



Four Winds High School Athletics Restart

The NDHSAA has established Guidelines and Recommendations for opening sports/activities. These guidelines can be found at www.ndhsaa.com. The following guidelines for Fort Totten Public School have been established in conjunction with the guidelines set forth by the NDHSAA, consultation with Benson County Public Health, and guidelines set forth by the North Dakota Department of Health.

The Fort Totten Public School Board of directors has agreed to move forward with the start of our 2020 Fall Sports Seasons. JV/Varsity (possibly a few 8th graders, if pulled up), will hold practices to prepare for the first scheduled contest in each sport. Elementary and Jr. high sports will be discussed at a later date.

JV/Varsity Volleyball - Practices begin on August 17
Varsity Cross Country - Practices begin on August 17
Varsity Football - Practices begin on September 8 (?)
JH & Elementary Athletics - TBA

- Athletes and Coaches must notify school administration if they have been tested or have had close contact
- If an athlete or coach is waiting on test results, they will not be allowed to attend practices or games until the test results are known
- Coaches will have masks and it is suggested they wear them during practice and during games when they are working in close contact with and athlete/athletes.

Practice Guidelines:

1. Coaches will attempt to keep individuals and group physically distanced from each other when applicable.
2. Masks for coaches are recommended, but not required.
3. Masks for athletes are recommended, but not required.
4. Coaches should do everything they can to group athletes when applicable and keep those same groups for the whole season.
5. Locker rooms may be used but will be limited to 10 athletes in a locker room at a time.
6. Coaches must clean the locker room between each group.
7. Encourage athletes to dress and shower at home if possible.
8. Coaches are REQUIRED to keep practice logs every day for attendance. This will help with contact tracing if that becomes necessary.
9. Hand sanitizer will be made available for coaches and athletes.

10. Coaches will be required to disinfect equipment and practice facilities at the conclusion of practice.
11. Sharing equipment will be discouraged as deemed appropriate by the coaches.
12. Sharing of water bottles or towels is prohibited. Each athlete will be required to have their own water bottle and towel.
13. Any athlete or coach with a cough, fever, body aches, fatigue or any other COVID symptoms should stay home until symptom free.
14. Any positive test by an athlete or a coach will follow protocol from North Dakota Department of Health and/or Benson County Public Health Unit.

Game Guidelines:

1. All game table officials will be provided a mask and required to wear them.
2. Masks for fans will be recommended, but not required. *
3. Fans will be asked to physically distance themselves from each other. *
4. Fans with cough, fever, body aches, fatigue, or any other COVID symptoms or that have other underlying health conditions are encouraged to not attend contests.
5. If fans are allowed, we will follow 2-4, and we will determine which fans will be allowed and determine ticket disbursement and costs.
6. Fort Totten HS administration will make all decisions regarding the cancellation of contests. This will be done in conjunction with Benson County Public Health and North Dakota Department of Health. The number of positive cases of COVID in our county/school/community as well as the number of cases in the opposing school and community will be taken into consideration regarding the playing of contests.

Transportation Guidelines:

1. All riders on the bus will be required to wear a mask.
2. Seats will be assigned, and athletes will use that same seat for the season.

Concession Guidelines: (If fans are allowed)

1. Concessions will include pre-packaged items (candy, chips, etc.) and drinks only.
2. All concession stand workers will be required to wear a mask.

Home of the Four Winds "Indians"