

**PELHAM HIGH ATHLETICS**

**WINTER 2020-2021**

**GUIDELINES AND PROTOCOLS**

**RECAP OF FALL 2020 ATHLETICS:**

On September 8, 2020 Pelham High School Athletics opened the fall season with nine teams: Football, Fall Spirit, Boys and Girls Soccer, Boys and Girls Cross Country, Volleyball, Golf, and Field Hockey.These teams spent 7-8 weeks practicing and competing 4-5 days a week. Teams followed safety guidelines and protocols put into place by the Pelham High School Athletic Department and approved by the Pelham School Board. Our teams competed regionally during the regular seasons. They were matched with and played the same teams/opponents as much as possible. At the end of the season, there was a random drawing that placed teams in open NHIAA tournaments.

Pelham High School competed in 54 competitions between September 14th and November 14th. At home events, Pelham High School allowed two family members per athlete to be in attendance. They were asked to self screen upon arriving at the venue. In general, athletes and parents did a great job of adhering to the guidelines. At away events, Pelham High School athletes, coaches,and spectators followed the safety guidelines and protocols that were put into place by each host school.

**Recommendation for Winter Sports Teams**

Based on the overall success of our fall sports season, the Pelham High School Athletic Department recommends that we move forward with a winter sports program. We recommend following the NHIAA recommendations.

**NHIAA AND PHS GUIDELINES FOR ALL WINTER SPORTS TEAMS:**

1. The NHIAA has set the following dates for the start of winter athletics:

Monday, November 30: Skills and Drills only (not mandatory, casual workouts)

Monday, December 14: Tryouts/First Practices (mandatory)

Monday, January 11: First day to compete vs other schools.

**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.

1. At season’s end, the NHIAA will run “Open” tournaments similar to the fall season. These tournaments will start regional but would eventually end up state wide in each division. The dates for each post season have not been determined yet by the NHIAA committees.
2. Pelham High School will develop regional schedules for all of its teams, keeping travel distance down and playing the same team each week for close contact tracing if necessary. Our Southern NH Pod will consist of: Sanborn, Timberlane, Hollis/Brookline, Souhegan, Milford, Manchester West, and Campbell. Each sport may differ slightly, but schedules will be made within the region and as consistent as possible.
3. The NHIAA has categorized all winter sports into three categories. Here are the sports that PHS offers and the category:

Lower Risk: Indoor Track, Swimming, Sideline Cheer.

Moderate Risk: Basketball, Gymnastics

Highest Risk: Wrestling, Competition Cheer, Ice Hockey

1. Face coverings/masks will be worn at all times by all athletes, coaches and spectators at all venues unless the athlete is actively competing in either practices or games. If the specific sport or venue makes wearing a mask mandatory even when competing, PHS athletes will adhere to that protocol.
2. Locker rooms will only be used by athletes who have on-campus practices immediately after school. Locker rooms will only be used for changing and the use of the bathrooms. Athletes that have practices starting later than 3:30pm will be required to show up ready to practice.
3. After all practices/games athletes will be required to leave immediately. It is recommended that they go directly home and shower.
4. All shared equipment will be disinfected immediately following each practice or contest.
5. All PHS coaches will attend a mandatory information meeting with the Athletic Director and Principal. They will take the NFHS COVID-19 course online before the start of the season. Coaches will not be allowed to start their seasons without taking this NFHS course.
6. All PHS athletes will have their parent/guardian sign our PSD Release, Waiver and Hold Harmless Form before their athlete can participate.
7. On-campus events will allow for two family members per athlete to attend games and matches. Off-campus events will follow the guidelines and protocols of that venue, not to exceed 2 family members per athlete.
8. For away contests, buses will be one athlete/coach per seat. Athletes will keep all their belongings with them in their seats. All equipment will be disinfected before being loaded on the bus. Masks will be worn at all times on the bus.

**As it was during the fall season, the Pelham High Athletic Department will always put the safety of our athletes, coaches and spectators as our top priority. All adopted guidelines and protocols will be followed to allow our athletes to compete as safely as possible throughout the winter season. We will continue to update our safety protocols as we obtain more current information from our neighboring districts and the NHIAA. We are all in this together, and together we can get through this.**

**LOW RISK SPORTS:**

**Indoor Track:** The NHIAA has not released any sport-specific guidelines for Indoor Track, but has notified each school's Administration that all three venues that Indoor Track uses for meets, UNH, PSU and Dartmouth are not allowing high school meets this winter. With this information, and the lack of training areas inside of Pelham High,(no hallways or the cafeteria can be used after school), it is the recommendation of the Pelham High Athletic Department to suspend Indoor Track until there is a venue that can host meets.

Once the weather improves in the spring, pre-season training for Outdoor Track can begin.

