

**KENNETT HIGH SCHOOL /
KENNETT MIDDLE SCHOOL
ATHLETICS COVID-19
PHASE 4 - REGULAR
SEASON GUIDELINES**



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It is the expectation of the Kennett High School and Kennett Middle School athletics departments that school based athletics teams will abide by all guidelines set forth by the CDC, the Governor Office's COVID-19 Reopening Guidance, and the Conway school district. This document has been created to provide Kennett High School and Kennett Middle School athletics programs with the necessary steps to follow. It is important that all groups read, understand, and adhere to the following requirements.

Kennett Athletics COVID-19 Phase 4 - Regular Season

Kennett High School and Kennett Middle School athletics groups will be permitted to hold indoors and outdoors group practices, training sessions, and games/races per the guidance of the Governor's Amateur and Youth Sports guidelines. Prior to participating in any activity, school staff members, volunteers, and students will be educated and trained on the following school guidelines, and review the [Universal Guidelines for All New Hampshire Employers and Employees](#) and [CDC guidance for cleaning and disinfection](#).

Kennett High School coaches are also required to complete the online, NFHS educational course - COVID-19 for Coaches and Administration.

ATHLETES – CHECK-IN AND PRE-SCREENING

Athletes are asked to wait in their vehicles until their designated time and to not congregate in groups while waiting for their activity. Congregating before or after practices, training sessions, and games/races is not allowed.

It is encouraged that all athletes show up to the team activity already in practice clothing. Upon arrival, athletes will maintain proper social distancing and not congregate during the check in process.

All athletes will wear masks during the check in process. If an athlete does not arrive with a mask they will either be provided with one or sent home.

All athletes will complete the following within one hour prior to the start of the activity:

1. Pre-screening questions COVID-19 Google form. * Team specific.
2. Students will be required to sign a consent agreement outlining the acknowledgement of risk of injury and the COVID-19 virus associated with the activity.
3. Onsite review of questionnaire with a coach or staff member.
4. Onsite temperature check (must be less than 100.0 F).

All google forms and temperatures will be logged into a Google spreadsheet and kept by the Kennett High School and Kennett Middle School Athletics Departments. All students will report any symptoms of COVID-19 or close contact to a person with COVID-19 to a staff member.

PLEASE DO NOT COME TO ANY ATHLETICS ACTIVITIES IF YOU ARE SICK OR NOT FEELING WELL.

Daily attendance of participants must be kept. Records will be made available if requested and kept for 21 days per the [Governor's Amateur and Youth Sports Guidelines](#).

The following procedures will be followed for an athlete that answers yes to any of the questions or has a fever of 100.0 F or higher:

1. Send the athlete home immediately and communicate to the athlete that you will be in touch with them within 24 hours about what steps to take next.
2. Contact Neal Weaver and Colby Locke at Kennett High School or Gredel Shaw at Kennett Middle School.
3. Each question may require a different response from the school and a different process to follow for the athlete.
4. No athlete will return to team activities until a plan of care has been determined for that athlete and the appropriate process has been followed.

COACHES – CHECK-IN AND PRESCREENING

Coaches should arrive already dressed and prepared to participate whenever possible.

All Kennett High School and Kennett Middle School coaches will be required to complete the [COVID-19 Coaches Screening Form](#) and have a temperature taken daily within one hour of their practice time, workout, or game/race.

All staff will report any symptoms of COVID-19 or close contact to a person with COVID-19.

PLEASE DO NOT COME TO ANY ATHLETICS ACTIVITIES IF YOU ARE SICK OR NOT FEELING WELL.

If a coach answers yes or has a temperature of 100.0F or higher:

1. The coach will be sent home immediately.
2. Contact Neal Weaver and Colby Locke at Kennett High School or Gredel Shaw at Kennett Middle School. They will communicate to the coach that they will be in touch with him/her within 24 hours about what steps to take next.
3. Each question may require a different response from the school and a different process to follow for the athlete.
4. No coach will return to team activities until a plan of care has been determined for that individual and the appropriate process has been followed.

COACHES - COVID-19 EXPECTATIONS

All coaches are required to:

1. Arrive in face masks and use face masks during all transitional periods or when they are unable to socially distance before, during and after practices, workouts, or games/races.
2. Help with pre-screening of athletes.
3. Enforce face masks and social distancing expectations.
4. Disinfect shared equipment during and after games/races.
5. Enforce no sharing of water bottles or commonly used water stations.
6. Not transport any students that are not immediate family members.
7. Bring trash bags to sessions and remove all garbage following each event.
8. Understand the implications that arise if a coach or athlete does not follow the Phase 4 - Regular Season guidelines and procedures.

COACHES - SUPERVISION RESPONSIBILITIES

Supervision of the athletes before, during and after practice times, workouts, or games/races is the responsibility of the Head Coach. At no time will athletes be left unsupervised before, during and after a scheduled activity.

It is required that a safety officer be designated during any team activity. The duty of the safety officer is to monitor social distancing and compliance with protective actions (i.e. hand hygiene, use of face coverings ... etc.).

An isolation area shall be identified and communicated at the beginning of every practice or competition for participants that develop symptoms during the activity.

School staff will isolate any participant with confirmed symptoms during a team activity and have him/her picked up and removed from school grounds. All cases must be reported to Neal Weaver at Kennett High School or Gredel Shaw at Kennett Middle School immediately and a case by case plan will be determined.

COACHES AND ATHLETES - COVID SYMPTOMS

Person(s) with any COVID-19 symptoms (fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new change in sense of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea), or those who report that in the past 14 days they have had close contact with someone suspected or confirmed with COVID-19, or report travel risk factors should not be allowed into the sporting event or practice, and:

- a. Symptomatic persons should be instructed to contact their healthcare providers to be tested for COVID-19 and self-isolate at home following the instructions below.
- b. Asymptomatic persons reporting that in the past 14 days they have had close contact with someone suspected or confirmed with COVID-19, or who report one of the traveled-related risk factors should self-quarantine for 14 days from their last exposure or return from travel.

