

Dear Parent/ Guardian(s)

Nokomis Regional High has been working closely with the MPA and school Athletic Administrators to help provide a safe “opening” of athletics in our community schools. As you all know, this has been a very trying time for all of us and we want to assure you all that we will be taking steps to provide a safe environment for our student athletes as we start to move forward. We all recognize that there has been a lengthy period that our student athletes have been away from athletics. We recognize that some athletes have maintained their fitness and conditioning levels however, many have not. The priorities that the MPA Sports Medicine Committee have identified were developed to promote opportunities where coaches and athletes can begin to re-organize and begin to re-condition. This first step is critical to injury prevention as well as preparation for the possibilities of fall athletics to begin. We will be working with the school administration, coaches, and athletes to promote a team approach in managing the risk associated with transmission of the virus. We will be following the MPA guidelines as well as already established Maine CDC and State of Maine directives. We also understand that there are many dynamics associated with each school regarding facilities and access. Our COVID-19 Response Team will be working with all of our coaches to be certain that we are all on a single plan and that all processes are in place regarding training, reporting, documentation, security of confidentiality, and solid communication with parents of our student athletes.

Based on MPA, Maine CDC, and Maine Department of Education guidance, one key component in the safety of our student athletes is going to be daily screening for all participants. We have developed a screening tool that can be used to monitor the student athletes and to identify a process to monitor if there are any identified signs/symptoms of the virus. This screening process will be done at home prior to the start of the activity. Any “yes” answers automatically disqualify the athlete from participation, and they must stay home. This process will include mandatory parental communication with one of the Covid-19 Response Team members and follow up with their own PCP for a return to activity clearance. This will be a critical piece of the process as it will prevent unnecessary potential transmission of the virus, protect confidentiality, and not overburden coaches with more paperwork and responsibilities. Coaches will be tracking daily attendance if tracking or tracing needs to be reviewed.

We have also developed an Emergency Action Plan, Coaches Information Guide and Student Athlete Information Guide that schools may utilize as a guideline to develop a school specific plan of action regarding sanitization, masking, documentation, screening, and isolation in the event that someone becomes symptomatic while participating in activities.

We recognize that there are varying degrees of concern about the virus and we certainly understand this. We also recognize that the number one priority for all of us is the safety of the student athletes, their families, and our coaches, and we are committed to do everything that we can to work with the schools to keep risk low and provide an environment of awareness and safety.

If at any time you may have any concerns or questions, please feel free to contact me at any time.

Mark Babin

Athletic Administrator – 368-4354

Opening of Nokomis Regional High Athletics Fall 2020

INTRODUCTION

The novel human coronavirus, known also as COVID-19 is a respiratory illness caused by a virus (SARS-CoV-2) that affects humans, as well as animals such as cats, dogs, and birds. While many strains of coronaviruses exist generally causing mild respiratory symptoms and only transmitted within the species, SARS-CoV-2 is a recently identified strain. COVID-19 is termed a “spillover event” meaning it can be transmitted between varied species, causing symptoms or respiratory distress ranging from mild to severe in humans globally.

- COVID-19 is considered a droplet-transmitted disease, spread from person to person through microscopic particles of saliva that are expelled from the mouth or nose when someone talks, coughs, or sneezes. Droplets can be transmitted both through the air if in close exposure (within 6 feet) or on a surface that has been contaminated with droplets from a person infected with COVID-19. Currently there is no cure, vaccine, or effective treatment. Both the form and ease of transmission pose unique challenges for returning students to school based athletics and doing so safely.

