



NHS Return to Athletics Guidelines Paralleling Phase 2 Guidance From NCHSAA

Pre-Preparation/Communication of constraints (with preliminary dates)

(These individuals will maintain social distancing, wear masks and sanitize as necessary.)

- Chris Pullet
- Ronald Nixon
- Sharron Bell

Teams to Participate and Head Coaches:

Athletic Director - Ronald Nixon

Athletic Trainer - Alexis Brogden

Cross Country/Track - Tony Johnson

Volleyball - Kandis Rainey (first responder)

Football - Antonio Moore

Basketball (Boys/Girls) - Ronald Nixon, Andre Cherry

Baseball - Johnathon Watts

Cheerleading - Fatima Faison

Responsibilities:

All NCHSAA and NFHS guidelines regarding health and safety shall be followed; this includes guidelines concerning heat, lightning, hydration, communicable diseases (COVID 19, skin-to-skin contact), concussion and other issues.

Athletic Director - Oversees all aspects of each practice. The Athletic Director will rotate amongst practices daily. The Athletic Director will sign paperwork that says he: has read and understands the guidelines, and will ensure adherence to said guidelines. In the event that the Athletic Director is unavailable, the principal/designee will be available. The principal/designee will also sign the same information. The only time the principal/designee would be the responsible party for these pre-conditioning sessions, would be in the event of an emergency and the AD is not available. District administration would need to be made aware prior to the principal/designee assuming these responsibilities.

Athletic Trainer - Will assist in the initial screening and temperature check of athletes until coaches are comfortable with the process, will be available in emergency situations should the need arise.

Head Coaches - Oversees all aspects of his/ her specific practice. The Head Coach will sign paperwork that says he/ she: has read and understands the guidelines, will ensure adherence to said guidelines, and will be present at each practice. Will assist in the initial screening and temperature check of athletes. Will disinfect all areas at the end of each practice including the restroom facility. The restroom facility will also be disinfected after each use with disinfectant spray and left to air dry for two minutes as is the proper sanitation technique referenced by Nurse Katlyn Stevenson. The disinfection method will model that taught by NHS Head Custodian.

Assistant Coaches - Duties as assigned by the Head Coach. Not all sports have Assistant Coaches.

Required Documentation prior to participation

- Attend mandatory Town Hall Informational meeting: Date/ Time TBD
- Sign form attesting to being aware of standards (attached)
- Pick up forms during drive thru and return forms: Date/ Time TBD
- Check Physical requirements (Athletic Director) including completion of student-athlete/family medical history portion of the PPE Form
- Physical Examination Form - dated on or after March 1, 2019
- Initial Screening Questions must be signed prior to beginning workout
- Daily Monitoring Form daily temperature and symptom check
- Both the Initial Screening and Daily Monitoring forms are provided by the NCHSAA.

Generalized Facilities Cleaning/ Health and Safety Hygiene FOR ALL SPORTS AS APPLICABLE

- Materials we will need assistance with:(6 workout kits that contain the following items - one for each coach and one to be shared with the Athletic Director and Athletic Trainer)
 - Disinfectant spray and wipes
 - Cloth masks for students
 - Forehead Thermometers

- Hand sanitizer
- We plan to utilize the ONE restroom outside in the trailer area near the PLC. Hand hygiene must be performed after using the restroom. The Head Coach will disinfect all areas at the end of each practice including the restroom facility. The restroom facility will also be disinfected after each use. The disinfection method will model that taught by NHS Head Custodian.)
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility must be disinfected (chairs, furniture in meeting rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Hand sanitizer will be provided and available to individuals as they move from place to place.
- Appropriate clothing/shoes must be worn at all times to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam must be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- Once facilities are cleaned - individuals must wash their hands for a minimum of 20 seconds with water and soap; or, in the absence of a hand washing station, hand sanitizer may be used before touching any surfaces or participating in workouts. The Head Coach will disinfect all areas at the end of each practice including the restroom facility. The restroom facility will also be disinfected after each use. The disinfection method will model that taught by NHS Head Custodian.
- Wash hands with soap and water for at least 20 seconds, or use hand sanitizer often, especially after touching frequently used items or surfaces.
- Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face, eyes, and nose. Dispose of all tissues.
- Disinfect frequently-used items and surfaces between use.
- No spitting! - e.g. sunflower seeds, tobacco, phlegm.
- No sharing of water bottles. All students must bring their own water bottle, clearly marked with their name. Food must not be shared.
- Donated bottled water will be utilized for all practices for water refills.. Participants will retrieve their own bottled water bottles and dispose of them after use.