Person(s) with a suspected or confirmed diagnosis of COVID-19 must stay home until symptom based criteria are met for discontinuation of isolation which are:

- a. At least 10 days have passed since symptoms first appeared, AND
- b. At least 24 hours have passed since recovery (“Recovery” is defined as resolution of fever off any fever reducing medications plus improvement in other symptoms).

Coaches and students must have a health care provider confirm in writing before return.

COACHES AND ATHLETES - GENERAL EXPECTATIONS

BENCH / SIDELINE AREAS

Bench areas must not be used for storage of personal or group equipment. For these reasons benches will not be used at Kennett High School for the sports of field hockey, football, and soccer.

Coaches, volunteers, staff members, and athletes must wear a mask when on the sidelines.

During sporting events the bench / sideline area may be extended to allow 6’ separation of athletes during time in bench / sideline areas when needed. This will be the case with football (sideline area extended to the 10 yard line), field hockey, soccer, and volleyball (student designated areas that are 6’ apart).

Athletes should sanitize hands prior to leaving the bench area.

EQUIPMENT

Athletes may be asked to help the coaching staff and Athletic Trainer organize the equipment so that it may be cleaned immediately following the practice, session, or game/race.

Shared equipment provided by the school must be cleaned and disinfected according to [CDC guidance](#) at the completion of each practice, training session, or sporting event.

Pump sprayers will be used to disinfect all equipment, locker rooms, weight rooms, or other shared spaces.

Shared or used equipment (i.e. balls, machines, benches, bars, dumb bells, ... etc.) must be cleaned and disinfected after each practice, session, or game/race. This will help ensure the equipment is ready for the next event.

Commonly touched surfaces and areas should be frequently cleaned and disinfected according to [CDC guidance](#). School staff members will routinely clean and disinfect surfaces (i.e. door handles), areas (i.e. bathroom), and equipment at a minimum of every 2 hours while the facility is open and in use. Follow the cleaning and disinfectant instructions for appropriate wet time to ensure proper disinfection.

Floors will be cleaned and disinfected once everybody has left and before the next workout.

All cleaning solutions will be in compliance with the recommended guidelines and in coordination with custodians and [CDC guidance for cleaning and disinfection](#).

Equipment bags/backpacks of athletes should be placed 6' apart. Athletes should not touch other players' bags, equipment or water bottles.

Athletes must bring their own, labeled equipment, and not share their personal equipment. Equipment will be sanitized by each participant after each use and prior to the next game/race.

FACE MASKS

All coaches, athletes and staff members are required to arrive with a face mask over the mouth and nose. The face mask should be used during all transitional periods indoors and outdoors.

Face masks will be required over the nose and mouth when around others, not actively engaged in rigorous activity, and when social distancing of at least 6' is not possible.

Face masks must be worn at all times when indoors and not actively engaged in rigorous activity (i.e. volleyball).

People wearing face masks must not touch their eyes, nose, mouth, or face or adjust their face mask without first sanitizing their hands. After touching one's face or adjusting one's face mask, hands must be sanitized.

The Kennett High School Athletics Department has a limited number of PPE supplies, so masks will not be given out more than once. Staff and students are responsible for their own face mask each day.

FIRST AID KITS

First aid kits will be provided to all head coaches and junior varsity coaches by KHS Athletic Trainer, Colby Locke and KMS Athletic Coordinator, Gredel Shaw.

Each first aid kit will include the standard supplies and also a digital thermometer, hand sanitizer and disposable masks.

First aid kits are expected to be within a reasonable distance from at least one coach during each practice at all times.

It is the coaches' responsibility to inform Colby Locke at KHS or Gredel Shaw at KMS when more supplies are needed.

GAMES/MATCHES/RACES

Back-to-back competitive sporting events, training sessions, or practices must be avoided. Sequential competitive sporting events, training sessions, or practices will be scheduled to allow adequate time for cleaning of facilities and to allow for spectators, staff, volunteers, and students to exit the area and avoid interaction with other incoming or exiting groups.

Teams must be provided a designated area for warm-ups that provides for the necessary social distancing.

HYDRATION

Athletes must provide their own water bottle, which is labeled with the athlete's name. The Kennett High School Athletics Department has purchased extra water bottles, but athletes will only be given one water bottle by the Athletic Trainer. If an athlete forgets a water bottle multiple times, the athlete will not be allowed to participate in the team activity.

Water will be readily available to all athletes before, during, and after team activities. Water fountains are not to be used but touchless, water bottle refill stations will be available. Commonly used water sources will not be utilized by athletes (i.e. water fountains, water horse). **Each team will receive a water cooler for their practice, training session, or game/race and must designate a coach as the person who will fill an athlete's water bottle if they run out.** This is to prevent athletes from congregating and touching commonly used water sources.

HYGIENE

Athletes are encouraged to shower immediately prior to arrival and after the practice, training session, or game/race whenever possible. Hand washing with warm, soapy water for at least 20 seconds is also suggested.

Staff members will carry hand sanitizer with at least 60% alcohol with their team equipment. Athletes should carry hand sanitizer in their personal equipment bag.

Frequent hand hygiene should be required including, but not limited to, hand hygiene upon arrival, before and after eating, before and after going to the bathroom, before and after touching a person's face or face covering, and prior to leaving the event.

All mouth-based activities that are commonly encountered during team activities shall not be allowed. This includes: spitting, chewing gum, licking fingers and chewing/spitting sunflower seeds.

LOCKER ROOMS AND RESTROOMS

Restrooms will be available to the public during Phase 4. This includes the restrooms by the gym (volleyball), restrooms at the concession stand (football), and portapotties (field hockey, soccer).

Locker rooms and team rooms will be used as areas for athletes and coaches to change their clothes. There will be no storing of bags or personal belongings in these areas. Coaches and athletes should preferably practice wear-in/wear-out clothes when possible. Locker rooms can be used for showering and toileting as well.

Alcohol-based hand sanitizer should be made available at entrances to locker rooms and changing areas.

MEDICAL SERVICES – ATHLETIC TRAINER

The Kennett High School Athletic Training Room will only be utilized for one on one treatment times and injury specific rehabilitation. No more than two athletes will be allowed in the training room at a time and they must wear a mask.

