

Star MIDDLE SCHOOL

Athletics Implementation – during Covid-19 Pandemic

Objective: Create options that support athletic events and participation in activities and ways that will mitigate the risk of Covid-19 for participants, families, coaches and communities.



RED – No Fans allowed at all games and meets

YELLOW – Limited spectators allowed at games and meets. Please socially distance and wear a mask. For Volleyball, parents allowed at home games, one parent allowed at away games.

Coaches:

- Coaches will break students into pods for meet/greet each day to ask symptom related questions and check in with kids.
- Coaches will make sure to have multiple sanitizing stations cleaned and available at each practice and competitions. And, will notify the AD when supplies are running low and need replenished.
- Coaches (outdoors) will have a hand-washing station available and encourage kids to use it.
- Coaches will allow breaks for sanitizing and hand-washing.
- Coaches will make sure that kids have access to water and water breaks when the water fountains are disabled.
- Coaches will keep a list of Covid symptom questions and the “Guidance on Covid Exposure” handouts in their coaching binders and with them at practice.
- Coaches will notify parents, immediately, if a student shows symptoms and remove the student from the practice area. The student will be sent home and the nurse will be notified.
- Coaches will stagger practice times with other teams to minimize exposure.
- Coaches will encourage kids to self-transport to games/meets/competitions. If kids cannot self-transport, a bus will be provided.
- Coaches will determine which kids are riding the bus and notify the AD of how many kids to expect on the bus. Attendance will be taken, each trip, to know who was on each bus – both to and from.

- Coaches will instruct students on the bus to load back to front and encourage 1 student per seat. However, we may put 2 students per seat if necessary. Windows on the bus should remain open when possible. All individuals on the bus WILL wear a mask. Students will use hand sanitizer when entering and exiting the bus.
- Coaches will wear a mask when not involved in strenuous activity.
- Coach will role-model good hand-washing techniques, social distancing, and sanitizing methods.
- Coach will stagger locker-room times and communicate and cooperate with other coaches.
- Coach will ensure cleaning and disinfecting of all equipment.
- Coaches will maintain consistent groups, for tracing purposes.
- Coaches will limit drills to less than 15 minutes, if social distancing cannot occur.
- Respect the confidentiality of others.

Athletes:

- Will not attend practices, games, or school if experiencing any Covid related symptoms.
- Will put their team ahead of themselves.
- Will respect social distancing and stay AIRPLANE ARMS away from others when possible.
- Will limit time spent next to a teammate to less than 15 minutes.
- Will wear a facemask when entering and exiting practice and it shall remain on unless they are engaged in strenuous activity.
- Will wash their hands (with soap) during every hand-washing break.
- Will use hand-sanitizer before, during, and after practices/games.
- Will respect the health of others and be honest in reporting their symptoms.
- Will self-report any symptoms to their coach and follow guidelines and communicate and cooperate with the STMS nursing staff.
- Athletes may choose to wear a mask at all times.
- Respect the confidentiality of others.

Athletic Director:

- Will oversee each program and ensure that policies are being followed.
- Will communicate and cooperate with the school nurse.
- Will maintain sanitation supplies.
- Will report any concerns to the West Ada Athletic Director (Jason Warr).
- Respect the confidentiality of others.

STMS Nurse:

- Will monitor any student-athlete showing signs or symptoms.
- Will communicate with coaches, kids, and families.
- Will maintain records and report to the District Office.
- Respect the confidentiality of others.
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Parents:

- Will not allow any student to attend an STMS event who is experiencing Covid related symptoms.
- Will not allow any student to attend STMS events if that student, or a family member, is awaiting test results.
- Will communicate any concerns with the coach, athletic director, or nurse.
- Will comply with mask wearing policies and encourage hand-washing, social distancing, and sanitizing.
- Will follow the guidelines to minimize attendance at games and events to reduce exposure to our student-athletes.
- Will wear a mask any time on our STMS campus, even if they are outside and cannot maintain at least 10 feet of distance.
- Will respect the health and safety of our athletes, our coaches, and our game personnel.
- Will not attend a game or practice while experiencing Covid symptoms or if have received a positive test result in the past 14 days. Will follow Dr. guidelines and remain at home.
- Respect the confidentiality of others.

Events:

- Signage will remind parents to social distance and wear a mask.
- Separate entrance and exits.
- Sanitation stations and hand washing station provided.
- Fans will be limited to parents only (yellow) or no spectators (red)
- Students not participating in the event will not be allowed on campus during a red or yellow category.
- Respect the confidentiality of others.