- Students must report in appropriate attire and immediately return home to shower after participation.
- No students are allowed in the athletic training room. (if an emergency, LAT must be present and appropriate disinfecting must occur afterwards.)
- Weight and mat rooms are allowed during phase 2. Equipment must be spaced 6ft apart inside.
- Weights, mats and other training equipment can be moved outdoors, only, if they can be spaced 12 feet apart.
- Any lifting equipment or mats must be disinfected between each use.
- Spotters must wear a mask. Maintain 6 feet distancing as is possible.
- Artificial noisemakers such as an air horn or a timer system with an alarm, can be used as a signal in place of a traditional whistle.

Gathering Limitations/ Crowd Control

- Limitations on Gatherings Workouts/conditioning limited to no more than 90 minutes in Phase 2.
- Gatherings in outside venues are limited to no more than 100 people.
- Gatherings in gymnasiums and/or other indoor facility areas are limited to no more than 25 people.
- The gathering numbers, as mentioned above, include coaches, managers, trainers, etc.
- Workouts should be conducted in "pods" of students with the same 5-10 students working out together weekly (same grouping each day) to limit overall exposures. Records must be maintained of the groupings to facilitate contact tracing, if required. Smaller pods can be utilized for weight training.
- There must always be a minimum distance of 6 feet between each individual. If this is not possible indoors, then the maximum number of individuals in the room must be decreased to obtain a minimum distance of 6 feet between each individual. Coaches will ensure social distancing requirements are met in their specific venue including but not limited to ground marking, spacing of start/stop activities of small groups, placement of equipment.

Arrival/ Departure FOR ALL CONDITIONING SESSIONS

- All coaches and students must be screened daily for signs / symptoms of COVID-19 prior to participating, including a temperature check.

- As soon as student athletes arrive on the NHS campus, they must report to the screening station. Student athletes will arrive at their scheduled conditioning time and report to the bus parking lot screening station. Once there, either the head coach, the athletic trainer, or as assistant coach who is a designated first responder will conduct the required temperature check and set of screening questions.
- 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.
- Responses to screening questions for each person must be recorded and stored on forms provided by NCHSAA
- The athletic trainer is responsible for collection of the data from each day's screening. Ideally this would be the same individual each day for consistency.
- Students or coaches who have a positive pre-workout screening must not be allowed back until they have a note from their healthcare provider indicating that they do not need to be tested or that their symptoms are not due to COVID-19.
- Coaches must follow heat guidelines and lightning standards.
- Students will then report to their conditioning location. If the location is the tennis courts or football practice field, students will be allowed to drive over from the bus parking lot to the student parking lot.
- At the end of the conditioning session, students will report back to their vehicles in the small groups , or pods, they practiced with. Coach will accompany students to the parking lot to ensure social distancing remains in effect. Students are to immediately leave the campus once the conditioning session has ended.
- Symbols will be placed at entrances/exits to facilities to limit crossover and contact. Staggering starting/ending times will be implemented.
- The AD and Coaches will be at entrance and exits to ensure social distance requirements are maintained.

Exposure of an Athlete, Coach, or Staff Member to a Person Who Tests Positive for COVID-19

If a person on the team tests positive for COVID-19, all members of that pod and those who had close contact with that individual should:

- Quarantine (stay at home) until 14 days after your last exposure, unless you have a negative PCR COVID-19 test. 2. Check your temperature twice a day and watch for developing symptoms of COVID-19. 3. If possible stay away from people who are at higher-risk for getting very sick contracting COVID-19
- If an Athlete or Coach tests positive for COVID-19, 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 then notify the local health authority as a designee of the head coach.
- TO RESUME WORKOUTS, an athlete or coach must meet each of the following criteria:
 - No fever for 24 hours without fever reducing medications, since recovery.
 - Resolution of respiratory symptoms
 - At least 10 days have passed since symptoms first appeared
 - A note of clearance from a licensed medical provider (MD, DO, NP, PA)

Face Coverings

- Coaches, staff, managers, etc. are strongly recommended to wear cloth face coverings at all times and maintain 6-foot physical distancing.
- Athletes are strongly recommended to wear a cloth face covering when not actively engaged in physical activity and maintain 6-foot physical distancing.
- Face masks should not be worn during activities that inhibit breathing, (i.e. swimming, distance running, or other high aerobic activity)
- Face masks must not be shared.
- Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or to others.
- Exception: Student-athletes actively involved in aerobic activity

Team Travel

No team travel permitted during Phase 2.

