



Pasquotank County High School
Athletic Reopening Guidelines

Objective: To create return-to-play protocols that follow state, county and NCHSAA restrictions. Following the NCHSAA multi-phased approach we will allow student athletes to participate in athletic activities while following best practices.

Plan: Using a staggered schedule of days and times to allow teams to participate in their sport. Sports seasons will also be staggered in their respective return to campus to meet the needs of the anticipated season. **FALL SPORTS** could resume conditioning in early July, **WINTER SPORTS** at the end of August, and **SPRING SPORTS** in early September.

Role of School Administration

- To give guidance and set expectations to athletic department that must be followed
- Serve as backup to Athletic Director in the event of an emergency. This would then be communicated to district level
- Communicate expected guidelines to parents

Role of the Athletic Director

- Create entrance and exit plan for student athletes
- Meet with all coaches and discuss details of plan before students can participate
- Reinforce guidelines to parents and athletes
- Assist in pre-workout monitoring
- Monitor athletic practices
- Assist in cleaning used areas

Role of Licensed Athletic Trainer

- Assist in pre-workout monitoring
- Assist in workout monitoring
- Assist in cleaning used areas

Role of Coaches

- Be aware of all procedures in plan before students are allowed to participate
- Receive pre-workout screening which includes Q&A and daily temperature check
- Assist in pre-workout monitoring

- Keep workouts to no more than 90 minutes in length
- Assist in cleaning used areas

Role of Parent/Guardians

- Sign appropriate paperwork
- Be timely in transportation to and from practices

Role of Student Athletes

- Have current athletic physical on file
- Receive pre-workout screening which includes Q&A and daily temperature check
- Bring personal workout equipment and clothing (no sharing of clothes, shoes, etc.)
- Practice social distancing at all times
- Wear facemask when possible
- Bring personal water bottle

Required Documentation

- Valid athletic physical- date March 1st, 2019 or later
- All students must complete front side of 2020-2021 pre-participation form
- Daily Monitoring Form (Temperature and Symptom Check)

Facility Limitations

- One group of student athletes and coaches are allowed on campus at a time in time slot picked by coaches.
- All locker rooms are closed during Phase One
- No classrooms for coaches “chalk-talk” during Phase One
- Wrestling mat room is closed during Phase One
- Weight room is closed during Phase One
- Any weight training equipment used must be outdoors and sanitized between usage
- Weight lifting spotter must wear a mask
- Outside activities are limited to **25 TOTAL** participants including Athletic Department Staff
- Indoor activities are limited to **10 TOTAL** participants including Athletic Department Staff
- Bathrooms will be made available but must be sanitized after use
- Spectators are not allowed during Phase One

Restroom Sanitizing

- Two restroom areas will be utilized. Outdoor locations are restrooms attached to concession stands for athletes that are outside and indoor locations are gym lobby restrooms.
- Head coaches will disinfect restroom areas at the end of each practice.
- Athletic Director, Head Coach, or Athletic Trainer will disinfect between uses following protocol from head custodian (Cleon Cunningham).

Hygiene Practices

- Wash hands or use hand sanitizer after touching frequently used surfaces

- Sneeze or cough into tissue or inside elbow
- Disinfect frequently used items or surfaces
- No pre- or post- practice huddle
- **NO SPITTING!** (phlegm, sunflower seeds, etc.)
- No sharing of water bottles
 - Water bottles are responsibility of student athlete
 - Coach or Athletic Trainer will refill water bottle for student athletes from main water source provided by athletic trainer at beginning of conditioning session
 - Coach/Athletic Trainer must wear gloves and mask while handling student athlete water bottles and can only take the container and not lid.
- No sharing of clothes or shoes

Exposure of Athlete, Coach or Staff member to someone who tests positive for COVID-19

- If a person on team tests positive, all members working out or had close contact with the individual must
 - a. Stay at home 14 days from last exposure or have negative COVID-19 test
 - b. Check temperature twice daily and monitor for symptoms
 - c. Stay away from people who are higher-risk

Athlete or Coach testing positive COVID-19 Test

- If the coach running workouts tests positive, the head coach will notify the AD and principal of any athlete or coach who tests positive for COVID-19.
- The principal will notify district administration. District administration will notify the local health authority as a designee of the head coach.
- To resume workouts, athletes or coaches must meet all of the following:
 - a. No fever for 72 hours without medication
 - b. Have no respiratory symptoms
 - c. 10 days must have passed since symptoms first appearance
 - d. Clearance note from licensed medical provider

Athlete Entrance and Exit

- Upon arrival every student athlete will be evaluated in the pre-screening area.
- Pre-screening area will be located outside, by back of gymnasium at the doors leading toward the training room.
- Athletic trainer, athletic director, or coach will conduct temperature checks and athlete questionnaire.
 - Anyone with a temperature of **100.4° F** or higher, or who reports any COVID-like symptoms must not be allowed to participate; must be sent home; and, should be directed to their primary care practitioner (Family Medicine, Pediatrics or Internal Medicine) for evaluation and potential need for further testing.
- Student athletes need to stay in vehicle until person conducting pre-screening is ready
- Once pre-screening is complete student athletes will report to their practice location.

