

CARDINAL GIBBONS

AUGUST 2020



REOPENING PLAN 2020-2021

INTRODUCTION

Cardinal Gibbons' Campus Reopening Plan includes **preventative measures**, which **require** everyone's participation and **support**. If done effectively, together, these measures should greatly reduce the risk of virus transmission within the school. It also includes **procedures we will follow when there is a positive case of COVID-19 among our school community**. We need to be prepared for this likelihood, and for everyone to know in advance how it will be managed.

In light of all current information and with the health and well-being of our community our top priority, Cardinal Gibbons has made the decision to reopen school in August using our Plan B hybrid learning model. That model is a mix of in-person education and distance learning as well as myriad health and safety measures in place. Read more about the Plan B hybrid learning model as well as the others we considered in the Academic section of this document.

The overall school reopening plan has been guided by resources from public health agencies such as the Centers for Disease Control, the Wake County Public Health Department, the North Carolina Department of Education, the Diocese, the Governor's Office, and by our own COVID-19 Task Force, which includes educators, board members, health professionals, distance learning experts, lawyers, communications and HR specialists. We are grateful for this community-wide effort and for all who have contributed their time, talent, and resources to this unprecedented situation. We will always keep a close eye on the scientific guidance, and we will be keeping the Gibbons community of students, parents, and educators informed on a regular basis.

If you have questions on anything contained in this document, or other aspects of our campus reopening plan, we encourage you to contact us at **cghsnc.org/healthandsafety**

Below are our **Guiding Principles** that we have used as the basis for our analysis and subsequent planning.

SAFETY | COMMUNITY | ACADEMIC EXCELLENCE

INVESTMENTS IN SAFETY AND OUR COMMUNITY

As we navigate the current health crisis and its related financial impact, Gibbons is committed to providing safe, in-person instruction for all students. This requires that we make significant financial investments across a broad range of efforts, including:

ENHANCED HEALTH AND SAFETY MEASURES

- Personal Protection Equipment (PPE), available for students and educators.
- Thermal scanners for fever detection.
- Screening technology.
- Plexiglass barriers and partitions in high traffic areas.
- Hand sanitizer stations made widely available across the campus.
- Touchless faucets in restrooms.
- Amplified cleaning and sanitation practices.
- There will be distance markings on the floors of buildings on campus that are 6 feet apart to help students to social distance.

CLASSROOM TECHNOLOGY

The school day and our classrooms are also being reimagined with new schedules and potentially smaller, discreet cohorts in order to minimize the risk of transmission of the virus. With more teaching spaces needed, classrooms and other areas are being reviewed and prepped to ensure that all students will have the best learning experience possible. Given the uncertainty of the health situation in our community and on campus, classrooms are being set up with additional technology, including remote camera set-ups.



SECTION 1: STAYING HOME WHEN SICK OR AFTER EXPOSURE

The most important thing that we can do to prevent virus transmission among our school community is to not bring it onto campus in the first place. Students and educators will be expected and asked to stay home in the following situations:

- When exhibiting symptoms associated with COVID-19. Everyone should become familiar with these symptoms, and we will establish a daily self-screening protocol for every student and employee in line with state requirements and medical guidance.
- After close contact with persons who have tested positive for COVID-19 or are symptomatic.
- After returning from travel to certain locations, as guided by CDC or local public health officials.

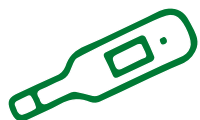


COMMUNITY EXPECTATIONS

- Cloth Face Masks. Educators, students, and visitors will be required to wear face masks when in the building as well as anytime they are on campus when social distancing cannot be maintained. Students should come to school with a face mask every day they are attending on-campus classes. Teach your student how to properly use and remove a face mask.
- Hygiene. Students will be required to use good hygiene practices while on campus. Practice and reinforce good hygiene practices at home, in particular, the importance of frequent handwashing.
- Students' Personal Items. Limit the items your student brings onto campus each day and reinforce policies around the sharing of food, supplies, and other items with other students.
- Medical Forms. Parents must complete and submit all required student medical forms prior to the first day of school. Parents must provide at least three (3) emergency contacts who are able to pick up your student from the school within one (1) hour of receiving a call from the school if your child presents with a temperature or becomes ill during the school day, and they are unable to drive themselves home.



