



# CANTON BULLDOGS

Canton High School Athletics 900 Washington St. Canton, MA 02021 @CantonAthletics 781-821-5050x6

## Canton High School Athletic Department COVID-19 Safety Standards for Winter/Fall II/Spring Sports Seasons

**NOTE- These Safety Standards are in addition to the existing Canton Public Schools “Protocols for Responding to Covid-19 Scenarios” document**

### Winter Sport Offerings and Risk Categories

Massachusetts has specifically classified high school sports under three levels of risk:

- **Lower Risk**
  - Sports or activities that can be done with social distancing and no physical contact
  - Sports or activities that can be done individually
    - CHS intends to offer the following Lower Risk sports at some point in the remaining 2020-2021 seasons:
      - Boys Tennis and Girls Tennis- Spring
      - Gymnastics- Winter
- **Moderate Risk**
  - Sports or activities that involve intermittent close proximity or limited, incidental physical contact between participants
    - CHS intends to offer the following Moderate Risk sports at some point in the remaining 2020-2021 seasons:
      - Baseball and Softball- Spring
      - Outdoor Track & Field- Spring
      - Indoor Track- Fall II
      - Boys and Girls Swimming- Winter
      - Girls Volleyball- Fall II
      - Girls Lacrosse- Spring
      - Unified Track & Field- Spring
- **Higher Risk**
  - Sports or activities for which there is a requirement or a substantial likelihood of routine close and/or sustained proximity or deliberate physical contact between participants and a high probability that respiratory particles will be transmitted between participants.

- CHS intends to offer the following Higher Risk sports at some point in the remaining 2020-2021 seasons:
  - Boys Basketball and Girls Basketball- Winter
  - Boys Lacrosse- Spring
  - Boys Ice Hockey and Girls Ice Hockey- Winter
  - Football- Fall II
  - Competitive Cheer- Fall II & Spring
  - Unified Basketball- Fall II
  - Wrestling- Spring

**In Phase III, Step 2**, our sports are subject to the limitations and guidelines set forth below:

**Type of Play:** The following types of play are defined by level from least to greatest risk.

- **Level 1:** Individual or socially distanced group activities (no-contact workouts, aerobic conditioning, individual skill work, and drills)
  - **Level 2:** Competitive Practices (Intra-team/group games, contact drills and scrimmages) •
  - **Level 3:** Competitions (Inter-team games, meets, matches, races, etc.)
  - **Level 4:** Tournaments
- Sports in **Lower Risk** category can participate in **Level 1,2,3 and 4** type play as defined above.
  - Sports in **Moderate Risk** category can participate in **Level 1** as traditionally played. Sports at CHS in Moderate Risk, may only participate in **Level 2 and 3** play. IF we agree to play them by the modified rules set forth by the MIAA.
  - Sports in the **Higher Risk** category can participate in Level 1, 2 and 3 play IF we follow all sport modifications set out by the MIAA.

Given these criteria, Canton High School will offer the following sports this winter season:

- Boys and Girls Swimming
- Gymnastics
- Boys Ice Hockey
- Girls Ice Hockey
- Boys Basketball
- Girls Basketball

Given the guidelines and other considerations, Canton High School will move the following sports the the MIAA's-Floating Season (Fall II) from late February through mid-April:

- Football
- Volleyball
- Unified Basketball
- Indoor Track
- Competitive Cheer

Given the guidelines and other considerations, Canton High School intends to offer the following sports during the MIAA spring season (mid-April through June):

- Baseball and Softball
- Boys Tennis
- Girls Tennis
- Boys Lacrosse
- Girls Lacrosse
- Track and Field
- Wrestling
- Unified Track and Field

## **Protective Equipment and Facial Coverings for All Sports**

### **Baseline Expectation Regarding Face Coverings-**

**All participants in CHS Athletic contests, practices and other activities must wear masks at all times** with the following exceptions:

- During Swimming meets and practices while in the pool.
- During lower risk sports (Gymnastics and Singles Tennis) when a distance of at least 14 feet or more is CONSISTENTLY maintained between each participant during active play or performance.
- For individuals with a documented medical condition or disability that makes them unable to wear a face covering. In this case, a note from a physician must be provided to the Athletic Trainer prior to participating.

### **Further Detail Regarding Face Coverings-**

**Student Athletes** must wear face coverings AT ALL TIMES during practice and competition. This includes while on the playing surface as well as in the bench area, pool deck, etc., during timeouts, or other stoppages in play,

Participants should take frequent mask breaks when they are out of proximity to others (more than 10 feet), using caution to avoid touching the front or inside of the face covering by using the ties or ear loops to remove and replace. Student athletes MUST clearly be able to identify their own face covering through markings, etc. It is highly recommended that CHS student athletes have multiple, labeled face coverings available to them at every practice or contest.

This requirement applies to all other participants as well (including spectators, chaperones, coaches, staff, referees, judges, umpires, and other officials.)

Canton Public Schools does not allow “gaiters” to be worn as face coverings. Masks are required.

