



PELHAM HIGH ATHLETICS

WINTER 2020-2021

GUIDELINES AND PROTOCOLS

RECAP OF FALL 2020 ATHLETICS:

On September 8, 2020 Pelham High School Athletics opened the fall season with nine teams: Football, Fall Spirit, Boys and Girls Soccer, Boys and Girls Cross Country, Volleyball, Golf, and Field Hockey. These teams spent 7-8 weeks practicing and competing 4-5 days a week. Teams followed safety guidelines and protocols put into place by the Pelham High School Athletic Department and approved by the Pelham School Board. Our teams competed regionally during the regular seasons. They were matched with and played the same teams/opponents as much as possible. At the end of the season, there was a random drawing that placed teams in open NHIAA tournaments.

Overall Pelham High School competed in 54 competitions from September 14 through November 14. At home events Pelham High allowed two family members per athlete, and we screened each guest as they entered the field/gym. Generally, athletes and parents did a great job of adhering to these guidelines. At away events Pelham High athletes, coaches and spectators respectfully followed the safety guidelines that were in place at each host school.

Recommendation for Winter Sports Teams

Based on the overall success of our fall sports season to complete safely, the Pelham High Athletic Department recommends that we run a winter sports program. We recommend following the NHIAA recommendations.

NHIAA AND PHS GUIDELINES FOR ALL WINTER SPORTS TEAMS:

1. The NHIAA has set the following dates for the start of winter athletics:
[Monday, November 30: Skills and Drills only \(not mandatory, casual workouts\)](#)
[Monday, December 14: Tryouts/First Practices \(mandatory\)](#)
[Monday, January 11: First day to compete vs other schools.](#)
2. At season's end, the NHIAA will run "Open" tournaments similar to the fall season. These tournaments will start regional, but would eventually end up state wide in each division. The dates for each post season have not been determined yet by the NHIAA committees.
3. Pelham High will develop regional schedules for all of it's teams, keeping the travel distance down and also playing the same team each week for back tracing is necessary. Our Southern NH Pod will consist of Sanborn, Timberlane, Hollis/Brookline, Souhegan, Milford, West and Campbell. Each sport may differ slightly, but our schedules will be made as consistent and regional as possible.

4. The NHIAA has categorized all winter sports into three categories. Here are the sports that PHS offers and where they fall:

Lower Risk: Indoor Track, Swimming, Sideline Cheer.

Moderate Risk: Basketball, Gymnastics

Highest Risk: Wrestling, Competition Cheer, Ice Hockey

5. Masks will be worn at all times by all athletes, coaches and spectators at all venues unless the athletes are actively competing in either practices or games. If the specific sport or venue makes wearing a mask mandatory even when competing, then PHS athletes will adhere to that protocol.
6. Locker Rooms will only be used by athletes who have on-campus practices immediately after school. Locker rooms will be used for changing and bathrooms only. Athletes that have practices starting later than 3:30pm will be required to show up ready to practice.
7. After all practices/games athletes will be required to leave immediately and recommended to go directly home and shower.
8. All shared equipment will be disinfected immediately following each practice or contest.
9. All PHS coaches will attend a mandatory information meeting with the Athletic Director and Principal and also take the NFHS COVID-19 course online before the start of the season.
10. All PHS athletes will have their parent/guardian sign our PSD Release, Waiver and Hold Harmless Form before their athlete can participate.
11. On-campus events will be two family members per athlete. Off-campus events will follow the guidelines and protocols of that venue, not to exceed 2 family members per athlete.
12. For away contests, buses will be one athlete/coach per seat. Athletes will keep all their belongings with them in their seats. All equipment will be disinfected before being loaded on the bus. Masks will be worn at all times on the bus.

As it was during the fall season, the Pelham High Athletic Department will always put the safety of our athletes, coaches and spectators as our top priority. All adopted guidelines and protocols will be followed to allow our athletes to compete as safely as possible throughout the winter season. We will continue to update our safety protocols as we obtain more current information from our neighboring districts and the NHIAA. We are all in this together, and together we can get through this.

LOW RISK SPORTS:

Indoor Track: The NHIAA has not released any sport-specific guidelines for Indoor Track, but has notified each school's Administration that all three venues that Indoor Track uses for meets, UNH, PSU and Dartmouth are not allowing high school meets this winter. With this information, and the lack of training areas inside of Pelham High, (no hallways or cafe can be used after school), it is the recommendation of the Pelham High Athletic Department to suspend Indoor Track until there is a venue that can host meets.

Once the weather improves in the spring, pre-season training for Outdoor Track can begin.

Swimming and Diving: Below are the sport specific guidelines from the NHIAA Swimming and Diving Committee, and also the WCWC, which is the venue where Pelham High swims.