- At the end of the conditioning session, students must immediately leave the school grounds.
 - Student athletes that fail to comply with entrance and exit requirements will be asked to not return

Schedule (July)

- Coaches will be given time slot choices to have student athletes on campus.
- Once scheduled you must stick to time slot unless change is made with approval from athletic director
- If your time slot is cancelled for any reason it will not be made up.

Sport Specific Guidelines

Lower Infection Risk Activities

Cross Country

NCHSAA Phase 1 Minimum Standard: Runners must maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).

PCHS Guidelines:

Possible or anticipated return: TBD (see note below)

Maximum number of student athletes: 23

Athletic Personnel Involved: Athletic Director-Michael Barlow Coach-Tammy Meads

Location: Track and Cross Country Course

Restroom Location: Outdoor Stadium Restrooms

Conditioning will not resume until a season schedule is created and students have a return date. Cross Country will begin conditioning one month prior to the start of the season.

Baseball

NCHSAA Phase 1 Minimum Standard: Conditioning and “tee” or pitching machine work. Players must not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they must be collected and disinfected individually. Dugouts must be **closed** in Phase One.

PCHS Guidelines:

Possible or anticipated return: Early September 2020

Maximum number of student athletes: 21

Athletic Personnel Involved: Athletic Director- Michael Barlow Coaches-Brandon Wilkins and Gabriel Lopez

Location: Baseball Field

Restroom Location: Outdoor Stadium Restrooms

Softball

NCHSAA Phase 1 Minimum Standard: Conditioning and “tee” or pitching machine work. Players must not share gloves or bats or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they must be collected and disinfected individually. Dugouts must be **closed** in Phase One.

PCHS Guidelines:

Possible or anticipated return: Early September 2020

Maximum number of student athletes: 21

Athletic Personnel Involved: Athletic Director-Michael Barlow Coach-Dave Browning

Location: Softball Field

Restroom Location: Outdoor Stadium Restrooms

Swimming

NCHSAA Phase 1 Minimum Standard: Maintain appropriate physical distancing of at least 6 feet at all times.

PCHS Guidelines:

Possible or anticipated return: TBD

Location: YMCA

Track and Field

NCHSAA Phase 1 Minimum Standard: Runners must maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes). No sharing of implements / equipment (e.g. relay baton, shot put, discus). Padded equipment / landing pits/poles must be disinfected between use.

PCHS Guidelines:

Possible or anticipated return: Early September 2020

Maximum number of student athletes: 21

Athletic Personnel Involved: Athletic Director-Michael Barlow Coaches-Vanessa Kee and Charles Branch

Location: Track

Restroom Location: Outdoor Stadium Restrooms

Higher Infection Risk Activities

Football

NCHSAA Phase 1 Minimum Standard: Wearing protective equipment is **prohibited** during Phase One. Conditioning and individual drills only. A player must not participate in drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed. Tackling dummies / donuts / sleds must be disinfected after each use.

PCHS Guidelines:

Possible or anticipated return to campus: Early July 2020

Maximum number of student athletes: 18 (but depends number coaches participating that day)

Athletic Personnel Involved: Athletic Director- Michael Barlow Athletic Trainer-Chad Diamond Coaches- RaShawn Spencer, Jovon Taylor, Terry Kelly, Kevin Crutch, Shytazz Barnes

Location: Football Practice Field, Football Field, workout area left of bleachers as you enter football stadium (workout items are the responsibility of the football staff, must be placed out before practices and returned at the end of daily practice schedule).

