

Return to Athletics Plan 2020

For your consideration:

The Concord High School (CHS) Athletic Department submits a **draft plan** to resume athletic competition in the fall. **This proposal is crafted around the State of New Hampshire guidelines concerning Amateur and Youth Sports. These guidelines were issued by the Governor of New Hampshire and vetted by the Department of Health and Human Services.**

The Athletic Department is building off a successful summer activity program that was designed using the State of New Hampshire reopening recommendations surrounding Youth and Amateur Sports. During these programs, we implemented and practiced health and safety protocols that will benefit students in the fall. On July 5, the Governor declared that youth athletic competition was permitted in our state. We have taken a methodical approach that has included only covering skills and drills during our summer activities. Team competition versus other schools has not been allowed. It should be noted that AAU (pay to play) and other private groups have sponsored tournaments and competitions throughout the summer. The Athletic Department is committed to providing students with healthy and safe opportunities to ensure their social and emotional growth and wellness. We are continually working to follow all State guidelines to facilitate educational-based athletics. It is our belief that New Hampshire high schools are a safer sport option for our students.

Please see paragraph below copied from the State of NH guidelines

These adaptations are applicable but are not limited to the following athletic activities: Badminton, Baseball, Basketball, Cheerleading/Competitive Spirit Squad, Dance, Field Hockey, Football/Flag Football, Gymnastics, Ice Hockey, Indoor Track, Lacrosse, Rugby, Skiing, Snowboarding, Soccer, Softball, Spirit, Swimming, Diving, Tennis, Track and Field, Cross Country, Volleyball, Water Polo and Wrestling.

Practices, training sessions, competitions, games, and tournaments/jamborees are permitted. When possible or practical, they should be planned and implemented to maintain a minimum 6 feet of distance between all athletes, volunteers, and staff. In circumstances where closer contact for sustained periods is necessary, staff, volunteers, and athletes must wear a cloth mask covering when possible.

[Please see enclosed reference to Safer at home Amateur & Youth Sports](#)

[Please see enclosed reference to NHIAA Reopening Sports Guidance](#)

NHIAA update as of 7/30/2020

At the NHIAA Executive Council meeting held on 6/30/2020, the following actions were taken.

- A waiver of action eligibility bylaw was established
- The bylaws that a student must pass with four units of work as defined by the individual school district. The council felt that the challenges presented to students through remote learning required this action.

- The Executive Council voted to delay the start of the fall season to September 8th, 2020 from its original date of August 17th, 2020. This date represents the first date to practice. The rationale presented by the members of the Executive Council cited the need for districts to focus on school reopening. The first date to compete will be discussed at a meeting held on Thursday August 6th, 2020.

Athletic Department Responses:

On June 29, 2020 we held a coach meeting for all fall coaches for the purpose of training coaches in Covid-19 procedures and protocols. Prior to the meeting, coaches were provided with the State of New Hampshire guidelines to review. Prior to the start of any activity, coaches will conduct a student/parent meeting to train students in safety protocols. District Business Administrator Jack Dunn, in conjunction with Primex and legal counsel, developed two new documents that are required for athlete participation. Please see attached

[Waiver](#)

[Health Questionnaire](#)

Please see each Summer Activity Plan below:

[Boys Basketball Summer Activity Plan](#)

[Girls Basketball Summer Activity Plan](#)

[Coed Cheerleading Summer Activity Plan](#)

[Boys Cross Country Summer Activity Plan](#)

[Girls Cross Country Summer Activity Plan](#)

[Girls Field Hockey Summer Activity Plan](#)

[Boys Football Summer Activity Plan](#)

[Coed Nordic Summer Activity Plan](#)

[Boys Soccer Summer Activity Plan](#)

[Girls Soccer Summer Activity Plan](#)

[Girls Volleyball Summer Activity Plan](#)

Liability:

Review and follow [universal guidelines](#) for all NH employers and employees. These guidelines were distributed and reviewed by staff at the coach meeting. Staff were provided training on safe practices pertaining to hygiene, safety, and sanitation. Staff will review with students and parents at parent meeting.

