



# Aftercare & Athletics Programming

Winter 2020-21

Updated: January, 2021

## **AFTERCARE GENERAL PROTOCOLS**

### **Lower School/ Middle School /Upper School**

Pre-registration is required to maintain an aftercare pod.

#### **Pod Breakdown**

PreK, K, Gr. 1

Gr 2, Gr 3

Gr 4, Gr 5

Gr 6

Gr 7

Gr 8

Upper School students (Gr. 9-12) can pre-register for a late pick-up.

LS/MS students in Aftercare are supervised from 2:45 PM-5:00 PM.

Upper School students staying for Late pick-up are supervised from the end of the school day (3:30PM Monday-Thursday and 3:00PM Friday) until 5:00 PM. Students riding the Worcester or Metrowest Bus are required to register for Late Pick-up on Fridays.

#### **Instructors**

Instructors are assigned to a specific pod. If registration numbers are low in Middle School, supervision will be for multiple pods at least 12 feet apart. Aftercare Instructors are required to wear masks, use hand sanitizer when entering the building, and complete the MyMedBot Health Screening each day. Disposable masks are available in the Health Center if needed.

#### **Transition to Aftercare**

Lower School Instructors meet their students during the dismissal process. If the class is waiting outside, they can gather their students and move them to the classroom for aftercare. If students representing more than one grade are present, instructors will wait with the grade until dismissal is completed. This allows enough time for proper air filtration. Attendance is recorded digitally in our CampBrain registration software.

Middle school instructors go to the designated classroom space. Once dismissal is completed, students in aftercare go to their grade level science classroom. Attendance is taken in the science classroom and recorded digitally.

If Middle School students involved in after school sports are getting picked-up after 3:30 PM, they will need to be registered for Aftercare. They will walk over from the Field House to the McDonough Center, use hand sanitizer, and check-in at their grade-level science classroom. Parents/Guardians will follow the same Aftercare pick-up protocol.

### **Snack**

Afterschool snacks must be provided from home. Hand washing and desk sanitation will take place following the snack. PreK-1 will use towels from home on the floor for a snack. Towels are sent home to be washed regularly.

### **Bathrooms**

Students will use the bathroom designated for their grade during the school day. The number of students allowed in each bathroom is limited. Adults will use the adult bathrooms in their designated areas.

### **Parent pick-up**

#### OPTION 1:

Parents will drive up to the portico area near the McDonough Building. Parents were provided the Auxiliary Program office phone number (508-854-9204). When they arrive, they can call from their car. Their child will then be escorted down to their car by a staff member.

#### OPTION 2:

If wearing a mask, parents/guardians may exit their car, climb the stairs, and wait outside near the McDonough Center main door. Parents can call the Auxiliary Program office (508-854-9204) to communicate their arrival and a staff member will escort the child to meet the parent outside.

When an Aftercare staff member is escorting a student, they remain masked and physically distant from the student.

When registering, parents can choose a 4:00 PM pick-up time or a 5:00 PM pick-up time. Parents may arrive any time before the selected pick-up time.

### **Outside**

Instructors are encouraged to bring their students outside as much as possible. Masks must be worn at all times unless it is an official mask break. Appropriate physical distancing must be abided by (6 feet) whenever possible. Recess equipment will be used per pod and cleaned daily. Outside space will be designated for specific pods and rotate daily depending on pod numbers. Locations are as follows:

- Playground structure (PreK, K, 1 small structure, Grades 2/3 large structure, Grades 4/5 swings). The nonporous parts of the playground structure will be disinfected each afternoon and each morning
- The Green (field)

### **Upper School Late Pick-up**

Students in Grades 9-12 can register one week in advance for Late Pick-up. Students being picked up between 3:30PM-5:00PM should go directly to the Dining Hall at the end of the day and check in with the teacher on duty. Tables will be sanitized prior to arrival. Students will wear masks and be a minimum of 6 ft physically distanced from each other. Masks will be worn by the teacher and students. At the discretion of the teacher on duty, students may be allowed outside on the patio. Students will be texted or called when their ride arrives and they will exit immediately at the closest door.

