



Pasquotank County High School
Athletic Return-to-Play Procedures

Objective: To create return-to-play protocols that follow state, county and NCHSAA restrictions. Following the NCHSAA multi-phased approach we will allow student athletes to participate in athletic activities while following best practices.

Plan: Daily protocols include the following

- Health screening
 - Coaches and student athletes will be given QR code that links to daily questionnaire
- Daily Temperature checks
 - Temperature screenings are done as students enter athletic facility
 - Temperatures above 100.4 are denied entry to practice and games
- Best hygiene practices
 - Hand sanitizer available at all times
 - Student athletes and coaches wash hands regularly
- Equipment sterilization
 - All equipment following practices and games will be sanitized
 - Any equipment used between groups will be sanitized before usage
- Eliminating in person team meetings
 - “Chalk-talk”, team huddles, position meetings are not allowed
 - Google or Zoom meetings will be utilized

Role of School Administration

- To give guidance and set expectations to athletic department that must be followed
- Serve as backup to Athletic Director in the event of an emergency. This would then be communicated to district level
- Communicate expected guidelines to parents

Role of the Athletic Director

- Create entrance and exit plan for student athletes
- Meet with all coaches and discuss details of plan before students can participate
- Reinforce guidelines to parents and athletes
- Assist in pre-workout monitoring
- Monitor athletic practices
- Assist in cleaning used areas

Role of Licensed Athletic Trainer

- Assist in pre-workout monitoring
- Assist in workout monitoring
- Assist in cleaning used areas

Role of Coaches

- Be aware of all procedures in plan before students are allowed to participate
- Receive pre-workout screening which includes Q&A and daily temperature check
- Assist in pre-workout monitoring
- Keep workouts and practices to no more than 90 minutes in length
- Assist in cleaning used areas

Role of Parent/Guardians

- Sign appropriate paperwork
- Be timely in transportation to and from practices

Role of Student Athletes

- Have current athletic physical on file
- Receive pre-workout screening which includes Q&A and daily temperature check
- Bring personal workout equipment and clothing (no sharing of clothes, shoes, etc.)
- Practice social distancing at all times
- Wear facemask
- Bring personal water bottle

Required Documentation

- Valid athletic physical- date March 1st, 2019 or later
- All students must complete front side of 2020-2021 pre-participation form
- Daily Monitoring Form (Temperature and Symptom Check)

Facility Limitations

- Locker rooms will continue to be closed
- Any weight training equipment used must be sanitized between usage
- Weight lifting spotter must wear a mask
- Bathrooms will be made available but must be sanitized after use
- Spectators are not allowed during workouts or practices

Restroom Sanitizing

- Two restroom areas will be utilized. Outdoor locations are restrooms attached to concession stands for athletes that are outside and indoor locations are gym lobby restrooms.
- Head coaches will disinfect restroom areas at the end of each practice.
- Athletic Director, Head Coach, or Athletic Trainer will disinfect between uses following protocol from head custodian (Cleon Cunningham).

Hygiene Practices

- Wash hands or use hand sanitizer after touching frequently used surfaces

- Sneeze or cough into tissue or inside elbow
- Disinfect frequently used items or surfaces
- No pre- or post- practice huddle
- **NO SPITTING!** (phlegm, sunflower seeds, etc.)
- No sharing of water bottles
 - Water bottles are responsibility of student athlete
 - Coach or Athletic Trainer will refill water bottle for student athletes from main water source provided by athletic trainer at beginning of conditioning session
 - Coach/Athletic Trainer must wear gloves and mask while handling student athlete water bottles and can only take the container and not lid.
- No sharing of clothes or shoes

Medical Management Protocol

- **Detailed information dealing with Covid-19 can be found [here](#).**
- **Exposure of Athlete, Coach or Staff member to someone who tests positive for COVID-19**
 - IF a person on team tests positive, all members working out or had close contact with the individual must
 - Stay at home 14 days from last exposure
 - Check temperature twice daily and monitor for symptoms
 - Stay away from people who are higher-risk
- **Athlete or Coach testing positive COVID-19 Test**
 - If the coach running workouts tests positive, the head coach will notify the AD and principal of any athlete or coach who tests positive for COVID-19.
 - The principal will notify district administration. District administration will notify the local health authority as a designee of the head coach.
 - All student athletes that tested positive will have to complete RTP sequence and have forms filled out completely

