

Spring Sports Programs for the 2020-21 School Year
March-June

Baseball
Lacrosse
Softball
Tennis
Track and Field
Unified Track and Field



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Background

Recommended procedures for ConVal High School's sports programs during School Year 2020-2021 are based on guidance from the National Federation of High Schools (NFHS) and the New Hampshire Interscholastic Athletic Association (NHIAA). The NFHS bases its recommendations on materials from the CDC, the American Medical Society for Sports Medicine (AMSSM) and the American Academy of Pediatrics (AAP) (NFHS, 2021). The NHIAA bases its recommendations on the State of New Hampshire's guidelines allowing amateur and youth sports to practice and compete, known as "[Safer at Home Amateur and Youth Sports](#)." These guidelines were vetted and approved by the Governor's reopening task force and the New Hampshire Department of Health (Governor's Economic Reopening Taskforce, 2020).

On January 27, 2021, the NFHS announced a revision to its guidance on COVID-19 transmission during high school sports ([NFHS, 2021](#)). Previously, the NFHS classified sports into risk levels, based on the ability to achieve physical distancing and clean or limit sharing of equipment between competitors. An evolving understanding of COVID-19 led the NFHS to recognize that,

"No individual or team sport can be determined to be solely HIGH, MODERATE or LOW risk based upon current available research. Coronavirus transmission rates in all sports vary based upon multiple factors and exist on a continuum. Prevailing community infection rates appear to be the strongest predictor for high school athletes being infected, and proven cases of direct transmission of coronavirus in the athletic setting remain relatively rare." ([NFHS SMAC, 2021](#))

The NFHS now advises that when stakeholders assess the potential for COVID-19 transmission related to high school athletics, they strongly consider the following factors:

1. COVID-19 rates of participants in any given sport are directly proportional to prevailing community disease rates.
2. Participants in non-contact sports show lower rates of COVID-19 than contact sports.
3. Participants in outdoor sports show lower rates of COVID-19 than indoor sports.
4. Face mask use while participating in indoor sports results in COVID-19 rates comparable to the rates found in outdoor sports.
5. The great majority of sports-related spread of COVID-19 does not appear to occur during sports participation, but from social contact. Maximizing efforts to prevent this type of spread remains paramount. Social distancing, mask use, staying home while ill and proper hygiene must continue to be emphasized in the locker room, on the sidelines, and while traveling, dining and interacting in the community. ([NFHS SMAC, 2021](#))

On January 21, 2021, the NHIAA Council approved the following timeline for the start of the 2020-21 spring sports season:

March 29, 2021 - Team practice/tryout sessions begin

April 12, 2021 - First date to play games

In addition to the recommendations from the NHFS and NHIAA, this plan takes into account Governor Sununu's Emergency Order #85, which states that, "All New Hampshire schools must provide in person instruction for at least two days per week for any student who wishes to elect such an option." ([Sununu, 2021](#)) The most recent information from the NH Department of Health and Human Services was also considered, including the January 2021 update of the Bureau of Infectious Disease Control document, [Coronavirus Disease 2019 \(COVID-19\) Frequently Asked Questions \(FAQ\) for Education Partners](#).

Conval Athletics -- Spring 2020-21

Proposal

It is the recommendation of the ConVal administration and the district's [COVID Monitoring Team](#) to follow the NHIAA Council's timeline. Beginning on March 29, 2021 members of the Blue and Gold Cohorts will be allowed to combine and form teams. All ConVal High School spring sports programs would participate in a competitive limited regional NHIAA sanctioned schedule, with interscholastic competitions beginning on April 12, 2021. Any ConVal High School athlete who participates must sign a COVID waiver. Athletes will follow our current cohort hybrid model, attending in-person and remote learning during their assigned weeks throughout their competitive season, participating in the practice scheduled as outlined for their team. Family and other household members that are also members of the ConVal school community will follow their normal plan for in-person learning or instruction.

In order to ensure the safety of our athletes and the greater ConVal community, the following measures will be implemented.

Pre-season:

- All school district and athletic department COVID-19 protocols will be reviewed with the coaching staff during the required pre-season meeting, and with each team on the first day of practice.
- Each team will appoint a COVID-19 safety monitor, who will be responsible for making sure that their teammates are following proper COVID-19 protocols during practices and games.

Practices and Competitions:

To allow for sanitizing of the facilities, a modified rotating practice schedule will be used for indoor practices when they are needed, as follows.