A *mobile* athletic training area will be set-up outside the East gymnasium doors on the patio nearest to the tennis courts. This will provide an open air location where athletes can wait to see the Athletic Trainer. Athletes will continue to receive all evaluations, treatments, taping and modalities. With social distancing guidelines, the previously listed services may require an athlete to be late to practice.

Athletes are expected to:

1. Keep social distancing guidelines in place. No congregating outside the athletic training room or outdoors.
2. Wear a mask during all indoor/outdoor sessions due to close proximity of services.
3. Show up for services in a timely manner and abide by normal athletic training room rules.

The Athletic Trainer will wear a mask when at games and use gloves when necessary when working with an individual student.

MOUTH GUARDS

During regular season games/races, mouth guards will be used according to the rules of the specific sport. At this time, mouth guard guidelines have been waived for girls and boys Soccer but remain in place for Field Hockey and Football.

While on the field or engaged in practice, mouth guards will be left in as much as possible to reduce the number of times athletes are touching their face/mouth. Athletes may remove their mouth guard when entering/leaving the field.

It is recommended that athletes will use hand sanitizer before and after inserting or removing their mouth guard.

The Kennett High School Athletics Department has a limited number of PPE supplies, so mouth guards will not be given out more than once. Athletes are expected to bring their own mouth guard each day for team activities.

SPECTATORS

Spectators will be limited to a maximum of four (4) Parents/Guardians per athlete for regular season games/races through September 27th. No other spectators will be permitted, including students and visiting fans. Game personnel (i.e. officials, school administrators, athletic trainers, media ... etc.) will be allowed.

Spectators will be required to wear face coverings and a distance of at least 6' apart from anyone other than a household/immediate family members is recommended.

This guideline will be re-evaluated on September 28th to allow for additional spectators, including the potential of permitting students and visiting fans, for the remainder of the regular season.

GENERAL KHS AND KMS PLAYING GUIDELINES

1. Plan and communicate the individual sport game/race day procedures to athletes.
2. Coaches and volunteers must complete the [COVID-19 Coaches Screening Form](#) and have a temperature taken within one hour of the start of each game/race.
3. Athletes should wear a mask when entering and exiting team activities, maintain social distancing of a minimum of 6', and follow all procedures in a controlled manner.
Coaches will be expected to wear their face mask at all times.
4. When possible, athletes should arrive dressed and prepared to play.
5. Uniforms stay with a player for the whole season. Uniforms should be collected by the coaches and cleaned before athletes' wear them again at the next game/race, unless athletes will be responsible for cleaning their uniforms themselves.
6. Athletes will not be permitted to participate if their uniform hasn't been cleaned since it was last used.
7. Athletes should bring enough water for their individual use throughout the event.
8. Athletes should not share food, drinks, towels, or other personal care items.
9. Equipment bags, ball bags, backpacks and water bottles should be placed 6' apart. Athletes should not touch other athletes' bags, equipment or water bottles. Benches, bleachers or other commonly touched areas should not be utilized for storage of an athlete's personal belongings.
10. Coaches should have hand sanitizer with them at all times and athletes should apply throughout the event.
11. When possible, coaches should handle all equipment. Coaches may designate specific players to assist with set up / take down, disinfecting equipment, and putting equipment away, but this should be done in a manner that only one player at a time is responsible (i.e. game by game) and a record is kept.
12. All other safety guidelines normally in place shall be adhered to (heat, cold, inclement weather, first aid, head injury ... etc.).

13. When possible or practical, events should be planned and implemented to maintain a minimum of 6' of distance between all athletes, volunteers, and staff. Close-contact, **non-athletic activities** shall be avoided.
14. Utilize socially distanced stretching / warm up / cool down drills that allow for athletes and coaches to spread out and maintain physical distance as much as possible. Use cones or markers to illustrate appropriate 6' social distancing. Consider stretching / warming up / cooling down in "pods" of the same athletes to ensure limited exposure if someone develops symptoms.
15. All players and coaches will be required to wear masks while on the sidelines and not actively participating during game play.
16. Athletes should avoid touching their face, face covering and mouth guard when possible.
17. Coaches should use verbal cues rather than physical contact when instructing athletes.
18. In situations where individuals / coaches might raise their voices, such as shouting or cheering, it is recommended that masks are worn.
19. Athletes and coaches should social distance during chalk talk or film sessions. Masks must be worn if indoors, and if a minimum of 6' can't be maintained outdoors.
20. Pregame/race (i.e. warm ups, staggered starts / waves, coaches/captains meetings, player introductions) and end of game/race procedures (i.e. identifying placements, using the "chute", awards ceremonies, handshake) will be modified. Alternatives that are non-contact and provide for social distancing may be allowed.
21. A coach should be designated as the "safety officer" to monitor health protocols during the game/race (i.e. social distancing, face coverings, hand sanitizing ... etc.) and for end of game/race sanitation procedures.
22. A second designated coach should direct students post-game/race, ensuring that masks are worn, preventing athletes from congregating, determining athletes' ride home (i.e. parent, themselves, ... etc.) and making sure that students leave the facility promptly.

GAME/MATCH/RACE CHECKLIST

Sport _____

Date _____

	Coach Responsible (Name)	Complete (Yes / No)	N/A
Health Screening Questions / Temperature Check Complete (Coach)		<input type="checkbox"/>	<input type="checkbox"/>
Health Screening Questions / Temperature Check Complete (Athletes)		<input type="checkbox"/>	<input type="checkbox"/>
Uniform Handout		<input type="checkbox"/>	<input type="checkbox"/>
Changing Area Monitor		<input type="checkbox"/>	<input type="checkbox"/>
Equipment Handout		<input type="checkbox"/>	<input type="checkbox"/>
Set Up / Direct Students to Personal Belongings Area / Bus Seat Assignments		<input type="checkbox"/>	<input type="checkbox"/>
Safety Officer / Monitoring of Event Cleaning and Safety Procedures		<input type="checkbox"/>	<input type="checkbox"/>
End of Event Sanitizing of Equipment		<input type="checkbox"/>	<input type="checkbox"/>
Collection of Clothing / Cleaning		<input type="checkbox"/>	<input type="checkbox"/>
Post-event Safety Procedures		<input type="checkbox"/>	<input type="checkbox"/>

SPORT SPECIFIC RACE GUIDELINES - CROSS COUNTRY (KENNETT HOME)

1. Athletes should arrive at Kennett Middle School on time, but no earlier than 60 minutes before the race is recommended.
2. Athletes must check in with a designated coach, who will hand out the health screening questionnaire, take temperatures and apply hand sanitizer.
3. Athletes should arrive dressed for competition. They will proceed to the field where a second coach will direct athletes to their personal belongings areas. These areas will be clearly identified and separated 6' apart.
4. Restrooms will be available within Kennett Middle School. A volunteer will admit athletes (two max at a time) and make sure that others are waiting 6' apart.

