
WILBRAHAM & MONSON ACADEMY

WE'RE READY



TO BE HEALTHY AND SAFE AT SCHOOL

Key protocols and guidelines for our 2020 fall sports and activities

Cross Country

- Masks must be worn at all times during the first week of practices.
- Starting on Sept. 8, masks will need to be worn, except when athletes are “actively engaged” in running drills, conditioning and any other form of team training. However, when masks are not being worn, everyone must still social distance (6 feet minimum) and try to avoid any contact with others. Coaches must wear masks, except when running with the team. Coaches and athletes must wear masks and social distance when at rest in team talks, stretching, water breaks, etc.
- Athletes cannot engage in any form of other physical contact such as handshakes, fist bumps, etc.
- Runners must socially distance themselves when running. Use staggered start times and varied routes. Runners need to be careful not to run up on another teammate in front of them.
- Each athlete will have their own water bottle and these must not be shared.

Football

- Masks must be worn at all times during the first week of practices.
- Starting on Sept. 8, masks will need to be worn, except when athletes are “actively engaged” in running drills, conditioning and any other form of team training. However, when masks are not being worn, everyone must still social distance (6 feet minimum) and try to avoid any contact with others.
- Coaches must wear masks, except when running with the team.
- Coaches and athletes must wear masks and social distance when at rest in team talks, stretching, water breaks, etc.
- The new face shields must be on the face mask when helmets are worn.
- Athletes cannot engage in any form of other physical contact such as handshakes, fist bumps, etc.
- Athletes and coaches need to social distance when using team benches or standing on the sidelines.
- There should be enough footballs available to allow for smaller groups to function efficiently
- Footballs must be sanitized frequently. Athletes and coaches must also sanitize their hands frequently as well.
- All football equipment must be sanitized frequently and between group use. This includes blocking sleds, pads, tackling dummies, etc.
- Helmets and shoulder pads will be stored on individual hooks in the red garage. They will be sanitized before the next practice.
- WMA practice clothing must be turned in to Mr. Weeks to be washed each night.
- Each athlete will have their own water bottle and these must not be shared.

Field Hockey

- Masks will be worn at all times during the first week of practices.
- Starting on Sept. 8, masks will need to be worn.
- When athletes are “actively engaged” in drills or conditioning, they may have their masks off. Otherwise, athletes will wear masks.
- When masks are not being worn on the field, everyone will social distance (6 feet minimum) and try to avoid any contact with others.
- Coaches must wear masks on and off the field.
- Coaches and athletes must wear masks and social distance when off the field in team talks, water breaks, etc.
- On the sidelines, when getting ready for practice, athletes will space their bags out 6 feet from each other.
- Athletes will not engage in any form of other physical contact such as handshakes, fist bumps, etc.
- Breaks should be taken frequently for coaches and athletes to sanitize their hands.
- Athletes must only use their stick, goggles, shin guards, mouthguard and athletic apparel. These items can never be shared.
- Each athlete will have their own water bottle and these must not be shared.
- When moving goals, cones, equipment, etc., a minimum number of people should be involved. The goal posts, equipment, etc., need to be sanitized after each move.
- Pinnies and scrimmage vests must be turned in to Mr. Weeks to be washed each night.

Soccer

- Masks must be worn at all times during the first week of practices.
- Starting on Sept. 8, masks will need to be worn, except when athletes are “actively engaged” in running drills, conditioning and any other form of team training. However, when masks are not being worn, everyone must still social distance (6 feet minimum) and try to avoid any contact with others.
- Coaches must wear masks, except when running with the team.
- Coaches and athletes must wear masks and social distance when at rest in team talks, stretching, water breaks, etc.
- Athletes cannot engage in any form of other physical contact such as handshakes, fist bumps, etc.
- Athletes and coaches need to social distance when using team benches or standing on the sidelines.
- Limit hand and head contact with the soccer balls. Try to eliminate throw-ins and use possession with feet instead. Eliminate heading drills, unless sanitizing the ball very frequently.
- Goalkeepers should sanitize their gloves frequently and use their own set of soccer balls when possible.
- Each athlete will have their own water bottle and these must not be shared.
- When moving goals, cones, equipment, etc., a minimum number of people should be involved. The goal posts, cones and other equipment need to be sanitized after each move.
- Pinnies and scrimmage vests must be turned in to Mr. Weeks to be washed each night.

