

DOVER SCHOOL DISTRICT

**Athletic Return to
Winter Athletics
December 14, 2020**



DOVER HIGH SCHOOL / MIDDLE SCHOOL ATHLETICS – EFFECTIVE DECEMBER 14, 2020

It is the expectation of the Dover School District that all individuals utilizing its athletic facilities will abide by the guidelines released by institutions and agencies addressing the best practices for the return to athletics. These publications include the “State of New Hampshire’s Safer at Home Amateur and Youth Sports” document, the National Federation of State High School Associations (NFHS) “Guidance for Opening Up High School Athletics and Activities” document, and the Centers for Disease Control and Prevention (CDC) “Considerations for Schools” documents, as well as various guidelines from other state high school athletic associations and protocols set forth by the New Hampshire Athletic Directors’ Association Task Force.

ATHLETIC TRAINER’S ROOM

The Athletic Trainer’s Room will be open for limited use. There will be no more than four (4) student-athletes in the Athletic Trainer’s Room at any time. Anyone in the Athletic Trainer’s Room will always wear a mask over the nose and mouth. Entrance to the Athletic Trainer’s Room will be through the door in the main gym.

PRIOR TO STARTING THE SEASON

- Register on “Family ID” - <https://www.familyid.com/dover-highmiddle-school>
- Provide proof of a physical (less than two years old) or have one on file in Athletic Office

GENERAL GUIDELINES FOR COACHING STAFF AND ATHLETES

1. Gymnasium Limits / Spectators:

- Programs that use inside facilities will be open in a limited capacity (Basketball/Track/Cheer).
- A limited capacity will allow for a 20:1 (athlete: coach) ratio per basketball court or cheering mat. Inside facilities will be disinfected after each use whenever possible.
- Every effort will be made to limit group size and to maintain “cohorts”. For example, Reserves Team will practice separately from Junior Varsity Teams whenever possible or throwers in track and field will be grouped and will practice separately from sprinters.
- NO spectators will be allowed at any events held indoors to begin the seasons. Competitions will be streamed live whenever possible. As the season progresses limited spectator attendance may be permissible (TBD). Strict limits on spectator attendance (e.g.- two tickets per athlete/ per family, no visiting spectators for regular season) will be in place.
- Spectators at away events will be at the determination of the host school.

2. Locker Rooms/Entering and Exiting Buildings:

- Locker rooms will not be used except in unusual and limited circumstances. Students are expected to come to practices and games dressed in appropriate uniform or practice gear. Restroom facilities will be open on a limited basis. Restrooms will be limited to one person at a time whenever possible.
- If entering Dover High School from the rear of the building, Door C-09 will be utilized as an entry point to each inside facility (Main Gym, Athletic Trainer’s Room, Auxiliary Gym).
- If entering the school from the Front Door, individuals travelling to the Main Gym area and other athletic locations on the ground floor are to stay right, continuing past Culinary Arts,

Cosmetology, and the Media Center/Library. After passing the Media Center/Library, individuals are to go down Staircase #2 to gyms and athletic rooms.

- Any ground floor exit may be used to leave the building or individuals may exit through the front door.
- If exiting building through the Front Door, individuals are to use the main stairway in the Town Square to exit the building through the Front Door.
- For Dover Middle School, the rear gym door will be used to enter and exit the building for students and coaches.
- Parents/Guardians are not allowed inside either building except in unusual circumstances on non-game days (e.g.- retrieving injured athlete from Athletic Trainer's Room, etc.) and this entry requires an escort by a staff member. If entering the building for competitions, an individual must have appropriate ticketing.
- If/when permissible to have limited spectators at an event, ticket holders should use the directions above to enter and exit the building.

3. Daily Pre-Participation Health Screening:

- Athletes, staff, officials, spectators, and volunteers will be screened upon arrival, or prior to, each practice or competition by having their temperature taken and completing a COVID Screening document.
- **PLEASE DO NOT COME TO ANY TRAINING/COMPETITION IF YOU ARE SICK OR NOT FEELING WELL.**

4. Mandatory Face Coverings/Masks:

- All Athletes, staff, officials, spectators, volunteers athletes, and staff, must bring to sporting events and wear reusable/washable cloth face coverings over their nose and mouth when around others and not actively engaged in athletics where rules prohibit the safe use of a face mask (e.g.- stunting in cheer, in pool while swimming, gymnastics routines, etc.) and/or when social distancing is not possible. Masks are required when on Dover School District campuses, including parking lots.
- Staff and volunteers must always wear proper face coverings.
- If someone forgets a mask, one will be provided.
- Staff members and volunteers MUST ensure social distancing and mask guidelines are followed whenever possible.