### **Social Distancing-**

- **WHENEVER POSSIBLE, all activities should take place OUTDOORS.** This is of course a seasonal protocol. ALL Spring Activities must take place outside (unless the

sport is a traditional indoor sport.) Fall II activities that traditionally take place outdoors should avoid indoor activities whenever possible.

- **LOCKER ROOMS:**

- NO CHS teams will have access to indoor changing facilities or locker rooms at any venue we use. Athletes must come to practices and contests venues or buses already dressed for competition. We will operate under the adage- *“Arrive. Play. Leave.”* The following exceptions may exist:
    - If the CHS academic schedule were to be amended to have student athletes finishing any school day in the building, locker rooms at CHS may be used to change in with no more than 6 students in a locker room at one time. Masks must be worn at all times while in the locker room and locker rooms may NOT be used for storing personal items. Those must be brought with the student athlete to the practice or contest. This applies to off-site locker rooms as well (including the number of 6 Bulldogs changing at a time.) At such off-site venue, no bags may be stored in locker rooms. CLARIFICATION- Locker rooms at off-site venues may NOT be used for changing of CHS Athletes UNLESS they are arriving directly from the end of the academic day at CHS.
  - Locker Rooms and other Meeting rooms may NOT be used by CHS teams for team meetings, pre-game, post-game, halftime, or other traditional team meeting activities. Coaches must utilize the playing area for such meetings. For “outdoor sports,” all meetings must be held outdoors unless the weather is dangerous.
  - No showers may be taken at any of our venues by any of our students.
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- At no point may more than 25 persons be on a single playing surface. This includes coaches on the practice field. This applies to indoor and outdoor playing surfaces. If a full size outdoor field is being used, it may be divided into two practice areas where no more than 25 persons may be on either side (total of 50) but there must be at least 14 feet of space between the two areas AND coaches/players may not float back and forth from either group. Indoor facilities used for CHS Athletics may NOT be subdivided into two separate training spaces (as is allowed outside.) **This applies to TRYOUTS** as well.
  - Benches on the sidelines may be used but at least 6 feet of distancing must be kept between all in that area AND they must be wearing masks while there.
  - Sportsmanship should continue in a touchless manner- no handshakes, slaps, high five, fist bumps.
  - Individuals at practice sessions and contests may not congregate in common areas, before, during and after practices/contests.
  - There must be at least 15 minutes of time between users built into a field/facility schedule.
  - CHS Athletics facilities will institute “one-way pedestrian traffic flow” whenever possible at venues we utilize.
  - No single CHS athletic practice session, meeting,. etc. may extend beyond 2.5 hours in length. It is expected that no active practice session ever extend beyond 2 hours with 30 additional minutes allowed for off-field/ice/court, etc. meeting-type activity.

- There will be no pre-game introductions of players or playing of the national anthem. This is in the spirit of the EEA guidelines around minimizing line-ups and the length of the contest.
- No in-person team social events such as team dinners, banquets, tailgating and other social activities will be permitted until Covid-19 restrictions are lifted.
- It is important to recognize that holding “Captains Practices” for any CHS team is not permitted by the MIAA and is not recognized as a school sanctioned event. Canton High School Athletics reminds all student athletes and their parents/guardians to NOT schedule or participate in “Captains Practices.”

## **Hygiene Protocols**

- There will be NO shared uniforms or other athletic clothing, pads or other athletic gear.
- Student athletes may NOT, at any time, swap things such as sticks, helmets, pads, practice vests (pinnies), etc.
- Participants and coaches must achieve proper hand hygiene at the beginning and end of all activities, either through hand washing with soap and water or by using alcohol-based hand sanitizer.
- CHS student athletes must arrive for all practices and contests already changed into their practice gear/uniform and ready to play.
- CHS will provide all sanitizing cleaners, sprays, wipes, hand sanitizers for all student athletes, coaches and athletic personnel.
- No shared food or drink may be provided during any activities.
- Student athletes, coaches and other participants may only drink from their own containers.

## **Staffing and Operations**

- All student athletes, coaches, officials, spectators and other staff must fill out and submit the CHS Athletics Daily Health Screener each day in order to participate in activities on that day.
- Student athlete attendance must be kept by the person in charge of a practice so as to assist in contact tracing if needed.
- If any individual (student athlete, coach, other athletic personnel, etc.) develops symptoms of Covid-19 during the activity, they should promptly inform the coach or other person responsible for the activity, and must be removed from the activity and instructed to return home.
- If, at the time of the arrival check-in screening, or at any time during the program, a student athlete shows symptoms or acknowledges they have been exposed to Covid-19, that person will be immediately separated from all other people (other than a minor and their parent). The parent will be immediately contacted, and the student athlete will be sent home. If Covid-19 symptoms exist, we will immediately contact the Canton Board of Health.

- Any symptomatic student athlete will be isolated in a room pre-determined at each of our facilities. This will be the designated isolation area. It is off-limits to all others.

