



PEABODY

TANNERS

## **PVMHS Adherence to MIAA and EEA** **Guidelines for Spring Season**

### **Links to MIAA Modifications and Guidelines:**

- [Baseball](#)
- [Softball](#)
- [Lacrosse - Boys](#)
- [Lacrosse - Girls](#)
- [Outdoor Track & Field](#)
- [Tennis](#)
- [MIAA Statement on Spring Sports and Sport-Specific Modifications](#)

### **Links to EEA Guidelines:**

- [WORKPLACE SAFETY and REOPENING STANDARDS FOR BUSINESSES and OTHER ENTITIES PROVIDING YOUTH and ADULT AMATEUR SPORTS ACTIVITIES](#)

**Covid-19 Warning:** By participating in a sport, you are potentially going to be exposed to or contracting Covid-19. As a result, you may be isolated or quarantined for a period of time as determined by the Board of Health in accordance with state guidelines. This will also result in lost time for in person learning. There is the potential for practices, games and the season to be cancelled. Not only is your full cooperation with public health officials required by law, but it is also expected of you as a condition of play. Playing privileges may be suspended or revoked for students or guardians who do not fully cooperate with public health officials. In addition, failure to cooperate in a public health investigation is a violation of Massachusetts General Laws, Chapter 111, sections 122 and 123, and fines of up to \$1000 per day may be imposed.

### **EEA Guidance**

[http://miaa.net/gen/miaa\\_generated\\_bin/documents/basic\\_module/EEAphase4step132221.pdf](http://miaa.net/gen/miaa_generated_bin/documents/basic_module/EEAphase4step132221.pdf): V. COOPERATION WITH HEALTH OFFICIALS Facility Operators and Activity Organizers, as well as coaches, participants, and others engaging in sports activities are required to cooperate with state health officials and local boards of health and their authorized agents. Facility Operators and Activity Organizers must keep rosters of all participants with appropriate contact information and make that information available upon request by state officials, local boards of health or their authorized agents. Should a Facility Operator or Activity Organizers fail to completely and promptly cooperate with health officials, operators and organizers risk closure or suspension of a league's practices and/or games.

**The coach for each team will act as the Covid Supervisor under the direction of the Athletic Department.**

As the MIAA states, the return to activity for an athlete who was diagnosed with COVID-19 should be **slow and graded**. The concern lies in the potential symptoms the athlete experienced during infection, the potential for long-term effects following infection, as well as the lack of activity for the 10-14 day quarantine period. Information on long-term effects of COVID-19 can be found here:

<https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects.html>. The athlete should be symptom free and be able to complete activities of daily living without excessive fatigue or difficulty breathing.

The **return to play protocol** that will be implemented at PVMHS is as follows:

Day 1 - 30 minutes or less of light cardiorespiratory activity (i.e. biking, walking/running intervals)

Day 2 - 45 minutes or less of adding simple movement activities - can include running drills and sport-specific skills (intensity no greater than 80% of maximum heart rate)

Day 3 - 60 minutes of more complex drills, excluding scrimmaging (intensity no greater than 80% of maximum heart rate)

Day 4 - Normal training activity, i.e. full practice (intensity no greater than 80% of maximum heart rate)

Day 5 - Full return to activity (including games/competitions)

\*If any symptoms occur during the RTP (especially excessive fatigue or difficulty breathing), the athlete must regress to the previous stage and wait to continue for a minimum of 24 hours. Further evaluation may be needed.\*

**Gear Bags, Equipment, Water Bottles, and Masks:**

- *Gear Bags:* Supplies recommended for your personal gym bag: Reusable face coverings/masks – The mask/face covering must be worn at all times. Sport specific modification may have further guidance for face coverings. All participants should have multiple back-up face coverings. Warm-up clothing, electronic devices, and other personal items that are used by the athlete, prior to practice/competition, must be placed back in the gym bag before practice/competition begins. Athletes are recommended to always have a personal bottle of hand sanitizer available. There will be less chance of possible cross contamination and less time standing around waiting to use a shared hand sanitizer. Be sure to have this inside a sealable bag, in case it leaks. This will be used when you enter and exit the practice/competition site, and at other necessary times in between. Athletes are recommended to have disinfectant wipes for personal use. When using a restroom area, it is best to disinfect any surface that may be touched, before and after using the facilities. Athletic braces, tape, inhalers, or any other sports-medical item used before, during or after practice/meets should be stored in a personal gym bag when not in use. Additional shoes should also be stored in a separate compartment or bag inside a gym bag to prevent possible cross contamination with other items in the gym bag. Any other item that is deemed necessary for practice or competition must be stored in the gym bag when it is not being used.
  - Once the student-athlete returns home everything inside the gym bag must be disinfected after every practice and before returning to practice again. Be sure to spray the inside and the outside of the bag as well. This is for everyone's protection.
- *Equipment:* There should be no shared athletic equipment unless required by the sport rules, i.e. – one basketball is used during competition and must be used by all players. Individual sport modifications should be followed for planned and periodic disinfecting. Any equipment that is used for practice should

be cleaned and disinfected prior to and immediately following practice. Only one individual should handle the set-up and break-down of equipment on any given day (i.e. goals, cones, etc.). Balls - For moderate and high-risk sports - Each player should bring their own ball or use the same school-issued ball during practice. Skill training, conditioning, agility, etc. can be done with the one player/one ball concept. Balls must be sanitized before and after each practice/game. Sport specific modifications also list other ball cleaning practices during competition. Personal Items – Shoes, clothing, towels, and other personal items must not be shared among athletes. Any items that are not currently being worn/used should be stored inside a personal gym bag. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice/competition

