



2020-2021 Fall Sports Plan SUMMARY



NEW HAVEN PUBLIC SCHOOLS

OVERVIEW

The plan is fluid and is subject to change based on the situation



CONDITIONING

3-week conditioning time period should precede a sport season.
Conditioning should be done in small cohorts up to 15 students beginning August 3rd.
Conditioning time should increase gradually. Max time – 90 min.



CONTESTS

All contests are scheduled regionally within 10 closest schools.
No out-of-state competition.



FAN ATTENDANCE

No fans at games is OK.
With fans – specific guidelines apply (see below).



GATHERINGS

When not actively participating, students and staff should maintain social distancing (6 ft min).
Tape/paint can be used as a guide.
Vulnerable individuals should not participate.
Control entrances/exits should be maintained to prevent congregation.



FACILITIES

Cleaning schedules should be in place.
A facility needs to be cleaned and prepped for the practice/event.
Hand sanitizers should be in stock and available.



SCREENING

All staff and students are required to self-screen. (See Appendix I).
The coach/supervisor handles self-screening and keeps the records.
Persons with COVID symptoms must notify the school personnel, be removed from participation, self-isolate, contact their PCP.



FACE COVERINGS

Face coverings should not be worn when engaging in high intensity aerobic or anaerobic workouts, distance running, or swimming.
In all our situations wearing face coverings is mandatory for staff and students.
Plastic shields should be approved by CIAC.
Horns or alarms can be used instead of whistles.

HYGIENE/PREPARATION FOR PRACTICE



Washing hands with soap for min 20 sec.
Sneeze/cough into a tissue/elbow.
Athletes are encouraged to shower and wash their workout clothing immediately upon returning to home.
No shared athletic towels, clothing, or shoes between students.
Where applicable, athletes take their equipment home and disinfect it each night.
Athletes arrive prepared to participate without the need to use a locker room, whenever possible.
Students bring their own water bottles that cannot be shared.
No hydration stations are allowed.

WEIGHT ROOMS



Equipment is wiped clean before and after each use.
Exposed foam should be covered.
Appropriate clothing is worn to minimize transmitting of bodily fluids.
Max lifts are limited.
Power cages are used for squats and bench presses.
Spotters stand at each end of the bar.

LOCKER ROOMS



Locker rooms should be used a little as possible. A schedule of use needs to be in place.
Sanitation of locker rooms should follow CDC guideline (<https://www.cdc.gov/coronavirus/2019-ncov/community/clean-disinfect/index.html>).
Ventilation is critical to providing a safe environment. Enhancing ventilation is encouraged.
Social distance (12 feet) is applied.
When locker rooms have to be used, supervision is mandatory.

PHYSICAL EXAMS



Sport physicals are valid for 13 months.
Validation of physicals is extended to 15-months for fall sport athletes only.

COVID-19 ADVISORY COMMITTEE



COVID-19 advisory committee within each school/organization should be established and meet regularly.
Recommended members: school physician, athletic trainer, school nurse, athletic director, one coach, and superintendent (or designee).

CONTACT TRACING



A system of contact tracing and notification should be established if a student tests positive for COVID-19.

TRANSPORTATION



Transportation rules are governed by:
= 2020 NFHS Guidance for Opening up High School Athletics and Activities, 2020;
= CT State Department of Education (<https://portal.ct.gov/-/media/SDE/COVID-19/CTReopeningSchools.pdf>).

GAME OFFICIALS



Providing a room for officials for the fall season is suspended. Officials should come contests dressed for contests, whenever possible.



CROSS COUNTRY

	First Practice Date in Cohorts of 15	First Practice Date of Full Teams and Full Contact	First Scrimmage Date	First Contest Date	Max. Number of Regular Season Games	Max. Number of Games Per Week	*Last Date to Play	*Tourney Experience will provide all participating teams with additional games (Format TBA)
Cross Country	27-Aug	11-Sep	NA	24-Sep	12	2	29-Oct	31-Oct to 8-Nov

TIMELINE:

Aug 27 – Sept 23:

- = 3-week conditioning progression;
- = small cohorts;
- = 6 feet of social distancing while training.

Sept 24 – Nov 8:

- = races start on Sept 24;
- = coaches monitor conditioning;
- = enter athletes into races when they are ready.



SWIMMING

	First Practice Date in Cohorts of 15	First Practice Date of Full Teams and Full Contact	First Scrimmage Date	First Contest Date	Max. Number of Regular Season Games	Max. Number of Games Per Week	*Last Date to Play	*Tourney Experience will provide all participating teams with additional games (Format TBA)
Swimming	27-Aug	11-Sep	NA	24-Sep	12	2	30-Oct	2-Nov to 15-Nov

TIMELINE:

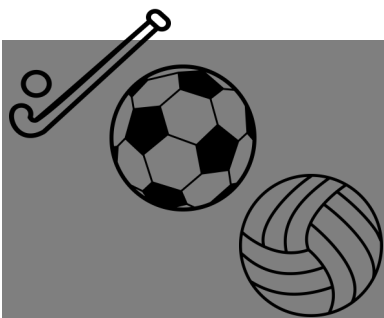
Aug 27 – Sept 23:

- = 3-week conditioning progression;
- = small cohorts;

= 6 feet of social distancing while training.

