

Browning Athletics - Winter Sports 20/21 COVID-19 Plan:

- **Browning Athletics believes that it is essential to the physical and mental well-being of students to return to physical activity and athletic competition.**
- **Coaches and Administrators must emphasize the need for all coaches and participants who have signs or symptoms of illness to stay home when ill to reduce the chance of any viral transmission.**
- **Due to the near certainty of outbreaks teams must be prepared for periodic quarantine and the possibility of teams needing to isolate for two weeks while in-season**
- **All coaches and participants are encouraged to pretest before the season from Southern Diabetes Clinic or Blackfeet Indian Health Service.**

A family's role in maintaining safety guidelines for themselves and others is very important. The ultimate decision for the participating athlete to compete in the Winter Sports Season should be discussed among the family concerning the risk factors and health issues of every individual in the household. Opting out of the season will be based on their own risk factors of Covid-19 and participation will be a personal decision made by each family. Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home).

The following standards are expected of each sport/activity:

- Workouts/practices should be conducted in "pods" / "bubbles" of participants with the same players working out together to limit overall exposure. Phase 2 groups of 10, phase 3 groups of 25
- Before, during and after the contest, players, coaches, and workers should wash and sanitize their hands as often as possible.
- Always maintain social distancing of 6 feet while on the court/mat of play when possible.
- Everyone must have their own beverage container that is not shared. Safe handling practices should be adhered during hydration, which includes refilling, retrieval and identification of water sources.
- Time-outs (if applicable) may be extended to a maximum of two minutes in length for safe hydration practices.
- Cloth facial coverings are required for all players, coaches, officials and spectators (if we have them) and must cover the nose and mouth before entering the facility. Exceptions to face coverings will be limited during high intensity aerobic activity.
- Appropriate clothing/shoes should always be worn to minimize sweat from transmitting onto equipment/surfaces.
- Students must be encouraged to shower and wash their workout clothing/uniforms immediately upon returning to home.
- Coaches and participants will have entry and exits for each building outlined by the athletic director depending on the building.
- The ball should be cleaned and sanitized throughout the contest/event.

- The mat should be cleaned and sanitized throughout the contest as recommended by the mat manufacturer.
- Administrators must limit the number of non-essential personnel who are on the field/player surface area throughout the contest.
- Attendance at MHSA events is dependent on the host site, local health department and tribal guidelines and restrictions.
- A family's role in maintaining safety guidelines for themselves and others is very important. Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home). Provide personal items for your child and clearly label them.
- Participants are suggested to stay in one household for the duration of the season, if this changes notify the coach immediately. (this is informational only - no sanctions)
- Weekly Coaches meetings will be held with the District COVID team. These meetings will provide support, education and mutual accountability.
- Head Coaches will have a binder of Covid-19 of screening sheets to hand in weekly to the AD for Contact Tracing. Log will include information on all coaches and participants.
- Assistant Coaches will help remind student athletes the rules and importance of following ALL guidelines during practice and at competitions.
- Limit social gatherings in accordance with the Blackfeet Covid phase plan.
- The number of players sitting in confined areas (e.g., bleachers, bench) shall be limited to allow for social distancing.
- Gathering at the athletic fields or athletic facilities. Gathering at the athletic fields or athletic facilities shall not be allowed by parents, guardians, spectators, volunteers, non-essential visitors and any other individuals who would otherwise be spectators or are responsible for the transportation of the athletes.
- A drop-off and pick-up line for practices with clearly marked distance measures is recommended to avoid unnecessary exposure.
- Participants will enter and exit in the same door for practices.
- Team huddles, handshakes, fist bumps, and other unnecessary physical contact are not allowed. Fun alternative expressions of happiness or support that do not involve physical contact are encouraged.

