

# SHIPPENSBURG AREA SCHOOL DISTRICT

## 2021-2022 Winter 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.
- Masks should be worn at all times while in the locker room.
- 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.

### 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. Water bottles should not be shared.

### 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 Athletic 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 must 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.
- Student Athletes will have assigned seats on the bus to assist with potential contact tracing.
- Coaches must complete seating chart at the beginning of the season and submit to the Athletic Department.

### **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.

### **Spectator Guidelines:**

- Spectators are permitted but must adhere to the guidelines released by the District.
- Masks must be worn at all times for indoor events.
- Spectators will not be permitted on the court/mat/pool deck or the team bench areas.
- Spectators are encouraged to maintain social distancing whenever possible.
- If spectators are not able to follow the mask guidelines, the District may limit spectators at future athletic contests.

### **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.

### **Basketball**

- Masks are mandatory for all spectators, officials, game workers and players not actively participating in the contest or practice.
- 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.
- Limit the scoring table to essential personnel.
- Players should maintain social distancing when possible.

### **Wrestling**

- Masks are mandatory for all spectators, officials, game workers and players not actively participating in the contest or practice.
- Masks are optional for players on the mat actively participating in the game or warm up activities unless mandated by the Mid Penn Conference, District III, or the PIAA.
- Clean the mat in between Junior High and Varsity contests.
- Limit the scoring table to essential personnel.
- Players should maintain social distancing when possible.

### **Swimming**

- Masks are mandatory for all spectators, officials, game workers and swimmers not actively participating in the meet or practice.
- Limit the pool deck to essential personnel.
- Players should maintain social distancing when possible.

### **Cheerleading**

- Masks are mandatory for all spectators, officials, game workers and players not actively participating.
- Masks must be worn by cheerleaders in the bleachers but they are not required for cheers on the basketball court unless mandated by the Mid Penn Conference, District III, or the PIAA.
- Players should maintain social distancing when possible.

### **Bocce**

- Masks are mandatory for all spectators, officials, game workers and players not actively participating in the contest or practice.
- 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.
- Sanitize the ball during play.
- Players should maintain social distancing when possible.

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

These guidelines are subject to change based on updated guidance from the Federal, State and Local Governments, CDC, PA Department of Health, NFHS and PIAA.