** Refer to the General KHS and KMS Playing Guidelines for additional information. **

SPORT SPECIFIC RACE GUIDELINES - CROSS COUNTRY (KENNETT AWAY)

1. Athletes must check in with a designated coach in the lobby outside of the gym, who will hand out the health screening questionnaire, take temperatures and apply hand sanitizer.
2. Athletes are encouraged to arrive dressed for competition. Athletes who need to change their clothes will wait their turn and use the boys or girls locker rooms. The coach will admit them (twenty max at a time) and make sure that the others are waiting a minimum of 6' apart in the hallway.
3. When changed, athletes will take all of their belongings and exit the building through the doors near the nurses' office. A designated coach will direct athletes to their personal belongings areas. These areas will be clearly identified and separated 6' apart. They will then proceed to the bus where the coach will direct athletes to their assigned seat.
4. For away races, abide by all [SAU 9 transportation guidelines](#) as well as any additional procedures of the home schools where we are competing. These will be communicated out in advance to all teams.

SPORT SPECIFIC RACE GUIDELINES - CROSS COUNTRY (VISITING TEAMS)

1. Visiting teams will be expected to adhere to both the general sport pp. 11,12) and cross country (pp. 13,14) specific guidelines.
2. Visiting teams will self-screen and take their temperature prior to arriving.
3. Changing areas will be provided for visiting teams if necessary, but it is recommended that they arrive dressed and ready to participate.
4. Visiting teams will either use the portapotty at the field or an indoor restroom will be available in case of an emergency. They must be escorted by a coach to ensure proper safety measures are followed.
5. Visiting team fans are not being permitted at this time, only approved coaches, team members, athletic training staff, and school personnel.

SPORT SPECIFIC RACE GUIDELINES - CROSS COUNTRY (OFFICIALS)

1. Follow any additional guidelines from the cross country officials' association.

SPORT SPECIFIC GAME GUIDELINES - FIELD HOCKEY (KENNETT HOME)

1. Athletes should arrive at Kennett High School on time, but no earlier than 60 minutes before the event is recommended.
2. Athletes must check in with a designated coach, either at the field or outside of the girls locker room, who will review individual student's health screening questions on the team's Google spreadsheet, take temperatures and apply hand sanitizer.
3. Athletes should arrive dressed for competition. Athletes who need to change their clothes will wait their turn and use the girls locker room. The coach will admit them (twenty max at a time) and make sure that the others are waiting a minimum of 6' apart.
4. When changed, athletes will take all of their belongings and exit the building through the doors near the nurses' office. They will proceed to the field where a second coach will direct athletes to their personal belongings areas. These areas will be clearly identified and separated 6' apart.
5. Athletes will be expected to wear a mask when on the sidelines, at halftime, and at any other times when they're not actively participating on the field. Coaches will be expected to wear their face mask at all times.
6. Restrooms in the locker rooms will be available prior to the game starting while changing clothes. Additionally, there will be a portapotty at the field. There should be no congregating while waiting to use the bathroom.

SPORT SPECIFIC GAME GUIDELINES - FIELD HOCKEY (KENNETT AWAY)

1. Athletes must check in with a designated coach outside of the girls locker room, who will review individual student's health screening questions on the team's Google spreadsheet, take temperatures and apply hand sanitizer.
2. Athletes are encouraged to arrive dressed for competition. Athletes who need to change their clothes will wait their turn and use the girls locker room. The coach will admit them (twenty max at a time) and make sure that the others are waiting a minimum of 6' apart in the hallway.

3. When changed, athletes will take all of their belongings and exit the building through the doors near the nurses' office. A designated coach will direct athletes to their personal belongings areas. These areas will be clearly identified and separated 6' apart. They will then proceed to the bus where the coach will direct athletes to their assigned seat.
4. For away games, abide by all [SAU 9 transportation guidelines](#) as well as any additional procedures of the home schools where we are competing. These will be communicated out in advance to all teams.

SPORT SPECIFIC GAME GUIDELINES - FIELD HOCKEY (VISITING TEAMS)

1. Visiting teams will be expected to adhere to both the general sport (pp. 11,12) and field hockey (pp. 15-17) specific guidelines.
2. Visiting teams will self-screen and take their temperature prior to arriving.
3. Changing areas will be provided for visiting teams if necessary, but it is recommended that they arrive dressed and ready to participate.
4. Visiting teams will either use the portapotty at the field or an indoor restroom will be available in case of an emergency. They must be escorted by a coach to ensure proper safety measures are followed.
5. Visiting team fans are not being permitted at this time, only approved coaches, team members, athletic training staff, and school personnel.

SPORT SPECIFIC GAME GUIDELINES - FIELD HOCKEY (OFFICIALS)

1. Follow any additional guidelines from the field hockey officials' association.
2. Officials will be expected to self-screen and take their temperature prior to arriving.
3. Changing areas will be provided for officials if necessary, but it is recommended that they arrive dressed and ready to participate.
4. Officials will either use the portapotty at the field or an indoor restroom will be available in case of an emergency. They must be escorted by a staff member to ensure proper safety measures are followed.

5. Officials will wear a mask for any pregame meetings. It is recommended that a mask is worn during the game, but it is not required except when 6' of social distancing is not possible (i.e. close conversations with players/coaches).
6. Showering options will be available if requested, but it is asked that officials leave the game when finished and shower at home after the game.