Spectators

- Spectators are not allowed during Phase 2.
- Parents can remain in their cars, if desired. However, there must be no congregating allowed in the parking lot or on adjacent fields.

Specific Sports Guidelines:

Each conditioning session will consist of 90 minutes. NHS will use a 15-60-15 model: 15 minutes for check-in, temperature checks and screening questions, 60 minutes for conditioning and 15 minutes for disinfecting and sanitation.

Physical Activity and Athletic Equipment

- There must be no sharing of athletic equipment --towels, clothing, shoes, or sports specific equipment-- between students.
- Students must wear their own appropriate workout clothing (do not share clothing); Individual clothing/towels must be washed and cleaned after every workout at home.
- All athletic equipment, including balls, must be cleaned after each individual use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment must be cleaned prior to use by the next individual.
- Physical contact such as high-fives, fist/elbow bumps, and hugs are not allowed.

Skill Development, Practices and Contests

Off-Season Skill Development:

Athletic Director will be a floater during skill development

Indoor:

- Players, coaches, and support staff will be limited to 25
- Spectators not allowed

Outdoor:

- Players, coaches, and support staff will be limited to 100
- Spectators not allowed

In-Season Tryouts and Practices:

- Players, coaches, and support staff do not count toward the capacity limits
- Spectators not allowed

Competitions

Athletes/teams competing in a contest immediately before or after the current contest may remain in the facility, provided they wear cloth face coverings and maintain 6 feet social distancing

Transportation (Required by all Member Schools)

<https://files.nc.gov/covid/documents/guidance/Strong-Schools-NC-Public-Health-Toolkit.pdf>

The following requirements have been taken directly from the link above:

- Cloth face covering must be worn
- Clean and disinfect transportation vehicles regularly
- 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

Contest Season Limitations:

- Volleyball: 14 Games
- Cross-Country: 14 Meets

Multi-Sport Athletes:

- Athletes are subject to all daily, weekly and seasonal contest limitations per sport
- Example: An athlete is allowed to participate in 2 volleyball games and 2 cross-country contests in the same week

NHS Sports

Cross-Country



First Practice:	November 4	Season Limitation:	14 Meets
First Contest:	November 16	Weekly Limitation:	2 Meets
Final Play Date & Reporting Deadline:	January 8	Daily Limitation:	1 Meet
Regionals:	January 15-16	State Championships:	January 22-23

Cross Country

Group practice days: Monday-Friday

Group practice times: 3:45-5:00PM

NCHSAA Constraints

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

NHS Constraints

- No equipment needed
- Approximately 14 athletes 1 coach 1 volunteer coach
- Athletes will be screened by Athletic Trainer starting 3:45PM
- Student Athletes will wear face covering when not participating.
- Student Athletes will provide their own water bottles
- Staggered entry to running track and cross country for social distancing. Runners must maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes).

Northeastern Coastal Conference 2020-2021 Cross Country Schedule

Final Version

Bold = Host

***All schools should be scheduled to face each other twice.

- Week 1: *November 18*
Hertford County vs Currituck and Northeastern
- Week 2: *November 24 (Tuesday because of Thanksgiving)*
Northeastern vs First Flight
- Week 3: *December 2*
Currituck vs Northeastern
- Week 4: *December 9*
Pasquotank vs Northeastern
- Week 5: *December 16*
First Flight vs Northeastern
- Week 6: *January 6*
Northeastern vs Pasquotank and Hertford County

Cross-Country

- i. Maximum of four (4) schools per contest
- ii. Four (4) schools per contest - teams are limited to seven (7) individuals
- iii. Three (3) schools per contest - teams are limited to nine (9) individuals
- iv. Two (2) schools per contest - teams are limited to fourteen (14) individuals

Cross Country Competition Constraints

Face Coverings:

- Cloth Face coverings must be worn to the start area. It is recommended that athletes have a method of keeping their face covering with them during the race
- For example, a safety pin could be used to secure the cloth face covering to the uniform, face-covering pulled down and around the neck, or tucked into a waistband. This would also facilitate the resumption of wearing face-covering promptly after the finish of the race

Designated Team Area:

- Designated Team Area: Locations must be designated for teams to remain when not warming up, racing, or cooling down
- Designated Team Area must be for competing athletes and coaches only. No spectators or parents allowed in the Designated Team Area
- Designated Team Areas will be clearly marked by cones
- Spacing between each Designated Team Area will be at least 10 feet apart

Screening Participants:

- Athletic Trainers will check each individual player before and after competition (Temperature checks & Health Screening)
- Visiting Schools will provide a list of participants to the Athletic director and athletic trainer for verification

Requirements for Coaches:

- Cloth face coverings must be worn at all times
- Clearly communicate the guidelines to students and parents
- Keep accurate records of those athletes and staff who attend competitions for contact tracing accuracy

Requirements for Students

- Cloth face coverings are permitted during competition and must be worn when not actively competing
- Competitors will be allowed to wear cold-weather gear during meets.
- Each student is responsible for their own supplies: hand sanitizer, water bottle, towels, etc.

- Students must wear their own appropriate workout clothing or uniform (do not share clothing)
- Athletes must tell coaches immediately when they are not feeling well

Start of Race:

- NHS will use staggered, wave or interval starts
- Distance between teams or competitors will be established from the starting box through the first 100 meters or more
- Meet host (Johnson) will communicate the procedures below to visiting teams at the beginning of the meet
 - Option 1 - Spaced Mass Start
Extend alleys out to 100m or more
Distance between teams will be a minimum of 6'
 - Option 2 - Wave Start by Team Positions
Wave by teams' #1s, #2s, #3s, etc.
Individuals from the 4 different teams will be spread across the start line using every other start box with a minimum of 6' between teams
Time between waves 15 seconds minimum
 - Option 3 - Wave Start by Team
Wave by teams
The entire team will start with time between each team
Time between waves 30 seconds minimum
- An air horn will be used for starting each wave

Race Finish:

- The finish area will be designated as "No Spectator Zone"
- Athletes must leave the finish area promptly and return to the designated team area immediately upon finishing
- Athletes must maintain social distancing within finish area at all times
- Face coverings must be worn at the end of the race

Spectators:

- No spectators will be allowed for cross country meets.

Volleyball



First Practice:	November 4	Season Limitation:	14 Games
First Contest:	November 16	Weekly Limitation:	2 Games
Final Play Date:	January 8	Daily Limitation	2 Games
Bracketing:	January 9	3rd Round:	January 16
1st Round:	January 12	Regional Round:	January 19
2nd Round:	January 14	State Championships:	January 23

Group practice days: Monday-Friday

Group practice times: 5:00PM-6:45PM

NCHSAA Constraints

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

NHS Constraints

- Volleyball net and balls will be used
- Sharing of balls is limited to within pods
- Equipment will be Disinfected after each usage before use by another pod
- Approximately 25 athletes 1 coach
- Athletes will be screened by Athletic Trainer starting 3:45PM
- Student Athletes and coaches will wear face coverings at all times.
- Student Athletes will provide their own water bottles
- Athletes must maintain at least 6 feet of distancing between individuals, no grouping.

Volleyball Competition:

Face Coverings:

- Face coverings must be worn by volleyball players during volleyball practices and contests at all times
- A student with a medical condition that would prohibit wearing a face mask during competition, will need medical documentation from a physician licensed to practice medicine, nurse practitioner or physician assistant.

Pre-match:

- Will be limited to one coach from each team, first referee, and second referee
- Pre-match conference will be at center court with one coach and one referee positioned on each side of the net. All four individuals must maintain a social distance of 6 feet and wear a cloth face covering
- A coin toss to determine serve/receive will be conducted during the pre-match conference with one coach and one referee positioned on each side of the net (same individuals). The visiting coach shall call the toss, with the winner choosing to serve or receive
- Rosters will be submitted directly to the officials' table before the 10-minute mark

Game Balls:

- Game balls shall be disinfected during set changes and/or time outs to assist with reducing potential spread.
- Visiting teams must bring their own balls for warm-ups and may bring game balls to assist with the rotation of disinfected balls

Team Benches:

- Teams will not switch benches between sets.
- Bench personnel will be limited to observe social distancing of 6 feet.
- Participants will sit and maintain 6 feet of social distancing

Substitution Procedures:

- Maintain social distancing of 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line
- Players will limit contact while switching during a substitution and maintain 6 feet social distance

Officials Table:

- Limited to essential personnel which include home team scorer and timer with a distance of 6 feet between individuals. Visiting team personnel are not deemed essential personnel
- Gloves and hand sanitizer for essential personnel will be provided
- Essential personnel must wear face covering at all times