STAY HOME



SCREENING

All students and employees will be required to complete a daily self-screening protocol before they enter the building using technology that we will provide to all community members. Students must complete this before leaving the house each morning. Our screening tool will provide guiding questions which give daily reminders of symptoms to be looking for, and other situations in which students should stay home. More information about the screening tool will come in subsequent communication.

In addition to home self-screening, we will establish processes for students to receive basic screenings at school. The school will regularly check temperatures of students upon arrival at school. If your student presents with a temperature that is higher than 100.0 F, they will be sent home. We will have non-contact thermometers and other screening tools in the building for in-school screening.

When students or employees who are already at school report symptoms of COVID-19, we have a nurse trained to respond.



STAY HOME



PARTICIPATION IN CLASS

When students need to stay home for any reason, but are feeling well enough to continue to participate in class, Cardinal Gibbons has established a distance learning platform which will allow them to keep pace with the learning activities and assignments of their classes. In most cases, our goal will be for students to remain fully enrolled in all of their classes, and keep up with their classwork throughout the time they need to be at home, as long as they are well enough to do so. They will still participate along with their classmates and teachers who are in the building, through the home learning platform.

It is important that we provide every incentive we can for students to stay home when needed, whether they are feeling sick, are self-monitoring due to possible exposure, or simply don't feel comfortable with the risk of being in a group setting. As one example, there will not be class incentives for in-person attendance such as bonuses for perfect attendance, or points that are only available if a student is present that day.



RETURNING TO SCHOOL

Students who need to stay home for any of the reasons listed above, and their families, will receive guidance on what they need to do in order to return to school and when.



A photograph of a campus scene. In the foreground is a large green lawn. In the middle ground, there is a paved plaza with several picnic tables and benches. To the left is a modern building with large glass windows. To the right is a brick building. Two tall flagpoles stand in the plaza; the left one flies a yellow and white flag with a crest, and the right one flies the American flag. Tall stadium light towers are visible in the background under a blue sky with white clouds.

SECTION 2:
PREVENTATIVE STEPS TO REDUCE
TRANSMISSION RISK ON CAMPUS

PREVENTION



MASKS AND OTHER PPE

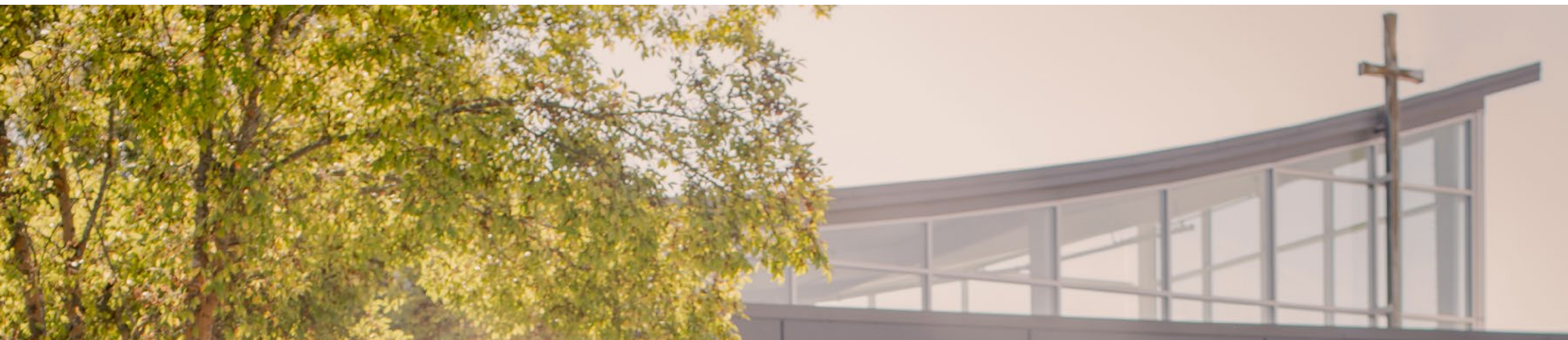
It is the policy of Cardinal Gibbons for all educators, students, and visitors to wear a cloth face mask at all times while in the building. Masks may be removed for eating while in designated spaces. Students should plan to bring their own masks every day, to keep them clean, and to follow other proper use guidelines throughout the day. Extra masks will be available for students who arrive at school and have forgotten them.

