athletes, volunteers, and staff must be asked to leave the training activity if the potential of sickness is identified during screening or during the activity.

Staff, volunteers, officials, and athletes must be screened prior to each competitive sporting event, training sessions, or practice by being asked if they:

- a. Have any symptoms of COVID-19 (see Universal Guidelines for list of potential symptoms) or fever of 100.4 degrees F or higher.
- b. Has had any close contact with someone who is suspected or confirmed to have COVID-19 in the past 14 days. (NOTE: Healthcare workers caring for COVID-19 patients while wearing appropriate personal protective equipment should answer “no” to this question)
- c. Traveled in the past 14 days either:
 - i. Internationally (outside the U.S.),
 - ii. By cruise ship, or
 - iii. Domestically (within the U.S.) outside of New England

Person(s) with any COVID-19 symptoms, those who report close contact with someone suspected or confirmed with COVID-19, or those reporting travel risk factors should not be allowed into the training session:

- a. Symptomatic persons should be instructed to contact their health care provider to be tested for COVID-19 and self-isolate at home following the instructions below.
- b. Asymptomatic persons reporting that in the past 14 days they have had close contact with someone suspected or confirmed with COVID-19, or who report one of the traveled-related risk factors should self-quarantine for 14 days from their last exposure or return from travel.
- c. NOTE: Healthcare workers caring for COVID-19 patients while wearing appropriate personal protective equipment should answer “no” to this question.