Pre and Post Match Ceremony:

- Teams will not shake hands before or after matches
- Teams will lineup on the attack line to honor/promote sportsmanship and wave at opposing team

Player Equipment and Accessories:

- Cloth face coverings must be worn when competing at all times
- Gloves are permissible
- Long sleeves are permissible
- Long pants are permissible
- Undergarments are permissible but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom

Officials Uniform and Equipment:

- Long-sleeved, all-white collared polo shirt/sweater is permissible
- Electronic whistles are permissible
- Cloth face coverings must be worn at all times
- Gloves are permissible

Spectators:

- Limit to 25 indoors
- All spectators must have temperature scanned
- All spectators must complete initial screening questions completed by athletic trainer and athletic director
- Spectators must maintain social distancing and sit in appropriate marked areas

Football

Group Conditioning Days:

Group 1: Monday & Wednesday 7:00pm - 8:30pm

Group 2: Tuesday & Thursday 7:00pm - 8:30pm

Group 1 & 2:

Pod 1: 20 players, 3 coaches (Inside)

Pod 2: 20 players, 3 coaches (Outside)

Skill Development Regulations:

- NCHSAA Handbook Regulation 2.2.15 remains in place for the 20-21 school year with the exception of Section (d) - Dead Periods
- Helmets are allowed to be worn once a school has conducted workouts for at least two (2) weeks
- Wearing protective equipment other than helmets is **prohibited**
- Face coverings must be worn at all times by players and coaches inside
- Sharing of balls/equipment will be limited to within pods
- Equipment will be disinfected frequently, and after every use. It will also be disinfected before use by another pod and at the end of conditioning session
- Individuals will maintain 6 feet physical distancing
- No body-to-body contact will be allowed
- Tackling dummies/donuts/sleds will be cleaned before use by another pod
- Each pod will have a 30 minute weightlifting session and 30 minute conditioning session

- At the end of sessions, students will exit in the student parking lot escorted by coaches to their cars/parents. Students will maintain social distancing at all times and wear face coverings.

Basketball (Mens & Womens)

Athletic Training Services:

The athletic trainer will be utilized to help with the screening of coaches and athletes. Both athletic training facilities will be off limits to coaches, staff, and student athletes unless accompanied by the athletic trainer in an emergency situation.

Face Coverings:

- Face coverings must be worn at all times by players, coaches, and support staff

Facilities Cleaning:

- Basketballs will be cleaned with a special disinfectant solution 20 minutes prior to student use.
- Bathroom facilities will be sanitized after each student use. Bathrooms will only be used in the case of an emergency
- Prior to student athletes entering the building all door handles will be disinfected by coach volunteers.
- Hand sanitizer will be placed at both ends of the gym, and by the gym doors as students enter/exit building.

Hygiene:

- Athletes will be informed to wash their hands for at least 20 seconds; Sneeze or cough into a tissue or inside of elbow; Avoid touching face, eyes, nose; No spitting.

Hydration:

- Students must bring a water bottle for personal usage
- Hydration station will be supervised by the Athletic Trainer.
- The Athletic Trainer is the only one allowed to fill a water bottle.
- Athletes without a water bottle will be provided a disposable paper cup.
- Athletes will not be allowed to use the water fountain.

Limitation on Gatherings:

- Workouts are limited to 90 minutes
- No more than 25 people inside – including coaches, managers, trainers, etc.
- Workouts will be conducted in pods of athletes with the same 5-10 students working out together each day. There must be a minimum of 6 feet of distance between people at all times. If distance is not possible, the number of people participating will be reduced to maintain social distance.

Baseball

Skill Development Regulations

- NCHSAA Handbook Regulation 2.2.15 remains in place for the 20-21 school year with the exception of Section (d) - Dead Periods
- Limited sharing of balls and bats within pods
- Disinfect equipment frequently and before use by another pod
- A single-player may hit in cages, throw batting practice (with netting as a backstop, no catcher)
- Individuals must maintain 6 feet physical distancing
- Dugouts are closed

Cheerleading

When: Saturdays 8am-9:30am, One weekday practice tbd by AD In-Person); At least two virtual workouts weekly