## **WINTER ATHLETICS MIDDLE SCHOOL PROGRAM (MS)**

Although Bancroft MS students will not be participating in interscholastic sports competition this winter, we are committed to providing a meaningful afterschool athletics experience. We will provide students with opportunities to stay active and fit, while working with teammates to hone their skills in a fun, competitive, safe environment. Students must be learning in-person, on campus each day in order to participate in afterschool sports.

Bancroft will implement a Middle School afterschool athletics program by grade level pod. These activities will adhere to guidelines provided by the Department of Elementary and Secondary Education and the MA Executive Office of Energy and Environmental Affairs. These organizations regulate youth sport programming statewide.

The Middle School winter afterschool athletics program will take place in the Bancroft Field House and will be coached by Middle School faculty members from their respective grade-level pods. Medical coverage for the MS winter afterschool sports program will be provided by the nursing staff in the McDonough Building. Sport options will be varied and determined by the coaches and students in each grade-level pod. Participating students should be picked up at the Field House at 3:30pm or at the McDonough portico, if they're staying for the AfterCare program.

### **SAFETY PROTOCOLS**

#### **Face coverings**

Wearing of facial coverings will be required of all students and coaches during practice. Facial coverings must be snug to face and cover the nose, mouth and chin. Gaiters or bandanas will not be allowed during practices. It is highly suggested that students bring two masks to every practice and wash them on a regular basis. Coaches will allot time for frequent mask/water breaks when students can be out of proximity to other athletes. Sport-specific masks, made of moisture-wicking, antimicrobial material may be worn.

#### **Physical distancing**

All activity will take place in the Field House with the garage doors open, or in nearby outdoor spaces. Coaches and students must maintain at least 6 feet of physical distance at all times. Coaches are required to wear face coverings at all times.

### **Contact**

Coaches and students will eliminate all deliberate contact (ie. tackling, blocking, running in groups of 2 or more), and make every effort to minimize intermittent contact (close physical contact or face-to-face contact).

***\*Handshakes, high-fives, slaps, fist bumps, spitting, chewing gum, and cheers are not allowed\****

### **Water**

All participating students are required to provide their own water bottle and make sure it is filled before practice. We will not be able to provide water jugs and cups for any teams. The Field House is outfitted with two touchless water bottle fillers.

### **Hand Sanitizer**

It is recommended that all participating students bring their own personal hand sanitizer to practice.

***\*Regular water/hand sanitizing breaks will be planned during practice\****

### **Locker rooms**

The locker rooms in the Athletic Center will not be available for student use. The School dress code has been adjusted for this year to allow students to wear athletic clothing to school.

### **Equipment**

All team equipment (balls, cones, etc) will be disinfected daily after each practice.

### **Medical**

Medical coverage for MS sports will be provided by the nursing staff in the McDonough Health Center.

### **PHASES & TIMING**

Middle School athletic programming will follow different phases to ensure the safest reasonable play without jeopardizing the scholastic environment. Phases will progress after each two-week period with zero school-linked transmission. This critical period

ensures that the foundations of targeted and layered interventions prevent disease, even if an exposure event is noted. Each phase takes on more risk than the previous phase, but is still reasonably safe. If at any time a school-linked transmission occurs, root-cause analysis will be conducted, and sports will return to Phase 1 - the safest level of play.

**Phase 1:** Individual skills and drills. This is the baseline for sports and will be the fallback if school-linked transmission is noted.

**Phase 2:** small group cohorts (3-6) will be able to practice together. This phase can be implemented after 10 scholastic days of sports with zero school-linked transmission.

**Phase 3:** intrasquad competition. This phase can be implemented after 10 scholastic days of Phase 2 sports with zero school-linked transmission.

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## **UPPER SCHOOL PROGRAM (US)**

Bancroft Upper School student-athletes and teams compete in the Eastern Independent League (EIL) and the New England Preparatory School Athletic Council (NEPSAC). Both of these governing organizations have cancelled postseason championships for the winter 2020-21 season. Bancroft is committed to providing a meaningful team athletic experience for our student-athletes this winter. Our sports program will adhere to the guidelines outlined by the MA Department of Elementary and Secondary Education and the MA Executive Office of Energy and Environmental Affairs, which regulates youth sport programming statewide.

