

ATH1-5 Athletics

ATH1

Sports Programs

All coaches must complete the VOSHA health and safety training and have their certificates of completion on file with the OSSD athletic director prior to meeting with their athletes.

Fall Sports

School-based fall sports programs may initiate coach-led practice sessions (e.g., skills and drills work) and inter-squad scrimmages **within** the OSSD.

- Programs may not begin prior to September 8, 2020.
- Facial coverings are required to be worn by all players, coaches, officials, staff, and spectators at all times, including during active play with the exception of cross-country runners if social distancing is maintained. Cross-country competitions must be run using staggered starts.
- Locker room use must adhere to physical distancing and masking requirements.
- There can be no spitting on the fields or sidelines.
- There can be no sharing of water bottles.
- During times when athletes are not actively participating in practice or competition, appropriate physical distancing will be maintained.
- Teams will structure team meetings to limit congregation and ensure physical distancing between players on the sidelines or benches.
- The number of spectators be limited as much as possible and spectators will be expected to follow social distancing protocols (though they may congregate by family).
 - For outside events on OSSD grounds, at no time shall the total number of spectators exceed current limits on event size – currently 150.
 - Spectators will not be allowed at OSSD indoor events.
- All athletic activities will cease if schools are ordered to operate under Step 1, or if all in-person instruction is eliminated via the superintendent or school board in response to local conditions.

Winter Sports

School-based winter sports programs may initiate coach-led practice sessions (e.g., skills and drills work) and inter-squad scrimmages (within a school program) no earlier than November 30, 2020. Students traveling out-of-state over the Thanksgiving holiday, or at any other point in time, must follow ACCD and Department of Health guidance around quarantine before returning to school; the same quarantine requirements also apply to participating in any school-based activity, including sports. Out-of-state travel to participate in any recreational sports activity currently requires a mandatory quarantine upon return.

Facial coverings are required to be worn by all players, coaches, officials, staff and spectators at all times, including during active play. Students who have a medical or behavioral reason for not wearing a facial covering should not be required to wear one; these decisions should be made in partnership with the health care provider and school nurse.

An exception is provided for participants in outdoor sports during interscholastic meets/competitions, as long as a minimum of six feet of physical distancing can be maintained between individual participants at all times using staggered starts or other means, and for gymnasts engaged in activities that require inversion (i.e., tumbling, vaulting, bars, etc.).

Any officials working indoor games or competitions must properly mask at all times and use an electronic, handheld whistle. For outdoor sports, referees and other game officials are exempt from wearing a mask during active play if masking inhibits their ability to officiate (i.e., blow a whistle). Referees and other game officials must have a mask on their person at all times and are required to wear a mask during arrival, departure, warm-ups, half-time, etc., and anytime there is need to approach a player or coach to explain a call or manage the game when six feet of physical distance cannot be maintained.

School-sponsored winter sports programs may initiate interscholastic games, meets and competitions among Vermont schools no earlier than January 11, 2021, as long as the school is operating under Step III

- Athletes should arrive for practices, games, meets and competitions dressed to avoid having to use a locker room.
- Non-contact activities should be used for drills and conditioning.
- Outside spectators at events are limited to 150 mask wearing people.
- No spectators will be allowed at indoor events, key personnel only.

ATH2

Daily Health Screenings

All coaches, students, officials, and other contest personnel will be screened for signs/symptoms of COVID-19 before any training session or competition. If an individual has already been screened that day by a school, it is not necessary to screen them again. Screening includes a temperature check and the following questions:

1. *Have you been in close contact with a person who has COVID-19?*
2. *Have you travelled outside the State of Vermont in the past 14 days? If yes, have you complied with Agency of Commerce and Community Development (ACCD) and Department of Health guidance around quarantine?*
3. *Do you feel unwell with any symptoms consistent with COVID-19? For example, have you had a cough, fever, shortness of breath, difficulty*

breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell?

Any person with positive symptoms reported and/or a temperature of 100.4 degrees Fahrenheit shall not be allowed to take part in team activities and must be sent home immediately; the school nurse and school administration will be notified as soon as possible. Symptomatic persons must self-isolate at home and contact their primary care provider or other appropriate health-care professional.

- The district's response to a student athlete or team personnel testing positive for COVID-19 will follow guidelines as determined by the Vermont Department of Health.

ATH3

Personal Hygiene of Athletes

- Individuals must wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in training. If hands are not visibly soiled, an alcohol-based hand sanitizer with at least 60% alcohol can be used in the absence of soap and water.
- Hand sanitizer must be plentiful at all contests and practices and available to individuals as they transfer from place to place.
- There shall be no shared personal gear (i.e. towels, clothing, shoes, water bottles) between students. Personal gear must be washed/cleaned after every session.
- Students and coaches must wash their hands at the end of training sessions and contests.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- Facial coverings must be washed daily.

