

KENNETT HIGH SCHOOL /  
KENNETT MIDDLE SCHOOL  
ATHLETICS COVID-19  
PHASE 3 - RETURN TO  
PRACTICE 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 3 - Return to Practice**

Kennett High School and Kennett Middle School athletics groups will be permitted to hold indoors and outdoors group practices, training sessions, and scrimmages/jamborees 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 scrimmages/jamborees 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 KHS or Gredel Shaw at KMS.
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 [SAU 9 COVID-19 Employee screening questionnaire](#) and have a temperature taken daily within one hour of their practice time, workout, or scrimmage/jamboree.

All staff 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.**

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 coverings and use face coverings during all transitional periods or when they are unable to socially distance before, during and after practices.
2. Help with pre-screening of athletes.
3. Enforce social distancing.
4. Disinfect shared equipment during and after practices.
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 session.
8. Understand the implications that arise if a coach or athlete does not follow the Phase 3 Return to Practice guidelines and procedures.

### **COACHES - SUPERVISION RESPONSIBILITIES**

Supervision of the athletes before, during and after practices, weight room sessions or film sessions 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 the 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, DUGOUT AND SIDELINE AREAS**

Benches and dugout areas will not be used during Phase 3. Students will have assigned locations on the sidelines of the fields and courts which are at least 6’ apart from one another where they will place their belongings. Areas for group gatherings should be avoided.

Athletes should sanitize their hands when leaving / entering the field.

### **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 scrimmage/jamboree.

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 provided to each team and 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 scrimmage/ jamboree. This will help ensure the equipment is ready for the next session.

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 session.

## **FACE COVERINGS**

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

Face coverings 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.

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

## **HYDRATION**

Adequate breaks for water and sanitation should be provided and are encouraged to occur between changes in training activities. This should be every 20 - 30 minutes.

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 practice 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 practice 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 not be available to the public during Phase 3. School restrooms and locker rooms can be utilized during the preseason as outlined in the [Governor's Reopening Task Force Guidance – Amateur and Youth Sports](#).

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.

## **MOUTH GUARDS**

During in-season practices, 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 leaving the field.

It is expected 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**

Parents and other spectators are not permitted during preseason practices. If waiting for their child, parents and other spectators are asked to remain in their cars.

## GENERAL PRACTICE GUIDELINES

1. Athletes should arrive on time, but no earlier than 10 minutes before is recommended.
2. When possible, athletes should arrive dressed and prepared to practice.
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.
4. Athletes should bring enough water for their individual use throughout training.
5. Athletes should not share food, drinks, towels or other personal care items.
6. 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.
7. 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. weekly) and a record is kept.
8. All other safety guidelines normally in place shall be adhered to (heat, cold, inclement weather, first aid, head injury ... etc.).
9. When possible or practical, practices 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.
10. Utilize drills that allow for athletes and coaches to spread out and maintain physical distances as much as possible.
11. Athletes should avoid touching their face, face covering and mouth guard when possible.
12. Coaches should use verbal cues rather than physical contact when instructing athletes.
13. 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.

14. At the end of each session, athletes will sanitize their hands and follow equipment sanitation guidelines. There is to be no congregating and athletes should leave the facility when practice is over.

**DAILY PRACTICE 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"/>
Practice Clothing Handout		<input type="checkbox"/>	<input type="checkbox"/>
Changing Area Monitor		<input type="checkbox"/>	<input type="checkbox"/>
Equipment Handout			
Set Up / Direct Students to Personal Belongings Area		<input type="checkbox"/>	<input type="checkbox"/>
Safety Officer / Monitoring of In-Practice Cleaning and Safety Procedures		<input type="checkbox"/>	<input type="checkbox"/>
End of Practice Sanitizing of Equipment		<input type="checkbox"/>	<input type="checkbox"/>
Collection of Clothing / Cleaning		<input type="checkbox"/>	<input type="checkbox"/>
Post-practice Safety Procedures		<input type="checkbox"/>	<input type="checkbox"/>

