

# SHIPPENSBURG AREA SCHOOL DISTRICT

## 2021 Fall Sports Guidelines

### General Guidelines:

- Stay home if you have a temperature above 100.4, have Covid symptoms, or are feeling sick.
- Regularly wash your hands or use an alcohol-based hand sanitizer of at least 60% alcohol.
- Maintain 6 feet of social distancing, when feasible.
- Masks must be worn at all times when indoors with the following exception. Masks are not required when a student is participating in a sports practice activity or event indoors. If indoors and a child is not actively engaged in practice or play they must wear a mask.
- Signs will be posted for indoor events requiring all spectators to wear a face covering.
- Announcements will be made for indoor events indicating that spectators must wear a face covering.
- Signs will be posted for outdoor events encouraging spectators to wear a face covering.
- Announcements will be made for outdoor events encouraging spectators to wear a face covering.

### Student-Athlete Guidelines:

- Inform coaches or the Athletic Trainer when not feeling well.
- Drink plenty of fluids and get adequate rest.
- Eat a healthy diet.
- Athletes should bring their own supplies which will include a water bottle.

### Coach Guidelines:

- Conduct workouts/practices in pods as much as possible.
- Keep accurate attendance records for contact tracing should it be necessary.
- Limit time spent in whole group activities.
- Inform the Athletic Department and Trainer immediately with any positive test results.
- Conduct daily screening for COVID symptoms

### Traveling Guidelines:

- Masks must be worn by everyone on the bus.
- It is recommended that food be eaten before entering the bus, after a contest.
- On trips over an hour long where the driver permits eating on the bus after a contest, windows much be cracked open at a minimum, and masks must be back on immediately after eating.
- Parents will be notified immediately should a student develop symptoms in route.
- Coaches must complete Game Day Covid Screening Attestation to provide to host team

### **Hosting Guidelines:**

- Notify visiting team and officials of local policies and guidelines concerning masks, locker rooms, hydration plan, etc.
- Have hand sanitizer and disposable masks readily available.
- Coaches must complete Game Day Covid Screening Attestation to provide to visiting team

### **Spectator Guidelines:**

- Spectators are permitted but must adhere to the guidelines released by the District.
- Masks must be worn for indoor events.
- Spectators will not be permitted on the field of play or the team bench areas.
- Spectators are encouraged to maintain social distancing whenever possible.

### **Hydration Plan:**

- Athletes will supply their own water bottles and will not share.
- Water will be available for athletes to fill their bottles, but only one athlete at a time and those waiting must maintain social distancing.
- Water coolers will be sanitized after each practice/game.
- Hand sanitizer will be available at the water station.
- Group water breaks are not encouraged.

### **Cross Country:**

- Cross country meets should consider using staggered, wave or interval starts.
- Consider widening the course to at least 6 feet at its narrowest point.
- Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
- Masks are optional

### **Field Hockey**

- Move the location of the pregame conference to the center of the field and all individuals should maintain social distancing.
- Team benches may be expanded to ensure social distancing.
- Limit scoring table to essential personnel.
- Players may be introduced on the field at their respective positions.
- Players will supply their own water bottles.
- Hand sanitizer will be at the scoring table.
- Masks are optional

### **Football**

- Players should maintain social distancing while on the sidelines.
- Rotate and sanitize ball throughout the game.
- Players should keep mouth guards in their mouth as much as possible.

- Hand sanitizer will be provided on the sidelines.
- Players will need to have their own water bottles. Sanitized water bottles may be available.
- Masks are optional.

### **Golf**

- Players and coaches must adhere to the course guidelines.
- Players should maintain social distancing as much as possible.
- Players must use their own equipment and have their own water bottles.
- Players should have hand sanitizer with them or in their bags.
- Masks are optional.

### **Soccer**

- Pregame conference will be in the center of the field with individuals maintain social distancing.
- Players should maintain social distancing while on the benches.
- Limit scoring table to essential personnel.
- Players will be introduced on the field in their respective positions.
- Players must have their own water bottles.
- Rotate and sanitize the balls during play.
- Hand Sanitizer will be at the scoring table.
- Masks are optional.

### **Volleyball**

- Masks are mandatory for all spectators, officials, line judges, and players not actively participating in the contest.
- Masks are optional for players on the court actively participating in the game or warm up activities unless mandated by the Mid Penn Conference, District III, or the PIAA.
- Rotate and sanitize the ball during play.
- Teams will not switch benches during the match.
- Limit the scoring table to essential personnel.
- Players should maintain social distancing when possible.

It is recommended that all teams avoid any post game hand shakes. If unavoidable, encourage fist bumps.