Reported symptoms of COVID-19 range from very mild to life threatening, generally appearing in an affected person between 2 and 14 days after being exposed to the virus. Symptoms include, but may not be limited to the following:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

While certain groups of individuals have been identified as “high risk” for potentially developing severe illness from COVID-19, the nature of the threat continues to remain mainly hidden. Even if a person is only mildly ill, the people they spread it could experience severe or life-threatening symptoms. Based on currently available information, the following have been identified as potentially “high risk” profiles:

- People 65 years and older
- People of all ages with underlying medical conditions including but not limited to
 - Chronic lung disease including asthma
 - Serious heart conditions
 - Immunocompromised due to illness or
 - Cancer treatment
 - Smoking
 - Bone marrow or organ transplant
 - Immune deficiencies
 - AIDS or HIV
 - Corticosteroid use
 - Other immune weakening medications
- People who are obese (BMI 40 or higher)
- People with diabetes
- People undergoing dialysis
- People with liver disease

Until a proven cure, vaccine or treatment for the virus that causes COVID-19 is found, decreasing potential exposure to respiratory droplets is the guiding principle behind this document.

Definitions:

Extracurricular Activities- For this document, extracurricular activities are defined as programs that are governed by the Maine Principals' Association. It is understood that all these activities are purely voluntary on the part of the student.

Close Exposure - A close exposure is defined as having a household member with COVID-19, prolonged exposure (>10 minutes) within 6 feet of an individual with confirmed COVID-19, direct exposure to infectious secretions (e.g., being coughed on) or direct physical contact during sports from an individual with COVID-19.

RETURN TO PHYSICAL ACTIVITY

The MPA understands that many student athletes have had limited or even no access to athletic facilities and organized activities for several months, resulting in potentially significant deconditioning. This level of deconditioning places the student athlete at high risk of overuse injuries with the return to normal activity. When considering plans for a "re-start" of sports activities, consideration must be given to the student athlete's level of conditioning. Further information concerning return to physical activity/conditioning can be found in Return to Sports and Exercise during COVID-19 Pandemic: Guidance for High School and Collegiate Athletic Programs (Return to Sports and Exercise During the COVID-19 Pandemic)

The following recommendations and guidelines contain a "phase in" approach that includes: 1) a period of voluntary non-sport specific strength, conditioning and agility training (Phase 1); 2) voluntary individual skill activity along with strength, conditioning and agility training (Phase 2).

Phases 1 and 2– Conditioning, Strength Training, Agility, and Individual Skill Activity

Phases 1 and 2 should consist of a one-week period, during which, student athletes will have the opportunity to participate in activities to improve conditioning, strength, agility, and individual skill activity. The two-week period is to be broken down into two parts, with specific guidelines and recommendations implemented for each part. School and district administrators will need to determine if this will be an option on their school campuses. If so, school administrators will need to ensure that adequate staff are present during this time so that all safety precautions are met.

Phase 1 Week 1 of Conditioning, Strength Training, and Agility (August 17 – August 21)

Use of outdoor facilities only

- Coaches must track attendance of each student and adult daily.
- Students and/or adults who have symptoms of COVID-19 illness or feel sick must stay home and only return with medical clearance.
- Students and/or adults who have symptoms after arriving at a training session must leave the site and only return with medical clearance.
- Student groups or "pods" of 10 or less need to be assigned and names recorded.
- Students stay in their "pod" for the duration of Phase 1.
- All students and adults should maintain proper social distancing (6 feet).
- Face masks/coverings are recommended when appropriate. In accordance with CDC guidance, "face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the

person wearing the mask (who may not have any symptoms of disease).” (CDC Consideration for Youth Sports, 2020) “Face coverings may be challenging for players (especially younger players) to wear while playing sports.” (CDC Consideration for Youth Sports, 2020) “Face coverings should be worn by coaches, youth sports staff, officials, parents, and spectators as much as possible.” (CDC Consideration for Youth Sports, 2020)

Cloth or disposable face coverings should be worn throughout each phase when not engaging in vigorous activity, such as when sitting on the bench, during chalk talks, interacting with an athletic trainer, etc.