## **SPORT SPECIFIC PRACTICE GUIDELINES - CROSS COUNTRY**

1. Plan and communicate the procedures to athletes for the end of the school day and beginning of practice.
2. Face coverings will be worn during all pre-practice / post-practice procedures.
3. Coaches must complete the [SAU 9 COVID-19 Employee screening questionnaire](#) and have a temperature taken within one hour to the start of each practice.
4. Athletes will proceed to the track where a designated coach will hand out the health screening questionnaire, take temperatures and apply hand sanitizer.
5. Athletes will enter through the maze gate and wait their turn to change their clothes in the concession stand restrooms. A second designated coach will admit them (two max at a time) and make sure that the others are waiting a minimum of 6' apart.
6. When changed, athletes will take all of their belongings and be directed to their personal belongings areas. These areas will be marked with cones.
7. Athletes will not be permitted to participate if their clothing hasn't been cleaned since the last practice.
8. Coaches should have hand sanitizer with them at all times and athletes should apply throughout practice.
9. There will be socially distanced stretching / warm ups / cool downs. Use cones or markers to illustrate appropriate 6' social distancing.
10. Consider conducting team activities in "pods" of the same athletes always training and rotating together in practice each day to ensure limited exposure if someone develops symptoms. Advise athletes to maintain 6' of distance.
11. Athletes will not share personal equipment (i.e. towels, water bottles ... etc.).
12. In situations where individuals / coaches might raise their voices, such as shouting or chanting, it is recommended that masks are worn.

13. A coach should be designated as the “safety officer” to monitor health protocols during practice (i.e. social distancing, face coverings, hand sanitizing ... etc.) and for end of practice sanitation procedures.
14. A second designated coach should direct students post-practice, ensuring that masks are worn, preventing athletes from congregating, determining athletes’ ride from campus (i.e. parent, themselves, ... etc.) and making sure that students leave the facility promptly.

## **SPORT SPECIFIC PRACTICE GUIDELINES - FIELD HOCKEY**

1. Plan and communicate the procedures to athletes for the end of the school day and beginning of practice.
2. Face coverings will be worn during all pre-practice / post-practice procedures.
3. Coaches must complete the [SAU 9 COVID-19 Employee screening questionnaire](#) and have a temperature taken within one hour to the start of each practice.
4. 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.
5. Athletes will wait their turn to change their clothes in 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.
6. 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 marked with cones or paint on the ground.
7. Athletes will not be permitted to participate if their clothing hasn't been cleaned since the last practice.
8. Coaches should have hand sanitizer with them at all times and athletes should apply throughout practice.
9. There will be socially distanced stretching / warm ups / cool downs. Use cones or markers to illustrate appropriate 6' social distancing.
10. Consider conducting team activities in "pods" of the same athletes always training and rotating together in practice each day to ensure limited exposure if someone develops symptoms (i.e. half of varsity is one pod and the other half is the second pod). Advise athletes to maintain 6' of distance.
11. Athletes will not share personal equipment (i.e. towels, water bottles, balls, sticks, practice jerseys ... etc.).

12. In situations where individuals / coaches might raise their voices, such as shouting or chanting, it is recommended that masks are worn.
13. Athlete to athlete contact (i.e. scrimmages, live drills ... etc.) should be limited to no more than one half of practice time during the preseason.
14. One athlete at a time for porta potty. There should be no congregating while waiting to use the bathroom.
15. A coach should be designated as the “safety officer” to monitor health protocols during practice (i.e. social distancing, face coverings, hand sanitizing ... etc.) and for end of practice sanitation procedures.
16. A second designated coach should direct students post-practice, ensuring that masks are worn, preventing athletes from congregating, determining athletes’ ride from campus (i.e. parent, themselves, ... etc.) and making sure that students leave the facility promptly.
17. Pinnies stay with a player for the whole practice. Practice clothing that needs laundered (i.e. pinnies), should be collected by the coaches and cleaned before athletes’ wear them again at the next practice, unless athletes will be responsible for cleaning clothing themselves.

## **SPORT SPECIFIC PRACTICE GUIDELINES - FOOTBALL**

1. Plan and communicate the procedures to athletes for the end of the school day and beginning of practice.
2. Face coverings will be worn during all pre-practice / post-practice procedures.
3. Coaches must complete the [SAU 9 COVID-19 Employee screening questionnaire](#) and have a temperature taken within one hour to the start of each practice.
4. 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. Practice uniforms may be handed out at this time, if they're not available to distribute on Monday.
5. Athletes will wait in the gym for their turn to change their clothes in the boys' locker room. The coaches will admit them (twenty max at a time) and make sure that the others are waiting a minimum of 6' apart in the gym.
6. Another designated coach will monitor the boys locker room to ensure that athletes are socially distanced and to move them along to the team rooms.
7. When changed, athletes will take all of their belongings and proceed through the team rooms to pick up their helmet and shoulder pads from another designated coach.
8. Athletes will then exit the building through the doors at the end of the hallway near the team rooms. They will proceed to the practice field where another coach will direct athletes to their personal belongings areas. These areas will be marked with cones or paint on the ground.
9. Athletes will not be permitted to participate if their clothing hasn't been cleaned since the last practice.
10. Coaches should have hand sanitizer with them at all times and athletes should apply throughout practice.
11. There will be socially distanced stretching / warm ups / cool downs. Use cones or markers to illustrate appropriate 6' social distancing. This will be similar to pregame stretching vs. normal practice stretching.

