

Granby Memorial



Fall Sports Update 2021

CIAC Fall Sports Plan

- All fall sports scheduled to start on time.
- Full regular season schedules.
- CIAC State Championship Post-Season Play
- CIAC and DPH joint statement encouraging all middle school and high school athletes to get vaccinated.
- Statewide bus shortage.

Masks

- CIAC policy will follow current Executive Order 13A, which provides that everyone must wear masks regardless of vaccination status while inside certain settings.
- CDC requires mask use on public transportation, including school buses.
- Volleyball players, coaches and spectators will be required to wear masks while indoors.
- Cross Country, Field Hockey, Football, Golf, Soccer and Cheerleading players, coaches and spectators will not be required to wear masks during outdoor activities, practice, or competition. When indoors (e.g. locker rooms, indoor practice, classroom team/film session, weight room, etc.), masks will be worn.
- Fully vaccinated asymptomatic athletes must wear masks days 1--3 following an exposure and receive a negative test between days 3-5.

Quarantine

- **Fully vaccinated asymptomatic students/staff who are a close contact with a known COVID-19 case do not have to quarantine. Athletes will have to wear masks days 1-2-3 until receiving a negative test result.**
- **Unvaccinated asymptomatic students who are a close contact of a known COVID-19 case will quarantine for 10 days (with a negative test between days 7 and 10) or 14 days without a test.**
- **Vaccinated and unvaccinated students who experience COVID-19 symptoms after close contact with a known COVID-19 case will quarantine for 10 days (with a negative test between days 7 and 10) or 14 days without a test.**

Return to Play

- **Athletes must be cleared by a licensed medical provider.**
- **Asymptomatic or Moderate COVID-19 Symptoms - Athletes may begin a gradual return to play after 10 days have passed from date of the positive test result and at least 24 hours without symptoms off-fever reducing medications.**
- **For patients with severe COVID-19 symptoms it is recommended they be restricted from exercise for a minimum of 3 months.**
- **Athletes who test positive must be prepared to not compete in competitions for 17 days.**

Return to Play

Stage 1: Day 1 and Day 2 - (2 Days Minimum) - 15 minutes or less: Light activity (walking, jogging, stationary bike), intensity no greater than 70% of maximum heart rate. NO resistance training.

Stage 2: Day 3 - (1 Day Minimum) - 30 minutes or less: Add simple movement activities (eg. running drills) - intensity no greater than 80% of maximum heart rate.

Stage 3: Day 4 - (1 Day Minimum) - 45 minutes or less- Progress to more complex training - intensity no greater than 80% maximum heart rate. May add light resistance training.

Stage 4: Day 5 and Day 6 - (2 Days Minimum) - 60 minutes -Normal training activity - intensity no greater than 80% maximum heart rate.

Stage 5: Day 7 - Return to full activity/participation (i.e., - Contests/competitions).

Fall Participation Numbers

Sport	#'s
Boys Cross Country	21
Boys Soccer	54
Cheerleading	19
Field Hockey	28
Football	52 (Granby 33/Canton 19)
Girls Cross Country	9
Girls Soccer	41
Girls Volleyball	34

Livestream

www.granbybears.live

- We will be teaming up with M^{Nr.} Gaeta and the AV Club to offer a variety of live streamed events for the school.

