

Winter Sports Programs for the 2020-21 School Year  
November-March

Basketball, Ice Hockey, Indoor Track, Alpine Skiing,  
Nordic Skiing, Spirit and Wrestling



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## Background

The following guidance provides direction on winter school sports programs for students in grades 9-12 as outlined by the National Federation of High Schools (NFHS) and the New Hampshire Interscholastic Athletic Association (NHIAA). At the center of the NHIAA's return to sports guidance is the State of New Hampshire's guidelines allowing amateur and youth sports to practice and return to competition this winter. These "Safer at Home Amateur and Youth Sports" guidelines were vetted and approved by the Governor's reopening task force and the New Hampshire Department of Health. The NHIAA used these guidelines as the foundation for NHIAA's recommendations.

The NFHS has classified sports into risk levels, based on the ability to achieve physical distancing and the ability to limit the sharing of equipment or to clean equipment between use by competitors. The NHIAA reviewed this guidance and suggests the following categorization:

**Lower risk:** alpine skiing, nordic skiing and sideline/grounded spirit.

**Moderate risk:** ice hockey.

**Higher risk:** basketball and wrestling.

\*On October 16, 2020, the NHIAA Council recommended that the NHIAA Sports Medicine Committee review and revise these categorizations. At this time this review has not occurred.

The New Hampshire Department of Health and Human Services (NH DHHS), with input from the NHIAA sport specific committee's recommendations, NFHS guidance, and the NHIAA Sports Medicine Committee has developed the following Phased Approach to Opening Sports:

Phase	Phase One	Phase Two	Phase Three
Types of Activities	Limited to outdoor small group/team training classes and sessions. No competition or contact sports activities allowed.  Released by the State of New Hampshire May 18, 2020.	Limited to outdoor team sporting events and practices. Team sporting events (competitive scrimmages, games) only allowed for low physical contact sports. Phase 2 expanded group training sessions and practices and the reopening of indoor recreational facilities. Released by State of	Practices, training sessions, competitions, games, and tournaments/jamborees are permitted. This applies to all sports at all three risk levels and includes all NHIAA sports.  Released by the

		<p>New Hampshire June 11, 2020</p> <p>Guidelines for indoor health and fitness centers were released June 18, 2020.</p>	<p>State of New Hampshire July 17, 2020.</p>
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On October 16,2020, the NHIAA Council approved the following timeline for the start of the 2020-21 winter sports season:

- 11/30/20-12/11/20 - Phase 1 and Phase 2 conditioning/skills and drills activities for all sports;
- 12/14/20-1/10/21 - Team practice sessions;
- 1/11/21 - First date to play games.

**Conval Athletics -- Winter 2020-21**

**Proposal**

**Practices and Scrimmages**

It is the recommendation of the administration to follow the NHIAA Council’s timeline. During our remote period, members of the Blue and Gold Cohorts will be allowed to combine and form teams. All ConVal High School winter sports programs would participate in a competitive limited regional NHIAA sanctioned schedule. Any ConVal High School athlete who participates, must sign a COVID waiver, and they as well as siblings or household members would be required to learn remotely until after their final competition, followed by a 14 day quarantine before they can return to in-person learning.

If this proposal is not accepted by the ConVal School Board, it is recommended that all school-based winter sports programs follow the same format as fall sports. That either by cohort students be allowed to initiate coach-led practice sessions (e.g. conditioning/skills and drills activities) and intrasquad scrimmages no later than the official NHIAA start date. Or if the preference is that cohorts be combined, before in person learning begins there will be a fourteen day quarantine for the athletes. Once in-person learning begins on January 19, 2021, all ConVal High School athletes who participate will continue based on the high school’s Blue and Gold Cohort model.