Sept 24 – Nov 8:

- = competing starts on Sept 24;
- = coaches monitor conditioning;
- = enter athletes into events when they are ready.



FIELD HOCKEY SOCCER VOLLEYBALL

	First Practice Date in Cohorts of 15	First Practice Date of Full Teams and Full Contact	First Scrimmage Date	First Contest Date	Max. Number of Regular Season Games	Max. Number of Games Per Week	*Last Date to Play	*Tourney Experience will provide all participating teams with additional games (Format TBA)
Field Hockey	27-Aug	11-Sep	18-Sep	24-Sep	12	2	30-Oct	2-Nov to 15-Nov
Soccer	27-Aug	11-Sep	18-Sep	24-Sep	12	2	30-Oct	2-Nov to 15-Nov
Volleyball	27-Aug	11-Sep	18-Sep	24-Sep	12	2	30-Oct	2-Nov to 15-Nov

TIMELINE:

Aug 27 – Sept 2:

= cohorts of 15;
 = 1-hour practices - 30 minutes of conditioning + 30 minutes of skill work;
 = skill work is non-contact and maintains a social distance of 6 feet for all participants.

Sept 3 – Sept 10:

= cohorts of 15;
 = 90-minute practice - 45 minutes of conditioning + 45 minutes of skill work;
 = skill work is non-contact and maintains a social distance of 6 feet for all participants.

Sept 11 – Sept 23:

= full team;

= 2-hour practices - 45 minutes of conditioning + 75 minutes of skill work.

= in field hockey and soccer, skill work done in small groups with a short field (i.e. 3v3, 5v5, 7v7).

= a full team scrimmage may be scheduled beginning September 18th.

Sept 24 – Nov 15:

= full team;
 = 2-hour practices.

Sept 24 – Nov 15:

= games may be played.

Additional time can be spent with student-athletes online to review game film, playbooks, etc.



FOOTBALL

	First Practice Date in Cohorts of 15	First Practice Date of Full Teams and Full Contact	First Scrimmage Date	First Contest Date	Max. Number of Regular Season Games	Max. Number of Games Per Week	*Last Date to Play	*Tourney Experience will provide all participating teams with additional games (Format TBA)
Football	17-Aug	11-Sep	18-Sep	24-Sep	6	1	30-Oct	2-Nov to 15-Nov

TIMELINE:

August 17 – 22:

= cohorts of 15;
 = organized team activities (OTA) can be held on August 17, 18, and 19;
 (OTA days is an opportunity to distribute equipment, review play books, discuss safety and locker room procedures, etc. Any OTA experience must maintain proper social distancing and all participants must wear masks);
 = conditioning may continue as it is currently occurring.

August 24 – 29:

= cohorts of 15;
 = 1-hour practices - 30 minutes of conditioning + 30 minutes of skill work;
 = skill work is non-contact and maintains a social distance of 6 feet for all participants.

August 31 – Sept 5:

= cohorts of 15;
 = 90-minute practice - 45 minutes of conditioning + 45 minutes of skill work;
 = skill work can involve 15 minutes of contact intended to demonstrate and teach tackling and blocking progressions.

Sept 7 – 12:

= cohorts of 15;
 = full team may gather on Sept 11;
 = 2-hour practices - 45 minutes of conditioning + 75 minutes of skill work;
 = skill work can involve 30 minutes of contact intended to demonstrate and teach tackling and blocking progressions. The remaining 60 minutes is non-contact and maintains a social distance of 6 feet for all participants.

Sept 14 – Nov 15:

= full team;
 = a full contact scrimmage may take place as of Sept 18;
 = 2-hour practices;
 = full contact should be limited to the time necessary to teach appropriate tackling and skill specific technique, but in any case, may not exceed 10 minutes per day per athlete.

Sept 24 – Nov 15:

= games may be played.

Additional time can be spent with student-athletes online to review game film, playbooks, etc.

USEFUL LINKS

CT State Department of Education, Comprehensive Plan for Returning to In-School, Full-Time Instruction for the 2020-21 Academic Year:

<https://portal.ct.gov/-/media/SDE/COVID-19/CTReopeningSchools.pdf>

Excerpt on Transportation Guidelines:

<https://portal.ct.gov/-/media/SDE/COVID-19/CTReopeningSchools.pdf>

NFHS Guidance for Opening Up School Athletics and Activities:

https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf

CIAC Handbook:

https://www.casciac.org/pdfs/ciachandbook_2021.pdf

CDC Guidance for Cleaning and Disinfecting:

<https://www.cdc.gov/coronavirus/2019-ncov/community/clean-disinfect/index.html>

APPENDIX 1

COVID-19 Athletic Monitoring Form

Date	Circle Yes/No Below									
	Player Name		Player Name		Player Name		Player Name		Player Name	
Fever or Chills	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Cough	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Nasal Conges- tion or Runny	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Sore Throat	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Shortness of Breath or Difficulty	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Diarrhea	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Nausea or Vomiting	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Fatigue	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Headache	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Muscle or Aches	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
New Loss of Taste or Smell	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Temp (If High- er Than	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No