Volleyball

- Masks must be worn at all times throughout the course of the season, on and off the court. This includes when athletes are “actively engaged” in drills, conditioning, and any other form of team play. Even as masks are now required to be worn on the court, everyone must still social distance (6 feet minimum) and try to avoid any contact with others.
- Coaches must wear masks on and off the court. Coaches and athletes must wear masks and social distance when off the court in team talks, breaks, etc.
- Allow for athletes to go outside of the gym in order to take a mask break.
- Frequent breaks must be taken for athletes and coaches to sanitize their hands.
- Athletes cannot engage in any form of other physical contact such as handshakes, fist bumps, etc.
- Athletes and coaches need to social distance when using team benches or standing on the sidelines.
- Each athlete will have their own water bottle and these must not be shared.
- Take frequent breaks to sanitize the volleyballs thoroughly.
- Elbow and knee pads cannot be shared.

Water Polo

- Masks must be worn at all times by athletes and coaches on the pool deck during practices. Everyone must also social distance (6 feet minimum).
- Athletes may take their mask off when entering the pool, but must put it back on immediately when leaving the water.
- Athletes cannot engage in any form of other physical contact such as handshakes, fist bumps, etc.
- Athletes and coaches need to social distance when using team benches or standing on the pool deck.
- When doing swim training, social distance must be maintained when swimming and when at rest in the water.
- When doing water polo drills in the water, athletes must still socially distance. Although it is in chlorinated water, the ball should be sanitized when breaks are taken.
- When outdoors training occurs, masks must be worn until the athletes are engaged in “active athletic activity.” Social distancing is needed in all activities.
- Each athlete will have their own water bottle and these must not be shared.
- Water polo caps are to never be shared or handled by others. They will be sanitized after each practice.
- The pool ladders should be sanitized frequently during the course of a practice.

Dance

- Masks must be worn at all times by dancers and the instructor. All participants must social distance at all times (6 feet minimum).
- Dancers cannot engage in any form of contact with others.
- Do not share any clothing or dance shoes.
- Social distancing must be maintained when having group meetings, taking breaks, etc.
- When moving ballet bars or other equipment, minimize the amount of people involved. Sanitize after each use or move.
- Take mask breaks outside of the building by the back deck.
- Exit and enter the Dance Room through the outside door by the track, except during inclement weather.

Intramural Tennis

- Masks must be worn at all times during the first week of practices.
- Starting on Sept. 8, masks will need to be worn, except when students are “actively engaged” in drills, conditioning and any other form of play. However, when masks are not being worn on the court, everyone must still social distance (6 feet minimum) and try to avoid any contact with others.
- Coaches must wear masks on and off the court. Coaches and athletes must wear masks and social distance when off the court in team talks, rest breaks, etc.
- Players cannot engage in any form of contact with others.
- When using benches or standing by the courts, social distancing is required.
- There is to be no sharing of tennis racquets.
- Take breaks to sanitize your hands and racquet.
- Try to reduce the sharing of tennis balls as much as possible. Use the balls around each specific court as much as possible.
- Have one person assigned to bring the ball cart out each afternoon and when returned at the end of practice. The balls and cart will be sanitized each night.
- Sanitize the tennis court latch frequently when there is active use or leave the gate fully open.

Yoga

- Masks must be worn at all times. Mask breaks can be taken when needed in designated areas outside the building.
- Social distancing will be maintained on and off the yoga mat.
- Each person has their own mat and yoga block. They will have names on them and will not be shared. These will be sanitized after each use.
- Yoga will also utilize outdoor spaces when possible.

The **Outdoor Program, Academy Players, Community Service, Tech Theater** and **Music Lab** will all follow the mask policy, hand sanitizing protocols and will social distance. More guidelines and protocols on these groups to follow.