Spectators (if any)

- Phase 2 Spectator Capacity will be limited to 10%
- All spectators will wear masks covering their nose and mouth at all times in the building.
- Spectators will be asked to leave if they are not following the required safety guidelines.
- Visiting Fans will utilize the North parking lot and enter through the gym double doors on the North side.
- Spectators will be screened and we will check the temperature upon entering the gym area.
- Visiting fans will sit on the upper bleachers on the North side maintaining 6 feet from other spectators on a pre-marked area
- 2 fans per player (if permitted) and the AD will send a list or fan pass for each athlete

Home Spectators (if any)

- Phase 2 Spectator Capacity will be limited to 10%

- All spectators will wear masks covering their nose and mouth at all times in the building.
- Spectators will be asked to leave if they are not following the required safety guidelines.
- Home Fans will utilize the South parking lot and enter through the gym double doors on the South side.
- Spectators will be screened and we will check the temperature upon entering the gym area. Home fans will sit on the upper bleachers on the North side maintaining 6 feet from other spectators
- After C-Squad competition ends and before JV competition begins, all fans will exit the same route and the custodians will spray the areas where the fans sat. After the JV competition, fans will exit again and the custodians will clean the areas before Varsity competition.

Pre- Screening:

- All workers, officials, coaches and students will be screened upon arrival for signs / symptoms of COVID-19 prior to participating. Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional. Screening tools will be provided along with daily logs.
- Responses to screening questions for each person should be recorded and stored in binders under the log section. Screening should be conducted by supervisors/coaches.
- Symptomatic individuals should not supervise or participate in any workouts, practices or games.
- Symptoms to watch for include but are not limited to: fever, cough and shortness of breath. (see screening tool).

Face Coverings:

- Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others”.

Travel:

- Use of face masks when not competing. No visits to concessions or in-seating restaurants. One cohort (team) per bus. Social distancing is expected on buses.

Locker Rooms and Athletic Training Areas:

- Reporting in appropriate attire and immediately returning home to shower is the best practice.
- Limit locker room/cheer room use. If a locker room are used, the proper cleaning and sanitizing before, during and after needs to be done and proper social distancing practiced.
- No students should be allowed in the training room/area unless the Athletic Trainer or adult supervision is present. Training areas will be cleaned and sanitized after use.

Weight Rooms:

- Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment.

- Resistance training should be emphasized as body weight, weight machines, and free weights that do not require a spotter. Free weight exercises that require a spotter cannot be conducted while honoring physical distancing norms. Safety measures in all forms must be strictly enforced in the weight room.
- Weight rooms must adhere to strict physical distancing and exercise frequent sanitation protocols before, during and after use. Appropriate clothing/shoes should always be worn to minimize sweat from transmitting onto equipment/surfaces. Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

Physical Activity and Athletic Equipment:

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students. Students should wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each individual use and prior to the next workout. Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Physical contact such as high-fives, fist bumps, and hugs should not be allowed.
- Gym doors to the outside should be opened to provide as much ventilation as possible.

Facilities Cleaning:

- Custodians will have cleaning schedules and procedures for all athletic events that follow CDC guidelines.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Sanitizing wipes will be placed throughout the weight rooms and gyms so students can clean equipment between users.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.

Athletic Director and support staff:

- Athletic Director & Security (or specified person) will be in attendance at each sporting event to ensure COVID protocols are followed & enforced.

COVID Positive Protocols:

All players/coaches who test positive for COVID-19 go through the same protocols.

- First, they are immediately isolated.
- They are forbidden to access team facilities and are not allowed to have any direct contact with fellow players or team personnel.
- Program will adhere to public health guidelines and safety recommendations.
- Students must stay home if they are on quarantine or isolation.
- Students and athletic staff may only return to sport upon CDC recommendations for end of quarantine or isolation. No fever for 24 hours (without medication) and at least 10 days have passed since positive test or symptoms first appeared.

Close contacts who are not tested or who tested negative are without symptoms should still

continue 14 days of quarantine, according to CDC. Quarantine can end after 14 days if no symptoms develop or no positive COVID test is received.

In the event a participant develops symptoms for the first time while inside the team facility, he or she must go through the following protocols:

- Immediately isolate in a separate room
- Continue to wear a mask
- Be transported and quarantined at home ASAP
- Recommended test from health officials and follow health and safety recommendations.
- Individuals may return upon no symptoms and public health and safety guidelines have been followed.
- Participate in Contact tracing protocols
- Surveillance Investigation will be implemented immediately and positive protocols will be followed for close contacts.