**Swimming and Diving:** Below are the sport specific guidelines from the NHIAA Swimming and Diving Committee, and also the WCWC, which is the venue where Pelham High swims:

1. When athletes and coaches arrive at the Workout Club and Wellness Center for swimming, they will have their temperature taken at the front desk. They will then go directly into the pool area for their practice or meet.
2. Athletes will arrive with their swimming attire already on under their clothes. Locker rooms will not be used for changing or showering.
3. Athletes and coaches will have face masks on at all times except when in the pool. Athletes will enter the pool on one end and exit the pool on the opposite end, always adhering to the flow of traffic within the pool area.
4. Athletes and coaches will place their belongings 6 feet apart from others in the bleacher area inside the pool area.
5. There will be a maximum of four swimmers per lane, never more than two at each end of the pool.
6. It is the recommendation of the NHIAA Swim Committee to strongly consider having virtual meets, where our team would swim in our pool while another school swims in their pool and we enter the results into the computer to determine a winner for each event. Pelham High will strongly consider this option once we develop a meet schedule.

The WCWC currently has two club teams using their pool facility, and have reported that they have had no safety issues using their current guidelines. With this information, and using the recommendations from the NHIAA, the Pelham High Athletic Department recommends starting Swimming and Diving on December 14, 2020.

**Sideline Cheer:** Below are the Pelham Athletic Department Guidelines for Sideline Cheer for the winter season.

1. Sideline Cheer will perform at home Boys Basketball games only.
2. Athletes and coaches will wear masks at all times before, during and after games.
3. Athletes will physically distance themselves on the endline where they perform.
4. Athletes will arrive in uniform for their games. Locker rooms will be used for changing only when Cheer has the practice slot directly after school, 2:45-4:45pm.
5. Any mats used will be disinfected after the game.
6. Athletes and coaches will be asked to leave immediately following the game. There will be no post game meetings.

Based on the above guidelines being followed, it is the recommendation of the Pelham High Athletic Department to begin Sideline Cheer on December 14, 2020.

**MODERATE RISK SPORTS:**

**Gymnastics:** The NHIAA has not released any sport specific guidelines for Gymnastics. Below are the guidelines that are in place for the A2 Gym in Salem, NH, where the Pelham High Gymnastics Team competes. Our varsity coach, Ms. Nicole Rozzi, is a manager at A2, and has been working successfully with these sport specific guidelines since July.

1. Athletes and coaches will enter the A2 facility one person at a time. Once the lobby is clear the next person may enter.
2. Athletes and coaches will be asked to self screen upon entering A2.
3. Athletes should show up to their practice or competition ready to compete. Changing rooms will not be available for athletes.
4. Athletes, coaches and spectators will wear masks at all times while at A2 Gym. Athletes can remove their mask only to perform on an apparatus, then immediately put their mask back on.
5. Athletes should bring backpacks to carry around with them as they rotate from event to event. Athletes will be responsible for their own supplies, such as hand chalk and water.
6. Physical distancing of 6 feet or more will occur at all times at A2 Gym. Maximum capacity is 75 people, which will include all athletes, coaches, staff and spectators.
7. Home meets will be limited to one large opponent or possibly two smaller opponents, in order to keep the overall capacity under 75 people. Each athlete will be allowed one spectator at home meets.
8. All gymnastics equipment will be disinfected after each rotation from one event to another. For example after Pelham is done with the vault we will disinfect the vault before our opponent uses it next.

Based on the above guidelines that have been successful at A2 Gym since mid July, the Pelham High Athletic Department recommends that Gymnastics begins their season on December 14, 2020.

**Boys and Girls Basketball:** Below are the sport specific guidelines from the NHIAA Basketball Committee and the Pelham High Athletic Department.

1. Athletes and coaches will show up to practices and games ready to play. Locker rooms will only be used for changing purposes when the basketball team has practice directly after school, 2:45-4:45pm. Locker rooms will not be used for showering at any time.
2. Athletes, coaches and spectators will wear masks at all times during the season, for all practices and all games.
3. Athletes will bring their own water and distance their belongings at least six feet from one another.
4. Coaches will enforce physical distancing in practices whenever possible. The Pelham High Athletic Department does recognize that at times competing in basketball makes it difficult to follow physical distancing guidelines.
5. It is recommended that rosters for both genders, Varsity and JV, be limited to twelve or fewer athletes. This is to assist with physical distancing in practices, on sidelines at games, and on team buses when traveling.
6. At games, benches will be spread out to accommodate physical distancing of at least 6 feet. Coaches should limit the amount of sideline members to assist with this guideline. At PHS, we will be able to put twelve chairs down for each team.
7. All basketballs used will be disinfected before and after all basketball activities.
8. There will be 10 minutes in between all practices in the PHS Gym to allow one team to exit the gym before the next team enters through a different door. There will be no congregating or team meetings before or after practices.
9. Any team meetings or film sessions will be done remotely, using Zoom or Google Meet.
10. For home games, each athlete and coach will be allowed two family members to attend. Spectators will be allowed in fifteen minutes prior to the game starting, and asked to leave through the gym doors immediately following the game. There will be no visiting fans at any basketball games this season.
11. The visiting team will bring their own balls for warmups. When our teams travel we will bring our own disinfected balls and adhere to all protocols of the host school.
12. There will be no pre and post game handshaking between teams.

