

Cape Schools Open Minds and Open Doors

Community • Academics • Passion • Ethics

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Greetings from the Athletic Department

I hope this note finds you and your family healthy and enjoying time together this summer! I'm sure many of you have been following the recent events regarding high school athletics, the Maine Principals' Association (MPA), the Department of Health & Human Services (DHHS), and the Department of Education (DOE). I understand this has been an extremely frustrating and confusing process. Please know there are a lot of people across the state that have been working tirelessly on a safe Return to Sport Plan.

Earlier this week The Maine Principals' Association announced another delay of the Fall Sports Season from Tuesday, September 8th to Monday, September 14th. The Phase IV Summer Guidelines have been extended an additional week while the MPA and State Agencies work at a solution that will honor the State's safety protocols and protect the health and safety of student athletes along with their communities. I am thrilled to inform everyone the Cumberland County Superintendents agreed to move forward with the MPA's Phase IV Summer Conditioning and Acclimatization Period for all HS Fall Sports. This period is not intended to be tryouts for Fall Programs or mandatory practices for all athletes. They are optional with an emphasis on conditioning and individual skill development for those athletes.

We are anticipating the MPA's updated Fall Sports Recommendations early next week. As soon as this information is received the Athletic Department will update the District Return to Sport Guidelines and get this out to families ASAP. The athletic schedules are still a work in progress. Scheduling will be regionalized and the number of games has been reduced. The MPA Fall Sport Recommendations are needed to move forward with this process. There are still a lot of unknowns but progress is being made. I am hopeful we will have more information to share in the next few days.

Below are some general reminders and procedures for the MPA Phase IV Conditioning and Acclimatization Period. The coaches will be sending some additional information and practice times shortly as well. Please take some time and review this information and feel free to reach out with any questions.

I am very excited to see everyone back on campus and on the playing surface together. Have a wonderful Labor Day weekend.

Go Capers!

Jeff Thoreck
Athletic Director

MPA PHASE IV CONDITIONING & ACCLIMATIZATION PERIOD

GENERAL REMINDERS:

- All activities must occur outside.
- No locker rooms.
- Masks must be worn at all times by students & staff (students may remove their masks when exercising).
- Pods of 10 and each pod must have a designated area for their water bottle and equipment bags to assist with social distancing.
- Pods are not interchangeable.
- Students will be required to bring their own individualized, clearly labeled with their name, water bottle for use. Water bottles will NOT BE SHARED. The vessel should contain enough water to maintain hydration throughout the workout.
- Failure to arrive at a workout without a vessel will result in the student not being able to participate that day.
- Please make sure students are not congregating in the parking lot or around the field (before/during/after practice).
- No spectators are permitted. No visiting coaches, no parents, no alumni, or students not enrolled in a given session will be permitted on campus.
- Lisa Mims (Athletic Trainer) will be stationed outside by Hannaford Field.
- If a student becomes ill or displays symptoms at the fields, the family will be contacted immediately and asked to pick up their child.

Upon Arrival

- Students and Coaching staff must self-screen:
 - Feel unwell today?
 - Have a fever of 100.4 F or higher?
 - New onset of severe headache, especially with a fever?
 - New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline)?
 - Have shortness of breath?
 - Sore throat?
 - Report a loss of taste or smell?
 - Diarrhea, vomiting, or abdominal pain?
 - Have you, or anyone in your household, had close contact with someone who is presumed to have/had COVID-19 *or* has tested positive in the last 14 days?
 - Have you been out of the state in the last 14 days (with the exception of states exempted from the Governor's [Executive Order](#) - currently NH, NJ, CT, NY, VT as of 8/19/2020)?
 - If you answered yes to any of these questions, please keep your child at home and contact your healthcare provider or school nurse for further guidance.
- Face coverings must be on and worn properly as soon as students & coaches exit their vehicles.
- Wash hands and/or sanitize before the start of practice (hand sanitizer will be available on site).
 - A sanitization/disinfection kit will be provided to the head coaches.
- Coaching staff will greet and direct students to assigned areas.
- Coaching Staff will keep a daily attendance record and submit to the Athletic Department after each session.

During Practice

- Practice physical distancing at all times (athletes at least six feet apart w/ mask).
- Students are responsible for picking up and sanitizing their own equipment after each use, no personal equipment, clothing, water bottles left on the field.
- Pods must be spaced throughout the practice facility (allowing for adequate distance amongst pods).
- Activities are limited to conditioning, strength training, agility, individual skill development. Individual sport specific activities and equipment will be allowed, such as individual dribbling and shooting. Training and conditioning may begin to include sport specific/team oriented non-competitive drills utilizing one or more athletes, including a goalie, but still maintaining distancing, with no rebounding. Set plays, circumstantial plays (corners, special teams, etc.) can be done while maintaining appropriate physical distancing. Field hockey goalies (in full gear) must undergo an acclimatization to heat protocol prior to exercise and activity in the goal.
- No form of competition (including 1v1 drills) is allowed.
- Limit of two hours of activities per student per day.
- Spitting is NOT allowed under any circumstance
- Thoroughly and frequently sanitize/disinfect training equipment (before, during and after practice)

ATHLETIC AND HEALTH FORMS

- Health History Form (PowerSchool Parent Portal)
- Concussion Acknowledgment Form (PowerSchool Parent Portal)
- COVID-19 Form (PowerSchool Parent Portal)
- Under the District “**Health website link**” find the following forms:
 1. Proof of Physical
 2. Asthma Action Plan
 3. Severe Allergy Action Plan

Questions: Contact [Karen Jenkins](#) – 799-3309 x4420

HIGH SCHOOL FAX # 767-805