Basketball COVID Plan 20/21 Season:

Home Games:

- Home Teams will utilize the breezeway for entrance. They will be screened at this time- Temp Check and Screening Questions.
- Away Teams will park on the east side of the building and enter the east side of the entrance of the breezeway.
- Away teams will utilize the South Locker Room if permitted. After getting dressed, the custodian will walk through with cleaning spray. The Custodian will spray after halftime and end of game.
- Home Teams will utilize the North Locker rooms if permitted. After getting dressed, the custodian will walk through with cleaning spray. The Custodian will spray after halftime and end of game.

Away Games:

- To keep in line with our own team concept protocols, one bus per team.
- Before bus entree, temperature check, bus check in for contact tracing (name, phone number, temperature recording) Hand-sanitation area available upon check in and during sessions. Mask requirement in and around the court area, and social distancing when possible.
- AD will email a team temperature to the opposing team with temperature/screening for their records
- Players will remain with the team during travel, at the gym and after the game. Player check out will be strictly enforced and they can only leave with immediate family.
- Come prepared ready to play, example: playing gear under weather gear. If there is no locker-room.
- Areas ready for each team to change.(May need to change on the bus.) Areas will follow social distancing requirements. (Based on others school gyms guidelines) Always maintain a social distance of 6 feet while at the court area when possible.

- After the game players will need to bring their own towel for drying and changing purposes.

Wrestling Covid Plan 20/21 Season:

Regular season contests will be individual duals only. No invitational tournaments (one or two day) will be allowed in state or out of state. Teams may have more than one dual in a day (2 are allowed) but must keep teams separated to meet social distancing guidelines. Only two teams per gym will be allowed to compete at the same time. Contests must be scheduled to allow for appropriate cleaning and sanitizing when the new team comes to the facility.

No out of state competition or teams traveling from out of state for competition, unless it is in a dual format and approved by the MHS Executive Director.

Wrestling can have multi-team events (mixers) if they meet the following criteria: • These events can have no more than 40 wrestlers competing if allowed by the local county health authority • Each wrestler can only wrestle twice during these events • Wrestlers wrestling twice must wear a clean singlet for the second match, • All wrestlers must wear masks while not competing • Try to schedule multi-team events at least 5-7 days apart to allow for time for students to get symptomatic if exposed. • All other wrestling requirements/considerations must be followed and are attached.

Wrestling Conditioning:

- mirror drills with spacing, no contact.
- Wrestlers may skill and drill without touching a teammate (as long as physical distancing is adhered to).
- Conducting drills for specific skill development may be allowable with proper precautions.
- Mandatory shower after practice.
- Masks when not wrestling live or drilling
- Cleaning before and after practice with CDC approved cleaning agents. Mats must be cleaned between "POD" rotations.
- Stay home if feeling sick
- Hygiene is key to keeping Covid and other bacterial infections as always with wrestling
- Practice in "PODS" with half conditioning while other half practice technique
- Possibly move mats to the mezzanine for better ventilation and air circulation.

Cheer COVID Plan 2020 /21 Season:

Masks will be worn by coaches and cheerleaders at all times.

Practices/GAME DAY

- Routines will be modified to practice social distancing

- Cheerleaders will be asked to come prepared to the games.
- All personal belongings can be kept in the bleachers but only during that squads game time (all dependent on whether we do varsity sports only again)
- All girls will receive their own set of PomPoms for the duration of the season to prevent cross contamination. They will be responsible to bring these every practice & games.

Attachments: Basketball Open gym, tryouts and practices

Additional Resources:

[CDC Considerations for Youth Sports](#)

[CDC Recommendations Regarding the Use of Cloth Face Coverings](#)

[NFHS Guidance for Opening Up High School Athletic and Activities](#)

[NCAA Core Principles of Resocialization of Collegiate Sport](#)

[NATA COVID-19 Resource Center](#)

[White House Guidelines for Opening Up America Again](#)

[Blackfeet Phase Plan. https://blackfeetnation.com/](https://blackfeetnation.com/)

WEAR A MASK TO PROTECT YOURSELF AND OTHERS