- *Water Bottles:* Per EEA and MIAA guidelines all student-athletes will be responsible for bringing their own water bottle and water to all practices and games. Preferably, a student-athlete should bring a 32 oz. water bottle or larger.
  - Water fountains inside of the building **cannot** be utilized to fill bottles before practices/games.
  - Ice from the athletic training room will NOT be provided to athletes for hydration purposes.
- *Masks/Face Coverings* – Athletes are required to wear cloth face coverings/masks per EEA guidelines, including covering both the nose and mouth at all times. Gaiters will NOT be allowed per Peabody School Committee policy. Masks with valves or filters are not permitted. Most effective fabrics for cloth masks are: Tightly woven fabrics, such as cotton and cotton blends Breathable Two or three layers Less effective fabrics for cloth masks are: Loosely woven fabrics, such as loose knit fabrics Difficult to breathe through (like plastic or leather) Single layer Mask breaks may be taken for drinking, and when needed for breathing comfort. Mask breaks may only be taken when greater than 6 feet of distance can be maintained from all others.

### **Athletic Training - Pre-Practice: Trainer's focus will be on in season athletes.**

- You must make an appointment with the Athletic Trainer for any athletic training services through the following link:
  - [Peabody High School Athletic Training](#)
  - Availability will range from 1:30-7:30pm (for post-practice) Monday-Friday; it will differ on the weekends depending on the events being held
  - “Existing injury” would be an injury that has already been evaluated and treatment/rehabilitation is needed
  - “New injury evaluation” would be an injury that has not been evaluated yet
  - If the times available do not work for you, speak to the athletic trainer directly
- Athletic training services will take place in the athletic training room
- Rules within the athletic training room/under the athletic training tent
  - 2 student-athletes will be allowed in the athletic training room at one time (while properly social distancing); 1 student allowed under the athletic training tent at one time
  - Student-athletes MUST wear a mask, must purell their hands before and after entering, and should not touch anything unnecessarily/without permission
  - Any student-athletes waiting for treatment should properly socially distance
- Student-athletes will be screened for COVID-19 related signs and symptoms before receiving athletic training services

- Upon completion of treatment/rehabilitation, athletes will purell before exiting the athletic training room and head straight to practice (while complying with social distancing)
- All surfaces and tools used during the treatment will be sanitized between athlete usage.
- Students that are not utilizing the athletic training room can head directly to practice.
- Upon arrival to practice, the coach or designee will screen each player with the signs/symptoms questionnaire and this will double as attendance for practice

### **Athletic Trainer - Post-Practice**

- Ice bags will be available, but they will no longer be wrapped onto a body part (unless warranted)
- Ice bags will be already made and found in a designated water jug
- Athletic trainer will be available for injury evaluation as needed
- Cutting materials will NOT be available to cut off tape

### **Athletic Trainer - Practices/Competitions**

- The athletic trainer, when available, will be present at different practice/competition sites for compliance with guidelines, medical care, and assisting coaches with sanitization
- Masks, goggles, and protective gloves will be worn at all times
  - Gloves will be changed between athlete/coach/referee direct contact.
  - Hand washing (preferable) or sanitization of hands will take place between glove usage.
  - Any equipment or tools needed during on-field evaluations will be sanitized by the athletic trainer after use.
- Student-athletes will be required to wear face coverings at all times, except during scheduled mask breaks.
- Coaches will design practices with social distancing in mind, with cohorts of student-athletes practicing together daily and with routines during practice that provide for the adherence to all regulations.
- Student-athletes and coaches will disinfect all personal equipment at the end of practice and maintain mask coverings and social distancing until after they depart campus in a bus, a parent's vehicle or if they are a student driver.

### **Medical Clearance/Eligibility:**

- Any athlete that quarantines from close contact with a positive COVID case or tests positive themselves, will need to meet DPH and school guidelines for safe return to sport. This will include documented medical clearance from the athlete's physician to return to play after recovery.
- The athletic director and school nurses will communicate effectively with each other regarding student-athletes who have presented ill/injured.
- If an athlete is sent home from school or practice by an athletic trainer or coach for exhibiting symptoms consistent with illness, the athletic trainer or coach will follow up with that athlete's parent/guardian to determine next steps of action.