When students and employees are on campus but outside the building, masks are optional, not required, as long as physical distance from others is able to be maintained. Students may be outdoors, for example, when outside for a PE class or athletic practice, for a class utilizing outdoor space, when eating at a designated outdoor eating space, or when waiting outside for pickup. We will continue to ask students to maintain physical distance while outside, but the reduced risk of virus transmission outdoors means that masks will not be required.



VISITORS

All school visitors will be required to check in at the main lobby desk, as usual. Visitors will be met and guided by an employee and will need to follow all building procedures such as wearing a mask.



PREVENTION



PHYSICAL DISTANCING

Cardinal Gibbons will make a number of adaptations to provide an environment where students and educators are able and encouraged to maintain appropriate physical distance from one another throughout the course of the school day. It should be noted that we cannot guarantee that 6 feet of distance from others will always be able to be maintained within our building. Current scientific guidance and the advice of our COVID-19 Task Force gives us confidence that when we couple physical distancing with all of the rest of these procedures such as staying home when sick or exposed, consistent personal PPE, and regular hygiene practices, it will provide sufficient risk mitigation for our population within our building. This is the case, even if students are sometimes closer together than 6 feet. Still, we will take a number of steps for physical distancing of students, faculty, and staff, including:

- Classroom spacing and arrangement of desks 6 feet apart.
- Enforcing reduced capacity in common gathering areas such as the cafeteria, the entry lobby, the library, the learning commons and the gym.
- Increased proctoring of common areas to remind students of distancing guidelines.
- Staggering passing periods so the entire school is not passing through halls and using restrooms at the same time.
- Designating one-way stairways and hallways when necessary.
- Adapting group work assignments to provide more physical distance among groups of students than usual in the classroom.
- Adapting activities and locations for courses such as PE, visual arts, and performing arts, to maximize distance and avoid activities which have shown greater risk of virus transmission (e.g. contact sports, choral activities in close proximity).
- Reducing and eliminating shared classroom materials whenever possible.
- Increased use of outdoor campus space for various classes and activities as weather allows.
- There will be distance markings on the floors of buildings on campus that are 6 feet apart to help students to social distance.

PREVENTION



PERSONAL HYGIENE

Students and educators at Gibbons will receive regular education and instruction in personal hygiene procedures which are shown to reduce the risk of virus transmission. These include:

- Frequent handwashing.
- Hand sanitizing – Gibbons will provide additional sanitizing stations in common areas, and students are encouraged to carry and use their own hand sanitizer throughout the day.
- Avoiding touching your face; students should perform hand hygiene immediately afterwards if they happen to touch their faces.



CLEANING PROCEDURES

Our facilities staff will be implementing regular cleaning and sanitizing procedures throughout the building, which are much more intensive than normal. In addition, the school will observe protocols for cleaning each classroom and meeting room after use, before the next group enters.



DROP-OFF, PICK-UP & MOVEMENT ON AND OFF CAMPUS

Drop off and pick up locations and procedures will be similar to usual, with the line of cars forming at the student entry & exit point at the front lobby doors.

PREVENTION



FOOD SERVICE AND NUTRITION

Serving and consuming food and beverages presents challenges in our current environment. Changes to these procedures will include the following:

- Water fountains will be accessible for bottle-filling only. Students will continue to be encouraged to bring their own reusable water containers and rely on them throughout the school days.
- Cafeteria service will be adapted to minimize or eliminate self-service and close proximity in lines. New “grab and go” options will be the norm.
- Students will be encouraged to bring their own lunches and not to share items.
- Eating locations will be designated, and eating in other locations will not be permitted. These eating locations will be set up to provide for physical distancing between students.



FIELD TRIPS

Class field trips will not occur for the time being.



ASSEMBLIES AND OTHER GATHERINGS

School-wide assemblies will not take place as usual. Instead, we will attempt to deliver these community-wide events in different formats. For example, we may stream events to students in their classes, rather than everyone gathering in the gym for an All School Mass.



SECTION 3: IF THERE IS A POSITIVE CASE OF COVID-19 IN THE COMMUNITY

If a student, or a member of the student's household, is confirmed positive for COVID-19, we ask that the family inform the school immediately. We should all be prepared for this likelihood.

POSITIVE CASES



COOPERATION WITH HEALTH OFFICIALS

According to public health guidance, upon learning of a positive case of COVID-19 in our community, the school must provide notification to the Wake County Public Health Department as well as the North Carolina Department of Education. We will provide this notification and expect to remain in communication with these officials about their procedures and guidance as we care for our students and families.