12. Consider conducting team activities in “pods” of the same athletes always training and rotating together in practice each day to ensure limited exposure if someone develops symptoms (i.e. breaking up into Varsity and JV/ freshman practices). Advise athletes to maintain 6’ of distance.
13. Athletes will not share personal equipment (i.e. towels, water bottles, helmets, shoulder pads, knee/thigh pads, practice jersey/pants ... etc.).
14. Balls should be disinfected after each drill. Shields, dummies, sleds should be sprayed down after each use.
15. In situations where individuals / coaches might raise their voices, such as shouting or chanting, it is recommended that masks are worn.
16. Athlete to athlete contact (i.e. scrimmages, live drills ... etc.) should be limited to no more than one half of practice time during the preseason.
17. A coach should be designated as the “safety officer” to monitor health protocols during practice (i.e. social distancing, face coverings, hand sanitizing ... etc.) and for end of practice sanitation procedures.
18. Players should place all practice equipment (i.e. shoulder pads, helmets, balls ... etc.) together outside of the doors into the building. The coaches will spray down all equipment 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.
19. Another designated coach should direct students post-practice, ensuring that masks are worn, preventing athletes from congregating, determining athletes’ ride from campus (i.e. parent, themselves, ... etc.) and making sure that students leave the facility promptly.
20. Practice clothing that needs laundered (i.e. jerseys, pants), should be collected by the coaches so that it can be cleaned before athletes’ wear them again. Athletes are responsible for cleaning their own personal belongings.

## **SPORT SPECIFIC PRACTICE GUIDELINES - GOLF**

1. Plan and communicate the procedures to athletes for the end of the school day and beginning of practice.
2. Plan and communicate a travel plan for daily practices and prevent ride sharing (when possible), as well as congregating before and after practices.
3. Face coverings will be worn during all pre-practice / post-practice procedures and are required in the clubhouse and restrooms.
4. Coaches must complete the [SAU 9 COVID-19 Employee screening questionnaire](#) and have a temperature taken within one hour to the start of each practice.
5. When at the golf course, 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.
6. Athletes should arrive dressed and ready for practice. The clubhouse is not open for changing clothes or storing of personal equipment.
7. Athletes will not be permitted to participate if their clothing hasn't been cleaned since the last practice.
8. Coaches should have hand sanitizer with them at all times and athletes should apply throughout practice.
9. A designated coach will direct athletes to their personal belongings / driving range area. These areas should be identified with cones or markers.
10. Any stretching / warm-ups / cool downs should be done at least 6' apart, using cones or markers to illustrate appropriate social distancing.
11. Consider conducting team activities in "pods" of the same athletes always training and rotating together in practice each day to ensure limited exposure if someone develops symptoms. Advise athletes to maintain 6' of distance.
12. Athletes will not share personal equipment (i.e. balls, clubs, tees, golf bags, gloves, water bottles ... etc.).
13. In situations where individuals / coaches might raise their voices, such as shouting or chanting, it is recommended that masks are worn.

14. When on the course, consider increasing the amount of time between groups to ten minutes. Face coverings 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).
15. 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.
16. A maximum of one person on the tee box at a time. Athletes waiting to tee off must wear a face covering.
17. Water coolers on the course are not to be used. Athletes should bring their own water / water bottle.
18. Ball washers may be used but athletes must sanitize their hands afterwards.
19. Pins may be left in the hole or taken out but athletes must sanitize their hands afterwards.
20. All players must sanitize their hands after each hole.
21. A coach should be designated as the "safety officer" to monitor health protocols during practice (i.e. social distancing, face coverings, hand sanitizing ... etc.) and for end of practice sanitation procedures.
22. A second designated coach should direct students post-practice, ensuring that masks are worn, preventing athletes from congregating, determining athletes' ride from the course (i.e. parent, themselves ... etc.) and making sure that students leave the facility promptly.