### **Practice Location and schedules:**

- The Athletic Director will set all practice times and locations. Winter sports will be scheduled first.  
**PVMHS Stadium, Upper Field, Donahue Baseball Field, Emerson Park, Carroll Savage, Kiley Field, Cy Tenney Park, PVMHS Tennis Courts**
- All locker room team rooms and lockers are closed. Locker rooms will be open for changing only and no equipment or personal belongings will be allowed to stay, see guidelines below.

- Players **should not arrive any earlier than 15 minutes** prior to the start of practice or **30 minutes** for a game. No players will be allowed into the facility without a coach.
- Teams practicing on the Upper Field Donahue A must enter by the ice rink lot.
- Baseball players will enter by the access road near D House. Cars are not allowed at the field.
- Teams will enter the stadium for practice by the school side and exit by the bleacher side.
- All players and coaches must sanitize their hands before entering a practice facility and after.
- Players should prescreen themselves for covid symptoms before attending a practice or game.
- Coaches will take a daily log of attendance and screening of athletes that will be turned into the Athletic Trainer.

### **Locker Room Procedures:**

- Team Rooms and Lockers will remain closed at this time.
- Athletes should not be hanging out in the building waiting for practice to begin. Athletes are encouraged to stay after with teachers. The upper balcony seats will be available for athletes waiting to practice.
- Athletes will be allowed to change after school in the locker room. Athletes are encouraged to show up for games and practices dressed and ready to go. This will be more difficult now that school is reopening full days.
- Equipment and other belongings must be taken with the Athlete. Athletes will be responsible for carrying their equipment during the school day.
- No More than 10 athletes will be allowed into the locker room to change.
- No hanging out in the locker room. Go in, change, leave.
- Coaches are responsible to monitor the locker rooms. This is not the responsibility of the PE staff

### **Team Events:**

- Team based activities such as pasta parties, banquets, and other team based social events are not permitted.
- Events like these jeopardize the safety of the athletes and the broader Peabody community.
- Events like this can jeopardize a team's season.

### **Roster Limitations:**

See MIAA Sports Modifications for roster sizes and limitations.

### **Post-Practice**

- Student-athletes and coaches will maintain mask coverings and social distancing until departing campus.
- Athletes and Parents should not be gathered in groups in the parking lots of events or at the High School.
- Athletes and parents should not gather in groups before, during or after events.

### **Transportation for students:**

- All students will be responsible for their own transportation to PVMHS for practices/games. .
- Coaches will assign seats to student athletes on the bus. Student athletes will sit on the same seat for each bus ride.

- To limit exposure and follow DESE and Peabody Public Schools transportation of team sizes will be limited to the MIAA recommended roster size.
- Parents/guardians may drive their son/daughter home from away games as long as it is communicated to the athletic director through email or a written note. The parent/guardian must check in with the coach prior to leaving with their son/daughter.
- It is strongly encouraged that student athletes don't not carpool to practice together.

### **Spectators:**

. Recommendation from Board of Health Director, Northeastern Conference and Peabody Athletic Department,. No Students will be allowed to attend games. 2 parents/guardians and siblings per player will be allowed to attend, spectators must be family members only.

All Guidelines are to protect the players, coaches, and spectators during the Spring 21 season. Masks and face coverings must be worn at all times while attending sporting events. It is strongly encouraged that spectators refrain from eating in the bleachers or while at events. Concession or food tables at games will not be allowed.

- Tennis-Spectators must remain on the ice hockey rink side of the courts. No spectators are allowed in the playing area or near the players when they are off the courts. The school side of the courts are designated for the teams and coaches only.
- Track- All spectators must be in the bleachers to watch the events on the track. No spectators should be along the fence area between the bleachers and the track. No spectators should be along the fence on the school side of the field. Spectators watching the discus and javelin can line the fence along the upper field and must maintain proper social distancing. No spectators are allowed on the upper fields to watch. Spectators can line the fence by the parking lot to watch shot put but must be 6 feet away from the fence.
- Lacrosse- All spectators must be in the bleachers to watch the game. No spectators should be along the fence on the school side of the field. No spectators should be along the fence area between the bleachers and the track. Spectators must follow social distancing guidelines in the bleachers.
- Baseball- All spectators must watch the game from behind the outfield fence along the service road. No Spectators will be allowed to sit along the foul lines. Spectators must follow social distancing guidelines. Games at Emerson Park and Carroll Savage Park spectators must remain away from the players benches and from behind home plate. No Cars will be allowed to park on the upper field unless approved by the Athletic Department.
- Softball- All spectators must watch the game from behind the outfield fence. No Spectators will be allowed to sit along the foul lines. Spectators must follow social distancing guidelines. At Cy Tenney, spectators must remain away from the players benches and from behind home plate.

### **Media:**

The media will be expected to follow all social distancing and hygiene guidelines set for spectators. The media will not be allowed on any playing surface (practice or competition surface). All Media should check in with school personnel upon arrival. Peabody Access Television will try and cover as many games as possible.

