

### **Browning Athletics - POST SEASON - spectator/home game 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/track equipment should be cleaned and sanitized throughout the contest/event.

- 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 these change, 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.
- Outside sports shall maintain social distancing and mask wearing when in close proximity of each other.

#### **Spectators (if any)**

- Phase 2 Spectator Capacity per varsity team member
- All spectators will wear masks covering their nose and mouth at all times on and off the softball/track field.
- Spectators will be asked to leave if they are not following the required safety guidelines.
- Spectators will be screened and we will check the temperature upon entering the field area.
- Visiting fans will sit at 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 per varsity team member
- All spectators will wear masks covering their nose and mouth at all times on and off the softball/track field.

- Spectators will be asked to leave if they are not following the required safety guidelines.
- Spectators will be screened and we will check the temperature upon entering the field area for softball/track area.

**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”.

**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 is 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.

**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 field for easy access to student athletes so students can clean equipment between uses.
- 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.

## 2020-21 Outdoor Track and Field Considerations

In support of the Guidance for Browning High School Athletics and Activities, the BHS Coaching Staff offers this document for the 2020-21 Track and Field season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in our school and community to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams and family. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. The BHS Track and Field Coaches and Activities Director will keep up with the latest Covid-19 information from the CDC and other local and state health officials.

**\*\* All Covid-19 precautions will be taken when practice starts on 3-15-21 when coaches and athletes are in-person. These precautions are outlined through our Activities office as daily practice procedures.**

**\*\* All policy and procedures that were established through the Fall and Winter Sports will be followed as it pertains to Track and Field.**

**W - wear your mask**

**W- wash your hands**

**W – watch your distance**

### **PRACTICE:**

Pre-Screen / Come Prepared and dressed for practice / Cohort of 12 athletes per coach / 3 – W's / Leave when practice has concluded. Sanitize all equipment used during practice and meets.

**TRAVEL: Per activities policies.**

**TRACK MEETS: Per MHSAA policies.**

### **General Considerations:**

- SP, DT, JT should enforce social distancing for all athletes and officials.
  - To limit contact: athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws.
  - If athletes can't provide their own implements, then it is recommended that implements be sanitized between each use.
- LJ, TJ should enforce social distancing for all athletes and officials.
- HJ, PV should enforce social distancing for all athletes and officials.
  - To limit contact: athletes should not share vaulting poles.
- Sprint, Hurdle, relay events run entirely in lanes, may use every other lane to assist with distancing.
  - Blocks should be disinfected after each heat / race.
- Recommendations for students to wear a cloth facial covering when not actively competing. (Pending school policy)

## Browning Public Schools 20-21 Spring Sports Covid-19 Plan

- Middle Distance and distance races on the track of 800m and longer (any event not run entirely in lanes) are considered moderate risk activities if conducted under normal circumstances.

Coaches may permit the use of gloves for this year. (Pending NFHS rules)

- We will bring our own batons and they will be disinfected after each heat/race.

### Considerations for Coaches:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines:
  - Pre and Post Meet conferences,
  - Clerking at the start line,
  - Tabulations and posting of results.
- Consider using electronic whistle.
- Do not shake hands and follow pre- and post-game ceremony guidelines established by state associations.
- Officials personnel may always wear cloth face coverings.
  
- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in "pods" of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

### Considerations for Students:

- Consider making each student responsible for their own supplies
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Cloth face coverings are permitted.
- Bring your own labeled water bottle.
- No mask no entry.

### Considerations for Parents:

(A family's role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are without symptoms of from illness before participating in practice and competition (if there is doubt stay home),
- Provide personal items for your child and clearly label them.
- No mask no entry.

## Browning High School Girls Softball Covid-19 Guidelines

### CHECKLIST FOR COACHES Protect Players from COVID-19

**Send a welcome email or call parents and/or players. Inform them about actions that the sports program will take to protect players. Remind them to stay home if sick or if they have been around someone who is sick. Be a role model. Wear a cloth face cover and**

encourage parents, fans, officials, and sports staff to wear one during practices and games. Provide hand sanitizer with at least 60% alcohol to players before and after practice/game, or encourage them to wash their hands with soap and water. Educate players about covering coughs and sneezes with a tissue or their elbow. Discourage spitting. Remind players about social distancing and identify markers (signage or tape on floor, if applicable). Encourage your players to focus on building their individual skills and cardiovascular conditioning, so they can limit close contact with other players. Check with your sports administrator to make sure they are following cleaning and disinfection recommendations. • Cleaning and disinfecting frequently touched surfaces on field, court, or play surface (e.g., drinking fountains) at least daily or between use. • Cleaning and disinfecting shared equipment

What you need to know

- Stay home if sick.
- Players should bring their own equipment, like gloves and bats, if possible.
- Reduce physical closeness and keep 6 feet of space between players when possible.
- Coaches and spectators should wear a mask, and decide if players need to wear masks.
- Players should clean their hands before and after practices, games, and sharing equipment.
  - Make a game plan to reduce risk
  - Stay safe on and off the field
  - Keep youth athletes safe
  - Checklist for coaches

Make a game plan to reduce risk while playing sports

There are a number of actions you can take to help lower the risk of COVID-19 exposure and reduce the spread while playing sports.