## **Cleaning and Disinfecting**

- All high touch surface areas and heavy transit areas will be disinfected daily.
- **All cleaning activities require the cleaner to wear gloves and a mask.**
- **Bathrooms used by CHS Athletes on CHS grounds-** These bathrooms will be cleaned each day of use. They will be cleaned following all Best Practices laid out by the Executive Office of Energy and Environmental Affairs.
- In the event of a positive case, we will shut down the site for a deep cleaning and disinfecting of the area where the positive person was participating.
- **Inventory of cleaning products** will include but not be limited to: Disinfecting spray, Disinfecting wipes, bleach based bathroom cleaning product, paper towels, trash bags.
- The CHS gym will be cleared out and fully sanitized at the conclusion of each contest. This includes when there are back-to-back contests.

## **Hydration and Ice Protocols**

- Each student athlete must bring their own filled water bottle- properly labeled with their name.
- In the case that a student athlete neglects to do so or needs to refill their water bottle, CHS will provide water in coolers that will only be operated by the Athletic Trainer.
- The CHS ice machine will not be accessible to any CHS students or coaches. Only the CHS Athletic Trainer and Athletic Director may access the ice machine.

## **Transportation**

The CHS Athletic Department will follow all transportation guidelines established by the Canton Public Schools.

Beyond those guidelines, the CHS Athletic Department will follow all policies and protocols for athletic transportation as in the past, with the following amendments/additions:

1. With written permission, any parent/guardian (or other approved family member) who wishes to transport their child(ren) to/from an away contest may do so.
2. With the written permission of a parent/guardian, a student athlete who is legally licenced to drive, may transport themselves to/from an away contest. The driving student may NOT transport any other teammates, classmates, or other persons to the away contest

with the exception of a sibling who is also on the team who they are able to legally transport.

Protocols for on-bus activities:

1. Students and coaches/staff will be seated as shown in diagrams provided by the State Guidelines.
2. Students and coaches/staff will wear masks at all times on the bus.
3. Windows must be kept open at all times (weather permitting)
4. Coaches/staff may not address the team with “coaching” items while on the bus.
5. Students and coaches/staff may not move from their assigned seats unless there is an emergency.
6. Any student athlete exhibiting symptoms of Covid-19, will not be allowed to travel on the school bus.

## Spectators

- All spectators must practice social distancing AND wear a mask at all times.
- All spectators must sign in at the event and provide at least two methods to contact them (email, cell, etc.).
- All spectators must take the CHS Athletics Daily Screening test.
- Under no circumstances may a spectator approach a coach, official or other CHS athletic personnel within six feet at any time.
- The Hockomock League will only be allowing spectators associated with the host school into their facility. All spectators are strongly discouraged from traveling to away games, especially since they will not be allowed into the host school’s facility when they arrive. CHS will limit spectators as follows below for the winter sports season:
  - **Basketball Games at CHS-** No more than 2 immediate family members of each Canton High School basketball player involved in the game. There will be NO SPECTATORS from the visiting team allowed. The gym will be cleared of fans in between games in the event of multiple games in one day.
  - **Swim Meets at Blue Hills Regional-** No Spectators allowed per BHRHS
  - **Gymnastics Meets at Metro-South-** No Spectators allowed per MSGA.
  - **Hockey games at Metropolis Rink-** No more than 2 immediate family members of each Canton High School hockey player involved in the game There will be NO SPECTATORS from the visiting team allowed. The rink will be cleared of fans in between games in the event of multiple games in one day.
- Every effort will be made by CHS Athletics to have as many home contests streamed live as is possible. Most other schools in the league will be doing the same and making those streams available to us.

## **Sports Specific guidelines**

For any sport where rules modifications were approved by the MIAA, CHS will follow all rules as laid out and approved per EEA. Furthermore, all rules modifications for in-game play will be translated and followed during practices/training sessions. We will follow all Hockomock League mandates in each sport as well. Beyond all of these modifications, CHS Winter teams will following the additional protocols:

### **Ice Hockey:**

- No large hockey bags will be allowed on the school bus for away games. Players must be dressed for the game prior to getting on the bus. A smaller bag may be brought that is only large enough to carry skates, gloves, and water bottle.
- Coaches and administrators must ensure that there are spots selected outside the traditional bench area for any player who is unable to socially distance on the bench.
- No players will be allowed to “swing” from one team to another for games or practices unless done for a complete calendar week. This means that if a JV hockey player is “brought up to varsity” it must be for a week at a time. They cannot bounce back and forth from roster to roster on a day-to-day basis.

### **Basketball:**

- No players will be allowed to “swing” from one team to another for games or practices unless done for a complete calendar week. This means that if a JV basketball player is “brought up to varsity” it must be for a week at a time. They cannot bounce back and forth from roster to roster on a day-to-day basis.
- Only one team may practice in a gym at one time. There can be no combining of two teams (Freshmen/JV or JV/Varsity) for practices. This is to ensure that our cohorts are not compromised.

### **Swimming:**

- All meets with other schools will be held “virtually” with CHS swimming at Blue Hills Regional while our opponent is swimming at their home pool.

### **Gymnastics:**

- All participants must use hand sanitizer prior to and after each use of apparatus.

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