CONTACT TRACING

We expect that local health officials will carry out their own contact tracing procedures. And, it will also be possible and helpful for the school to carry out its own procedures as well. If a student, employee, or other person who has been in the building tests positive for COVID-19:

- Trained school staff will conduct a brief "case investigation" interview to help determine close contacts among the school community.
- The student or community member's close groupings will be considered, such as teams, classroom seating arrangements, etc.
- Families of students who have been in close contact with the COVID-19 positive individual, will be contacted by the school, and asked to self-monitor and follow CDC guidelines. This may include a requirement to stay home from school for a period of time.



HOUSEHOLD MEMBERS

If an individual in one's home has COVID-19 or is quarantined because of COVID-19, those in the household should also stay home for a minimum of two weeks.

POSITIVE CASES



COMMUNICATION AND PRIVACY

In the case of a member of our community testing positive for COVID-19, we will need to depend on the specifics of the situation to guide what communication is necessary with the broader school community. Privacy considerations, as well as the health and safety of the entire school community, will always be respected. Depending on the situation, we may need to inform the entire community that there has been a positive case, but we also may not. We will make these decisions in consultation with local health officials and with the administration.



SCHOOL CLOSURE

In learning of a positive COVID-19 case we will inform the entire community without violating privacy issues. We will send a second communication to students and their families who were in the same class of the person who tested positive.



A photograph of a campus courtyard. In the foreground, a black metal bench sits on a paved path. To the left, a statue of a person in a long white robe stands on a red brick pedestal. The background features a large green lawn, several trees with dense green foliage, and a modern building with large glass windows. A white rectangular box is overlaid in the center of the image, containing the section title.

SECTION 4:
HEALTH AND SAFETY GUIDELINES

HEALTH AND SAFETY GUIDELINES



WEARING MASKS AND PHYSICAL DISTANCING

- Students and educators will wear face coverings throughout the school day.
- Movement on campus will be controlled and directed to reduce the mixing of students and promote physical distancing.
- In classrooms, students will be seated with spacing to minimize transmission risk but allowed to interact more closely for limited periods with additional safety measures and greater supervision in place.
- All visitors to campus, including parents, will be screened upon arrival and will be required to wear a mask.
- Based on guidance from state health officials banning gatherings of more than 25 persons, all large group gatherings will be held virtually.



HYGIENE & CLEANING

- Students and faculty will follow a regular schedule of handwashing or use of hand sanitizer throughout the day.
- Hand sanitizer dispensers will be widely available on campus.
- Daily cleaning practices will be compliant with CDC recommendations, including the types of cleaning products used and the frequency of cleaning.
- Special attention will be paid to the cleaning of high touch surfaces throughout the day.
- Teaching methods will be adjusted to minimize shared equipment or learning materials between students.
- Classroom practices will reduce the transfer of objects between home and school and touching of other students' personal belongings.
- Infrastructure will be put in place to minimize surfaces that cannot easily be disinfected.

HEALTH AND SAFETY GUIDELINES CONT.



HEALTH SCREENING, QUARANTINE AND CONTACT TRACING

- Families are asked to monitor their household members for symptoms, including fever, and avoid bringing sick children to school.
- Students with symptoms will be separated from other students and parents/guardians will be contacted to arrange pickup within the hour.
- Updated sick policy and enforcement practices: Rules regarding sick policies for students and employees will be enhanced and strictly enforced to minimize the number of sick people on campus, as well as to allow continuity of learning from home for mildly ill or asymptomatic students.
- If a student or employee has a COVID-19 infection, school officials will support the Department of Health's efforts for contact tracing and enforcing quarantining of those infected and their contacts. Provisions will be made to support continuity of learning from home during quarantine periods.



CAFETERIA & FOOD SERVICE

We anticipate that food services options will be reduced in the fall. As always, students will be able to bring home lunches to school as well.



SELF CARE & WELL-BEING

Pedagogy and classroom practices will provide greater attention to student mental health and well-being to build resilience and cope with the stress or anxiety students may experience in this pandemic context. We will also be adding a mental health professional to our staff to attend to our student needs.