The more people a child or coach interacts with, the closer the physical interaction, the more sharing of equipment there is by multiple players, and the longer that interaction, the higher the risk of COVID-19 spread. Therefore, risk of COVID-19 spread can be different, depending on the type of activity.

The risk of COVID-19 spread increases in youth sports settings as follows:

- **Lowest Risk:** Performing skill-building drills or conditioning at home, alone or with family members.
- **Increasing Risk:** Team-based practice.
- **More Risk:** Within-team competition.
- **Even More Risk:** Full competition between teams from the same local geographic area.
- **Highest Risk:** Full competition between teams from different geographic areas. 6 hours

## **Recommendations for a Safe Return to Sport and Physical Activity After COVID-19**

### **Benefit of sports and responsibilities of the athlete**

The participation in sport has known health benefits, including promoting physical fitness and mental wellness. Sports provide a social construct and interaction which is necessary

in a time of uncertainty for our athletes. It is widely recognized that physical activity, performed for the right amount of time and intensity can provide benefits to the immune system. In addition, sports can provide a template for young athletes to learn concepts of teamwork, leadership, work ethic and integrity.

With these recognized benefits, we propose and recommend the following as schools, clubs and individuals consider returning to sport.

Athletes, families and participants in sports have a social and moral responsibility to report symptoms of COVID-19. Self-reporting all symptoms consistent with COVID-19 will not only decrease the spread but will also help keep athletes playing their sport. Coaches, administrators and parents should continue to encourage athletes to self-report any symptom.

#### **Acknowledgement of infection risks**

As we mention the benefit of sport and social interaction, we also recognize there are ongoing infection risks and concerns regarding “COVID-19.” The decision to participate in sports and spectate at sporting events will be dependent on athletes, families, and sports clubs in concordance with the above-mentioned rules and regulations from authorities. Participants and spectators should understand that social interaction and congregation increase the risk of individuals becoming ill from infection with SARS-CoV-2 and potentially spreading the virus to family members and the community.

If you have an underlying health condition, there may be an increased risk of participating in sports. Please contact your regular doctor before restarting your sports. Current known risk factors include increasing age, obesity with body mass index above 30, chronic lung disease including moderate, severe or uncontrolled asthma, type 2 diabetes, chronic kidney disease, sickle cell disease, heart conditions and the immunocompromised.

#### **Phased return to sports**

First and foremost, all guidance, rules and regulations regarding the return of sports must be followed as set forth by the national, state, or local governments and health departments. All involved with making the decisions for return to sports should be up to date on government guidance and CDC recommendations. All facilities, coaches, leagues and tournament directors should monitor recommendations and directives set forth by national, state and local levels.

Currently, only sports that can maintain physical distancing are allowed and state/local government orders and directives should be followed. Adolescent population, which is concerning. Currently, we recommend no player be within 6 feet of each other, groups should be no more than 10 individuals including coaches, and all machines/equipment consistently be cleaned.

The following criteria should be used based upon the Opening Up Spring Girls Softball Again:

1. **Stable or downward trajectory of influenza-like illness reported within a 14-day period AND a downward trajectory of COVID-like syndrome cases within a 14-day period.**
2. **Stable or downward trajectory of documented cases of COVID-19 within a 14-day period or a downward trajectory of positive tests as a percent of total tests within a 14-day period.**
3. **Hospitals can treat all patients without crisis care and there is a robust testing program in place for all at-risk health care workers, including emerging antibody testing.**

As each city, county and state slowly return to sports participation, we highly recommend athletes have a “phased approach” to decrease risk of community spread and gradual increase in physical activity to decrease risk of injury. A thoughtful approach to exercise gives athletes a chance to acclimatize to the temperature and the intensity/duration of practices. This slow ramp up of exercise can decrease the injury risk and heat illness. Since practices and competitions have been decreased, many athletes are deconditioned, putting the athlete at much higher risk for injury if pushed too hard too fast. Overtraining, defined as prolonged or excessive repetitive activity/workouts in efforts to “catch up,” does not allow the body to adjust and recover, which can lead to decreased performance and/or increased risk injury. 6 hours