SPORT SPECIFIC GAME GUIDELINES - FOOTBALL (KENNETT HOME)

1. Athletes should arrive at Kennett High School on time, but no earlier than 90 minutes before the event is recommended.
2. Athletes will proceed to the gym where 2-3 designated coaches will be located outside of the boys locker room door to review individual student's health screening questions on the team's Google spreadsheet, take temperatures and apply hand sanitizer.
3. Athletes should arrive dressed for competition. Athletes who need to change their clothes will wait their turn and use the boys locker room. The coach will admit them (twenty max at a time) and make sure that the others are waiting a minimum of 6' apart.
4. Another coach will monitor the boys locker room to ensure that athletes are socially distanced and to move them along to the team rooms.
5. When changed, athletes will take all of their belongings and proceed through the team rooms, where they will pick up their helmets and shoulder pads from another coach.
6. Athletes will then exit the building through the doors at the end of the hallway. Another coach will direct athletes to their personal belongings areas. These areas will be clearly identified and separated 6' apart.
7. Restrooms in the locker rooms will be available. Additionally, the concession stand restrooms will be available. Two athletes at a time. There should be no congregating while waiting to use the bathroom.
8. Post-game - players will place all equipment (i.e. shoulder pads, helmets, balls ... etc.) together outside of the doors into the building. The coaches will spray everything down at the same time and store it in the team rooms. Multiple coaches should assist but one coach should have the primary responsibility of storing the equipment and making sure that the necessary sanitization procedures have taken place.
9. A designated coach should direct students post-game, ensuring that masks are worn, preventing athletes from congregating, determining athletes' ride home (i.e. parent, themselves, ... etc.) and making sure that students leave the facility promptly.
10. The decision to sell concessions, merchandise and programs will be made on 9/28.

SPORT SPECIFIC GAME GUIDELINES - FOOTBALL (KENNETT AWAY)

1. Athletes must check in with 2-3 designated coaches in the gym outside of the boys locker room, who will review individual student's health screening questions on the team's Google spreadsheet, take temperatures and apply hand sanitizer.
2. Athletes are encouraged to arrive dressed for competition. Athletes who need to change their clothes will wait their turn and use the boys locker room. The coach will admit them (twenty max at a time) and make sure that the others are waiting a minimum of 6' apart in the hallway.
3. Another coach will monitor the boys locker room to ensure that athletes are socially distanced and to move them along to the team rooms.
4. When changed, athletes will take all of their belongings and proceed through the team rooms, where they will pick up their helmets and shoulder pads from another coach.
5. Athletes will then exit the building through the doors at the end of the hallway. Another coach will direct athletes to their personal belongings areas. These areas will be clearly identified and separated 6' apart. They will then proceed to the bus where the coach will direct athletes to their assigned seat.
5. For away games, abide by all [SAU 9 transportation guidelines](#) as well as any additional procedures of the home schools where we are competing. These will be communicated out in advance to all teams.

SPORT SPECIFIC GAME GUIDELINES - FOOTBALL (VISITING TEAMS)

1. Visiting teams will be expected to adhere to both the general sport (pp. 11,12) and football (pp. 18-20) specific guidelines.
2. Visiting teams will self-screen and take their temperature prior to arriving.
3. A changing area will be provided for visiting teams if necessary, but it is recommended that they arrive dressed and ready to participate.
4. Visiting teams will either use the girls locker room restroom or the restrooms at the concession stand (two people at a time limit). They must be escorted by a coach to ensure proper safety measures are followed.

5. Visiting team fans are not being permitted at this time, only approved coaches, team members, athletic training staff, and school personnel.

SPORT SPECIFIC GAME GUIDELINES - FOOTBALL (OFFICIALS)

1. Follow any additional guidelines from the football officials' association.
2. Officials will be expected to self-screen and take their temperature prior to arriving.
3. Changing areas will be provided for officials if necessary, but it is recommended that they arrive dressed and ready to participate.
4. Officials will either use the concession stand restrooms at the field (two people at a time limit) or an indoor restroom will be available in case of an emergency. They must be escorted by a staff member to ensure proper safety measures are followed.
5. Officials will wear a mask for any pregame meetings. It is recommended that a mask is worn during the game, but it is not required except when 6' of social distancing is not possible (i.e. close conversations with players/coaches).
6. Showering options will be available if requested, but it is asked that officials leave the game when finished and shower at home after the game.

SPORT SPECIFIC MATCH GUIDELINES - GOLF (KENNETT HOME)

1. Athletes should arrive at North Conway Country Club on time, but no earlier than 60 minutes before the match is recommended.
2. Athletes will proceed to the clubhouse where a designated coach will review individual student's health screening questions on the team's Google spreadsheet, take temperatures and apply hand sanitizer.
3. Athletes should arrive dressed for competition. Athletes who need to change their clothes will wait their turn and use the clubhouse locker rooms. The coach will admit them (five max at a time) and make sure that the others are waiting a minimum of 6' apart.
4. When changed, athletes will take all of their belongings and proceed to the starting area where a designated coach will direct athletes to their personal belongings areas. These areas will be clearly identified and separated 6' apart.
5. Athletes will be expected to wear a mask when on the sidelines, at halftime, and at any other times when they're not actively participating on the field. Coaches will be expected to wear their face mask at all times.
6. When on the course, consider increasing the amount of time between groups to ten minutes. Face masks will not need to be worn when not actively engaged in physical play and a consistent distance of 6' can be maintained (i.e. walking down the fairway).
7. Restrooms in the locker rooms will be available prior to the match starting. Two person at a time limit. There should be no congregating while waiting to use the bathroom.
8. There should be a maximum of four people on the putting green at one time. Athletes should wear their face covering when waiting for their turn to play.
9. A maximum of one person on the tee box at a time. Athletes waiting to tee off must wear a face covering.
10. Water coolers on the course are not to be used. Athletes should bring their own water / water bottle.
11. Ball washers may be used but athletes must sanitize their hands afterwards.

12. Pins may be left in the hole or taken out but athletes must sanitize their hands afterwards.
13. All players must sanitize their hands after each hole.
14. Masks should be worn at the end of the matches when turning in score cards and calculating team scores.

