

Noble Public Schools

Extra-Curricular Activity Guidelines

2020-2021



#GoBears

Noble Public Schools Athletic Department COVID-19 Safety Protocols

Face Coverings (masks, gaiters, etc.) are REQUIRED for the following participants at all NPS Extra-Curricular facilities.

* Coaches

* Managers

* Athletes

* Media

* Sports Med Staff

* Administration

* Fans/Patrons

* Faculty

* Medical exemptions for face coverings will be considered with proper documentation.

1. Practices are closed to non-participants; exceptions for extenuating circumstances will be considered on a case by case basis with admin approval.

2. Noble Public Schools is requiring the wearing of face coverings (masks, gaiters, etc.) for anyone who enters any NPS facility. When outdoors and able to socially distance, face coverage may be removed. All interactions at entry, concessions, and restrooms require the wearing of face coverings.

- A. All non-participants are REQUIRED to wear face coverings at all times; this includes managers.
- B. All participants will wear their face coverings at all times in locker rooms, meetings, offices, and weight rooms; when more than one participant is present, or when social distancing of 6+ feet cannot be maintained.
- C. All participants must wear their face covering while walking to and from their respective field, court, or area.
- D. Participants may remove face coverings when they reach their respective field, court, mat for warmup; and are actively engaged in vigorous practice, or strength & conditioning drills.

3. Locker Rooms

- A. Face coverings MUST be worn at all times by everyone in a locker room.
- B. Will only be used for changing clothes or brief meetings (less than 15 minutes). Meet outside at every possible opportunity.

4. All teams will adhere to the 15-minute rule for all practices, meetings, gatherings, or other necessary functions.

- A. All drills will consist of a maximum of 12-minute segments (on) followed by a 3-minute rest/rehydrate/reteach period (off) where all participants maintain social distance (6+ feet).
- B. Meetings, film sessions, time in the weight room, etc. will be scheduled based upon the same maximum 12 minutes on/3 minutes off plan.

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5. Bench, Dugout, Sideline Areas

- A. Face coverings **MUST** be worn at all times when standing/seated in these areas.
 - i. When a coach is socially distanced (6+ feet) they may remove their face covering.
 - ii. Players may remove face coverings when active, vigorously practicing, running, or lifting weights.
 - iii. Bench chairs will be spaced 6' apart and may form multiple rows if needed.
 - iv. Standing areas in the dugout/sidelines must be designated.

6. All meetings should be outside if possible, maintaining social distancing of 6+ feet.

7. Communal Water Jugs will not be provided at this time; all participants must bring their own water bottles.

- A. Personal water bottles **MUST** be used for consuming water.
- B. Teams will designate an assigned person to fill bottles before and during practices the designee must be wearing gloves and a face covering and they will fill bottles in the concession stand or other designated area.
- C. No cups will be provided.

8. Athletic Training Room Access

- A. In-season sports will have limited access for rehab/treatment; social distancing + face coverings are mandatory at all times; and all other previously posted rules still apply.
- B. Off-season sports will have access for injury evaluations, urgent and emergency care only; home exercise/rehab/treatment programs will be utilized.
- C. Preventative taping will not occur; Athletes are encouraged to purchase braces at this time.

9. Transportation: Bus, van, car, or suburban

- A. Face coverings **MUST** be worn at all times.
- B. Limit number of athletes on travel squads and take only necessary personnel on road trips.
- C. Seating charts will be created and utilized.

10. Overnight Travel

- A. No overnight travel will be allowed at this time for the 2020-2021 school year.

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- 12. Fan attendance will be limited due to the inability to practice social distancing. Capacity limitations will be set for each venue.**
- 13. Games will not be played unless all conditions have been met.**
- 14. All guidelines and procedures are subject to change at any time. NPS will notify our guests, as much in advance as possible, to prevent any conflicts.**

Daily COVID-19 surveys and temp checks will be conducted by all participants for all sports.

- A.** NPS will utilize the COVID Exposure, Risk, and Response Matrix, to manage athletic participation at this time.
- B.** Participants with a temperature of 100° F or higher, or those exhibiting symptoms while at school will be isolated, sent home immediately with a parent/guardian, and encouraged to be tested.
- C.** Participants found to be COVID-19 positive cannot return to NPS facilities until they are symptom free and have completed the quarantine requirements (10 days).
- D.** Participants returning to sports/school following a positive test and 10-day period of quarantine will complete a Return To Play Progression form.
- E.** Participants who have been exposed via close contact with someone who is COVID-19 positive, will be required to quarantine for 14 days from the last contact with positive individual, from NPS facilities.

Exposure/Close Contact is considered to be within 6 feet for at least 15 minutes of an individual with COVID-19.

NOTE: We will update our plan and procedures as health recommendations and guidance from the CDC, the Cleveland County Health Department, and the local/state officials continues to evolve.

[CDC criteria for being around others](#)

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports-faq.html>

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COVID Exposure, Risk, and Response Matrix

STEP 1:	STEP 2:	STEP 3:	STEP 4:	STEP 5:
Determine PPE Levels	Determine Exposure Scenario	Determine Distance and Amount of Time of Exposure	Determine Risk Level	Implement Recommended Measures
Exposure Scenario			Exposure Risk	Recommendation
Athletic PPE	COVID Positive Contact	Distance and time		
Wore mask 	Wore mask 	6 ft distance or greater AND Less than 15 mins	MINIMAL RISK	Not Considered a Close Contact: If STUDENT is NOT symptomatic, 1. CONTINUE to practice, follow general precautions for all athletes 2. No further follow-up required If STUDENT develops symptoms, 1. EXCLUDE from school/practice + SELF-QUARANTINE (until cleared for return to school*) 2. NOTIFY coach & attendance (if school is in session) 3. TEST-follow district process as directed by coach/admin to get tested or contact doctor
NO mask 	NO mask 	6 ft distance or greater AND Less than 15 mins		
Wore mask 	NO mask 	6 ft distance or greater AND Less than 15 mins		
NO mask 	Wore mask 	6 ft distance or greater AND Less than 15 mins		
Wore mask 	Wore mask 	6 ft distance or less AND/OR greater than 15 mins	LOW RISK	Not Considered a Close Contact: If STUDENT is NOT symptomatic, 1. CONTINUE to practice 2. MONITOR for symptoms for 14 days If STUDENT develops symptoms, 1. EXCLUDE from school/practice + SELF-ISOLATE (until cleared for return to school*) 2. NOTIFY coach and attendance (if school is in session) 3. TEST-follow district process as directed by coach/admin to get tested or contact doctor
Wore mask 	NO mask 	6 ft distance or less AND/OR greater than 15 mins		
NO mask 	Wore mask 	6 ft distance or less AND/OR greater than 15 mins		
NO mask 	NO mask 	6 ft distance or less OR greater than 15 mins	MEDIUM RISK	Considered Close Contact: 1. EXCLUDE from school/practice + SELF-ISOLATE (until cleared for return to school*) 2. NOTIFY coach and attendance 3. TEST- follow district process as directed by coach/admin to get tested or contact doctor
NO mask 	NO mask 	6 ft distance or less AND greater than 15 mins	HIGH RISK	

*Guidance for quarantine & return to school, based on CDC recommendations.