Weeks of 3/29 & 4/12

Day	3:00 - 4:30 p.m.	4:45 - 6:15 p.m.
Monday, Wednesday, Friday	Baseball	Girls Lacrosse
Tuesday and Thursday	Boys Lacrosse	Softball

Weeks of 4/5 & 4/19

Day	3:00 - 4:30 p.m.	4:45 - 6:15 p.m.
Monday, Wednesday, Friday	Softball	Boys Lacrosse
Tuesday and Thursday	Girls Lacrosse	Baseball

- All coaches, athletes, and game officials must be screened for signs/symptoms of COVID-19 prior to any practice or contest. Screening includes a temperature check. Coaches are responsible for self-screening as well as screening their athletes. The game administrator will screen game officials.
- When not directly participating in practices or contests, teams shall maintain a minimum distance of 6 feet between athletes and coaches.
- All staff and athletes must wear a face covering over their nose and mouth during practices and competitions.
- Equipment bags and backpacks of participants shall be placed 6-feet apart. Participants should not touch other participants' bags, equipment or water bottles, nor gather near others. Benches and/or dugout areas must not be used for storage of personal equipment or group equipment.
- Athletes and coaches shall agree to abide by any and all guidelines as established by the state and school district.
- Athletes and coaches shall follow their sport-specific guidelines as established by the NHIAA Sports Committee.
- Volunteer coaches and other volunteer assistants will not be allowed.

Visiting Teams:

- Visiting teams will be allowed to arrive for contests no more than 60 minutes ahead of start time.

- Each school will conduct participant screenings, including temperature checks, prior to leaving their facility. It is understood that anyone arriving at an away event has been cleared by their home school.
- Visiting busses will be directed to a designated parking area for their pre-screening information to be gathered. If they arrive ahead of schedule, they must remain on the bus to allow for the facilities to be adequately prepared and for any previous groups to leave the area.
- Locker rooms will not be available to visiting teams. They should plan to arrive fully dressed and ready to go.
- Visiting teams must bring their own equipment and balls.

Spectators: These limits are subject to change at any time, per the advice of the COVID-19 Monitoring Team.

- To avoid the gathering of large crowds, admissions to our facilities will only be allowed to spectators who are in possession of a sport specific ticket. Each player will receive tickets for members of their household only. These tickets will be assigned by the athletics department.
- Fans and spectators will be required to wear face coverings the entire time they are in attendance at events, and stay socially distanced by household groups.
- Spectators must be screened for signs/symptoms of COVID-19 prior to a contest. This includes a temperature check. Spectators will need to sign-in before entering the venue. The game administrator or their designee will be responsible for this.
- Visiting team spectators will not be allowed to attend.
- At the conclusion of the contest all spectators will exit the venue immediately.

In the event that a participant develops symptoms consistent with COVID-19:

- The participant needs to isolate and get tested for COVID-19.
- The participants's household members and other close contacts may need to quarantine, as outlined in Table 1 below.
- A person is considered a "close contact" to a person with COVID-19 if they were within 6 feet of the infected person for at least 10 minutes or longer. The 10 minutes of contact can be at one time or cumulative over the course of the day. ([Bureau of Infectious Disease Control, 2021](#)).
- Refer to Table 1 below.

Table 1

When a student has symptoms that may be COVID-19, should their sibling(s) be sent home and attend school remotely until the sick student has tested negative?

Management of Household Contacts (HHCs) of Persons with New and Unexplained Symptoms of COVID-19, Based on the Symptomatic Person's COVID-19 Risk Factors and Testing Status:

Risk Factor?*	Viral Testing Pending? †	Action:
Present	Yes	<ul style="list-style-type: none">Symptomatic person isolates pending test result.HHCs quarantine pending test results.
	No	<ul style="list-style-type: none">Symptomatic person must remain on isolation until they have met CDC's criteria for discontinuation of isolation.HHCs quarantine for 10 days from last day of exposure.
Absent	Yes	<ul style="list-style-type: none">Symptomatic person isolates pending test result.HHCs can remain in school/work as long as they remain asymptomatic, but if test is positive then quarantine.
	No	<ul style="list-style-type: none">Symptomatic person must remain on isolation until they have met CDC's criteria for discontinuation of isolation.HHCs can remain in school/work as long as they remain asymptomatic.

* Risk Factors for COVID-19 exposure include close contact to a person with COVID-19, travel outside of the New England area, or other high-risk activities as identified by an employer or public health in the 10 days before symptom onset.

([Bureau of Infectious Disease Control, 2021](#)).

In the event that an athlete comes in contact with a teammate or opponent who tests positive for COVID-19:

- The athlete will need to quarantine for 10 days from last exposure and follow up with their primary care physician for further guidance.
- Household members and other close contacts are not required to stay home as long as the athlete who is quarantining does not develop any symptoms and the household members and other close contacts remain without symptoms, as well.
- If the athlete being quarantined develops symptoms, household members and other close contacts should follow up with their primary care physician for further guidance. (Bureau of Infectious Disease Control, 2021).

References

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