



**PELHAM HIGH ATHLETICS**

**SPRING 2021**

**GUIDELINES AND PROTOCOLS**

## **RECAP OF WINTER 2020-2021 ATHLETICS:**

On Monday, December 14, 2020 Pelham High School Athletics opened their winter season with nine teams: Boys Basketball, both varsity and JV, Girls Basketball, both varsity and JV, Wrestling, Swimming, Gymnastics, Winter Cheer and Ice Hockey. Indoor Track began their workouts on January 6, 2021. These teams spent anywhere between 7-11 weeks practicing and competing 3-5 days a week. Every team followed safety guidelines and protocols put into place by the Pelham High Athletic Department and approved by the Pelham School Board. Our teams competed in a regional cluster of southern NH high schools as much as possible. At the end of their regular seasons, these teams were either randomly drawn into an open NHIAA tournament or competed in a state competition. Indoor Track did not get to compete due to a lack of venues willing to host meets.

Overall, Pelham High School Athletics competed in 56 competitions between January 12 and March 13. At home events, Pelham High School allowed for two family members per Pelham athlete and no visiting fans until the playoff games. During the playoffs, we allowed two family members per visiting athletes as well. All attendees were asked to self screen before entering the venue. In general, athletes and parents did a great job of adhering to the guidelines. At away events, Pelham High School athletes, coaches, and spectators(when they were allowed), followed the safety guidelines and protocols that were put into place by each host school.

### **Recommendation for Spring Sports Teams:**

Based on the overall success of both our fall and winter sports seasons, the Pelham High Athletic Department recommends that we move forward with a spring sports program. We recommend the following NHIAA recommendations.

### **NHIAA SCHEDULED DATES FOR SPRING SPORTS:**

- Monday, March 29: Tryouts/First Practices
- Monday, April 12: First day to compete against other schools.
- Monday, May 31: Open Tournaments begin

### **NHIAA CLASSIFICATION OF SPRING SPORTS:**

- Lower Risk Sports: Track and Field (except for high jump and pole vault), Tennis.
- Moderate Risk Sports: High Jump and Pole Vault, Baseball, Softball, Girls Lacrosse.

## Higher Risk Sports: Boys Lacrosse

### **COACH'S EDUCATION:**

As we have done in the fall and winter, the Pelham High Athletic Department will work efficiently to educate our spring coaches to ensure compliance of state and athletic department guidelines. The NFHS continues to offer a free course for coaches regarding COVID-19. All PHS spring coaches will be required to complete this course and provide the Athletic Director a certification of completion before March 29, 2021. Currently six of our spring coaches have already completed this course. The Pelham High Athletic Department will also hold a mandatory spring coaches meeting where the PHS Athletic Director and Principal will address them on proper guidelines and protocols based on NHIAA and DHHS guidelines. Coaches will create a spreadsheet once their teams are formed with the athlete's name, athlete's phone number, parents' names, parents' emails and phone numbers. They will be turned into the Athletic Director as soon as possible.

### **SAFETY GUIDELINES FOR PELHAM HIGH SPRING ATHLETICS:**

1. Each day, much like when entering the school building each morning, each PHS athlete will self screen for any symptoms of COVID-19 before they step on the field/court. Answering yes to any of the questions will result in immediate removal from participation.
2. No athlete shall return to practice until they are deemed safe to do so per district protocols and guidelines that are already in place.
3. Athletes and coaches shall maintain six feet of separation when not engaged in physical activity. All coaches and athletes will wear masks at all times during practices and games, with the exception of distance runners who may remove their masks while running.
4. All athletes and coaches should leave the facility immediately following their practice/game and shower at home.
5. All practice and game venues will have hygiene stations set up which will include hand sanitizer, wipes, disinfecting spray with paper towels and a waste basket. All coaches and athletes are required to wash their hands or use the hand sanitizer before and after each practice/game.
6. All shared equipment will be disinfected immediately after use by either the coach, athletic director or athletic trainer. All personal equipment should be brought home daily by the athlete and disinfected or washed immediately.
7. There will be no community water stations. All coaches and athletes should bring their own water bottles and there should be no sharing of water bottles amongst teammates.