Safety:

All staff, volunteers, and students should bring a face covering to sporting events and wear their face coverings over their noses and mouths when they are not able to practice social distancing, while entering and exiting an activity. Students will not be required to wear face

coverings while engaging in the activity. Hand sanitizer will be readily available to staff and students at all times. Staff will wear face coverings when they are unable to use social distancing. Commonly touched surfaces and equipment will be frequently cleaned. Shared equipment will be sanitized after every use. Gloves will be provided. Staff will act as safety monitors to remind students, other staff, and parents to maintain social distancing. Personal equipment and bags will be placed six feet apart. Students and staff will not congregate in groups. A ratio of 9-1 (student-coach) will be maintained and gathering size will be limited to 50. This recommendation is not included in the latest State of New Hampshire guidelines, but we will continue this process throughout the summer and review this in the fall.

Athletic Trainer Proposal:

Concord School District ("District") consults certified Athletic Trainers from Granite State Physical Therapy. Attached please find the athletic training protocols pertaining to athletic training of CHS students.

[Please see enclosed Athletic Trainer Opening Guidance](#)

Screening:

Staff, Game workers and students will be screened at the beginning of each activity. All staff, coaches and game workers will be trained on covid-19 guidelines. Additionally, coaches will ask the health questions of each athlete before the start of an activity. In order to adhere to the Return to School Plan we will be implementing temperature checks prior to entry of an activity. Each student will be required to have signed a waiver and have a health questionnaire on file before participation.

If a student develops symptoms during the activity, they will be isolated from the group in a predetermined area. Parents will be called, and the coach will report to the administration immediately. Any student who feels unwell is required to stay home.

At this time, if a student tests positive, the District will contact the State of New Hampshire for guidance. It is our hope that a student protocol will be distributed for all schools to use in this situation.

Transportation:

Bus capacity and seating arrangements will be established through the CSD transportation department. Students will line up socially distanced outside the bus. Students will enter the bus at the instruction of the driver. Students will fill the bus from back to front in accordance with transportation guidelines. Students will exit the bus ready to play. During away games, a restroom will be made available at the visiting site. (Masks on the bus TBD) Staff will not transport students. Students are encouraged not to carpool. Depending on bus availability, parent transportation to games will be considered. Students are encouraged to use face coverings when riding with a non-immediate family member.

General Daily Procedures:

Students will follow all posted signs. Locker rooms will not be used for entire teams to congregate. The number of students allowed in the room at one time will be limited. This number is yet to be determined and will vary based on the room used. There are three different locker room areas in both the boys' and girls' locker room area. Students will wear masks in the hallways and in the line for the bus. (Masks on bus TBD) Students will be required to bring their

own water bottles, which will not be shared. Students will sanitize hands before leaving locker room and before boarding bus.

Before school equipment drop off:

Students will enter the locker room area from the stairs by Commons D and proceed to the hall by the training room. Students will socially distance in the hall and wait to be admitted at 6-foot markers in the hallway. Staff will monitor the locker room area. The locker rooms will have signs admitting students into locker rooms one-way only. Students will place gear in lockers and then exit the locker room by proceeding out the door by the PE office. The monitor will not let the number of students exceed the predetermined amount. (Largest locker room 10 max / medium 8 max / small 3 max)

After School Changing for Practice:

This process will mirror the morning process, but the student will change for practice. Upon leaving, the student will proceed to practice in a socially distant manner. Practice start time may have to be altered to a later start time based on how long this process takes. Students will carry their personal belongings (backpack) to practices or games. Staff will assign a safe area and facilitate socially distant pickup of belongings.

Practice Procedures:

The procedures developed for summer conditioning programs will continue to be followed. These plans will be reviewed before the start of the season to see if there are areas we need to improve. Please see the attached Summer Activity Plans / practice procedures for individual sports. Note some of the sport locations will change.

Post Practice:

Students will not return to CHS. They will be required to be picked up or walk to their cars. Coaches will bring trash bags to remove trash from activity. All personal equipment will be taken home daily by students to be cleaned. With the exception of football, due to the cost of helmets and shoulder pads, will store helmets and shoulder pads in a shed at Rundlett Middle School (RMS). Students will sanitize that equipment before storing it, to include a Schutt splash face shield added inside their helmet.

