

# Palmyra R-1 Game Plan: Winter 2020

## Athletes, Game Officials, Spectators Recommendations at Athletic Events

- **STAY HOME IF YOU ARE SICK**
  - No spectator, official, or athlete should attend an athletic event if they are sick. Please refer to the COVID-19 symptoms daily checklist found at the end of this document for a self-assessment of whether or not you should be attending any social gathering.
- **SOCIAL DISTANCE**
  - The Palmyra R-1 School District recommends that spectators sit with immediate family members and maintain a social distance of at least six feet at all times from other spectators whenever possible.
- **WASH/SANITIZE YOUR HANDS THOROUGHLY AND FREQUENTLY**
  - The Palmyra R-1 School District recommends that athletes, officials, and spectators wash and sanitize their hands frequently. Additional hand sanitizer stations will be available at most athletic and extra-curricular events to assist you with this process.
- **WEAR A MASK THAT COVERS YOUR NOSE AND MOUTH ANY TIME YOU CANNOT SOCIAL DISTANCE**
  - The Palmyra R-1 School District highly recommends that everyone wear a mask that covers your nose and mouth any time you are not able to maintain six feet of social distancing between yourself and other spectators at an athletic or extra-curricular event.
- **COUGH/SNEEZE INTO A TISSUE OR THE ELBOW OF YOUR SLEEVE**
  - If you use a tissue, throw the tissue into the trash immediately. Also, remember to wash your hands immediately after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer.

The information provided in the Palmyra R-1 Game Plan for Winter 2020 is subject to change at any time based on guidance from local, state and national guidelines.

# Basketball

- These guidelines apply to Middle School, JV and Varsity games
- Roster limits (players, managers and coaches)
  - Varsity - 18; JV - 14; Middle School - 14
- Attendance will be limited to approximately 25% of capacity at each gymnasium for the Winter Season.
- Participants at PHS events will receive four tickets each to share with family and/or friends
- Participants at MS events will receive two tickets each to share with family and/or friends
- Schools will distribute tickets to be used throughout the season. This ticket will allow the holder to pay admission or use a school specific pass to gain entrance for the contest. The ticket only allows an individual to purchase admission and has no cash value. The ticket may only be used at the event and venue listed (i.e. middle school basketball tickets may only be used at the middle school contest).
- Middle School teams waiting for their game will sit together as a team on the stage
- High School visiting teams will sit together, while social distancing, in the designated visiting students section while they are waiting for their game
- Palmyra teams will sit together, while social distancing, in the designated student section while they are waiting for their game
- Masks for all adults/managers/trainers/non-participating athletes are required at all times
- Masks for all event workers/school employees are required at all times
- There should be no shared athletic equipment between participants
- Each team is responsible for its own hand sanitizer
- Players/Officials must use hand sanitizer before entering and when exiting the court during substitutions
- Each school is responsible to bring towels to wipe up sweat off the floor (Palmyra will have towels at the scorer's table for use)(Used towels will be placed in a trash bag behind the scorers table)
- Only team personnel, players, and managers listed in scorebook should be in the team bench area
- Pre-game, in-game, and post-game high fives, or handshakes, are suspended
- Team warm-up time will be 10 minutes before each game
- Each team will be assigned one ball rack with five balls to warm up for their game

# Wrestling

- Teams will be allowed one wrestler per weight class in the gym for each bout
- Masks for all adults/managers/non-participating athletes are required off the mat
- Masks for all event workers/school employees are required
- Participants should maintain the recommended six feet of distancing between individuals and should not be in contact with each other, including no sharing of equipment while they are off the mat
- Avoid grouping of athletes before, during and after matches
- Each team is responsible for its own hand sanitizer
- Hand sanitizer will only be provided at the table during matches
- Players/Officials must use hand sanitizer before entering and when exiting the mat
- Only the scorer touches the scoresheet
- Temps of wrestlers will be taken before entering the weigh-in room
- Handshakes are suspended
- Team chairs will be social distanced with wrestlers assigned to a specific chair for the entire event

## Cheerleaders/Poms

- Palmyra will sit together in the bottom rows of the home student section while social distancing
- Visiting cheer team will sit together in the far end of the gym, behind the Palmyra bench
- Poms will use small gym to prepare for performances.
- Everyone shall have their own clearly marked hand held items
- Appropriate clothing and shoes must be worn at all times
- Must sanitize their hands upon entering the gym and when exiting the the gym
- Team members should always be appropriately spaced to ensure proper social distancing

## Concessions

- Concessions will not be available in the lobby. People will be in the bleachers selling concessions to spectators during basketball games and wrestling matches. Pre-packaged concessions and drinks will be available before basketball games, and at the end of each quarter. Concessions will also be available in the bleachers during wrestling matches.

## Spectators

- Doors will open 30 minutes before the first game is scheduled to begin
- It is highly recommended that all spectators wear a face covering
- Please sit in family pods in the bleachers
- Please maintain social distancing of at least 6 feet from other households when sitting in bleachers, standing in line, etc.
- Hand sanitizer will be available upon entering the building at all Palmyra R-1 games, but spectators are encouraged to bring their own
- Please follow directions posted throughout the facility
- All games at PHS will be available for viewing on the NFHS Network (a fee is required to watch)
- Home spectators will sit on the south side of the gym, across from the scorer's table
- Visiting spectators will sit on the north side of the gym, behind the scorer's table
- Spectators are asked to leave immediately after the last game
- Spectators will not be allowed to congregate on the gym floor, or gym lobby
- Everyone must be seated in the bleachers to watch poms, cheerleaders, and the game

## Custodians

- Sanitize high-touch areas
- Sanitize team bench seats after each basketball game
- Sanitize scorer's table after each basketball game
- Run the auto-scrubber after each basketball game
- Disinfect the wrestling mat prior to and after each match

# COVID-19 SYMPTOMS DAILY CHECKLIST

- Do you have a fever over 100.0° without having taken any fever-reducing medications?
- Do you have a loss of smell or taste?
- Do you have a cough?
- Do you have muscle aches?
- Do you have a sore throat?
- Do you have congestion or a runny nose?
- Do you have shortness of breath?
- Do you have chills?
- Do you have a headache?
- Have you experienced any new gastrointestinal symptoms such as nausea, vomiting, diarrhea, or loss of appetite in the last few days?
- Have you, or anyone you have been in contact with, been diagnosed with COVID-19 within the last two weeks?
- Have you been asked to self-isolate or quarantine by a medical professional or a local public health official in the last two weeks?

If you answered "Yes" to any of these questions you should not attend school events until you have been symptom free for 48 hours, or cleared from quarantine by a medical professional or a local health official.