8. Athletes are strongly encouraged when possible to come to their practice/game already dressed and ready to play. All personal belongings should either be left in their vehicles or in the designated space that each team will have.
9. Locker rooms will be available only for athletes that have their practices starting at 2:45pm. All athletes will wear masks while in the locker rooms changing. Lockers will not be used to store belongings or equipment. Showers will not be allowed. Athletes will rotate in and out of the locker rooms in small groups of 15 or less at one time. There will be no congregating in the locker rooms. All visiting teams will arrive ready to play, as will we when we travel.

### **GAME SCHEDULING PLAN:**

As was the case in the fall and winter, the Pelham High Athletic Department will develop regional schedules for all of its teams whenever possible, keeping travel distance down and playing one specific school each week, in order to assist with contact tracing if necessary. Our Southern NH cluster will consist of Sanborn, Campbell, Hollis/Brookline, Milford, Souhegan, Con-Val, West and Pelham. Pelham High will not schedule any games on April vacation week, but reserves the right to put rescheduled games in that week if necessary.

### **PRACTICE PROCEDURES:**

1. No practices will start before 2:45pm. This will allow for on-campus students to change in an orderly and safe fashion and allow for remote learners to arrive on time for their practice without having to leave their 4th block on-line class early.
2. No teams should be combining their practices. Once varsity and JV teams are chosen, these teams should be practicing separately. Attendance needs to be taken at every practice/game by the coach for tracing purposes.
3. No spectators are allowed at any PHS practice sessions.
4. Team practices should never exceed two hours in length, with 90 minutes being the recommended length. The Pelham Athletic Department supports more days off during the spring season for athletes to physically and mentally stay strong during this stressful time in their lives. This will be at the coach's discretion.
5. Whenever possible, physical distancing of six feet or more should be followed.
6. Congregating on fields or courts before or after practices will not be allowed. Please show up at the time of your practice and leave immediately following your practice.

## **HOME GAME PROCEDURES:**

1. Facilities will open one hour prior to gametime. No one will be allowed on the field/court prior to that time.
2. Only one game per field per day will be allowed. On Saturday, we can have one game in the morning and one game in the afternoon assuming we have enough time in between to disinfect and clear out the spectators.
3. Any equipment used, including gameballs, shall be disinfected at all breaks in the action.(timeouts, halftime, etc.) Baseballs and softballs shall be rotated every half inning.
4. No handshakes before or after the game between teams. No team celebrations after scoring.
5. Visiting teams will bring their own equipment, water, and disinfecting materials. They will arrive ready to play and not more than 60 minutes early.
6. Team sidelines will follow physical distancing protocols. There will be no team benches. Dugouts will extend outside of the bench area.
7. Spectators will be limited to two family members per player, both home and away teams. Exceptions can be made for special games if the PHS Athletic Department feels it can be done safely.(Senior Games, Playoffs) Spectators will be asked to self screen before entering our venue. Seating will be clearly marked off to allow for physical distancing. Spectators will be asked to arrive no more than 30 minutes before the game and asked to leave with immediately following the game.

## **TRANSPORTATION/AWAY GAME PROTOCOLS:**

1. Pelham High teams will adhere to all guidelines put in place by the host schools. This could include screening, temperature checks, hand sanitizing, etc.
2. On buses, coaches will have documented seating charts for tracking purposes. Each athlete and coach will have their own seat, and keep all their belongings with them in that seat. Coaches will disinfect all equipment before loading them on the bus.
3. The Pelham High Athletic Department is allowing parents to transport their athletes to and from away contests. Athletes can not drive themselves. Please let the coach know in advance if you plan on driving your athlete to and from the away contest.
4. Upon arriving back at PHS, athletes and coaches will go immediately to their vehicle and head home. They will not be allowed to re-enter the building unless it is an emergency.