5. Transportation:

- It is recommended that whenever possible all athletes be transported to the schools or private facilities for practices/competitions by motorized vehicle either driven by themselves, another member of their immediate family, or a member of their household.
- Athletes and parents/guardians are asked to wait in their vehicles until the designated practice time, to not congregate in groups while waiting for their activity to end and are not to enter the buildings except in unusual circumstances.
- Athletes will be permitted to be transported to and from away contests by a parent/guardian.
- For those individuals who do not have transportation to and/or from away events, school bus transportation will be provided.
- Masks will be worn for the duration of all bus trips.

- When riding a bus to contests, no more than one person per seat will be allowed whenever possible with the seat behind the driver left open.
- Windows will be open as weather permits to increase air flow.
- Members of the same household may be asked to sit together in a seat. Busses will be loaded from back to front and unloaded from front to back.
- Athletes will be required to notify their coach if travelling with a parent/guardian to help ensure transportation for everyone.
- Coaches will not be permitted to transport students except in unusual circumstances.

6. Practice Modifications / Non-school Participation:

- No student-athlete who participates for a Dover School District Team, at any level during the winter season, will not be permitted to play on teams/clubs outside of the District during the Winter Season. This is to help minimize risk of COVID transmission from multiple outside groups.
- Whenever possible, practice sessions should be skill-based with small cohort activities.
- Interscholastic scrimmaging is not permitted. Only NHIAA sanctioned competitions will be allowed.
- Every effort should be made to allow for 30 minutes between sessions for change over, disinfecting of certain areas and to avoid crowds in the parking areas.
- No in-person practices, scrimmages or competitions will take place starting December 24th through January 3rd. Optional virtual gatherings may occur during this time.

7. Social Distancing:

- Social distancing guidelines must be followed whenever physical activity is not taking place (waiting in line during a drill, hydration breaks, etc.).
- A minimum of six feet of distance or more will be maintained as much as reasonably possible by all athletes and staff.
- Staff members and volunteers must ensure social distancing and mask guidelines are followed whenever possible and when not actively engaged in physical activity.

8. Sanitizing / Hydration / Food:

- Students are asked to bring their own alcohol-based sanitizer of at least 60% alcohol.
- Alcohol-based sanitizer shall be on hand and readily available for those who do not bring their own.
- Hand sanitizing stations will be available on site and must be used before participation.
- Balls, equipment, and any commonly touched items and surfaces should be thoroughly disinfected intermittently during practices or games and after each session.
- Athletes are encouraged to shower immediately prior to arrival whenever possible. Hand sanitizing stations will be available on-site and must be used before participation.
- Coaches will provide breaks during training sessions and practices for sanitation and hydration purposes.
- Every student should bring their own personal water "bottle". Filling stations will be provided for refilling of personal water bottles.
- Students and coaches can bring their own food to events. Food is never to be shared. Hand sanitizer must be used prior to consuming any food.

9. Protective Equipment/Equipment:

- Athletes must bring their own personal protective equipment or any equipment which is supplied by the school (e.g. football equipment, catcher's equipment, ice hockey equipment, field hockey equipment, batting helmets, etc.).
- All personal protective equipment must be sanitized by each participant prior to the next session and those items are not to be shared.
- All training items will be cleaned and disinfected intermittently during a session and after each session.

10. Designated Isolation Area(s):

- An isolation area shall be identified and communicated to all participants at the beginning of the season for individuals that do not pass the health screening or develop symptoms during the activity.
- For those who develop symptoms or are diagnosed with COVID-19, we will refer to the Safer at Home Amateur and Youth Sports Document.
- Guidance is covered under the Employee, Volunteer and Athlete Protection section- link: <https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/inline-documents/2020-05/guidance-amateur-youth-sports.pdf>

11. Player Benches / Dugouts:

- Dugout areas and bench areas will have limited use and will only be used when social distancing can be maintained.
- Athletes and coaches can bring their own personal chair. Chairs are not to be shared between participants and should be placed using social distancing guidelines.
- All personal belongings of athletes must be placed a minimum of six feet apart and participants should not touch the belongings of others.
- Locker rooms will not be used except in unusual circumstances and on a limited basis.

SPECIFIC PROTOCOL FOR STAFF

1. Prior to the start of any team activities, coaching staff will be trained by the Athletic Director or designee on the District guidelines above.
2. Daily attendance of participants must be kept. Coaches are responsible for keeping daily participation records and will produce those records upon request.
3. Staff will report any athletes with confirmed symptoms during activity to at least one designated staff member (Athletic Trainer, Athletic Director, Principal, Head Coach, etc.).
4. Equipment will be properly cleaned before next use and stored. Balls and other commonly used equipment that has been handled will be cleaned with alcohol-based disinfectant.

SPECIFIC SPORT GUIDELINES AND EXPECTATIONS

Please see additional sport specific protocols.

By signing this document, I (we) agree to abide by the rules of use as outlined above and within the links provided. I understand if these guidelines are not adhered to, my participation and/or that of my child or my group's participation and use of District facilities may be revoked.

Name of Participant (print) _____ Signature of Participant _____

Signature of Parent/Guardian _____ Date _____ Sport _____