

STE Return to Sports Guidelines

Introduction

This document contains guidelines to assist Saint Thomas' Episcopal athletic program in resuming athletic participation. Understand that these recommendations are subject to change based on information provided by CDC, as well as local and state guidelines. We will continue to consult and follow the most recent CDC, local, and state guidance.

Athletic By Seasons By Sport

High School Fall Sports:

Cross Country	•	Strength/Conditioning:	09/03/2020
		First Day of Practice:	09/07/2020
		Meets Begin:	09/10/2020
		State Championship:	10/26/2020
Golf (Year Round)	•	Strength/Conditioning:	09/08/2020
		First Day of Practice:	09/14/2020
		Meets Begin:	09/21/2020
		State Championship:	04/26/2021
Volleyball	•	Strength/Conditioning:	09/03/2020
		First Day of Practice:	09/07/2020
		Games Begin:	09/10/2020
		Bi-District Games:	10/31/2020
		Area Playoff Games:	11/03/2020
		Regional Playoff Games:	11/07/2020
		State Championship:	11/11-11/13/2020

Middle School Fall Sports:

Cross Country	•	Strength/Conditioning:	09/03/2020
		First Day of Practice:	09/07/2020
		Meets Begin:	09/10/2020
		GHAC Championship:	10/15/2020 (<i>Tentative Date</i>)
Volleyball	•	First Day of Practice:	09/08/2020
		Games Begin:	09/10/2020
		Quarter-Final Games:	10/15/2020
		Semi-Final Games:	10/20/2020
		Championship Games:	10/22/2020

Youth Fall Sports:

No Fall Youth Activities

High School Winter Sports:

Swimming	•	Strength/Conditioning:	09/08/2020
		First Day of Practice:	11/02/2020
		Meets Begin:	11/12/2020
		Regional Playoff Games:	01/23/2021
		State Championship:	02/08/2021
Winter Soccer	•	Strength/Conditioning:	09/08/2020
		First Day of Practice:	11/02/2020
		Games Begin:	11/12/2020
		Bi-District Games:	02/13/2021
		Area Playoff Games:	02/16/2021
		Regional Playoff Games:	02/20/2021
		State Semi-Finals:	02/23/2021
		State Championship:	02/26/2021
Basketball	•	Strength/Conditioning:	09/08/2020
		First Day of Practice:	11/02/2020
		Games Begin:	11/12/2020
		Bi-District Games:	02/20/2021
		Area Playoff Games:	02/23/2021
		Regional Playoff Games:	02/27/2021
		State Championship:	03/04-03/06/2021

Middle School Winter Sports:

Swimming	•	First Day of Practice:	11/02/2020
		Meets Begin:	11/12/2020
		GHAC Championship:	TBA
Winter Soccer	•	First Day of Practice:	11/02/2020
		Games Begin:	11/17/2020
		Quarter-Final Games:	01/14/2021
		Semi-Final Games:	01/19/2021
		Championship Games:	01/21/2021
Basketball	•	First Day of Practice:	11/02/2020

Games Begin:	11/17/2020
Quarter-Final Games:	01/14/2021
Semi-Final Games:	01/19/2021
Championship Games:	01/21/2021

Youth Winter Sports:

Soccer (Winter Clinics)	•	First Day of Practice:	11/03/2020	Tues. & Thurs.
		End Date:	02/25/2021	
Lacrosse	•	First Day of Practice:	11/02/2020	Mon. & Wed.
		Scrimmages:	TBD	
		End Date:	02/24/2021	
Basketball	•	First Day of Practice:	01/04/2021	Mon. & Wed.
		Begin Games:	01/09/2021	Sat. & Sun.
		End Date:	02/28/2021	

Social Distancing • Social distancing should be encouraged at all times (six feet at a minimum).

Staffing • Staffing will be limited to essential personnel only.

Capacity • Capacity will be based on the size of the room. Staff will take into account the capacity of rooms/buildings and consider a reduction in this number. Social gatherings of any sort will be discouraged in any space. Consider spacing in weight rooms, locker rooms, and gymnasium when hosting practices and games.

Virtual Team Meetings • Team meetings should take place virtually when possible.

Practice/Competition • When at practice or in competition, any unnecessary contact should be avoided, such as handshakes, high fives, fist bumps, or elbow bumps. • In all common areas, seating should be spaced six feet apart. Large social gatherings in any space should be discouraged. • Student-athletes should sit every other seat on a bench. They should consciously stand six feet apart when not participating in a drill or activity that requires closer contact.

Sanitization • All equipment should be cleaned between each individual use. When possible, athletes should not share gear and instead use his/her own personal equipment. • Each athlete should have his/her own personal hydration container that is never to be shared. • Hand sanitizer will be made available for use before, during, and after workouts.

Personal Protective Equipment • Student-athletes, coaches, and staff should use masks when feasible. Student-athletes, coaches, and staff must wear face masks when in locker rooms and weight rooms. • Cloth face coverings are also considered adequate protection. The CDC website has mask specifications and maintenance guidelines. It should cover both the nose and mouth and allow for continued, unlabored breathing. • While we understand it may be difficult to wear a mask when actively participating in a sport that takes place indoors on a court (for example, volleyball, basketball), the percentage of time without the mask should be limited to the active participation time. • Wearing gloves has not been shown to decrease the transmission of the virus. The recommendation is for frequent handwashing and avoidance of touching the face.

Overnight Stays • Overnight stays should be avoided when reasonable. If an overnight stay is necessary, the recommendation is to have no more than two people in a room with each having his/her own sleeping space.