Athlete Entrance and Exit

- Upon arrival every student athlete will be evaluated..
- Athletic trainer, athletic director, or coach will conduct temperature checks and athlete questionnaire.
 - Anyone with a temperature of **100.4° F** or higher, or who reports any COVID-like symptoms must not be allowed to participate; must be sent home; and, should be directed to their primary care practitioner (Family Medicine, Pediatrics or Internal Medicine) for evaluation and potential need for further testing.
- Once pre-screening is complete student athletes will report to their practice location.
- At the end of the practice or conditioning session, students must immediately leave the school grounds.
 - Student athletes that fail to comply with entrance and exit requirements will be asked to not return

Skill Development

- Face coverings must be worn by everyone at all times
- Indoor
 - Student athletes, coaches and staff will be limited to **25** total people
 - Spectators are not allowed
- Outdoor
 - Student athletes, coaches and staff will be limited to **100** total people
 - Spectators are not allowed

Practices

- Face coverings must be worn by everyone at all times
- Usage of pods or small groups
- Limited time in intrasquad scrimmages
- Spectators not allowed
- Practice windows are no longer than 90 minutes in length

Competition

- Face coverings must be worn by everyone at all times
 - Exceptions: Cross Country and Swimming while participating
- Transportation
 - Face coverings must be worn at all times
 - Busses will be clean and disinfected prior to and after usage
 - No more than one passenger may be seated per school bus bench seat, with the exception that members of the same household may share a seat
 - No more than two students may be seated in a non-bus vehicle unless all students in the vehicle are members of the same household
- Spectators
 - Outdoor parks, fields or courts
 - Limit the number of spectators to the lesser of (i) 100 individuals per park, field, or court, or (ii) 30% of the facility's stated fire capacity (or 7 individuals per 1000 square feet if there is no stated fire capacity)
 - If an outdoor sports complex has multiple parks, fields, or courts, limit the number of spectators so that each park, field or court has no more than the maximum number of spectators produced by the calculation immediately above
 - Ensure that spectators remain seated
 - Players, coaches, workers, entertainers and support staff do not count toward the capacity limits
 - Indoor courts or rooms
 - Limit the number of spectators to 25 per facility
 - Ensure that spectators remain seated
 - Players, coaches, workers, entertainers and support staff do not count toward the capacity limits
 - Indoor and Outdoor Pools
 - 50% capacity
 - Players, coaches, workers, entertainers and support staff do count toward the capacity limits

Participation Forms

1. [Athletic Physical](#)
2. Player Consent Form
3. PCHS Athletic Emergency Form

Covid Related Forms

1. [Initial Covid Release Form](#)
2. Return to Play Checklist

Sports Specific Guidelines

1. Cross Country
 - First Practice: 11/4/2021
 - First Contest: 11/16/2021
 - Final Play Date: 1/8/2021
 - Reporting Deadline: 1/8/2021
 - Regionals: 1/15-1/16/2021
 - State Championship: 1/22-1/23/2021

NCHSAA Limitations:

- Runners must maintain at least 6 feet of distance between individuals, no grouping (i.e starts and finishes).

Pasquotank Limitations:

- Coach Tammy Meads
- Currently serving 3-4 student athletes
- Team members are screened by athletic trainer daily at 3:50pm
- Masks are required while not participating
- Student athletes are responsible for own water bottles

Competition Limitations:

- Face coverings worn until start of competition
- Face coverings placed back on at the end of individual race
- Designated team area
 - Areas marked for each team for warm-up and cool down in.
 - Areas marked for team waiting for competition
- Screening Teams
 - Home team will be checked prior to entry
 - Away teams will be checked at home school and form will be given to host school from each school participating
- Coaches Requirements
 - Face covering must be worn at all times
 - Communicate guidelines and rules to student athletes and families
- Race Start
 - Use of staggered, wave or interval start
 - Determined by coaches and determined by number of participants
- Race Finish
 - Clearly marked for each team

- Must leave finish area and return to team area immediately
- Face coverings placed back on at this time
- Spectators
 - At this time no spectators are allowed

