

Malcolm Public Schools

Winter Athletics Plan to Reduce COVID-19

General Protocol

- Face coverings are mandatory by all individuals while in the building
- Hand sanitizer use is mandatory upon entering the building—dispensers will be available at the main entrances of both buildings and auxiliary entrances when in being used
- Restrooms will be sanitized regularly
 - Teams will be assigned specific restroom facilities
 - Spectators will be assigned specific “Home” and “Visitor” restroom facilities specifically chosen to eliminate cross-traffic flow
- There will be no concessions
- **Eating will be prohibited inside the building during practice, after practice, game/match, and after game/match times—medical exemptions will be considered on a case-by-case basis**

Basketball Protocols

(Basketball Practice)

- Temperatures will be taken before entering the locker room
- Locker rooms
 - Limited capacity of 15 athletes at any one time--10 for the Westfall locker rooms, not including adult supervision
 - Five-minute time limit for locker room use (toileting not included)
- Personal practice equipment will be taken home and washed daily
- Lockers will be disinfected daily
- Individual water bottles will be used by all athletes—bottle filling stations are available in the Westfall gym and high school commons—social distancing in the water line is mandatory and will be supervised
- Players will keep their faces covered throughout practice
 - Exception: Face coverings are not required during scrimmaging portions of practice
 - Scrimmages will be limited to five minute intervals per athlete
 - Athletes will distance themselves from other athletes when “catching their breath”, then immediately replace their face covering as soon as safely possible
- Groups will be limited to no more than 6 athletes/drill/basket or activity area
- During practice breaks, players will be required to physically distance

(Basketball Games)

- Fans will be limited to two immediate family spectators per athlete
 - Gym capacity is 1,200— currently at two spectators per participant, we will remain below 25% capacity
 - As a contingency (if needed), we will eliminate all in-person spectators (no fans)
 - Regardless of capacity limitation (25% or 0%), all varsity contests will be broadcast via Striv
- Designated classrooms will be used by each team for pregame and halftime

- Physical distancing required
- Face coverings required
- Sweat towels
 - Individual towels provided
 - Towels will only be used once
 - Soiled towels will be deposited in a sealed containment unit until laundered
- Individual water bottles will be used by all athletes—
- Teams may bring (or will be provided with) a “team” water cooler
- Teams will designate one individual, wearing a face covering and gloves, to fill each individual water bottle
- Team benches (chairs) will be spread out to create distancing
- Designated seating (with physical distancing markers) will be provided for non-active team members
- Away game travel
 - Seating charts for bus rides will be established and maintained
 - Although we will not encourage players to ride home with parents, we will not discourage it—activity handbook protocol will need to be followed
 - Face coverings required at all times
 - No food consumption will be allowed on the bus or in a school vehicle
- Supper (if provided to players) will be individually packaged meals to be eaten before departing Malcolm, or at the destination site if allowed by the host school
- Fans will exit the facility following the conclusion of the game. There will be no gathering by players, parents, and fans.

Wrestling Protocols

(Wrestling Practice)

- Temperatures will be taken before entering the locker room
- Locker rooms
 - Limited capacity of 15 athletes at any one time--10 for the Westfall locker rooms, not including adult supervision
 - Five-minute time limit for locker room use (toileting not included)
- Personal practice equipment will be taken home and washed daily
- Lockers will be disinfected daily
- Wrestlers will keep faces covered throughout practice
 - Sparring will be limited to 5 minute intervals per athlete
 - Athletes will distance themselves from other athletes when “catching their breath”, then immediately replace their face covering as soon as safely possible

- The team shall be divided into cohorts by weight, with no group consisting of more than 6 Wrestlers—each cohort will be physically from other cohorts for the duration of practice

(Wrestling Meets)

- Practice screening protocol will be used before meets
- Malcolm Locker room protocol will be used before meets
- NSAA wrestling guidance of 112 wrestlers/invite, will be employed—further reductions to that number will be considered if needed
- Fans will be limited to two family members per athlete
 - Gym capacity is 1,200—at two spectators per participant, we will remain below 25% capacity
 - As a contingency (if needed), we will eliminate all in-person spectators (no fans)
- Team Logistics
 - Teams will be assigned a classroom as their “home”
 - Team members will remain in their designated classroom unless they are wrestling, on deck, or in-the-hole
 - Teams will have a computer in their assigned classroom to follow along on Track Wrestling.
 - Individually packaged food items may be brought into the classroom and consumed by the wrestler following weigh-ins
 - Food WILL NOT be shared
 - Physical distancing is required at all times—especially if an individual is eating.
- Fans will depart immediately after the meet/contest concludes. There will be no gathering of athletes, parents, and fans following the conclusion of the contest.