SPORT SPECIFIC MATCH GUIDELINES - GOLF (KENNETT AWAY)

1. Athletes must check in with a designated coach in the lobby outside of the gym, who will review individual student's health screening questions on the team's Google spreadsheet, take temperatures and apply hand sanitizer.
2. Athletes are encouraged to arrive dressed for competition. Athletes who need to change their clothes will wait their turn and use the boys or girls locker rooms. The coach will admit them (twenty max at a time) and make sure that the others are waiting a minimum of 6' apart in the hallway.
3. When changed, athletes will take all of their belongings and exit the building through the doors near the nurses' office. A designated coach will direct athletes to their personal belongings areas. These areas will be clearly identified and separated 6' apart. They will then proceed to the bus where the coach will direct athletes to their assigned seat.
4. For away matches, abide by all [SAU 9 transportation guidelines](#) as well as any additional procedures of the home schools where we are competing. These will be communicated out in advance to all teams.

SPORT SPECIFIC MATCH GUIDELINES - GOLF (VISITING TEAMS)

1. Visiting teams will be expected to adhere to both the general sport (pp. 11,12) and field hockey (pp. 21-23) specific guidelines.
2. Visiting teams will self-screen and take their temperature prior to arriving.
3. Changing areas will be provided for visiting teams if necessary, but it is recommended that they arrive dressed and ready to participate.

4. Visiting teams will have access to the clubhouse restrooms. Two people at a time limit. There should be no congregating while waiting to use the bathroom.
5. Visiting team fans are not being permitted at this time, only approved coaches, team members, athletic training staff, and school personnel.

SPORT SPECIFIC MATCH GUIDELINES - GOLF (OFFICIALS)

1. Follow any additional guidelines from the golf officials' association.

SPORT SPECIFIC RACE GUIDELINES - MOUNTAIN BIKE (KENNETT HOME)

1. Athletes should arrive at Kennett High School on time, but no earlier than 60 minutes before the race is recommended.
2. Athletes will proceed to the mountain bike shed where a designated coach will review individual student's health screening questions on the team's Google spreadsheet, take temperatures and apply hand sanitizer.
3. Athletes should arrive dressed for competition. Athletes who need to change their clothes will wait their turn and use the concession stand restrooms. The coach will admit them (two max at a time) and make sure that the others are waiting a minimum of 6' apart.
4. When changed, athletes will take all of their belongings and proceed to the starting area where a designated coach will direct athletes to their personal belongings areas. These areas will be clearly identified and separated 6' apart.
5. Athletes will be expected to wear a mask at any other time when they're not actively racing. Coaches will be expected to wear their face mask at all times.
6. Restrooms in the concession stand will be available prior to the match starting. Two person at a time limit. There should be no congregating while waiting to use the bathroom.

SPORT SPECIFIC RACE GUIDELINES - MOUNTAIN BIKE (KENNETT AWAY)

1. Athletes must check in with a designated coach in the lobby outside of the gym, who will review individual student's health screening questions on the team's Google spreadsheet, take temperatures and apply hand sanitizer.
2. Athletes are encouraged to arrive dressed for competition. Athletes who need to change their clothes will wait their turn and use the boys locker room. The coach will admit them (twenty max at a time) and make sure that the others are waiting a minimum of 6' apart in the hallway.
3. When changed, athletes will take all of their belongings and exit the building through the rear doors near the CTC office. A designated coach will direct athletes to their

personal belongings areas. These areas will be clearly identified and separated 6' apart. They will then proceed to the bus where the coach will direct athletes to their assigned seat.

4. For away matches, abide by all [SAU 9 transportation guidelines](#) as well as any additional procedures of the home schools where we are competing. These will be communicated out in advance to all teams.

SPORT SPECIFIC RACE GUIDELINES - MOUNTAIN BIKE (VISITING TEAMS)

1. Visiting teams will be expected to adhere to both the general sport (pp. 11,12) and mountain bike (pp. 24,25) specific guidelines.
2. Visiting teams will self-screen and take their temperature prior to arriving.
3. Changing areas will be provided for visiting teams if necessary, but it is recommended that they arrive dressed and ready to participate.
4. Visiting teams will have access to the concession stand restrooms. Two people at a time limit. There should be no congregating while waiting to use the bathroom.
5. Visiting team fans are not being permitted at this time, only approved coaches, team members, athletic training staff, and school personnel.

SPORT SPECIFIC MATCH GUIDELINES - MOUNTAIN BIKE (OFFICIALS)

1. Follow any additional guidelines from the mountain bike officials' association.

SPORT SPECIFIC GAME GUIDELINES - BOYS SOCCER (KENNETT HOME)

1. Athletes should arrive at Kennett High School on time, but no earlier than 60 minutes before the race is recommended.
2. Athletes will proceed to the weights and cardio room where a designated coach will review individual student's health screening questions on the team's Google spreadsheet, take temperatures and apply hand sanitizer.
3. Athletes should arrive dressed for competition. Athletes who need to change their clothes will wait their turn and use the boys locker room. The coach will admit them (twenty max at a time) and make sure that the others are waiting a minimum of 6' apart in the hallway.
4. When changed, athletes will take all of their belongings and exit the building through the doors at the end of the hallway. They will proceed to the soccer field where a second coach will direct athletes to their personal belongings areas. These areas will be clearly identified and separated 6' apart.
5. Athletes will be expected to wear a mask when on the sidelines, at halftime, and at any other times when they're not actively participating on the field. Coaches will be expected to wear their face mask at all times.
6. Restrooms in the locker rooms will be available prior to the game starting while changing clothes. Additionally, there will be a portapotty at the field. There should be no congregating while waiting to use the bathroom.

SPORT SPECIFIC GAME GUIDELINES - BOYS SOCCER (KENNETT AWAY)

1. Athletes must check in with a designated coach outside of the weights and cardio, who will review individual student's health screening questions on the team's Google spreadsheet, take temperatures and apply hand sanitizer.
2. Athletes are encouraged to arrive dressed for competition. Athletes who need to change their clothes will wait their turn and use the boys locker room. The coach will admit them (twenty max at a time) and make sure that the others are waiting a minimum of 6' apart in the hallway.

