UPDATES TO PELHAM HIGH WINTER SPORTS (12/8/20)

As we continue to review our protocols for winter sports, the Pelham High School Athletic Department has made a few changes to our protocols.

**Skills and Drills (Dec. 8 - Dec. 11)**

Skills and Drills sessions will be cardio workouts and skill drills only. This will allow for increased physical distancing. There will be no physical contact during these sessions. Student athletes and coaches will wear masks at all times in all sports during these workouts. These workouts will be similar to the pre-season workouts that we ran in the summer for fall teams.

**Tryouts and Team Practices (Dec. 14 - Dec. 23)**

These sessions will run as scheduled. They will follow the established protocols in the Pelham High Winter Sports 2020-2021 Guidelines.

**Holiday Vacation (Dec. 24 - Jan. 3)**

All winter sports teams will suspend practice sessions during this time, both on or off campus. This aligns with the decision of all Division 1 schools in New Hampshire. This will also allow our custodial staff to deep clean our facility. Coaches are only allowed to work remotely and offer individual workout plans for their athletes.

**Return to School (January 4, 2020)**

All Pelham High winter sports teams will resume their pre-seasons with practices that follow the Pelham High Winter Sports 2020-2021 Guidelines and Protocols.