SECTION 5:
ACADEMICS

INTRODUCTION TO ACADEMICS

VISION:

The revised daily schedule framework allows us to create a safe learning environment and continuity in our learning scenarios (on-campus, hybrid, and distance) which support our academic excellence objectives and engage our students and educators in the mission of our school.

RATIONALE:

In light of COVID-19, how we conduct school will be different than how it is normally conducted in August. Therefore, we are planning for the reality that we may not be able to welcome all of our students back on campus at the same time. We crafted several on-campus versus distance learning options to consider and surveyed educators, students, and families. The results indicated a preference for a scheduling option that reflects our current master schedule (8 periods each day for the year). In light of that preference, Gibbons created a modified 8-period version that allows for 4 periods to meet every other day for the year. The design results in consistency regardless of campus, reduced numbers, or distance learning scenarios. The three schedules are as follows:

PLAN A:

8 Period On-Campus Learning Schedule
2-Day Rotation-All students on campus

PLAN B:

8 Period On-Campus Learning Schedule
4-Day Rotation-Reduced number of students on campus

PLAN C:

8 Period Distance Learning Schedule
4-Day Rotation-All students distance learning

****Students will have the option to be in a 100% distance learning environment, regardless if Gibbons is following Plan A or Plan B.***

ACADEMICS

PLAN A

ALL STUDENTS ON CAMPUS

- All yearlong classes will meet for the year and Semester classes will switch at the semester.
- Students will rotate through all 8 periods every two days.
- 15-minute transition time to move safely between classes and allow for sanitation protocol.
- All students will have advisory.
- Two 45-minute lunches during the 11:35-1:35 time slot.
- Juniors and Seniors will have access to off campus lunch.
- Most students will have a Flex Period.

	C	G	H	S	C	G	H	S
Schedule	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
8:00-9:15 am	Period 1	Period 8	Period 1	Period 8	Period 1	Period 8	Period 1	Period 8
9:15-9:30 am	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION
9:30-9:50 am	Advisory	Advisory	Advisory	Advisory	Advisory	Advisory	Advisory	Advisory
9:50-10:05 am	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION
10:05-11:20 am	Period 2	Period 7	Period 2	Period 7	Period 2	Period 7	Period 2	Period 7
11:20-11:35 am	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION
11:35am-1:35 pm	Period 3 / Lunch	Period 6 / Lunch	Period 3 / Lunch	Period 6 / Lunch	Period 3 / Lunch	Period 6 / Lunch	Period 3 / Lunch	Period 6 / Lunch
1:35-1:50 pm	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION
1:50-3:05 pm	Period 4	Period 5	Period 4	Period 5	Period 4	Period 5	Period 4	Period 5

ACADEMICS

PLAN B

50% OF STUDENTS ON CAMPUS

All of Plan A items apply AND

- Social distancing in classrooms and gathering spaces.
- Students will be assigned to a Green or Gold group which meet on-campus every two days and distance for the other group.
- 4-day rotating schedule that repeats (C-G-H-S-C-G-H-S, etc.).
- Parents and students will be able to request grouping with carpool and other factors that impact on-campus and remote days.
- Classroom educators will balance instruction and course requirements each day for both the on campus and distance learning students.
- Attendance for students who are both on-campus and distance learning will be logged on PowerSchool.
- Synchronous learning will be a consistent component for the students who are in distance learning for that day.
- Students will follow the daily schedule for classes when in distance learning.

	C	G	H	S	C	G	H	S
Schedule	Day 1 - Green	Day 2 - Green	Day 3 - Gold	Day 4 - Gold	Day 5 - Green	Day 6 - Green	Day 7 - Gold	Day 8 - Gold
8:00-9:15 am	Period 1	Period 8	Period 1	Period 8	Period 1	Period 8	Period 1	Period 8
9:15-9:30 am	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION
9:30-9:50 am	Advisory	Advisory	Advisory	Advisory	Advisory	Advisory	Advisory	Advisory
9:50-10:05 am	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION
10:05-11:20 am	Period 2	Period 7	Period 2	Period 7	Period 2	Period 7	Period 2	Period 7
11:20-11:35 am	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION
11:35am-1:35 pm	Period 3 / Lunch	Period 6 / Lunch	Period 3 / Lunch	Period 6 / Lunch	Period 3 / Lunch	Period 6 / Lunch	Period 3 / Lunch	Period 6 / Lunch
1:35-1:50 pm	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION	TRANSITION
1:50-3:05 pm	Period 4	Period 5	Period 4	Period 5	Period 4	Period 5	Period 4	Period 5