3. When changed, athletes will take all of their belongings and exit the building through the doors at the end of the hallway. A second coach will direct athletes to their personal belongings areas. These areas will be clearly identified and separated 6' apart. They will then proceed to the bus where the coach will direct athletes to their assigned seat.
4. For away games, abide by all [SAU 9 transportation guidelines](#) as well as any additional procedures of the home schools where we are competing. These will be communicated out in advance to all teams.

SPORT SPECIFIC GAME GUIDELINES - BOYS SOCCER (VISITING TEAMS)

1. Visiting teams will be expected to adhere to both the general sport (pp. 11,12) and boys soccer (pp. 26-28) specific guidelines.
2. Visiting teams will self-screen and take their temperature prior to arriving.
3. Changing areas will be provided for visiting teams if necessary, but it is recommended that they arrive dressed and ready to participate.
4. Visiting teams will either use the portapotty at the field or an indoor restroom will be available in case of an emergency. They must be escorted by a coach to ensure proper safety measures are followed.
5. Visiting team fans are not being permitted at this time, only approved coaches, team members, athletic training staff, and school personnel.

SPORT SPECIFIC GAME GUIDELINES - BOYS SOCCER (OFFICIALS)

1. Follow any additional guidelines from the soccer officials' association.
2. Officials will be expected to self-screen and take their temperature prior to arriving.
3. Changing areas will be provided for officials if necessary, but it is recommended that they arrive dressed and ready to participate.
4. Officials will either use the portapotty at the field or an indoor restroom will be available in case of an emergency. They must be escorted by a staff member to ensure proper safety measures are followed.

5. Officials will wear a mask for any pregame meetings. It is recommended that a mask is worn during the game, but it is not required except when 6' of social distancing is not possible (i.e. close conversations with players/coaches).
6. Showering options will be available if requested, but it is asked that officials leave the game when finished and shower at home after the game.

SPORT SPECIFIC GAME GUIDELINES - GIRLS SOCCER (KENNETT HOME)

1. Athletes should arrive at Kennett High School on time, but no earlier than 60 minutes before the race is recommended.
2. Athletes will proceed to the girls locker room where a designated coach will review individual student's health screening questions on the team's Google spreadsheet, take temperatures and apply hand sanitizer.
3. Athletes should arrive dressed for competition. Athletes who need to change their clothes will wait their turn and use the girls locker room. The coach will admit them (twenty max at a time) and make sure that the others are waiting a minimum of 6' apart in the hallway.
4. When changed, athletes will take all of their belongings and exit the building through the doors at the end of the hallway near the nurse's office. They will proceed to the soccer field where a second coach will direct athletes to their personal belongings areas. These areas will be clearly identified and separated 6' apart.
5. Athletes will be expected to wear a mask when on the sidelines, at halftime, and at any other times when they're not actively participating on the field. Coaches will be expected to wear their face mask at all times.
6. Restrooms in the locker rooms will be available prior to the game starting while changing clothes. Additionally, there will be a portapotty at the field. There should be no congregating while waiting to use the bathroom.

SPORT SPECIFIC GAME GUIDELINES - GIRLS SOCCER (KENNETT AWAY)

1. Athletes must check in with a designated coach outside of the girls locker room, who will review individual student's health screening questions on the team's Google spreadsheet, take temperatures and apply hand sanitizer.
2. Athletes are encouraged to arrive dressed for competition. Athletes who need to change their clothes will wait their turn and use the girls locker room. The coach will admit them (twenty max at a time) and make sure that the others are waiting a minimum of 6' apart in the hallway.

3. When changed, athletes will take all of their belongings and exit the building through the doors at the end of the hallway near the nurse's office. A second coach will direct athletes to their personal belongings areas. These areas will be clearly identified and separated 6' apart. They will then proceed to the bus where the coach will direct athletes to their assigned seat.
4. For away games, abide by all [SAU 9 transportation guidelines](#) as well as any additional procedures of the home schools where we are competing. These will be communicated out in advance to all teams.

SPORT SPECIFIC GAME GUIDELINES - GIRLS SOCCER (VISITING TEAMS)

1. Visiting teams will be expected to adhere to both the general sport (pp. 11,12) and girls soccer (pp. 29-31) specific guidelines.
2. Visiting teams will self-screen and take their temperature prior to arriving.
3. Changing areas will be provided for visiting teams if necessary, but it is recommended that they arrive dressed and ready to participate.
4. Visiting teams will either use the portapotty at the field or an indoor restroom will be available in case of an emergency. They must be escorted by a coach to ensure proper safety measures are followed.
5. Visiting team fans are not being permitted at this time, only approved coaches, team members, athletic training staff, and school personnel.

SPORT SPECIFIC GAME GUIDELINES - GIRLS SOCCER (OFFICIALS)

1. Follow any additional guidelines from the soccer officials' association.
2. Officials will be expected to self-screen and take their temperature prior to arriving.
3. Changing areas will be provided for officials if necessary, but it is recommended that they arrive dressed and ready to participate.
4. Officials will either use the portapotty at the field or an indoor restroom will be available in case of an emergency. They must be escorted by a staff member to ensure proper safety measures are followed.

5. Officials will wear a mask for any pregame meetings. It is recommended that a mask is worn during the game, but it is not required except when 6' of social distancing is not possible (i.e. close conversations with players/coaches).
6. Showering options will be available if requested, but it is asked that officials leave the game when finished and shower at home after the game.

SPORT SPECIFIC GAME GUIDELINES - VOLLEYBALL (KENNETT HOME)

1. Athletes should arrive at Kennett High School on time, but no earlier than 60 minutes before the match is recommended.
2. Athletes will proceed to the girls team rooms where a designated coach will review individual student's health screening questions on the team's Google spreadsheet, take temperatures and apply hand sanitizer.
3. Athletes should arrive dressed for competition. Athletes who need to change their clothes will wait their turn and use the girls team rooms. The coach will admit them (ten max at a time) and make sure that the others are waiting a minimum of 6' apart in the hallway.
4. When changed, athletes will take all of their belongings and go into the gym. A second coach will direct athletes to their personal belongings areas. Chairs will be staggered, individually assigned, and separated 6' apart.
5. Athletes will be expected to wear a mask when off the court, between games, and at any other times when they're not actively participating on the court. Coaches will be expected to wear their face mask at all times.
6. Restrooms in the gym lobby will be available during the game. Two people at a time limit. There should be no congregating while waiting to use the bathroom.