Practice Schedule: Monday-Thursday 4-5pm

Game Schedule:

11/24/2020 at Currituck
 12/9/2020 at First Flight
 12/16/2020 home vs Conference
 1/4/2020 at Northeastern

2. Volleyball

First Practice: 11/4/2020
 First Contest: 11/16/2020
 Final Play Date: 1/8/2021
 Bracketing: 1/9/2021
 1st Round: 1/12/2021
 2nd Round: 1/14/2021
 3rd Round: 1/16/2021
 Regional: 1/19/2021
 State Championship: 1/23/2021

Practice Schedule: Monday-Friday 4-5:30pm

Game Schedule:

11/17/2020 at Edenton
 11/18/2020 at Gates County
 11/23/2020 vs Edenton
 11/24/2020 vs Gates County
 12/3/2020 vs Currituck
 12/8/2020 at Northeastern
 12/10/2020 at First Flight
 12/21/2020 at Currituck
 1/5/2021 vs First Flight
 1/7/2021 vs Northeastern

NCHSAA Limitations:

- Limit sharing of balls within pods
- Disinfect equipment frequently and before use by another pod
- Individuals must maintain 6ft physical distancing
- Participants must wear face coverings at all times

Pasquotank Limitations:

- Coach Andrew Shakely
- Currently playing only at varsity level serving 13 student athletes
- Athletes screened daily at 3:30 by athletic trainer or athletic director
- Face coverings worn at all times by student athletes and coaches
- Athletes provide their own water bottle
- Equipment
 - Sanitized following use
 - Used within small groups or pods
 - Sanitized between usage if multiple pods or groups use

Competition Limitations:

- Face Coverings
 - Worn at all times
 - Worn by student athletes, coaches, spectators, event workers, etc.
 - Exception is medical condition that prohibits face covering during competition with appropriate paperwork
- Pre-game
 - Limited to officials and one coach from each team
 - Physical distancing will take place during pre-game meeting
 - Rosters are submitted to scorers table during warm-ups
 - Teams will not shake hands prior to game
- Post-game
 - Teams will not shake hand post game
- Equipment
 - Game balls will be provided by home team for play
 - Game balls will be disinfected between games
 - Visiting team will bring balls for pre-game warm-up
- Benches
 - Teams will not switch benches between games or sets
 - Benches will be staggered and distanced with 6ft of spacing
- Substitutions
 - Student athletes will maintain 6ft of spacing with Second Referee
 - Players will limit contact while switching
- Scorers Table
 - Limited to essential personnel
 - Face coverings will be worn at all times
 - Hand sanitizer will be provided
- Spectators
 - Limited to 25 indoors
 - Spectators have temperature upon arrival
 - Spectators will complete screen questionnaire before entry
 - Spectators will sit in clearly marked areas and will socially distance
 - Spectators will wear masks at all times
 - Concession stand will be closed

3. Swimming

First Practice: 11/23/2020

First Contest: 12/7/2020

Final Play Date: 1/30/2021

Reporting Deadline: 1/30/2021

Regionals: 2/4-2/6/2021

State Championship: 2/10-2/13/2021

Practice Schedule: Mondays 7:45-9:30pm

Games Schedule: TBD

NCHSAA Limitations:

- Virtual meets are allowed
- In-Person meets
- Practice and Contest Warm-up

Pasquotank Limitations

- Schools are currently allotted one day for practice time
- Locker rooms are not available for showers or changing rooms
- Student athletes must arrive and leave in swim suits
- Student athletes, coaches, meet personnel, timers, etc. must wear mask at all times with the exception of swimmers while in the pool
- Student athletes will provide attestation forms each time they enter the YMCA
- Coaches will be asked screening questions upon entering the YMCA
- Everyone will have temperature checked and sanitize hands

Competition Limitations

- Meets will take place on Wednesday
 - Tri-meet schedule will be used
 - Maximum of 30 boys and 30 girls total can participate
 - Warm-ups: 3pm
 - Meets start at 4pm
- Lap counters will be sanitized between use
- Each participating school will host a minimum of one meet
 - Host schools must provide
 - Stroke and turn judges
 - Starter referee
 - Lane timers
 - Meet officials
 - Staging area monitors