

Pingree Athletics Guidelines

Phase 1

January 10 - January 16
DESE Level 1 Activities

Individual or socially distanced group activities such as non-contact workouts, aerobic conditioning, and individual skill work and drills

Individual or socially distanced group activities such as non-contact workouts, aerobic conditioning, and individual skill work and drills

Individual or socially distanced group activities (non-contact workouts, aerobic conditioning, individual skill work and drills)

Phase 2

January 17 - January 30
DESE Level 1 & 2 Activities

Competitive practices including scrimmages. Minimal changes will need to be made that primarily involve limiting contact outside the field of play, staggering start times, etc.

Competitive practices including contact drills and scrimmages
Head coaches must meet with the athletic department and athletic training staff to discuss sport-specific modifications to play to limit contact or increase distancing for participants.

Competitive practices including contact drills and scrimmages. Athletes must remain in strict cohorts that cannot overlap.

Phase 3

January 30 -
DESE Level 1-4 Activities

Competitions may be allowed. Minimal changes will need to be made that primarily involve limiting contact outside the field of play, staggering start times, etc.

Competitions may be allowed. Head coaches must meet with the athletic department and athletic training staff to discuss sport-specific modifications to play to limit contact or increase distancing for participants.

Cohorted sports may not participate in Phase 3 activities.

Individual

- Sports that are done individually
- Sport activities are done with 6ft of social distancing and no physical contact
- Examples: ski, swim, outdoor running, winter pursuit, yoga

Cohorted

- Sports that can limit contact or increase physical distance
- Cohorting of these athletes is strongly encouraged.
- Examples: basketball, hockey, strength and conditioning, fitness

Sustained Contact

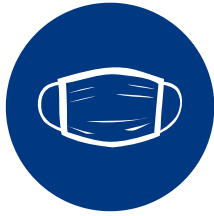
- Sports that cannot limit sustained contact
- Examples: wrestling, cheerleading, pair figure skating
- These sports are not hosted at Pingree. Students who independently participate in these sports may not participate in Pingree sports.

These guidelines are subject to change in accordance with national, state, and local recommendations and community health needs.

Sources:

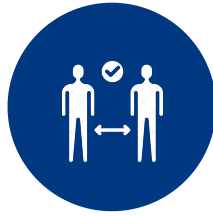
1. MASSACHUSETTS EXECUTIVE OFFICE OF ENERGY AND ENVIRONMENTAL AFFAIRS WORKPLACE SAFETY and REOPENING STANDARDS FOR BUSINESSES and OTHER ENTITIES PROVIDING YOUTH and ADULT AMATEUR SPORTS ACTIVITIES – Phase III, Step 2
2. DESE/MIAA Joint Guidance on Modified Sports Seasons for School Year 2020-21
3. DESE- Guidance for Courses Requiring Additional Safety Considerations

Pingree Athletics Guidelines



Masks

- All coaches, athletes, and staff are required to wear a mask
- Outdoor individual sports may remove masks when a minimum of 14 feet apart (if the venue allows)
- Cohorted sports must wear masks during all activities
- Designated mask break locations will be available



Social Distancing

- Athletes and coaches must remain 6 feet apart at all times during Phase 1
- During Phases 2 and 3, athletes must remain 6 feet apart at all times other than during modified play
- 14 feet of distancing is required for water breaks and mask breaks



Activities

- Individual and team practices will be supported
- Intrasquad and interscholastic competition will be considered for individual and cohorted sports based on community health metrics
- Details will be provided to individual teams



Jerseys

- Jerseys and pinnies must be laundered daily
- Jerseys and pinnies may not be shared
- Uniforms will be issued to competing teams



Belongings

- Players and coaches must keep personal belongings 6 feet from others' belongings
- Personal belongings (bags, rollers, etc.) and equipment (sticks, helmets, etc.) may not be shared



Water

- Athletes must bring their own water to practice and may not share
- Water refill stations (e.g. Rubbermaid or Gatorade jugs) are not allowed
- Bottled water will be provided for competitions



Healthcare

- COVID-19 testing may be required of athletes and coaches of cohorted sports
- Physicals will be required for all athletes prior to Phase 3
- Appointments are encouraged for the Athletic Training Room and can be made on student Canvas portals



Transportation

- Transportation will be provided for away events
- Athletes are encouraged to transport themselves
- DESE transportation regulations including social distancing and masking must be followed



Locker Rooms

- Team locker rooms for equipment-heavy sports will open for limited, monitored use
- Athletic Center locker rooms will be available for limited carry-in and carry-out use
- Showers will not be open

Please remember to sanitize your hands before, after, and frequently during practice.

Sources:

1. MASSACHUSETTS EXECUTIVE OFFICE OF ENERGY AND ENVIRONMENTAL AFFAIRS WORKPLACE SAFETY and REOPENING STANDARDS FOR BUSINESSES and OTHER ENTITIES PROVIDING YOUTH and ADULT AMATEUR SPORTS ACTIVITIES – Phase III, Step 1
2. DESE/MIAA Joint Guidance on Modified Sports Seasons for School Year 2020-21
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