SPORT SPECIFIC GAME GUIDELINES - VOLLEYBALL (KENNETT AWAY)

1. Athletes must check in with a designated coach outside of the girls team rooms, who will review individual student's health screening questions on the team's Google spreadsheet, take temperatures and apply hand sanitizer.
2. Athletes are encouraged to arrive dressed for competition. Athletes who need to change their clothes will wait their turn and use the girls team rooms. The coach will admit them (ten max at a time) and make sure that the others are waiting a minimum of 6' apart in the hallway.
3. When changed, athletes will take all of their belongings and exit the building through the doors at the end of the hallway. A second coach will direct athletes to their

personal belongings areas. These areas will be clearly identified and separated 6' apart. They will then board the bus where the coach will direct them to their assigned seat.

4. For away games, abide by all [SAU 9 transportation guidelines](#) as well as any additional procedures of the home schools where we are competing. These will be communicated out in advance to all teams.

SPORT SPECIFIC GAME GUIDELINES - VOLLEYBALL (VISITING TEAMS)

1. Visiting teams will be expected to adhere to both the general sport (pp. 11,12) and volleyball (pp. 32-33) specific guidelines.
2. Visiting teams will self-screen and take their temperature prior to arriving.
3. Changing areas will be provided for visiting teams if necessary, but it is recommended that they arrive dressed and ready to participate.
4. An indoor restroom will be available. Visiting team members must be escorted by a coach to ensure proper safety measures are followed.
5. Visiting team fans are not being permitted at this time, only approved coaches, team members, athletic training staff, and school personnel.

SPORT SPECIFIC GAME GUIDELINES - VOLLEYBALL (OFFICIALS)

1. Follow any additional guidelines from the volleyball officials' association.
2. Officials will be expected to self-screen and take their temperature prior to arriving.
3. Changing areas will be provided for officials if necessary, but it is recommended that they arrive dressed and ready to participate.
4. An indoor restroom will be available. Officials must be escorted by a staff member to ensure proper safety measures are followed.
5. Officials will wear a mask for any pregame meetings. It is recommended that a mask is worn during the game, but it is not required except when 6' of social distancing is not possible (i.e. close conversations with players/coaches).
6. Showering options will be available if requested, but it is asked that officials leave the game when finished and shower at home after the game.

Kennett High School and Kennett Middle School Athletics COVID-19 Staff and Participant Screening Form

The following [questions](#) must be answered prior to all high school athletics based group activities when using school facilities during Phase 4. Anyone who has a temperature of 100 or higher or answers yes to any of the following questions should not be allowed to participate.

1. Date _____
2. Time _____
3. Group / Activity _____
4. Participant Name _____
5. Temperature check _____

Please complete daily prior to your team activity.

1. Do you have any new or unexplained symptoms of COVID-19? (This would include a temperature of over 100F, cough, sore throat, nasal congestion, body aches, fatigue, loss of taste/smell, nausea, vomiting, or diarrhea.)
YES NO
2. Have you had close contact with someone who is suspected or confirmed to have COVID-19 in the prior 14 days? **YES NO**
3. Have you traveled outside of New England (NH, VT, ME, MA, RI, or CT) within the last 14 days? **YES NO**

Kennett High School and Kennett Middle School Athletics COVID-19 Consent Agreement

I understand and acknowledge there are risks associated with participation in athletics activities. I understand and agree that neither Kennett High School and Kennett Middle School, nor its coaches, advisors, employees shall be liable for any injury, loss or damage occurred by my son/daughter as a result of participation in any such activity as long as there has been a reasonable standard of care.

I acknowledge that federal and state government officials have declared that there currently exists a public health crisis in our country related to the Coronavirus Disease 2019 (COVID-19). I understand that the Kennett High School and Kennett Middle School Athletics department cannot prevent the possible transmission or contraction of COVID-19.

I confirm that I will not attend or participate in the program or activity if at any time I am showing any of the following symptoms of COVID-19: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea. If any of these occur, I will see my health care provider and will require a medical note to return. Additionally, if I have been in contact with any individual diagnosed with or suspected of having COVID-19, I will not attend or participate in the program or activity until I have self-quarantined for 14 calendar days since the last contact and I am no longer showing any symptoms. If I am confirmed to have COVID-19, I agree not to return to the program or activity until it has been at least 10 days since my symptoms first appeared, and it has been at least 24 hours without a fever and without the use of fever reducing medication, and my symptoms are improving. I also must have my health care provider confirm in writing that I am safe to return.

In case of an emergency, by authorization of my signature below, I hereby allow Kennett High School, Kennett Middle School, or its designated coach/advisor/trainer/nurse to administer first aid and make arrangements for emergency transportation to a medical facility for emergency treatment.

Signature _____

Name _____

Date _____

REFERENCES

1. [Governor's Reopening Task Force Guidance – Amateur and Youth Sports](#)
2. [GUIDANCE FOR OPENING UP HIGH SCHOOL ATHLETICS AND ACTIVITIES](#)
3. [COVID-19 Sports Guidance for Youth and Adults](#)
4. [NHIAA COVID-19 Return to Sports Guidelines](#)
5. [NHIAA Cross Country Committee Adopted NFHS Considerations](#)
6. [NHIAA Field Hockey Committee Adopted NFHS Considerations](#)
7. [NHIAA Football Committee Adopted NFHS Considerations](#)
8. [NHIAA Soccer Committee Adopted NFHS Considerations](#)
9. [NHIAA Volleyball Committee Adopted NFHS Considerations](#)
10. [NATA COVID-19 Return to Sport Considerations](#)
11. [Kingswood Return to Play Procedural Manual](#)
12. KENNETT HIGH SCHOOL ATHLETICS COVID-19 FACILITY USE GUIDELINES - PHASE 1
13. KENNETT HIGH SCHOOL ATHLETICS COVID-19 FACILITY USE GUIDELINES - PHASE 2
14. KENNETT HIGH SCHOOL ATHLETICS COVID-19 PHASE 3 - RETURN TO PRACTICE GUIDELINES