Pelham High School understands that at times boys and girls basketball do not allow for full physical distancing. Nevertheless, the NHIAA and NH DHHS both support our position that screening, physical distancing when possible, educating coaching staff and cleaning protocols will be sufficient for student/athletes to be safe. Therefore, it is the recommendation of the Pelham Athletic Department that PHS Boys and Girls Basketball are allowed to start their seasons on December 14, 2020.

**HIGH RISK SPORTS:**

**Competition Cheer**: Below are the sport specific guidelines from the NHIAA Cheer Committee and the PHS Athletic Department.

1. Athletes will be required to be in masks while changing in the locker room, before practice, setting up the mats, and immediately after practices.
2. All practices will take place in the Pelham High Gymnasium unless otherwise cleared by PHS Administration in advance.
3. Coaches will wear masks at all times.
4. Practices will be limited to two hours, with the lone exception of the choreography practice. This practice needs extended time to be successful.
5. After stunting each time, all athletes will need to wash their hands and/or sanitize their hands immediately before returning to the mat.
6. Stunt groups should be kept consistent throughout the season to minimize direct exposure as much as possible.
7. Stunting should be limited to two practices a week. The remaining practices should be drills and tumbling that will adhere to physical distancing.
8. Do not allow sharing of water bottles or any community water stations.
9. Athletes will go home immediately following all practices or games.
10. Cheer mats will be disinfected after each use.

Pelham High School understands that at times competition cheer does not allow for full physical distancing. Nevertheless, NHIAA and NH DHHS both support our position that screening, physical distancing when possible, educating coaching staff and cleaning protocols will be sufficient for student/athletes to be safe. Therefore, it is the recommendation of the Pelham Athletic Department that PHS Competition Cheer is allowed to start their season on December 14, 2020.

**Wrestling:**  Below are the sport specific guidelines from the NHIAA Wrestling Committee and the Pelham High Athletic Department.

1. Masks will be required by all athletes and coaches at all times during practices.
2. At meets, coaches, spectators and referees will always wear a mask. Athletes will wear masks while weighing in, warming up, and after their match. Masks can only be removed when the athlete is on the mat competing.
3. In practice coaches will limit the amount of live wrestling as much as possible.
4. In practice coaches will ensure physical distancing as much as possible.
5. Teams will weigh in separately at all meets,both home and away.
6. Temperature checks will happen at each weigh in before each meet.
7. All meets will be dual meets to limit exposure and help aid in tracing if necessary.
8. PHS will wrestle in one meet a week throughout the season.
9. At home meets, we will use two mats and disinfect after each match.
10. All mats will be cleaned before, during and after all practices and meets.
11. Athletes need to bring their own water. There will be no community water stations.
12. At each mat during practices or meets, there will be a sanitizing station set up so wrestlers can sanitize their hands before and after wrestling.
13. No handshakes before or after matches. After the meet, teams will not shake hands.
14. At meets, team benches will have all chairs at least six feet apart from one another to accommodate physical distancing guidelines.

Pelham High School understands that at times wrestling does not allow for full physical distancing. Nevertheless, NHIAA and NH DHHS both support our position that screening, physical distancing when possible, educating coaching staff and cleaning protocols will be sufficient for student/athletes to be safe. Therefore it is the recommendation of the Pelham Athletic Department that PHS Wrestling is allowed to start their season on December 14, 2020.

**Ice Hockey:**  Below are the sport specific guidelines from the NHIAA Ice Hockey Committee, Conway Arena, Nashua South Athletic Department and the Pelham High Athletic Department.

1. Masks are required at all times. This means walking into the rink, practices, games and leaving the rink.
2. Players will come to practice ready to play. Locker rooms will be closed to all players and coaches.
3. Upon arrival at Conway Arena, all players, coaches and spectators will fill out an online screening survey and get a temperature check.
4. As much as possible, practices should allow for physical distancing. After practice, players are asked to leave immediately and strongly encouraged to go home directly and shower.
5. All personal equipment, practice attire, and uniforms are to be brought home, cleaned and sanitized daily.
6. Game schedule will be regionalized, playing one game per week.
7. Team benches will observe the 6 foot distancing rule at all times. Benches will go beyond the normal bench area.
8. Intermissions will remain at the bench area. Team will not meet in the locker rooms between periods.
9. No pre-game or post-game handshakes with our opponents.
10. Fans at games will be limited to immediate family, New England residents, with a maximum of two for Kings players and coaches only. There will be no visiting fans.
11. When traveling, bus capacity will be 30 or under and everyone on the bus will wear masks. All players will be screened and temperature checked before boarding the bus. Parents can choose to transport their own player, but players can not drive themselves and parents can not drive other players.
12. Athletes should not arrive to practice more than 15 minutes earlier than scheduled. Practices will not begin before 2:30pm.
13. Conway Arena will be cleaning their facility in between each event taking place.

Pelham High School understands that at times ice hockey does not allow for full physical distancing. Nevertheless, NHIAA and NH DHHS both support our position that screening, physical distancing when possible, educating coaching staff and cleaning protocols will be sufficient for student/athletes to be safe. Therefore it is the recommendation of the Pelham Athletic Department that South/Pelham Ice Hockey is allowed to start their season on December 14, 2020.