## **Participation in Pelham High Athletics**

### **Release, Waiver and Hold Harmless Form**

*No student will be allowed to participate in athletics until this form is returned to the coach or Athletic Director.*

As the parent/ legal guardian I authorize my child's full participation in athletics, band, chorus, and other extracurricular activities (collectively, "activities") at Pelham High School and acknowledge that participation in these activities is completely voluntary. I further understand that my or my child's failure to comply with the guidelines established by Pelham School District regarding safety, including guidelines related to limiting the spread of COVID-19, or to comply with the instructions of coaches, trainers, advisors, and activity leaders regarding such guidelines, will result in my child's removal from participation in these activities at Pelham High School.

#### **Assumption of Risk and Medical Clearance**

I agree and understand that participating in activities with other students carries inherent risks including potential exposure to or contraction of COVID-19 or other infectious diseases, injuries (whether severe or minor), permanent damage, or even death. This assumption of risk includes participation in activities on or off the campus of Pelham School District, and includes the risks associated with participation athletics during the COVID-19 pandemic. My child is covered with family insurance in the event of an accident or injury. I attest my child is in good health and has no restrictions covering participation in the activities, including any symptoms of COVID-19. I agree that if my child experiences any symptoms related to COVID-19, including cough, shortness of breath or difficulty breathing, nasal congestion, fatigue, fever, chills, muscle aches, headaches, sore throat, nausea or vomiting, diarrhea, and/or loss of taste or smell, my child will not participate in activities until their symptoms have cleared and they produce a negative test for COVID-19.

I agree and understand there are specific guidelines in place in order to participate in activities and understand that even if coaches, trainers, advisors, activity leaders, and students follow these guidelines, Pelham School District cannot guarantee that students will not contract COVID-19 while participating in activities.

## **Release, Waiver, and Hold Harmless Agreement**

In consideration for my child's participation in activities at Pelham High School, I, (for myself and on behalf of my minor child), agree to forever release and discharge Pelham School District and its Administration, faculty, employees, volunteers and other agents and representatives (together, the "Released Parties") from, and agree not to sue for any and all liability or claims I (or my child) may have for any causes of action, liability, losses, or damages arising or resulting from property damage and loss, personal injury, emotional distress, illness, disability, or death, related to my child's participation in activities, including participation in activities during the COVID-19 pandemic. This release, waiver and hold harmless agreement is for any type of claim, including breach of contract, negligence, fraud, or any other type of suit and includes losses alleged to be caused by the negligence of Pelham School District and the Released Parties, to the fullest extent permitted by law but does not include claims for intentional wrongdoing.

Activity: \_\_\_\_\_

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Memo: Regards Covid Positive Student Athlete**

**To: Athletic Director and Coaches**

**From: PHS Principal Dawn Mead**

**RE: Proper Reporting, Documentation, and Communication**

It is imperative that we have the correct documentation and information for our student athletes. This will allow us to communicate in a timely and consistent method. Moving forward, we will use the following practice:

1. The coach will have the following information readily available: the student athlete's email, the parent of the student athlete's email, a home phone number, and a parent's cell phone number.
2. Upon a student athlete or family confirming a positive test or symptoms, the coach will immediately contact the Athletic Director. If not available, contact the Principal.
3. The coach will provide the Athletic Director with a list of student athletes in the 'pod' that had contact with or exposure to the 'positive' student athlete.
4. The AD or principal will coordinate with the Superintendent (or designee) who works with Pelham Public Health to determine a course of action.
5. The Athletic Director will contact all student athletes that were possibly exposed and their parents. An email with: the Superintendent's letter, a summary of the safety protocols and practices that have been used by the team, and any other pertinent and shareable information about potential risk of exposure. This will be sent to all student athletes and their parents.
6. The Athletic Director will contact via phone call all above mentioned parties.
7. The Athletic Director will meet with the identified Coach and team after quarantine to review all protocols.
8. A coaches meeting to review safety protocols, face coverings, and physical distancing will be scheduled by the Athletic Director for the week of March 22. The Principal will be in attendance.