Restroom Location: Outdoor Stadium Restrooms

PCHS Phase 1 Practice Plan:

1. No indoor weight room use at this time.
2. Identify groups or pods of student athletes that will work together during each workout to minimize exposure and stay in those groups during each workout while using appropriate physical distancing.
3. Practice schedule will be shared by the school.
4. Individual coaches will run pod style workouts, with individual segments and keep groups for duration of practice and have conditioning all in one. Workout Pods will have no more than 5 kids while using appropriate physical distancing.
5. Outdoor weight lifting area is the grass area to the left of bleachers entering the football stadium 10 kids and 1 coach, Workout Pods will have no more than 5 kids. Coaches sanitize between each student athlete. Workout equipment or stations must be spaced 12 feet apart.
6. Individual sessions will be held at the football practice field.
7. Student athletes will enter the backlot of the gym and conduct temperature checks and questionnaires with the Football Coach, Athletic Trainer and Athletic Director. Student athletes will leave their workout and go to the bus parking lot for student pickup.

Cheerleading

NCHSAA Phase 1 Minimum Standard: Conditioning and individual technique/choreography work. Students may not practice/perform partner or group

stunts. Chants, jumps, dance, tumbling without contact are permissible with 6-foot physical distancing.

PCHS Guidelines:

Possible or anticipated return to campus: Late July

Maximum number of student athletes: 23 if outside, 8 if inside

Athletic Personnel Involved: Athletic Director-Michael Barlow Coach-Nathena Jackson

Location: Track or Gym

Restroom Location: Outdoor Stadium Restrooms/Gym Lobby Bathrooms

PCHS Phase 1 Plan:

1. Once the team is created a conditioning/practice plan would be implemented.
2. Practice/conditioning will take place outside or in gym
3. No group tumbling or stunting.
4. Athletes will be in pods for conditioning and chant/cheer work while practicing appropriate physical distancing.

Basketball

NCHSAA Phase 1 Minimum Standard: Conditioning, individual basketball skill drills; no contact or sharing of balls. A player may practice shooting and must retrieve own ball. A player must not participate in drills with a single ball that will be handed off or passed to other teammates.

PCHS Guidelines:

Possible or anticipated return to campus: Late August 2020

Maximum number of student athletes: 8

Athletic Personnel Involved: Athletic Director- Michael Barlow Coach-Jaron Moore

Location: Gymnasium

Restroom Location: Front Gym Lobby

Soccer

NCHSAA Phase 1 Minimum Standard: Conditioning, individual ball skill drills, each player has own ball which is disinfected at the end of practice. Feet only (no heading/use of hands); no contact.

PCHS Guidelines:

Possible or anticipated return to campus: Early July 2020 (Men's Soccer)

Maximum number of participants: 21

Athletic Personnel Involved: Athletic Director-Michael Barlow Athletic Trainer-Chad Diamond Coaches- Craig Haist and Mark Bucci
Location: Soccer Field
Restroom Location: Outdoor Stadium Restrooms

PCHS Phase 1 Practice Plan:

1. Conditioning will take place 3 days a week.
2. Athletes will perform conditioning drills using appropriate physical distancing
3. Individual ball skills will be done with students using one ball per student athlete. Each ball will be sanitized at the end of practice.

Wrestling

NCHSAA Phase 1 Minimum Standard: Mat room **closed** in Phase One. Conditioning, mirror drills with spacing, no contact. Wrestlers may skill and drill, without touching a teammate, with six-foot distancing.

PCHS Guidelines:

Possible or anticipated return to campus: Late August 2020
Maximum number of student athletes: Determined by location
Athletic Personnel Involved: Athletic Director-Michael Barlow Athletic Trainer-Chad Diamond Coaches-Jonathan Sutton and Erik Fazekas
Location: TBD
Restroom Location: Determined by location

Volleyball

NCHSAA Phase 1 Minimum Standard: Conditioning, individual ball handling drills, each player has own ball. A player must not participate in drills with a single ball that will be bumped, served, or passed to other teammates.

PCHS Guidelines:

Possible or anticipated return to campus: Early July 2020
Maximum number of student athletes: 8
Athletic Personnel Involved: Athletic Director-Michael Barlow Coach-Andrew Shakely
Location: Gymnasium
Restroom Location: Front Gym Lobby

PCHS Phase 1 Practice Plan:

1. 1-2x per week until we move to Phase 2
2. Conditioning - 30 min in multiple stations placed throughout the gym and/or outdoors (jogging, stair work, etc). Players will complete a series of

circuit training stations with the goal of minimizing proximity to each other while also keeping everything moving at a brisk pace.

3. Individual Ball Drills - 30 min. Players will place tape (with their name written) on their ball to ensure they only touch that ball for the entirety of the practice. After each practice, balls will be sanitized.

Drills:

- Serving (players will need to track down their ball after each serve)
 - Individual Ball Control Drills
 - Wall Drills for passing, setting and hitting
4. Identify groups or pods of student athletes that will work together during each workout to minimize exposure.