**We are currently working on the logistics for assigning students to the Green and Gold groupings for Plan B-Hybrid, ensuring that families will be together.*

ACADEMICS

PLAN C

DISTANCE LEARNING

- All students will be in distance learning.
- Schedule reflects preference of students, parents and educators from surveys.
- Aligns with the Plan A and Plan B schedules.
- 4-day rotating schedule that repeats (C-G-Flex-H-S- C-G-Flex-H-S, etc.).
- Adds weekly advisory time for all students on Flex Day.
- 75-minute classes that meet 2x a week rotating times.
- Attendance for students in distance learning will be logged on PowerSchool.

	C	G	FLEX	H	S
Schedule	Day1	Day 2	Day 3	Day 4	Day 5
9:00-10:15 am	Period 1	Period 5	Educator Office	Period 4	Period 8
10:30-11:45 am	Period 2	Period 6	Advisory	Period 2	Period 7
11:45am-12:30 pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
12:30-1:45 pm	Period 3	Period 7	Educator Office	Period 3	Period 6
2:00-3:15 pm	Period 4	Period 8	Co-Curricular Time	Period 1	Period 5

ACADEMICS

ADVISORY

Advisory is an opportunity to provide a comfortable space for Gibbons students to be themselves and develop relationships with an adult and other students in their group. It is a chance to create a mini-community and shrink the school experience for students, so they always have someone to go to who will guide them and advocate for them. This group will be a consistent presence over all four high school years. Students will be assigned an advisor and an advisory group by grade-level. Groups will be no more than 15 students.

****We are currently working on advisory groupings for our students.***

FLEX PERIOD

Most students will have one (1) flex period every other day as part of their complete schedule. Students will have access to quiet learning and study space, collaborative and social space, and, possibly, physical activity in a gym or on a field. Co-curriculars in areas of spiritual life, fine arts, athletics, and leadership may also be available at various flex learning periods as well.

PROFESSIONAL DEVELOPMENT

Our Professional Development Team, led by Director of Professional Development Amy Ernenwein, developed two weeks of comprehensive workshops that instruct teachers to improve the implementation of best practice instruction related to Blended Learning and a 75-minute A/B rotating schedule that inform and support all three learning scenarios (on-campus, hybrid, and distance). It is crucial that our educators provide an optimum classroom environment no matter which scenario(s) we follow. Workshops included in this training: Designing your Virtual Space with the User in Mind, Determine the Right Tools for the Right Tasks in our 2.0 Digital Toolkit, Explore the Spectrum of Instructional Approaches, Maximize Engagement in Longer Class Periods, Investigate and Plan for Mastery-Based Learning, Examine Blended Learning and the Flipped Classroom Model, Create Opportunities for Authentic Assessment, and How to Plan in a Hybrid Teaching Model.



GIBBONS

CRUSADERS



Parents may decide to keep their children home, even when the risk of infection is low, and the school is following up-to-date recommendations from public health officials to reduce the risk of COVID-19 transmission. Parents who would like their students to remain at home regardless of the current plan may opt to do so as the teachers will be ready to provide distance learning instruction. Students with respiratory illnesses (including a cough or flu) should stay home to avoid transmission to other students. We do not expect sick students to attend school.

SECTION 6:
FINE ARTS



INTRODUCTION TO FINE ARTS

Cardinal Gibbons Arts Educators will be following the guidelines and best practices outlined in the Recommendations for Arts Education as North Carolina Reopens Schools documentation, which are consistent with Gibbons' reopening plan. These guidelines have been developed in a partnership between the NC Arts Education Association and Arts NC, along with input from educators across all the fine art disciplines. These guidelines include:

- Mask wearing at all times, even while playing (modified masks) and singing.
- Maintaining social distancing standards of six feet.
- Daily sanitizing of all instruments.
- Use of instrument bell covers.
- Students consistently facing the same direction while playing\singing\performing.
- Sectional work using outdoor spaces whenever possible.

These protocols will be followed in Arts classrooms as well as during Fine Arts concerts and co-curricular events. The Arts being a necessary extension of community and personal expression, our goal is to hold concerts, performance and arts events and share them with our community via livestreaming platforms whenever and wherever possible.