The Upper School winter athletics season will begin on December 14, 2020 and continue until February 26, 2021. Students must be learning in-person, on campus each day in order to participate in sports. Sport-specific protocols, practice information and schedules will be provided to each participating family separately. Participating students must be picked up promptly at the conclusion of their practice.

### **SAFETY PROTOCOLS**

#### **Face coverings**

Wearing of facial coverings will be required of all athletes and coaches during practice. Facial coverings must be snug to face and cover the nose, mouth and chin. Gaiters or bandanas will not be allowed during practices. It is highly suggested that athletes bring two masks to every practice and wash them on a regular basis. Sport-specific masks, made of moisture-wicking, antimicrobial material may be worn. Coaches will allot time for frequent mask/water breaks when they can be out of proximity to other athletes. US

athletes can remove face coverings for intense aerobic conditioning, provided they can remain at least 14 feet apart.

### **Physical distancing**

Coaches and players must maintain at least 6 feet of physical distance. All team huddles must maintain 6 feet of distancing between all players and coaches.

### **Contact**

Deliberate close contact (eg. taking a charge, tackling, blocking, running in groups of 2 or more, etc.) should be eliminated and every effort should be made to minimize intermittent contact (close physical contact or face-to-face contact).

***\*No handshakes, high-fives, slaps, fist bumps, or team cheers are allowed\****

### **Water**

All participating students are required to provide their own water bottle and make sure it is filled before practice. The School will not be able to provide water jugs and cups for any teams. All school buildings are outfitted with touchless water bottle fillers.

### **Hand sanitizer**

It is recommended that all participating students bring their own personal hand sanitizer to practice.

***\*Regular water/hand sanitizing breaks will be planned during practice\****

### **Locker rooms**

The locker rooms in the Athletic Center will not be available for student use. The School dress code has been adjusted for this year to allow students to wear athletic clothing to school. Students should not share any personal items and should store them in a personal gym bag. Gym bags will be placed 6 feet apart in a predetermined area in the gym for the duration of practice.

### **Equipment**

All team equipment (balls, cones, etc) will be disinfected after each practice.

### **Medical**

Medical coverage for Upper School sports will be provided by Wayne Penniman, ATC, and Carrie Deisenroth, ATC, who will be based at the Fletcher Athletic Center. Annual physicals are still required by state law for all students participating in athletics and must



be renewed every 12 months. Bancroft School participates in the ImPACT testing program, as part of our comprehensive concussion management protocol, and all new students and students in grades 9 and 11 will take the ImPACT neurocognitive test to establish current baseline scores.

## **PHASES & TIMING**

Upper School athletic programming will have different phases to ensure the safest reasonable play without jeopardizing the scholastic environment. Phases will progress after each 2-week period with zero school-linked or team-linked transmission. This critical period ensures that the foundations of targeted and layered interventions prevent disease, even if an exposure event is noted. Each phase takes on more risk than the previous phase, but is still reasonably safe. If at any time a school- or team-linked transmission occurs, root-cause analysis will be conducted, and sports will return to Phase 1 - the safest level of play.

**Phase 1: Individual skillwork and fitness only.** All athletes will be distanced >6 feet from each other. NO contact is allowed. This is the baseline phase for sports and will be the fallback if school or team-linked transmission is noted. \*Teams will follow Phase 1 protocols for the first week in December and again following the return from Winter Break in January.

**Phase 2: Small cohort/group training.** Cohorts (3-6 ppl) will be able to practice together with some close interaction. Focus should be on team skills, but some scrimmaging may take place within the cohort, in limited time frames (< 10 minutes). Cohorts may NOT play against other cohorts. Cohorts must remain the same for the duration of the Phase. This phase can be implemented after 10 scholastic days of Phase 1 sports with zero school/team-linked transmission and the approval of the Director of Athletics.

**Phase 3: Team practice/intrasquad competition.** All team members may play against each other and participate in group drills. Facial coverings must be worn at all times. This phase can be implemented after 10 scholastic days of Phase 2 sports with zero school/team-linked transmission and the approval of the Director of Athletics.

**Phase 4: Interscholastic competition.** This phase could be implemented after 10 scholastic days of Phase 3 sports with zero school/team-linked transmission and the approval of the Director of Athletics and Head of School. If Phase 4 is reached, Bancroft will strictly schedule competitions with schools with similar protocols and limited or no virus transmission.