ATH4

Competitions

- Fall sports programs may only initiate interscholastic games, meets and competitions when Vermont schools reach Step III.
- Games and meets may only occur between or involve Vermont-based teams or teams from counties eligible for quarantine-free travel, based on the most recent map published by the Agency of Commerce and Community Development.
- Visiting teams will not be allowed inside OSSD facilities unless the competition is happening in the gym. Outside team members will be allowed access to pre-specified bathrooms but must limit the number of people going to the bathroom at one time: two

per bathroom.

Outdoor Sports Involving No or Low-Contact

Fall

Once Step III is reached, Cross country running, golf and bass fishing may hold team practice sessions and interscholastic meets/competitions. The number of participants in any meet or competition may not exceed current limits on event size – currently 150. A meet may involve multiple groupings through the day if the groups do not interact with one another. For example, meet organizers may consider staggered starts and departures to ensure the number of participants on-location at a single point in time does not exceed limits on event size. Meet organizers must maintain lists of participants in each grouping for 30 days to assist in contact tracing.

Winter

Nordic skiing, downhill skiing and snowboarding may hold team practice sessions and interscholastic meets and competitions. The number of participants in any meet or competition may not exceed current limits on event size – currently 150 for outdoor events; event sites may choose to implement additional restrictions or requirements that school-sponsored sports programs will need to observe.

A meet may involve multiple groupings through the day if the groups do not interact with one another. For example, meet organizers may consider staggered starts and departures to ensure the number of participants on-location at a single point in time does not exceed limits on event size. Meet organizers must maintain lists of participants in each grouping for 30 days to assist in contact tracing.

Indoor Sports Involving Short-Duration, Incidental Contact

Fall

Once Step III is reached, Soccer and field hockey may hold team practice sessions, inter-squad scrimmages within your school program and interscholastic games. “Jamboree” or tournament-style play (one team playing multiple games vs multiple opponents in a single day/weekend) is not currently permitted.

Volleyball may hold team practice sessions limited to no and low contact physical conditioning and skill building drills. Indoor inter-squad scrimmages within your school program are allowed only if all participants (players and coaches) are wearing cloth facing coverings at all times while play is occurring. Outdoor matches, including interscholastic games, may be considered if all participants are wearing cloth facing coverings at all times while play is occurring.

Winter

Bowling, dance and gymnastics may hold team practice sessions and interscholastic meets and competitions. The number of participants in any meet or competition may not exceed current limits on event size – currently no more than 1 person per 100 square feet to a maximum of 75 people in any indoor space 17,100 square feet or smaller in size. Large indoor spaces with more than 17,100 square feet and 10' ceilings may have up to 150 people indoors. Events should be structured in a manner that ensures a minimum of six feet of physical distance is maintained between individual participants for all non-essential activities (e.g. spotting a routine is allowed). A meet or competition may involve multiple groupings through the day if the groups do not interact with one another. For example, meet organizers may consider staggered starts and departures to ensure the number of participants on-location at a single point in time does not exceed limits on event size. Meet organizers must maintain lists of participants in each grouping for 30 days to assist in contact tracing.

Indoor track will not be sanctioned during the Winter 2020-21 season due to concerns related to training and restrictions on meet venues.

Sports Involving High Contact

Fall

Football and cheerleading may hold practice sessions limited to no and low contact physical conditioning and skill building drills. Full contact scrimmages, games and cheer stunting will not be allowed during the Fall 2020 season. Low contact alternatives, such as 7-on-7 football or sideline cheer, may be considered.

Winter

Cheerleading squads may hold practice sessions and competitions. Stunt groups should be kept together in their cohort; refrain from mixing and matching bases and tops from different groups. Six feet of physical distance should be maintained between individual stunt groups when possible (i.e., when not building pyramids). Modifications to skills (i.e., stunting and lifts) should be considered to ensure participant safety while wearing face coverings, such as limiting inversions, twisting, and tosses. Because of the increased risk of transmission associated with vocalization, cheerleading squads may not perform vocal routines in practice sessions or competitions during the Winter 2020-21 season.

Basketball and hockey programs may hold team practice sessions, inter-squad scrimmages and interscholastic competitions. Teams must implement measures to ensure six feet of physical distance is maintained between players not actively involved in game play.

Indoor sports teams engaged in interscholastic competition in sports that involve close proximity or moderate contact are limited to no more than two games in any seven-day period

and allow a minimum of at least three days between competitions.

Wrestling will not be sanctioned during the Winter 2020-21 season.

ATH5

Transportation

Whenever possible, parents, caregivers or designated adults should transport their own students to and from offsite games to allow for increased social distancing on the district's busses.

- Anyone utilizing shared transport (i.e., bus or carpooling with anyone outside their immediate household unit) is required to wear facial coverings and comply with all other relevant guidelines in the most current health guidance published by the Agency of Education

** Guidelines for school-based spring sports programs will be published by March 1, 2021.