## **SPORT SPECIFIC PRACTICE GUIDELINES - MOUNTAIN BIKE**

1. Plan and communicate the procedures to athletes for the end of the school day and beginning of practice.
2. Face coverings will be worn during all pre-practice / post-practice procedures.
3. Coaches must complete the [SAU 9 COVID-19 Employee screening questionnaire](#) and have a temperature taken within one hour to the start of each practice.
4. 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.
5. A second coach will ensure that athletes are waiting a minimum of 6' apart and direct them to their personal belongings areas, which will be identified with cones or markers.
6. Athletes will not be permitted to participate if their clothing hasn't been cleaned since the last practice.
7. Coaches should have hand sanitizer with them at all times and athletes should apply throughout practice.
8. There will be socially distanced stretching / warm ups / cool downs. Use cones or markers to illustrate appropriate 6' social distancing.
9. Consider conducting team activities in "pods" of the same athletes always training and rotating together in practice each day to ensure limited exposure if someone develops symptoms. Advise athletes to maintain 6' of distance.
10. Athletes will not share personal equipment (i.e. towels, water bottles, bikes, parts, cleats/shoes ... etc.).
11. In situations where individuals / coaches might raise their voices, such as shouting or chanting, it is recommended that masks are worn.
12. A coach should be designated as the "safety officer" to monitor health protocols during practice (i.e. social distancing, face coverings, hand sanitizing ... etc.) and for end of practice sanitation procedures.
13. A second designated coach should direct students post-practice, ensuring that masks are worn, preventing athletes from congregating, determining athletes' ride from

campus (i.e. parent, themselves, ... etc.) and making sure that students leave the facility promptly.

## **SPORT SPECIFIC PRACTICE GUIDELINES - BOYS SOCCER**

1. Plan and communicate the procedures to athletes for the end of the school day and beginning of practice.
2. Face coverings will be worn during all pre-practice / post-practice procedures.
3. Coaches must complete the [SAU 9 COVID-19 Employee screening questionnaire](#) and have a temperature taken within one hour to the start of each practice.
4. 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.
5. Athletes will wait their turn to change their clothes in the weights and cardio room. 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.
6. When changed, athletes will 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 marked with cones or paint on the ground.
7. Athletes will not be permitted to participate if their clothing hasn't been cleaned since the last practice.
8. Coaches should have hand sanitizer with them at all times and athletes should apply throughout practice.
9. There will be socially distanced stretching / warm ups / cool downs. Use cones or markers to illustrate appropriate 6' social distancing.
10. Consider conducting team activities in "pods" of the same athletes always training and rotating together in practice each day to ensure limited exposure if someone develops symptoms (i.e. half of varsity is one pod and the other half is the second pod). Advise athletes to maintain 6' of distance.
11. Athletes will not share personal equipment (i.e. towels, water bottles, practice jerseys, goalie gloves, balls ... etc.).

12. In situations where individuals / coaches might raise their voices, such as shouting or chanting, it is recommended that masks are worn.
13. Athlete to athlete contact (i.e. scrimmages, live drills ... etc.) should be limited to no more than one half of practice time during the preseason.
14. One athlete at a time for porta potty. There should be no congregating while waiting to use the bathroom.
15. A coach should be designated as the “safety officer” to monitor health protocols during practice (i.e. social distancing, face coverings, hand sanitizing ... etc.) and for end of practice sanitation procedures.
16. A second designated coach should direct students post-practice, ensuring that masks are worn, preventing athletes from congregating, determining athletes’ ride from campus (i.e. parent, themselves, ... etc.) and making sure that students leave the facility promptly.
17. Pinnies stay with a player for the whole practice. Practice clothing that needs laundered (i.e. pinnies), should be collected by the coaches and cleaned before athletes’ wear them again at the next practice, unless athletes will be responsible for cleaning clothing themselves.