- Medical grade face coverings are not necessary. Cloth or disposable face coverings are acceptable.
- Face coverings should not be worn when engaging in high intensity aerobic or anaerobic workouts, distance running, or swimming.
- Plastic shields covering the entire face (or attached to a helmet) shall not be allowed

during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates. (2020 NFHS Guidance for Opening up High School Athletics and Activities, 2020) ○ Coaches, officials, and other contest personnel should always wear cloth face coverings. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.) (2020 NFHS Guidance for Opening up High School Athletics and Activities, 2020)

- Activities are to be limited to conditioning, strength training, and agility. No sport specific equipment or skill activity is allowed.
- Limit of one hour of activities per student per day.
- Students should bring their own water bottle. No sharing of water bottles allowed.
- Disinfectants and hand sanitizers should be available on site.
- Students and adults should practice frequent hand washing when in contact with others or with equipment (jump ropes, weights, etc.)
- Any equipment used should be sanitized after each individual use. For guidance on use and cleaning of equipment, please reference the CDC guidelines:

<https://www.cdc.gov/coronavirus/2019-ncov/community/cleaning-disinfecting-decision-tool.html>

Phase 2 Week 2 of Conditioning, Strength Training, and Agility (August 24 – August 28)

Use of outdoor facilities

- Coaches should continue to track attendance of each student and adult daily.
- Students and/or adults who have symptoms of COVID-19 illness or feel sick must stay home and only return with medical clearance.
- Students and/or adults who have symptoms after arriving at a training session must leave the site and only return with medical clearance.
- Use of outdoor facilities allowed.
- Student groups or “pods” of 10
- Students stay in their “pod” for the duration of Phase 2.
- All participants and adults should maintain proper social distancing.
- Face masks/coverings are recommended when appropriate. In accordance with CDC guidance, “face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease).” (CDC Consideration for Youth Sports, 2020) “Face coverings may be challenging for players (especially younger players) to wear while playing sports.” (CDC Consideration for Youth Sports, 2020) “Face coverings should be worn by coaches,

youth sports staff, officials, parents, and spectators as much as possible.” (CDC Consideration for Youth Sports, 2020)

- Cloth or disposable face coverings should be worn throughout each phase when not engaging in vigorous activity, such as when sitting on the bench, during chalk talks, interacting with an athletic trainer, etc.
- Medical grade face coverings are not necessary. Cloth or disposable face coverings are acceptable.
- Face coverings should not be worn when engaging in high intensity aerobic or anaerobic workouts, distance running, or swimming.
- Plastic shields covering the entire face (or attached to a helmet) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates. (2020 NFHS Guidance for Opening up High School Athletics and Activities, 2020)
- Coaches, officials, and other contest personnel should always wear cloth face coverings. (Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.) (2020 NFHS Guidance for Opening up High School Athletics and Activities, 2020)
- Activities are to be limited to conditioning, strength training, agility, and individual skill development. Individual sport specific activities and equipment will be allowed, such as individual dribbling and shooting. No form of competition (including 1v1 drills) is allowed.
- Limit of one hour of activities per student per day.
- Students should bring their own water bottles. No sharing of water bottles or other personal items allowed
- Disinfectants and hand sanitizers will be available on site.
- Students and adults should practice frequent hand washing when in contact with others or with equipment (jump ropes, weights, etc.)
 - Any equipment used should be sanitized after each individual use. For guidance on use and cleaning of gyms and weight rooms, please reference the CDC guidelines:

COMMUNICATION

Education of the illness, policies, and communication to all parties involved is a top priority in creating and maintaining a safe environment. In the event of a COVID-19 infection, all parties involved will need to communicate information related to that infection

- Athlete will need to communicate with parent/coach/athletic trainer/nurse that they feel ill
- Parent will need to communicate with coach/athletic trainer/nurse if their child is ill
- Athletic trainer/coach/nurse will need to communicate to parent about illness that occurs during an athletic event
- Updated contact information is necessary to ensure that a parent can be notified of a suspected illness (or injury) Parent will need to communicate with physician for treatment/testing/clearance from COVID- 19 infection.