Game Day / Away Early Dismissal:

Students will enter locker room area and line up socially distant in the hall. Staff will monitor the number of athletes in the locker room. Students will be dressed ready to play when leaving school, as they will not be afforded a changing area at visiting school. Football players will wear "lowers" and carry shoulder pads and helmet to bus. Sports that require large amounts of equipment should consider parent volunteers to transport the equipment.

School Day/Mid-Day

If a student is not enrolled in an afternoon class and is not able to go home and come back, we will provide a socially distant study area at school. The student center and the OCA are potential areas and would require staff supervision. This study area could also be accessible on practice and home days.

Home Game Day:

The NFHS is in the process of issuing recommendations for safely conducting sports. The Athletic Department will follow and implement all the recommendations provided. The practice day procedures will be followed. Fans will be limited to immediate family only.

[See attached NFHS Football Rules](#)

[See attached NFHS Field Hockey Rules](#)

[See attached NFHS Spirit Rules](#)

[See attached NFHS Volleyball Rules](#)

[See attached NFHS Soccer Rules](#)

[See attached NFHS Cross Country](#)

Remote school days:

Sub-varsity players will not be excluded from playing if they miss a practice due to transportation issues. Varsity players are expected to be in attendance.

The Athletic Department has intuited a collaboration with the Transportation Department to develop a plan that will meet the needs of students. An afternoon bus route will transport students to practices and games. Transportation will require reservations for all riders. Transportation would create the route based on student's reservations. The Athletic Department would identify these students and supply the names and addresses to transportation. Transportation would also run a "late bus" to take students home. **This plan is still in the conceptual stage pending board approval of Athletics.**

Food:

Booster Clubs for the respective sport will set up a pickup location for meals at the game site following socially distant protocols. Each student will use hand sanitizer before eating.

Spectators at Athletic Events:

The Athletic Department will encourage only immediate family to attend athletic events until further notice. Family units will be expected to social distance from other spectators. Spectators will be encouraged not to yell encouragement toward the field area.

Sports-specific spectator protocols below:

- A. Soccer – The Athletic Department will meet with the city to paint restraining lines on the sidelines on both sides of the soccer field.
- B. Football – The fence around the track will act as a barrier. Spectators in the bleachers will be expected to maintain 6-foot social distance. The Athletic Department will work with the city for appropriate signage.
- C. Field Hockey – restraining line will be painted along the side of the field opposite the players' bench. Spectators will not be allowed together on the players' bench side of the field. We will ensure ample time between games to adhere to social distancing guidelines.

- D. Cross Country – Spectators will be required to stand 10 feet back, creating a buffer from the running path. Spectators may view the race from any vantage point along the course where they can adhere to the 10 feet buffer. Spectators should not congregate in the Start/Finish line area.
- E. Volleyball – Immediate family members only will be encouraged for spectating in the gym. Masks will be required upon entering the building. Spectators will use both sets of bleachers to maintain social distance. Player seating will be spaced per guidelines.
- F. Golf – Spectators may walk the course adhering to 6-foot social distancing guidelines.

Enclosures:

Safer at Home Amateur & Youth Sports

NHIAA Reopening Sports / Activities Summer Guidance

Waiver

Health Questionnaire

Summer Activity Plans

Universal Guidelines

Athletic Trainer Opening Guidance

NFHS 2020 Football Rules

NFHS 2020 Field Hockey Rules

NFHS 2020 Spirit Rules

NFHS 2020 Volleyball Rules

NFHS 2020 Soccer Rules

NFHS 2020 Cross Country

Current fall enrollment numbers

Family ID Registration number as of 8/13/2020 for Concord High School

Cross Country (Girls)		23	
Cross Country (Boys)		28	
Field Hockey		42	
Golf		16	
Soccer (Girls)		52	
Soccer (Boys)		61	
Spirit Fall		28	
Volleyball		28	
Soccer (Unified)		3	
Football		71	
Total number		352	

Family ID Registration number as of 8/13/2020 Rundlett Middle School

<u>RMS Soccer (Boys)</u>		32	
<u>RMS Soccer (Girls)</u>		18	
<u>RMS Field Hockey</u>		14	
<u>RMS Cross Country (Coed)</u>		28	
<u>RMS Volleyball</u>		19	
Total Number		111	

Average enrollment for Fall CHS is approximately 420

Average enrollment for Fall RMS is approximately 280