

PEMBROKE HILL RAIDERS  
COVID Protocols for Winter Sports 2020-21  
Updated: Dec. 2, 2020

Pembroke Hill School's objective is to allow our student-athletes the opportunity to participate in contests in their sport while keeping them as safe as possible. We have considered the latest guidelines from local health departments and from the school's Health Impact and School Triggers Task Force in developing guidelines for our winter sporting events. Public health information is rapidly evolving, and it is important to remember that these guidelines may change.

### **Basketball**

- No spectators will be allowed.
- Only players, coaches, managers and essential personnel will be allowed in the building.
- Essential personnel will include officials, score table/PA personnel, livestream videographer and administrators.
- All players, coaches, managers, essential personnel and officials will be required to wear face masks properly at all times. **Players will also be required to wear face masks while warming up and competing.** Officials must also wear face masks during competition.
- Everyone not involved in active competition will be expected to maintain 6 feet social distancing.
- All visiting team players, coaches, managers and athletic trainers will have their temperatures taken upon arrival. Individuals with a temperature above 100.4 degrees will not be allowed into the contest.
- Locker rooms will not be available. Players should travel dressed in their uniform/sweats and ready for the contest. Teams will remain at their bench area for pregame and halftime meetings.
- Team benches will have chairs spaced six feet apart. Each player is assigned a chair for their game and that player will be responsible for wiping it down with sanitizing wipes after their game.
- No visiting cheerleaders will be allowed.
- Concessions will not be available.

- Restrooms will be available with a limit of two people at a time.
- Livestreaming is planned for all varsity, JV and C team contests, both home and away. **Contests will be streamed on the Pembroke Hill Athletics youtube page.** Plans are being developed to livestream middle school basketball games.

## **Wrestling**

No spectators will be allowed.

The wrestling program will practice and condition during the months of November and December. No contests are scheduled against opponents. In early January, we will re-evaluate our participation in dual contests, tournaments or District competition.

## **Girls Swim & Dive**

No spectators will be allowed.

Girls swimmers and divers will practice in November, December and into January. The first meet is scheduled for mid-January. We will participate in small meets and work to schedule additional small meets throughout January and February in preparation for the state competition. The swimmers and divers will practice at nearby YMCA pools, and we will follow all COVID protocols established for their facilities.