DAILY SCREENING

A key component of safety as we resume athletic activity is the monitoring of symptoms related to COVID-19. To ensure the health and well-being of all people involved with athletic activities, a screening tool has been developed to monitor the onset of any of the following symptoms:

- Fever
- New cough
- Runny nose
- Sneezing
- Sore throat
- Headache
- Muscle aches
- Chills
- Fatigue
- Malaise (feeling unwell)
- Chest pain
- Difficulty breathing
- Inability to keep liquids down because of vomiting
- Diarrhea
- Loss of Taste or Smell
- Screening will be performed for athletes, coaches, and staff involved with activities
 - Screening should be performed prior to arrival
 - Record of attendance should be kept on file by the coach
- Follow protocol for “YES” responses
 - If an athlete, staff member or coach answers ‘yes’ to any of the daily screening questions:
 - **PRIOR** to arrival
- **DO NOT REPORT TO SESSION**
 - Report symptoms to member of the COVID-19 Response Team at the school
 - Athletic trainer
 - Coach
 - Nurse
 - Athlete should inform (coach/athletic trainer/nurse) of YES response
- **DURING** session
 - Follow isolation protocol in place at specific venue
 - Contact with parent to detail steps required for further evaluation and treatment
 - Report symptoms to member of the COVID-19 Response Team at the school
 - Athletic trainer
 - Coach
 - Nurse

Any athlete, staff member or coach who has answered ‘yes’ to a daily screening tool may be asked for clarification by a member of the COVID-19 Response Team. If indicated, they must follow-up and return with a clearance note from a physician, following the CDC guidelines for return to activity.

FACE COVERINGS

As detailed earlier in this document, COVID-19 is considered a droplet-transmitted disease, spread from person to person through microscopic particles of saliva that are expelled from the mouth or nose when someone talks, coughs, or sneezes. Face coverings can prevent these droplets from traveling in the air. As such, it is imperative that everyone involved with the return to athletic activity do their part to prevent the spread of respiratory droplets which includes the use of face coverings (masks)

- All participants (athletes, coaches) provide their own mask for every training session
- Disposable masks should be disposed of when appropriate
- Cloth masks should be washed daily
- Masking will be required when social distancing (6 Feet) cannot be maintained

- Masks will not be worn during training periods of intense physical activity (outside or inside)
- Masks will be worn while not involved in strenuous exercise
 - In bench area of field
 - Moving from field to field
 - Speaking with coach, athletic trainer
- Masks should be worn properly
 - Cover nose and mouth
 - Bottom should be under chin
 - Ensure that you can breathe easily

HYDRATION & FOOD

In the first two phases of the MPA Guidelines there is strict direction that hydration stations NOT be used. The reasoning for this includes concern for the transmission of COVID-19 by touching common surfaces.

- Athletes/Coaches/Staff will be required to bring their own water vessel
- The vessel should contain enough water to maintain hydration throughout the workout
- Water bottles will NOT be SHARED
- Failure to arrive at a workout without water will result in the athlete not being able to participate that day
- Food limited to only that required for medical purposes

COVID-19 Summer Participation Info Sheet for Athletes

Sanitation

- Availability to hand sanitize before, during and after every training session
- Clean workout clothing every training session
 - No sharing of clothing – ie. Pinny's
- Must have your own water bottle – it should be cleaned everyday
 - Do not share your water bottle with anyone
- Must shower at home after each training session
- No spitting

MASKS

- Must provide own for every training session
 - Disposable masks should be disposed of when appropriate
 - Cloth masks should be washed daily
 - Masking will be required when social distancing (6 Feet) cannot be maintained
 - Masks will not be worn during training periods of physical activity (outside or inside)
- Masks should be worn properly
 - Cover nose and mouth
 - Bottom should be under chin
 - Ensure that you can breathe easily

Self-Monitor If you are staying at home because of symptoms – please check in with your coach/Athletic Trainer/Administrator to let them know

- Any Symptoms – Stay at home – must be evaluated by PCP and cleared to return
 - Self-Monitor for Symptoms
 - Fever

