

Lincoln Public Schools
COVID-19 High School Winter Athletics and Activities Guidelines

Program Norms: Apply to all Sports:

- Practices and contests are permitted.
- Participation is strictly voluntary.
- A daily attendance record must be kept and along with practice plans including grouping information.
- Students and coaches must complete a self-screening prior to coming onto school sites or participating in athletics.
 - Do you have a fever higher than 100.4 F or, have you had to use fever-reducing medications (i.e. Tylenol®, Acetaminophen, Advil®, Ibuprofen) in the last 24 hours to control a fever higher than 100.4 F?
 - Do you have unresolved or new onset shortness of breath or difficulty breathing?
 - Do you have new onset of sustained persistent nonproductive cough (a dry cough lasting longer than 24 hours)?
 - Do you have new onset of loss of taste or smell?
 - Do you have **two or more** of the following prolonged (symptom(s) lasting for longer than 24 hours) and unexplained (no other reasonable cause) symptoms?
 - a) Sore throat
 - b) Sustained (longer than 2 hours) chills or repeated shaking with chills
 - c) Headache
 - d) Muscle pain
 - e) Congestion and/or runny nose
 - f) Nausea, vomiting, or diarrhea
- Participants and coaches/sponsors are encouraged to wash hands frequently, at a minimum before and after practice. Use hand sanitizer if handwashing is not feasible. Hand sanitizer will be readily available for use.
- Numbers in the locker room should be determined by the ability to physically distance in the space. Students will have a maximum of five minutes to change and exit the locker room. Coaches and sponsors are required to supervise the locker room and facilitate transition of groups through the locker room. If it is possible, have separate entrances and exits.
- Whenever possible athletes should come dressed to practices and contests.
- Coaches are required to wear face covering at all times.
- Athletes are required to wear face coverings whenever possible, including any time when not in intense physical participation in practices and contests. It is permissible to wear face coverings at all times or as tolerated while in competition.
- Coaches are responsible for ensuring physical distancing as much as possible. This means that activities and training must be designed to limit and minimize student to student contact.
- Team members should maintain 6 feet of appropriate physical distance as much as possible.

- Avoid making contact with others including hand shaking, high fives and in team huddles.
- Coaches should utilize smaller training groupings as appropriate and as much as possible working in groups of 6 to 8 participants. Limit your group sizes as much and as often as possible.
- Team groupings should be kept consistent throughout the season as much as possible.
- Coaches are responsible for ensuring that cleaning/disinfecting of equipment is completed daily and whenever possible within training sessions. Athletes will be asked to assist with cleaning duties.
- Shared equipment will be disinfected whenever possible and at the conclusion of practices and contests.
- Students will be encouraged to shower and daily wash their workout clothing immediately upon returning to home.
- Participants must have their own individual water bottle, and shall not share bottles with others. Participants shall also not share their towel with other participants.
- Teams will have designated areas for their personal belongings at practice and competitions.
- Students are responsible for their own transportation to school for practices and contests, to off-school practice sites, for in-district contests and when coming to school to catch the bus for out-of-town travel. This applies to students that are doing either in-person or non in-person learning.
- Students and parents will be instructed not to carpool with other students and parents unless wearing face coverings.
- Students will travel with the team to out of district contests, but have the options to choose to travel with their parent/guardian if preferred. An "Alternative Transport" form must be completed and given to the Athletic Director, Head Coach or sponsor no later than 1 day prior to the event.
- Students and staff will be required to wear face covering and be assigned seats with seating to be 2 students per seat. Students will apply hand sanitizer upon entering and exiting the bus/van. The buses/vans will be filled from back to front and students will exit from the front to back.
- Food must be eaten before or after getting on the bus/van and not consumed while traveling on the bus/van.
- Travel parties will be essential personnel only - Competitors and coaches.
- There will not be shared food, beverages or buffets among team members or parents.
- There should not be any social activity or congregating at the conclusion of events and practices.
- In-person awards ceremonies will not occur at contests.
- All spectators, media and event personnel will wear face covering and maintain an appropriate physical distance at all venues.

Basketball

- The score table should be limited to only required event personnel who should maintain physical distancing and wear face coverings.
- Spectator seating must be a minimum of 10 feet behind the team bench.
- Teams will be allowed one film person and they will be required to have a face covering and physically distance in the designated filming location.
- Visiting teams will bring their own balls for warm ups.
- Visiting teams will be required to provide their own water bottles.
- Coaches and athletes should maintain physical distance as much as possible and wear face coverings while on team benches. The number on the team bench should be limited to accommodate physical distancing.
- During pregame conferences the coach, captain and officials must maintain 6 feet physical distancing.
- Teams will not shake hands before or after the contest.

Scheduling -

- Games will be played in the main gym to allow physical distancing, allow spectators and maintain capacity restrictions.
- Schedules will be adjusted to accommodate single gym format, officials and management of spectators.

MS Basketball -

- All games will be played at the MS sites
- Limit of 20 players/court for practice sessions.
- No spectators will be allowed to attend, will work to video and post for parents.
- No bussing will occur as all contests in-town.