## **SPORT SPECIFIC PRACTICE GUIDELINES - GIRLS SOCCER**

1. Plan and communicate the procedures to athletes for the end of the school day and beginning of practice.
2. Face coverings will be worn during all pre-practice / post-practice procedures.
3. Coaches must complete the [SAU 9 COVID-19 Employee screening questionnaire](#) and have a temperature taken within one hour to the start of each practice.
4. Athletes will proceed to the cafeteria where a designated coach will review individual student's health screening questions on the team's Google spreadsheet, take temperatures and apply hand sanitizer.
5. Athletes will wait their turn to change their clothes in the girls' locker room. They will be after the girls field hockey team. 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.
6. When changed, athletes will take all of their belongings and exit the building through the doors at the end of the hallway near the nurses' office. They will proceed to the soccer field where a second coach will direct athletes to their personal belongings areas. These areas will be marked with cones or paint on the ground.
7. Athletes will not be permitted to participate if their clothing hasn't been cleaned since the last practice.
8. Coaches should have hand sanitizer with them at all times and athletes should apply throughout practice.
9. There will be socially distanced stretching / warm ups / cool downs. Use cones or markers to illustrate appropriate 6' social distancing.
10. Consider conducting team activities in "pods" of the same athletes always training and rotating together in practice each day to ensure limited exposure if someone develops symptoms (i.e. half of varsity is one pod and the other half is the second pod). Advise athletes to maintain 6' of distance.
11. Athletes will not share personal equipment (i.e. towels, water bottles, practice jerseys, goalie gloves, balls ... etc.).

12. In situations where individuals / coaches might raise their voices, such as shouting or chanting, it is recommended that masks are worn.
13. Athlete to athlete contact (i.e. scrimmages, live drills ... etc.) should be limited to no more than one half of practice time during the preseason.
14. One athlete at a time for porta potty. There should be no congregating while waiting to use the bathroom.
15. A coach should be designated as the “safety officer” to monitor health protocols during practice (i.e. social distancing, face coverings, hand sanitizing ... etc.) and for end of practice sanitation procedures.
16. A second designated coach should direct students post-practice, ensuring that masks are worn, preventing athletes from congregating, determining athletes’ ride from campus (i.e. parent, themselves, ... etc.) and making sure that students leave the facility promptly.
17. Pinnies stay with a player for the whole practice. Practice clothing that needs laundered (i.e. pinnies), should be collected by the coaches and cleaned before athletes’ wear them again at the next practice, unless athletes will be responsible for cleaning clothing themselves.

## **SPORT SPECIFIC PRACTICE GUIDELINES - VOLLEYBALL**

1. Plan and communicate the procedures to athletes for the end of the school day and beginning of practice.
2. Face coverings will be worn during all pre-practice / post-practice procedures.
3. Coaches must complete the [SAU 9 COVID-19 Employee screening questionnaire](#) and have a temperature taken within one hour to the start of each practice.
4. Athletes will proceed to the 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.
5. Athletes will wait their turn to change their clothes in the girls' team rooms. They will be after the girls field hockey team. 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.
6. 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. These areas will be identified with cones or markers.
7. Athletes will not be permitted to participate if their clothing hasn't been cleaned since the last practice.
8. Coaches should have hand sanitizer with them at all times and athletes should apply throughout practice.
9. There will be socially distanced stretching / warm ups / cool downs. Use cones or markers to illustrate appropriate 6' social distancing.
10. Consider conducting team activities in "pods" of the same athletes always training and rotating together in practice each day to ensure limited exposure if someone develops symptoms (i.e Varsity is one pod and JV is the other half is the second pod). Advise athletes to maintain 6' of distance.
11. Athletes will not share personal equipment (i.e. towels, water bottles ... etc.).
12. In situations where individuals / coaches might raise their voices, such as shouting or chanting, it is recommended that masks are worn.

13. One athlete at a time should use the bathroom nearest the gym. There should be no congregating while waiting to use the bathroom.
14. One athlete at a time may use the touchless water fountain to refill her water bottle. There should be no congregating while waiting to fill water bottles.
15. A coach should be designated as the “safety officer” to monitor health protocols during practice (i.e. social distancing, face coverings, hand sanitizing ... etc.) and for end of practice sanitation procedures.
16. A second designated coach should direct students post-practice, ensuring that masks are worn, preventing athletes from congregating, determining athletes’ ride from campus (i.e. parent, themselves, ... etc.) and making sure that students leave the facility promptly.

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 3. 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. Group / Activity \_\_\_\_\_
3. Location \_\_\_\_\_
4. Time \_\_\_\_\_
5. Participant Name \_\_\_\_\_
6. Temperature check \_\_\_\_\_

In the past 14 days, including today, have you had any of the following?

1. Close contact with someone who is suspected or confirmed to have COVID-19 in the past 14 days? **YES NO**
2. Traveled internationally, by cruise ship, or domestically outside of New England? **YES NO**
3. A temperature of 100 or higher or a fever / felt feverish or chills? **YES NO**
4. Shortness of breath or any shortness of breath / breathing difficulties? **YES NO**
5. A cough? **YES NO**
6. Any flu-like symptoms such as gastrointestinal upset, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, headache, muscle or body aches, or fatigue? **YES NO**
7. Any new loss of taste or smell? **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