- New Cough
- Runny nose
- Sore throat
- Headache
- Muscle aches
- Chills
- Fatigue (extreme tiredness)
- Malaise (feeling unwell)
- Chest pain
- Shortness of breath
- Difficulty breathing
- Inability to keep liquids down because of vomiting
- Diarrhea
- Loss of taste or smell

Food and Hydration at Training Sessions

- No food, including sunflower seeds or gum, unless necessary for medical condition
- Must provide own water for each training session

Points of Consideration

- When you sneeze or cough, do so into the crook of your elbow, then you must sanitize immediately
 - Avoid touching your face

APPENDIX D: Sample Daily Screening Tool
COVID-19 Daily Screening Tool

Today or in the past 24 hours have you had any of the following:

YES NO

Fever

New Cough

Runny nose

Sneezing

Sore throat

Headache

Muscle aches

Chills

Fatigue

Malaise (feeling unwell)

Chest pain

Shortness of breath

Difficulty breathing

Inability to keep liquids down because of vomiting

Diarrhea

Loss of taste and/or smell

YES NO

In the past 14 days have you had contact with a person known to be infected with the novel coronavirus (COVID-19)?

Have you traveled to any "hot spot" area within the past 14 days?

Do you have a sick family member at home with any of the above Symptoms?

****REPORT ANY "YES" RESPONSES TO THE ABOVE QUESTIONS TO YOUR COACH, ATHLETIC TRAINER, SCHOOL NURSE, OR SUPERVISOR, WHO MAY ASK FOR CLARIFICATION OF YOUR ANSWERS.**

APPENDIX F : Sample COVID-19 Facility EAP
Sanitize

- All surfaces (weight room and sport equipment) cleaned before and after each athlete use

- Hand sanitize self before and after each athlete contact

Mask

- Mask must be worn when within 6 feet of social distancing inside or outside

- Disposable mask must be disposed of when appropriate

- Cloth mask must be washed daily

- Masks should be worn properly

- Cover nose and mouth

- Bottom should be under chin

- Ensure that you can breathe easily

Documentation

- Attendance of each athlete daily
- Daily documentation of each athlete's attendance and at home screening
- If isolation is necessary due to development of Covid symptoms, document and refer appropriately
- Parent contacted due to COVID suspicion will be documented
- Return to play documentation necessary prior to athlete re-engagement
- Schools will determine how all documentation is filed

Screening

- Athletes will be screened based on MPA guidelines

FAILED SCREENING

- Answers yes to any symptoms and/or screening questions for COVID-19 is considered a "failed" screening.
- Temperature (optional) of 100.0° F or higher is considered a "failed" screening

Isolation

- All venues must have a designated area for potential COVID athletes
- All med kits should include an "isolations kit"
- Mask, hand sanitizer, gloves, thermometer (according to school tool protocol)
- Coaches Role:
 - Remove the athlete from play.
 - Administer temperature/symptom screening.
 - Document findings.
 - Contact parent and school administrator

Clearance

- Any patient that "fails" a screening or who develops COVID-19 symptoms must have clearance from a medical provider before returning to any sports participation.

Schedule and Parking

Sport	Location	Parking	Time
Cheer	Sebasticook Field	Sebasticook	4-5 pm M-F
Volleyball	Sebasticook Field	Sebasticook	8-9 am M-F
Field Hockey	Field Hockey Field	In Front of Nokomis	8-9 am M-F
Football	Practice Field	In Front of Nokomis	3-4 pm M&W
Girls Soccer	Practice Field	Nokomis Student Parking	9-10 am M-F
Boys Soccer	Practice Field	Nokomis Student Parking	5-6 pm M-F
Golf	Palmyra Golf Course	N/A	8-9 am M-F
Cross Country	Track	In Front of Nokomis	10:30 - 11:30 am M-F

All attendance at this point is voluntary but must be tracked.

Students must park in designated areas and wear masks to and from the fields.

At this time there is no parking on the 266 Williams Rd. side of the road. (old school)