1. When athletes and coaches arrive at the Workout Club and Wellness Center for swimming, they will have their temperature taken at the front desk. They will then go directly into the pool area for their practice or meet.
2. Athletes will arrive with their swimming attire already on under their clothes. Locker rooms will not be used for changing or showering.
3. Athletes and coaches will have face masks on at all times except when in the pool. Athletes will enter the pool on one end and exit the pool on the opposite end, always adhering to the flow of traffic within the pool area.
4. Athletes and coaches will place their belongings 6 feet apart from others in the bleacher area inside the pool area.
5. There will be a maximum of four swimmers per lane, never more than two at each end of the pool.
6. It is the recommendation of the NHIAA Swim Committee to strongly consider having virtual meets, where our team would swim in our pool while another school swims in their pool and we enter the results into the computer to determine a winner for each event. Pelham High will strongly consider this option once we develop a meet schedule.

The WCWC currently has two club teams using their pool facility, and have reported that they have had no safety issues using their current guidelines. With this information, and using the recommendations from the NHIAA, the Pelham High Athletic Department recommends starting Swimming and Diving on December 14, 2020.

Sideline Cheer: Below are the Pelham Athletic Department Guidelines for Sideline Cheer for the winter season.

1. Sideline Cheer will perform at home Boys Basketball games only.
2. Athletes and coaches will wear masks at all times before, during and after games.
3. Athletes will physically distance themselves on the endline where they perform.
4. Athletes will arrive in uniform for their games. Locker rooms will be used for changing only when Cheer has the practice slot directly after school, 2:45-4:45pm.
5. Any mats used will be disinfected after the game.
6. Athletes and coaches will be asked to leave immediately following the game.
There will be no post game meetings.

Based on the above guidelines being followed, it is the recommendation of the Pelham High Athletic Department to begin Sideline Cheer on December 14, 2020.

MODERATE RISK SPORTS:

Gymnastics: The NHIAA has not released any sport specific guidelines for Gymnastics. Below are the guidelines that are in place for the A2 Gym in Salem, NH, where the Pelham High Gymnastics Team competes. Our varsity coach, Ms. Nicole Denomme, is a manager at A2, and has been working with these sport specific guidelines since July.

1. Athletes and coaches will enter the A2 facility one person at a time. Once the lobby is clear the next person may enter.
2. Athletes and coaches will be asked to self screen upon entering A2.
3. Athletes should show up to their practice or competition ready to compete. Changing rooms will not be available for athletes.
4. Athletes, coaches and spectators will wear masks at all times while at A2 Gym.
5. Athletes should bring backpacks to carry around with them as they rotate from event to event. Athletes will be responsible for their own supplies, such as hand chalk and water.
6. Physical distancing of 6 feet or more will occur at all times at A2 Gym. Maximum capacity is 75 people, which will include all athletes, coaches, staff and spectators.
7. Home meets will be limited to one large opponent or possibly two smaller opponents, in order to keep the overall capacity under 75 people. Each athlete will be allowed one spectator at home meets.

8. All gymnastics equipment will be disinfected after each rotation from one event to another. For example after Pelham is done with the vault we will disinfect the vault before our opponent uses it next.

Based on the above guidelines that have been followed at A2 Gym successfully since mid July, the Pelham High Athletic Department recommends that Gymnastics begins their season on December 14, 2020.

Boys and Girls Basketball: Below are the sport specific guidelines from the NHIAA Basketball Committee and the Pelham High Athletic Department.

1. Athletes and coaches will show up to all practices and games ready to play. Locker rooms will only be used for changing purposes when the basketball team has practice directly after school, 2:45-4:45pm. Locker rooms will not be used for showering at any time.
2. Athletes will arrive at practices or games in their masks, and are only allowed to take off their masks when on the court competing. Coaches and substitutes will wear masks at all times during practices and games.
3. Athletes will bring their own water and distance their belongings at least six feet from one another.
4. Coaches will keep physical distancing in practices whenever possible. The Pelham High Athletic Department does recognize that at times competing in basketball makes it difficult to follow physical distancing guidelines.
5. Basketball rosters for both genders, Varsity and JV, will be limited to twelve or less athletes. This is to assist in physical distancing in practices, on sidelines at games, and also on team buses when traveling.
6. At games, benches will be spread out to accommodate physical distancing of at least 6 feet. Coaches should limit the amount of sideline members to assist with this guideline.
7. All basketballs used will be disinfected before and after all basketball activities.
8. There will be 10 minutes in between all practices in the PHS Gym to allow one team to exit the gym before the next team enters through a different door. There will be no congregating or team meetings before or after practices.
9. Any team meetings or film sessions will be done remotely, using Zoom or Google Meet.
10. For each home game each athlete and coach will be allowed two family members to attend. Spectators will be allowed in fifteen minutes prior to the game starting, and asked to leave through the gym doors immediately following the game.

11. The visiting team will bring their own balls for warmups. When our teams travel we will bring our own disinfected balls and adhere to all protocols of the host school.

12. There will be no pre and post game handshaking between teams.

Based on the above guidelines, it is the recommendation of the Pelham High Athletic Department to begin the Boys and Girls Basketball seasons on December 14, 2020.

HIGH RISK SPORTS:

At this time the Pelham High Athletic Department is not ready to make a recommendation on the high risk sports of Ice Hockey, Wrestling and Competition Cheer. We will continue to do research and get information from knowledgeable sources to make an educated decision on these sports. Athlete safety will always be the top priority of the Pelham High Athletic Department.