- NHS Cheer will work on skill development and Sideline Cheerleading. We will follow all regulations listed below as outlined in the 2020-2021 NCHSAA Modified Sports Manual. This information can be found on page 15 of said manual. NHS Cheer will NOT use mats at this time.
- Athletes will remain 6ft apart while participating in the following activities
- Tabata style strength and stamina conditioning (athletes are encouraged to bring their own 3-5 lb ankle weights or dumbbells, but it is NOT required. All workouts can be done without added weights)
- Motion drills and technique

- Jump technique and individual workouts specific to jumps
- Voice training and cheers are permitted as long as face coverings are worn and students maintain 6 feet social distancing

Tentative Season Timeline:

Nov. 9-13 Virtual Tryout Clinic

Nov. 14 Tryout Day (in person, one athlete at a time)

Jan. 4 First Basketball Game

Feb. 26 First Football Game

May 22 State Cheer Competition

Where: Athletes will arrive in the band parking lot. Practice will be held in the grassy area between the band room and gym, in front of the cafeteria and trailers. The track and stadium bleachers will also be used when outside. For indoor workouts practice will be held in the gym.

Who: MAXIMUM of 25 persons will practice inside, and a maximum of 50 will practice outside. Depending on the total number of athletes, we will split into two groups for indoor practices. Groups which will be established and communicated to all athletes before the indoor practice is held.

Wellness checks:

Temperature checks and daily reports will be conducted by the coach upon arrival of each athlete.

Skill Development and Practice Regulations

- Conditioning and individual technique/choreography work are permissible
- Students may not practice partner or group stunts, including building
- Chants, jumps, dance, tumbling without contact are permissible with 6-foot physical distancing

Sideline Cheerleading For Sporting Events:

- Students may not perform partner or group stunts, including building
- Jumps, dance, tumbling without contact are permissible with 6-foot physical distancing
- NHS cheer will chant during sporting events with face coverings worn at all times and maintain 6 feet social distancing
- Mats must be disinfected after each routine

NHS Cheer Tryouts 2020 Process and Procedures:

- Each Interested candidate will join our Band group for communication and tryout information. Information will also be posted through Parent Square and Social Media.
- Nov. 10-13th Pick-up/Return of Tryout Packet 3. Nov. 14th Students will be sent invite to Google Classroom with all pre-recorded Tryout Material to learn
- Nov. 18th students will sign-up for virtual tryout times (Tryouts will be conducted via Google meet with Coach and 2-3 outside judges)
- Nov. 20th Final Tryout Day (Google Meet)
- Nov. 21st 2020-2021 Squad will be Announced via Google Classroom
- Dec. 12th 1st Face-to-Face Practice

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

NHS 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 swimsuits
- 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

NCHSAA Initial Screening Questions for Students to Participate in Athletic Activity During COVID-19

The NCHSAA believes it is essential to the physical, emotional, and mental well-being of students to return to athletic activity as soon as deemed safe. However, the health and safety of these student-athletes is vital.

Therefore, we are requiring that all students wishing to be involved in athletics complete this form before being allowed to participate in ANY organized activity.

Answering these questions truthfully will allow all participants to receive the needed evaluation to safely return to athletics, while helping prevent other team members and coaches from being put at risk for contracting the COVID-19 virus or causing the quarantine of some individuals or possibly an entire team.

Name

Sport

For the questions below, please circle yes or no

YES NO Since January 1, 2020 have you been told that you have had a positive test for COVID-19, OR have you been told by a Doctor, Physician Assistant or Nurse Practitioner that you had to quarantine (stay home) due to concern that you had COVID-19 symptoms?

Today or in the past 2 weeks have you had any of the following symptoms:
YES NO A fever (temperature more than 100.4° Fahrenheit or 38° Celsius)?

YES NO Shaking chills?

YES NO A new or worsening cough, shortness of breath or difficulty breathing?

YES NO Racing heart, heart skipping beats or fluttering of the heart?

YES NO Unusual dizziness, particularly with exercise?

YES NO Fatigue or difficulty with exercise?

YES NO A sore throat different than associated with seasonal allergies?

YES NO New loss of taste or smell?

YES NO Nausea, vomiting or diarrhea?

YES NO Do you have anyone in your household who has been diagnosed with COVID-19 in the past 14 days?

YES NO Have you been in contact with anyone infected with COVID-19 in the past 14 days?

By signing this document, I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete: _____

Signature of parent/legal custodian: _____ Date: _____



Important Documents

[NCHSAA Initial Screening Questions](#)

[NCHSAA Health History and Sports Preparticipation Examination Form](#)

[COVID-19 Negative Test Return to Play Form](#)

[Medical Management Protocol](#)