Volleyball:

- Players will have their own water supply. Coaches will provide water refill areas.
- Breaks will be taken (at least every 15 minutes) for handwashing and/or sanitizing.
- Players are assigned their own ball during individual drills. It will be sanitized routinely throughout practice.
- Balls will be sanitized at the end of each practice and game.
- Balls will be sanitized after each set.
- Commonly touched surfaces will be routinely cleaned.
- Players will remain in designated teams for contact tracing purposes.
- Only parents will be allowed to observe contests.
- Parents will wear a mask if they choose to enter STMS facilities.
- Pregame conference will be limited to the official and one coach from each team. No players. Keep it brief and maintain social distance.
- There will be no coin toss. The visiting team will serve first.
- Game rosters will be submitted directly to the desk at least 10 minutes prior to game time.
- Teams will NOT switch benches between sets. Remain on the same side throughout the contest.
- Bench seating will be 3-6 feet apart.
- If a coin toss is required for a deciding set, one team captain from each team shall meet the official at center court. This coin toss will only determine serve or receive. Maintain social distance.
- Athletes must remain 3 feet apart while substituting in. No standing face to face.
- Officials table – limit to essential personnel which includes home team scorer and timer. Social distance of 3-6'. Face masks will be worn. Visiting team personnel are not deemed essential and will need to find a new location to sit.

- Eliminate hand-shakes before and after the match. Kids just report to the designated spot for play.
- Face masks and/or gloves are permissible.
- Face masks will be worn by coaches and game personnel.
- Officials may choose to wear a face mask and may choose to use an electronic whistle.
- At the conclusion of the contest, all players shall wave their hand to the other team as a sign of respect, integrity, fairness, and a sense of fellowship with their competitors and game officials.
- Parents will exit directly after competition through the provided exits according to school map below. Parents will wait for their student athlete outside of the school after the competition. (Admin at games will remind patrons to exit at appropriate areas.)

Cross Country:

- Fans will be limited to parents only in yellow. No fans in red.
- Start zone will be widened and teams will stack their own team according to speed. Athletes should not go to the start zone until instructed to do so.
- Widen the finish gate.
- Finishers will NOT report to a single location. Each team will report back to their own coaching staff to gather results.
- Face coverings will be worn during warm-ups, but athletes may remove it at race time. However, athletes may choose to wear a mask while running.
- Athletes will bring their own water and have NO shared items.
- Race personnel and coaches will wear a mask.
- No hugging, hand shaking, high fives, etc.
- Practices should be organized in pods so that attendance is accurate and contact tracing is manageable.
- An outdoor handwashing station is available, as well as multiple sanitizing stations.
- Coaches will travel with hand sanitizer so that all athletes know it is available.

Football:

- Fans will be limited to parents only.
- Sideline areas will be expanded to allow for social distancing. Athletes will remain 6' apart.
- Cheer will be on the track, away from the fans and players.
- No sharing of gear.
- Athletes bring their own water. Coach will have water accessible for refills.
- Mask face shields (splash guards) are available for athletes who want them.
- Commonly touched areas will be sprayed with disinfectant.
- There will be a break every 15 minutes for players to wash, sanitize, and sanitize the football.
- Pregame coin toss will be limited to the referee, umpire and one designated coach from each team. Maintain social distance.
- No handshakes prior to the game, and no handshakes after the game.
- Players may choose to wear a face covering.
- At the conclusion of the contest, all players shall raise their helmet to the other team as a sign of respect, integrity, fairness, and a sense of fellowship with their competitors and game officials.

Cheer:

- Cheer will be allowed at home football games only.
- Cheerleaders will be positioned at the east end of the track behind endzone.
- They will maintain social distance.
- They may wear a mask while cheering but have 10 feet of distance while cheering.
- They will wear a mask during practices. They may remove the mask during strenuous activity.
- They will practice outdoors whenever possible.
- Only the designated coach will be allowed to touch the sound system.
- There should be no shared items. Any items that must be shared, must also be sanitized.
- Athletes will bring their own water. Coach will provide a water refill area.
- The decision for competition cheer will happen October 1.
- If mats are used, they must be sanitized.

Concessions:

- Will only be open in yellow status.
- Will only sell items that prepackaged.
- Workers will wear masks and gloves at all times.
- They will maintain social distance if others workers in concession stand.
- They will ask patrons in line to keep social distance while waiting with markings on the floor.

Entrance and Exit Plan at Star Middle