SECTION 7:
ATHLETICS



INTRODUCTION TO ATHLETICS

Cardinal Gibbons is committed to providing meaningful athletic participation opportunities for all students, with offerings ranging from recreational sports to championship-caliber competition for college-bound athletes. We are planning for multiple scenarios that will be driven by how area schools choose to reopen for school (and athletics) and how the North Carolina High School Athletic Association (NCHSAA) moves forward with the start of fall sports.

The latest information from the NCHSAA is that fall sports will be delayed to September 1. The delay provides time for the NCHSAA to survey schools systems on how schools are reopening in a hybrid learning environment. The data from these surveys will go a long way towards determining what kind of Fall program the NCHSAA can support, and how we as a school will modify our programming to engage our students.

ITEMS OF NOTE:

1. The official start of fall sports delayed to September 1
2. A Dead Period will be implemented from August 12 – August 19. These dates will vary a little by school to match up with each school's respective start of school year.
3. Phase I of optional summer workouts and conditioning may continue before (and after) the Dead Period from August 12 – 19. It is not clear if/when the NCHSAA will progress to Phase II of workouts.
4. We will continue to keep our weight room closed indefinitely.
5. The earliest we will look at opening for Winter optional workouts would be September 1. It is not clear at this time whether the NCHSAA will have a Dead Period for Winter/Spring teams as is traditional at the start of every Fall sport season.

ATHLETICS

SCENARIO 1

Most public schools reopen for in-person classes or as a hybrid model (either Plan A or Plan B) and permit extra-curricular activities. The NCHSAA moves forward with a fall athletic season.

Cardinal Gibbons will start our official practices in accordance with NCHSAA bylaws and the NCHSAA calendar. Delays or changes in the season calendar may occur. Travel will likely be restricted.



ATHLETICS

SCENARIO 2

Most public schools reopen as a hybrid learning environment or fully distance learning model (either Plan B or Plan C) and allow extra-curricular activities with restrictions.

Assuming the NCHSAA allows school districts to make individual decisions about sports programming, we will do everything that we can as a school to provide a safe environment for our students to practice in a team environment and to compete against other schools. In this model, we would permit students to attend afternoon practices, even if students are not scheduled for in-person classes that day. Our competition schedules will likely be limited.



ATHLETICS

SCENARIO 3

Most public schools reopen as a hybrid learning environment or fully distance learning model (either Plan B or Plan C) and do not permit extra-curricular activities. The NCHSAA delays (or cancels) the fall competitive season, but allows schools to hold team practices and workouts if schools elect to do so.

Similar to how we have moved forward with summer workouts, Cardinal Gibbons will continue to support team practices and/or workouts. In this scenario, we would likely limit in-person workouts to students who are on campus for in-person learning activities. Coaches will design workouts to be performed at home to supplement in-person training. Additionally, Cardinal Gibbons will seek to host a series of creative, engaging alternatives to allow our students to compete internally. Examples might include Time Trials for runners hosted on our new track, flag or 7-on-7 football, small-sided soccer tournaments, beach or grass volleyball, etc. Events will be driven by evolving safe sport standards and the current restrictions on organized sport activities by the NCDHHS.



ATHLETICS

SCENARIO 4

Most public schools reopen as a hybrid learning environment or fully distance learning model (either Plan B or Plan C) and do not permit extra-curricular activities. The NCHSAA implements a Dead Period, effectively postponing (or canceling) the fall competitive season. This is what the NCHSAA did with the 2020 Spring Athletic season when schools shutdown in March. During an NCHSAA Dead Period, teams are not allowed to hold in-person team activities.

Assuming that Cardinal Gibbons is open, we will launch a series of co-curricular workshops AND recreational sport activities to provide engagement opportunities for students. Co-curricular workshops (8-9 weeks, 2-3 days per week, before and after school for advanced athletes interested in developing specific movement or strength skills. Examples may include "Combine Prep" for athletes looking to develop explosiveness and lateral movement, "The Complete Runner" for runners looking to develop core strength and flexibility, and "Movement and Mobility" targeting a broad range of muscle groups and disciplines. Recreational sport opportunities may include Ultimate, flag football, small-sided soccer or field hockey, grass/sand volleyball, kickball, Olympic style track & field events, etc. Any rec sports will be offered in accordance with evolving safe sport standards and the current restrictions on organized sport activities by the NCDHHS.

